



The Downey Patriot



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for WWII hero**
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Dr. Helena Chui**
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Thursday, Oct. 9, 2014

Vol. 13 No. 26

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

SHARED STORIES:
THE TIES THAT BIND

Football in Shades of Gray

Cynthia Vanasse is a new member of the class known for her positive outlook on life and satirical commentary. In this essay, she reflects on her lifelong enjoyment of football and some recent troubling events associated with the sport. 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 Cynthia Vanasse

There are things in life that can be thought of in the context of black and white; many land somewhere in the middle, the color gray. When thinking about one of my favorite hobbies, watching football, my mind enters the world of that middle color. This sport is definitely "fun" and definitely "not so fun."

As a college fan I had a "ball" watching beautiful bodies run up and down the field. The experience was surrounded with yelling students, lots of delicious goodies, parties before the game, and parties after the game. This was what football meant to me; I did not have any idea of what the game was about.

And, of course, my future husband was one of the yelling students sitting next to me and taking me to all the festivities. What was not to like? This was my first introduction to the game, and it was all colored white.

This positive experience continued after I married the fellow sitting next to me. He was a football player "wannabe" who, instead of playing the game, participated on the couch in front of the T.V. I would, again, enjoy being with him, chowing down cokes and chips, and watching those gorgeous athletes. The color white continued to be associated with the game, and I continued not to understand much about what was happening on the field.

After twenty-five years of ignorant enjoyment, my husband and I reached the end of the fourth quarter; my interest in the game also reached an end. I was too busy building a new life with a new set of pastimes. All those gorgeous bodies would have to be for others.

A second marriage included me in a large family who loved, you guessed it, football. Again the game was associated with lots of fun, people, and goodies to eat-- definitely a white situation. And I found myself able to join in with the men in discussions. This elevated my "personality rating." Because they were very knowledgeable, I bought Football for Idiots to give me a heads up. Guess what? The game really does involve some brains.

After my husband passed, football became a free, much-enjoyed pastime. I curled up with my Idiot book and tried to find out what was going on. I still don't really understand the game, but it is fun trying; the game still continued to be white to me.

The recent troubles with the NFL and the players' involvement in domestic violence have caused me to paint in a new color. This definitely was not white. It was black. All at once those beautiful bodies began to look like violent machines, capable of inflicting gut-wrenching pain on and off the field. And why not? Wasn't that what they were given millions of dollars to do? And why is this game America's favorite pastime? Is it because the violence mirrors what we find in society?

As I now see the black, am I going to abandon football? I don't think so. I will compromise and paint it gray. Most things in life are not all good and not all bad.



PHOTO BY CINDY MACIAS

Gabriel Enamorado is a photographer, web designer, creative director and bicyclist.

Downey's Gabriel Enamorado to represent Levi's brand

• Downey resident's online mini bicycle tour featured by Levi's.

By Carol Kearns
Contributor

DOWNEY – What does the City of Downey have in common with New York and London? All three cities have locations featured in Levi's online promotional campaign for its Commuter line of clothing designed for the growing popularity of cycling in dense urban areas.

Why is Downey featured over cities like Santa Monica and Pasadena?

Professional photographer, cyclist, and Downey native Gabriel Enamorado was chosen as the artist/cyclist to represent the greater Los Angeles area with online photos and commentary of his favorite places to ride and visit. Enamorado is also a co-founder and the Creative Director of Stay Gallery in Downey, a local art center created with help from the city and the personal labor of himself and scores of others.

Enamorado's submission, "Bike Rides: Los Angeles," features Stay Gallery in Downey; the John Ferraro (aka Department of Water and Power) building in downtown LA ("my personal icon for Los Angeles"); and 26th street, Enamorado's favorite and frequent cycling route between Downey and Los Angeles.

Recognizing the prevalence of people using cellphone cameras to document and share daily events, Levi's partnered with photo-editing company VSCO and invited riders to submit images and stories of "three places vital to your existence." The final selections for New York and London, as well as Los Angeles, can be seen on the Commuter/VSCO Journal website.

In an email interview about the selection of Enamorado, Levi's spokesperson Tripp Gobble says, "Gabe is a fantastic storyteller – there's a really emotional quality to his landscapes and portraiture... he's an avid cyclist and was already enthusiastically capturing photos of his bike and his rides."

It is not surprising that Enamorado was among those chosen to represent the Levi's brand. In addition to his photography skills, Enamorado is typical of the young urban demographic that is Levi's target consumer group.

Enamorado relishes urban living, and it is he and others like him who are helping to revive downtown Los Angeles as the complete cultural center which it used to be - with shops, theaters, and a plethora of

restaurants. Forty years ago the pull of the suburbs left downtown sidewalks empty at the end of each workday, but the trend has strongly reversed as younger generations seek the excitement, energy, and convenience, of urban living.

Along with this population shift is the growing popularity of the bicycle as a means of commuting to work and social occasions. No longer limited to weekend recreation, urban cycling is almost reaching the level of an extreme sport. People navigate traffic at high speeds on fixed wheel bicycles (requiring considerable practice and skill), and hold events such as a Dark Century – traveling one hundred miles on city streets between 8 p.m. and 5 a.m.

Enamorado is an enthusiast of these unofficial, unstructured rides, and he travels as easily on a bicycle as others travel in a car. When his schedule permits, he cycles the hundred miles to San Diego with friends, and he is an avid participant in what is known as the Wolfpack Marathon Crash – an unsanctioned group ride around the LA Marathon course in the dark hours before the footrace begins.

While he still resides in Downey, Enamorado cycles twenty-four miles round trip several times a week to visit friends in downtown LA. It's a quiet ride through an industrial part of town on a virtually empty street. His favorite time is early in the morning or after the evening rush hour.

One of the photos that Enamorado shares on the Commuter/VSCO Journal website is a self-portrait of him cycling in front of an old warehouse on an empty stretch of 26th Street. The camera was set up yards away, and it took him several tries and the use of a remote shutter button to get the image that he wanted as he passed in front of a huge loading dock.

As a Warren High School student, Enamorado showed an artistic bent early on. He coupled this interest with developing computer skills, including web design and software coding.

In all of these activities, Enamorado was clearly a self-motivated learner, a "doer." He painted the senior stage and maintained the school's website for three years. City Councilman Alex Saab says that he is "not surprised that Gabe was chosen as a finalist" for a project such as Levi's. Enamorado, he continues, is a "person with tremendous creativity. We're proud that he's one of Downey's own."

Enamorado's interest in photography grew during his time at Warren, and became an area of focus when he attended the

Fashion Institute of Design and Merchandising (FIDM) in downtown Los Angeles. His time at FIDM was life-affecting, as he explains through his pictures and commentary on the Commuter/VSCO Journal website.

He used this time to expand technical skills, deepen personal relationships, and explore the broader world that is Los Angeles. He writes, "I fell in love with the people, the stories, and its architecture – old and new."

It was during these years at FIDM that Enamorado learned about high speed city cycling. He came out of the lab after working late one night and saw a large group of riders barreling south. He was intrigued, bought his first bike in 2008, and eventually became a participant in the events of a cycling group known as the Wolfpack Hustle.

Started in Silverlake nine years ago, the Hustle is known for its high speed group rides where city life provides constantly changing obstacles and challenges – heavy traffic, slowing traffic, unexpected pedestrians, traffic lights ("stale green, fresh red").

After graduating FIDM, Enamorado worked as a professional freelance photographer for several years, taking stills of dance competitions, weddings, and photo shoots for advertising companies. He was earning a living, but this wasn't a sufficient outlet for his creativity. In November 2007 he organized a modest showing of his photography at the Epic Lounge on 2nd Street in Downey. The venue was not a dedicated gallery, but the event affirmed the direction that was his goal.

Within two years Enamorado met and teamed professionally with two people who would eventually help him bring an art gallery to life. Valentin Flores is also one of Downey's own, but he had attended Downey High School, went to school in Berkeley, and was six years older. Joe Manacmul was a classmate and longtime friend of Flores.

Flores and Enamorado met through mutual friends and discovered they had a shared interest in photography and a strong desire to see a center for the arts in their community. Comparing more notes revealed that they had much more in common - Flores also had an exhibition of his work in 2007, but it was at the real estate office of a friend. "We 'clicked,'" says Enamorado.

With the aid of Manacmul, their first collaboration was a joint

See LEVI'S, page 15

Weekend at a Glance

Friday 83°

Saturday 86°

Sunday 85°

Things To Do



Group Exhibit - Stay Gallery celebrates its two-year anniversary with a group exhibit that promises some surprises.

Friday, Stay Gallery, 8 p.m.



Pancake Breakfast - Now in its 66th year, the Downey Rotary/YMCA pancake breakfast raises funds for children's programs.

Saturday, Downey High, 7:30-11 a.m., \$5



Community Clean-Up - Keep Downey Beautiful volunteers are cleaning up Downey streets. All ages welcome, tools provided, only one hour.

Saturday, See's Candy parking lot off Paramount Boulevard, 9 a.m.



Downey Symphony - The Downey Symphony Orchestra is in concert, with a program that includes Beethoven's Symphony No. 7.

Saturday, Downey Theatre, 8 p.m., tickets start at \$30

Facebook Conversation

International Walk to School Day

Belia Andalon: "People need to be careful all the time. I wish we could walk everyday, but too many drivers are in a hurry, run red lights and don't watch out for pedestrians."

Rigo Martinez Jr.: "No way do I want my kid walking in the morning. To many idiot drivers going 50-60 on Lakewood. Deathtrap on that street"

Joanna Quinteros: "Hoping for less drivers so I can actually get out of my driveway this morning in less than 10 mins. I live by a school and it's ridiculous."

Sharon Brooks: "Well that may keep some of those crazy parent drivers away... they're worse than the kids!"

Ralph Verdugo: "What a great idea."

Tweet of the Week

@BubbieLaRue: why does everyone race down florence towards 605 practically every night. #annoyedneighbors

CRIME REPORT

Thursday, Sept. 25

At 3:30 p.m., officers responded to Kaiser Hospital in Downey where an adult male was being treated for a 1" laceration on his shoulder. The man told officers he had been assaulted by several juveniles earlier in the day near Lakewood/Margaret, but did not realize he had been cut at the time of the assault. The motive for the assault is unknown. The victim was treated and released. Detectives are investigating.

Friday, Sept. 26

At 11:00 p.m., a Downey police officer conducted a traffic stop in the 8400 block of Everest. The driver was found to be in possession of marijuana and methamphetamine. The driver, a 20-year-old woman from Long Beach, was arrested for possession of illegal drugs.

Saturday, Sept. 27

At 12:15 p.m., city park staff at Independence Park reported that someone had cut the locks at the snack shack in an attempt to break-in. Despite having cut the locks, the suspect(s) were unable to gain entry. Investigators believe the attempted burglary occurred sometime during the previous night.

At 4:00 p.m., a victim came into the station and reported he was the victim of a kidnap and robbery. Officers spoke with the victim who reported being confronted by two suspects in the 9500 block of Firestone Blvd., one of the suspects was armed with a handgun. The men forced the victim to drive them outside the city limits where they then stole the victim's phone and money before running away. Through investigative means detectives were able to identify and arrest one suspect and the arrest of the other suspect is pending.

Monday, Sept. 29

At 3:00 p.m., officers patrolling Downey High after school contacted a group of students smoking marijuana in a parked car in the Ralph's Market parking lot. One of the males was arrested for possessing a switch blade knife and brass knuckles and the others received citations before being released to the custody of their parents.

Information provided by Downey Police Department.

Update on Downey United Methodist Church's work in the community



DOWNEY – Over the last few years the Downey United Methodist Church has worked to help the homeless and the less fortunate of our community. At the beginning of this year several members of our congregation were attending an Appreciation Night given by the First Christian Church which was honoring those groups and individuals who helped with the Food Bank.

When it was our time to acknowledge our award we made a pledge of 1 ton of rice and beans to be delivered, bagged and ready for distribution, by the end of the year. It seemed like a daunting task and there was a little trepidation as to whether we could even do this. It turned out that our congregation responded overwhelmingly and contributions came in which covered the cost of purchasing the half ton of rice and the half ton of pinto beans. We worked on half ton lots which we

bagged and distributed to the Food Bank at around 125 pounds per week.

We involved Girl Scouts from Downey Girl Scout Troop 17155. The girls in the troop are Emilia DiPiazza, Alyssa Estrada, Cassandra Neff, Isabella Ponce, Mariana Prado, Celeste Recendez, Isabella Rodriguez, Madeline Saldana, Sydney Skersick and Caitlyn Yoon.

The Boy Scout Troop #2 sponsored by the Downey United Methodist Church also helped with this project. These young people, as well as our church members bagged up everything in about 3000 baggies which we delivered to the food bank.

At a time when you feel that our youth are only interested in their computer games and cell phones, it was a breath of fresh air to see the girls and boys jump in and bag up thousands of pounds of rice and beans. They really had fun and knew they were providing a community service. Our goal was one ton of rice and beans to the food bank. We will be almost at two tons by the end of the year.

The Boy Scouts as well as our church members have prepared and delivered hundreds of food bags to the homeless. Each bag is filled with a bottle of water, a band aid or two,

a razor and easy-to-open items like pop-top cans of Vienna Sausages, tuna and crackers, raisins, fruit bars, peanut butter and cheese cracker packages, etc. Or anything you feel the homeless need.

Our pastor refers to these as your little bag of love. In some bags we inserted a deck of cards or a flash light or even a small first aid kit. All in all the homeless are extremely grateful that we cared enough to help them. Each one of these food bags cost around \$5 to assemble. You can see our rice and beans thermometer on the wall. We are well past the goal of one ton and we are still working at it.

It is a good feeling that we have provided food to the less fortunate and food bags to the homeless.

We have contributed thousands of dollars in donations to disasters and charities around the U.S. and the world. The Downey United Methodist Church has been under the spiritual guidance and leadership of Pastor Jon Whestley Waterson for the last three years.

Contributed by Ed Trasoras, Downey United Methodist Church



Congresswoman Lucille Roybal-Allard presented the family of Moses Lechuga a Certificate of Congressional Recognition honoring his service to our nation.

Moses Lechuga, WWII hero, buried at Arlington

DOWNEY – Cpl. Moses Lechuga, a Downey resident and World War II veteran who escaped from a German prison of war camp, was buried at Arlington National Cemetery with full military honors on Oct. 2. He was 92.

"Cpl. Lechuga served heroically in World War II, and was a recipient of the Purple Heart and the POW Medal," said Congresswoman Lucille Roybal-Allard, who welcomed Lechuga's family to Washington, D.C. "He was part of the 90th Infantry Division that stormed Utah Beach on D-Day, and went on to fight in Europe until his squad was captured by the Germans and he was placed in a POW camp.

"Even in captivity, he never gave up, and successfully escaped the prison camp on his third attempt. Cpl. Lechuga's family is right to be proud of his courageous service and sacrifice for our country. It is thanks to brave American service members like him that our nation remains safe from tyranny and terror."

Lechuga joined the Army in October 1943 and was a corporal in the infantry during WWII. He was part of the 90th Infantry Division that led the invasion at Utah Beach on D-Day in 1944.

After he made it off the beach, he and some others were called to assist in the fighting in St. Mere-Eglise and St. Lo, France. His unit continued fighting through the hedge rows and after breaking through one, his squad was taken captive by an armor unit of the Nazi SS.

As a POW in Germany he had even more "adventures". Although being of Apache ancestry, his mother was a devout Catholic and named him Moses. That name almost got him loaded onto a Jewish POW train car once. He was also tortured and beaten severely after being re-captured for his two escapes and was successful on his third escape.

Eventually being reunited with American troops when Gen. Patton's Armored Division came through, he recovered in Camp Lucky Strike (one of the many "Cigarette Camps" for recovered POWs). He was then just waiting to be shipped home along with all the other GI's after the war. It took a while but he returned to New York aboard the Queen Mary in its Troop Transport configuration; a definite no-frills passage.

Then it was a train ride back to California where he learned he still owed the Army a few months of service if he desired an honorable instead of a medical discharge. So then it was back up to Camp Roberts, California where he finished his service obligation and received his honorable discharge.

Moses earned a Purple Heart for his war service and in 1988 was awarded the POW Medal during a recognition ceremony at the Long Beach Naval Station for his internment by Germany.

He was preceded in death by his wife, Gloria Lechuga and his long-time partner, Virginia Forthum.



Last June, fourth graders from Downey schools participated in the Downey Association of Realtors' Realtor Community Relations Poster Contest, with the theme "What Home & Family Means to Me."

Five winners were chosen, and four came from St. Raymond's School, including first place, which qualified the school to win \$1,000. Each student, now in fifth grade, won \$20 or \$50 gift cards.

Front row, from left: Hanna Campbell (second place), Sebastian Aceves (fourth place), Savannah Olmos (first place) and Alexa Briones (fifth place). Back row: Rowena Dominguez (chairperson), Mireya Ruiz (DAOR president), Jason Cierpizewski (DAOR president-elect) and Mark Nuno, St. Raymond's president. Not pictured is third place winner Isabella Cruz from Kirkwood Christian Schools.

The posters are on display at the Downey City Library.



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To learn more, or to find a doctor with PIH Health Hospital – Downey, call **562.904.5000**, or visit **PIHHealth.org**.



Saturday
 October 18, 2014

PIH Health Hospital – Downey

Celebration activities include:

- Free flu shots for guests 3 years and older
- Health screenings
- Free food and giveaways
- Games for all ages

10 am to 1 pm



PIH Health Hospital – Downey



Coming Home: Juan F. Higuera

DOWNEY – The “Best of the Best” is what can be said about the United States Marine Corps’ Juan F. Higuera. In June of 1999, Juan made the life-changing decision to become a United States Marine.



“I joined the Marine Corp because the Marine Corp recruiters told me that they were the best of the best,” Higuera says. “I knew in my heart that that’s what I wanted to be; the best of the best.”

Higuera has been in the Marine Corps for 14 years. He currently serves in the Marine Corp Reserves. Juan desires to serve our country a total of 20 years.

Higuera acquired a Military Occupational Specialty (M.O.S.) of 3537 Motor Transportation Chief. With this skill, he was able to deploy three times. His deployment included Operations Iraqi Freedom and Endurance Freedom. While deployed, his various locations included Ramadi, Iraq and Afghanistan.

While serving, one of the trials that Juan had to overcome was the penetrating emotion of missing home. Juan says that what he missed the most about home was his, “Family, Kids and home cooked meals.” Juan says that what he missed the most was being away from his family.” Even though Higuera states that “being away for long periods of time” was the most difficult thing about serving, Juan also describes the greatest thing about his service. “The greatest thing about serving is the pride of serving my country and knowing that I have brothers to my left and to my right that will take care of me in times of need.” This, Juan states, is a true display of camaraderie that can only be seen within the Armed Forces community.

Higuera describes his training as a key tool that has been implemented in his civilian life. He states that his military training helped him establish himself in his career “in the way that I’m more disciplined and can work in any and all environments that I’m placed in.” Juan’s advice to anyone considering joining the United States military would be to confirm within your inner self that this is what you really want to do. “I have seen people come into the service and then discover that it’s not what

they expected. It is hard, rough and its reality. You will be away from home several times working long hours but in the end you’ll feel a great sense of satisfaction knowing that you were able to achieve everything.”

Juan is currently working for RMI International, a private security company, as an Assistant Manager. His future plans include completing his twenty year commitment to the Marine Corp and to pursue higher education in the form of acquiring a Bachelor’s degree in Accounting.

Higuera lives one day at a time with his wife Fernanda and their four children by his side.

“Coming Home: A Veteran’s Story” is a project between the Living Tree Foundation and the Downey Patriot, with the goal of telling the stories of local veterans. If you are interested in telling your story, contact Julie Garcia at (562) 884-8683 or julieg@yourlivingtree.org.

Luz Paloma passes away

DOWNEY – Luz Maria Paloma, who with her husband opened Marisa’s Mexican Restaurant in Downey in 1975, died Oct. 2, family members announced.



Luz was born Feb. 14, 1939, and came to the United States from Mexico in 1971 with her husband, Fidel, and their children, Fabiola, Fidel and Guillermo.

“Luz and Fidel poured their heart and soul into the restaurant and the customers responded,” family members said. “Luz’s recipes made Marisa’s one of the city’s favorite restaurants, and shortly after they had two locations in Downey.”

The restaurant is named for their youngest daughter, who was two years old at the time.

A viewing will take place Sunday, Oct. 12, at 6 p.m. at Forest Lawn in Cypress. The funeral is Monday, Oct. 13, at 10:30 a.m. at Holy Family Church in Artesia, with burial to follow at Forest Lawn.

Lucille Veltri mourned

DOWNEY – Lucille Veltri died peacefully Oct. 1 at the age of 91. She was born in Morgan City, La., to Mary and Nick Orlando. She married Tony Veltri in 1947.



Lucille spend her life raising her two children. She would go on to have four grandsons and four great-grandchildren.

She was predeceased by her husband, Tony; grandson, Jeffrey; and sister, Nancy.

She is survived by her children, John, and his wife, Jill; daughter, Tony; grandsons, Josh, Jeremy and John Jr.; and great-grandchildren Jeffrey, Hudson, Kylie, Mackenzie (a new baby on the way); sister Margie (Jack); and numerous nephews and nieces.

Services were entrusted to Miller Mies Downey Mortuary.

Dia de los Muertos trunk altar contest

DOWNEY – As part of the Dia de los Muertos Art Festival on Nov. 2, the Downey Theatre is hosting a “trunk altar” contest with a first place top prize of \$500.

Trunk altars, or ofrendas, are memorials to a loved one in the trunk of a car. They may contain decorations, artwork, photographs, trinkets, and other items.

The first place winner receives \$500, with \$300 for second place and \$100 for third place. There is no entry fee.

To enter a vehicle, contact Amber Vogel at avogel@downeyca.org or (562) 904-7230.

Downey’s Dia de los Muertos Art Festival will also include sculptures, film, artesanos, live music, ballet folklorico, Aztec dancers, food trucks, shopping, a beer garden, and more.

It is from 11 a.m. to 8 p.m. in the civic center.

POETRY MATTERS



THE MISSING ALLELUIA

Los Angeles

You’re coming home and it’s raining,
coming home to church bells
and a choir that’s singing.
The steeple is shining.

You’re standing and waiting
under the coffee shop’s green awning;
there’s no bomb-maker here, wearing a vest.
No, someone is laughing, unbroken by the call to prayer.
Here, the market sells kosher, oxycontin and wine.
Women aren’t covering. They look a man straight in the eye.
Breasts are encouraging.

You see someone you’re sure you know
and you’re waving, smiling, but no one’s remembering.
You’re an outsider now,
holding her sandwich and beer,
alone in a bar with its sports and day-drinking,
and the polished tabletops and oh,
those vast deserts of time
you’ve crossed to get home,
yet home’s greeting you with hardly a glance.

Yes, you think, there is something missing here.

A man opens his umbrella and then he’s running,
shoulders bent low, shouldering those things that he’s been handed.

Yes, you have to go down deep to find it.
Underneath the light. Under the prayer.
Beyond the talk and the wine and all the goddamn smiling.

And then, it’s there. The missing alleluia.
It comes to you quietly as you’re walking home
thinking of earthworms and your mother’s geraniums,
watching clouds in the distance—violet and scudding,
bleeding into the sea, and the rain sequined on the streets.

By Bonnie Bolling

Expect the unexpected from Richard Garcia. The absurdities of the commonplace. Corners where you wish he’d linger. Granite owls and other impossible constellations. What does the body remember? Deep images of stars and bones. Garcia teaches at Antioch University in Los Angeles and occasionally conducts provocative workshops.

Free Hearing Screenings Sat. Oct. 11, 2014

The Downey Sertoma Club will be offering their annual Free hearing Screening Program on Saturday, October 11 from 10:00 A.M. to noon at the Barbara J. Riley Community and Senior center, 7810 Quill Drive, Downey, from 10:00 A.M. to 12:00 P.M.

Appointments are recommended by calling (562) 862-9629.



Her dog helped find her cancer. What’s your story?

Marissa didn’t think too much about the fact that she was constantly tired. But when her puppy seemed worried around her, Marissa decided maybe she was trying to tell her something. She was. A visit to the doctor revealed Marissa had ovarian cancer. Three years later, healthy again, Marissa owes so much to her dog. See more of Marissa’s story at www.LegacyRoseHills.com

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Immediate Interviews



Whittier FD #970

Superstar neurologist Dr. Helena Chui to speak at stroke prevention seminar



• Free stroke prevention seminar returns to Downey Oct. 29; pre-registration required.

By Greg Waskul
Contributor

DOWNEY – One of the world's leading neurologists will be the keynote speaker at the year's final free Stroke Prevention Seminar at Rio Hondo Event Center on Wednesday, Oct. 29, at 9:30 a.m..

Dr. Helena Chui, Chair of the USC Department of Neurology and a world-renowned physician and researcher, will be providing her insights about "Stroke and Dementia" at the event. Dr. Chui is very familiar with the Downey community, having worked with the Alzheimer Disease Research Center at USC and Rancho Los Amigos National Rehabilitation Center for more than three decades.

"We are thrilled to have Dr. Chui as our final presenter of 2014 in what has become the nation's most successful series of stroke prevention seminars," said RTH Stroke Foundation President Deborah Massaglia. "We encourage those who are interested in hearing and meeting Dr. Chui to register right away, because all of our seminars in Downey have filled up, often within a day.

"We know anyone who attends will learn a lot and will enjoy

hearing from Dr. Chui, because her ratings from her previous talks are among the highest we've seen in 15 years of holding stroke prevention seminars."

Everyone attending the event will also receive a free blood-pressure screening. So far, nearly 300 individuals with life-threateningly high blood pressure have found out about their condition for the first time at these local seminars sponsored by RTH Stroke Foundation, Keck Medicine of USC, Rio Hondo Event Center, PIH Health and The Downey Patriot.

Registering for the free stroke prevention seminar is easy. Either visit www.rthfoundation.org online or call (888) 794-9466 to sign up.

Not surprisingly Dr. Chui has earned exceptionally high marks from those who have heard her speak in the local area. "I learned so much from Dr. Chui about memory loss, and discovered many ideas about how to live a healthier life that I applied in my own life," said Downey community leader Beverly Mathis. "She is very interesting and informative, and the way she speaks with people is so encouraging.

"I remember that the last time she spoke at a stroke prevention seminar she stayed long after her presentation was finished to answer more questions from the audience," Beverly said. "There must have been 60 or 70 people in line to speak with Dr. Chui, and she smiled and listened to each one and spoke to them with words they could understand and act upon. I can't wait to see what she's going to tell us on October 29th, because she is truly an inspiration to us all."

Dr. Chui's appearance is part of a larger effort by USC's Alzheimer Disease Research Center (ADRC) to reach out to underserved communities throughout the greater Los Angeles area.

In her presentation, Dr. Chui will report the latest findings of the research she and her ADRC colleagues have conducted at USC and Rancho as they seek effective new approaches to the detection, cause, prevention, and treatment of early-stage cognitive impairment. She will also discuss research developments from around the world.

"The whole world awaits the day when a truly effective medical treatment becomes available for Alzheimer Disease," Dr. Chui said. "Meanwhile, the best treatment is still a day-by-day holistic approach to optimize quality of life. A huge difference can be made in the quality of life we experience, depending upon our outlook and supportive and caring relationships with others.

"This depends upon maintaining the spiritual, physical, and mental well-being of the care partner, as well as the person with the disease," Dr. Chui said. "We understand that memory loss is a family issue that requires effective long-term planning and action to address all the needs of the family unit."

"Dr. Chui will be speaking about the devastating impact stroke and memory loss has on the health of America's families," Deborah said. "In addition to learning about dementia, event participants will be provided with vital information that may help them prevent a stroke and save their life or the life of a loved one."

Under Dr. Chui's leadership, USC's ADRC is organized around six core areas: administration; clinical; data and informatics; neuropathology; outreach, recruitment and education; and imaging. In addition to Dr. Chui, who heads the administration core, several other core leaders, such as Dr. Lon Schneider (clinical) and Dr. Arthur Toga (imaging) are themselves world-renowned experts in their specialties. In addition to

its groundbreaking research, Keck Medicine of USC provides the most advanced diagnostic and treatment services available for Alzheimer Disease, other types of dementia and diseases related to aging.

Rancho Los Amigos National Rehabilitation Center (an affiliate of USC) makes available to the community outstanding resources for the community both in memory loss and stroke. "Our California Alzheimer Disease Center team at Rancho is led by Dr. Freddi Sigal-Gidan, who has more than a quarter century of experience in research and treatment of Alzheimer Disease and other memory loss issues; and Dr. Liliana Gomez Ramirez, who has become one of the top young doctors in the field," Dr. Chui said.

"Rancho also has a number of experts in stroke and other acute neurological conditions, led by Chief Medical Officer Dr. Mindy Aisen. The stroke service is led by Dr. Amytis Towfighi, who is one of the most talented and accomplished stroke physicians and researchers in the world," she said. "We also have the brilliant neurosurgeon Dr. Charles Liu and a rising star in Dr. Susan Shaw, among many distinguished clinicians.

"Keck Medicine of USC is very proud of our long-term partnership with Rancho and the talents of the many USC physicians and clinicians who are associated with this superb rehabilitation facility," Dr. Chui added. It's an excellent example of how we bring our treatment and research protocols to underserved populations."

She also suggested that those who are interested in finding out more about memory loss should visit the USC ADRC's new web site at adrc.usc.edu.

"We have spent nearly a year working to make our new site more relevant to our patients, participants and families, researchers and

healthcare professionals, and the community we serve," Dr. Chui said. "The web site makes it easy to join the ADRC family and learn more about memory loss or sign up for a clinical trial or study.

"We are learning much about stroke, memory loss and other brain-related issues each day as research continues to provide the answers to many questions and challenges we have faced in the world of medicine," Dr. Chui said. "At Keck Medicine of USC, we are at the forefront of this work, and we intend to continue our efforts to meaningfully participate in the worldwide search to find better treatments and eventually cures so that one day we will have defeat each and every neurological disease."

With her tremendous leadership and her many clinical and research achievements, Dr. Chui has an interesting perspective about neurological issues such as stroke and dementia.

"We encourage everyone reading this article to sign up for Dr. Chui's seminar on October 29th because she is a great doctor, a great researcher and a great communicator," Deborah said. "It's an opportunity for all of us to interact and learn from a giant of the healthcare world, who possesses the rare combination of the intellect, experience and achievements that make her a world leader in her field, matched by a humility and caring heart that makes her beloved by her patients and colleagues."

"This is an opportunity for each of us to be touched by greatness," Beverly said. "If you can only do one thing for yourself this fall, attend Dr. Chui's seminar. Like me, you may learn something that could change your life or the life of someone you love."

CalMet giving away mulch to residents

DOWNEY – CalMet, the city's waste hauler, will be offering Downey resident free mulch this Saturday, Oct. 11, from 9 a.m. to noon.

Residents can receive up to 32 gallons of mulch but must bring their own containers.

The giveaway will take place in the City Hall west parking lot. Vehicles should enter off Civic Center Drive.

For more information, call CalMet at (562) 259-1239, ext. 7.

5-mile Hunger Walk this Sunday

DOWNEY – Officials hope to raise \$20,000 at the third annual Downey CROP Hunger Walk, taking place this Sunday, Oct. 12.

The 5-mile walk begins in the Our Lady of Perpetual Help School gymnasium. Registration begins at 1 p.m. and the walk gets underway at 2.

The Hunger Walk raised \$9,813 in 2012 and \$14,748 last year. Twenty-five percent of the proceeds were donated to FoodHelp and PTA HELPS, and the remaining donations helped to alleviate hunger worldwide through Church World Service.

"We'll do the same with this year's funds, too," said Rev. Christie Melby-Gibbons. "Funds will be used by CWS to help with drought response in Africa, disaster relief in Myanmar, Somali refugee resettlement in Kenya, early childhood education in Serbia, fresh water wells in Sudan, building greenhouses in Guatemala, etc."

Residents are invited to participate by themselves or as part of a team.

For more information, or to sign up online, go to crophungerwalk.org/downeyca or email revchristiemelbygibbons@gmail.com.

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LETTERS TO THE EDITOR:

Charity gifts

Dear Editor:

Some months ago I sent a small contribution to Paralyzed Veterans. Immediately I received a note of thanks with a package of labels with my name and address.

After that, I started getting requests for donations from all over the country from charities that I never knew existed, all of them with a great amount of labels, cards, calendars and memos. I sent some more contributions, asking them to stop sending gifts. I have enough for the rest of my life.

Well, my concern is this: my contributions can not possibly pay for all the gifts I received. So why continue sending money just for labels, cards, mailings, etc. if my contribution is not helping anybody?

I'd rather give charity to the homeless on the streets, or to the church, or directly to somebody I know is in need. Don't you agree?

Margo Baird
Downey

Attorney general

Dear Editor:

It was good news to hear that Attorney General Eric Holder is resigning. He should have resigned when a border patrol agent was killed because of the Fast and Furious policy.

But instead he gets promoted to Attorney General. Unbelievable.

Mike Sandoval
Downey

Furman Park track

Dear Editor:

Furman Park in Downey is involved in a huge project to install a walking trail around the perimeter of the park.

The project also involves the removing and re-establishing the complete sprinkler system which surrounds the entire park.

The construction workers at the park do not work on Saturdays and Sundays. They also do not work on Fridays, Thursdays or Wednesdays. They do work on Mondays and Tuesdays...but not all the time.

I hope the City Council can complete the project before winter sets in. If not, the council members will surely have a mess on their hands come winter.

George W. Morris
Downey

Upscale options

Dear Editor:

My family recently moved to Downey a few years ago. I agree with Misty Hausmann's letter about higher-end stores. (Facebook Conversation, 9/18/14)

I like bargains, but what about putting up a Whole Foods or Sprouts and a World Market or HomeGoods? We have to drive to Whittier, Lakewood or Long Beach, and it would be nice if it was available here. It would boost our city's image and provide residents with healthier options and a wider selection of products to choose from.

With all the vacant lots now, I hope our city will look into it.

Soraya Soni
Downey

Christmas decorations

Dear Editor:

When I saw the flags decorating Downey Avenue for the food festival I remembered with fondness the lovely Christmas decorations we had at Downey Avenue and Firestone Boulevard when I was a child.

I would love to see our city's main streets decorated for the holidays. My recollections include reindeers and Santa and snowman and candy canes, tinsel and lights.

Can we do it?

Marie Augimeri
Downey

The View

Dear Editor:

A little background info, then my complaint.

I lived in Downey, raised my three children there. Eleven years ago, the children grown and out of the house and by myself, I decided to sell my house and move to a mobile home park. There being none in Downey, I moved into a lovely lake park in La Habra.

Unfortunately all my ties, church, organizations, etc. were still in Downey. So for the last 11 years I was travelling, 3-5 times a week (28 miles round trip). I spent two-thirds of my 87 years in Downey. The time had come for me to move back to Downey.

So, good fortune. A nice big apartment complex was being built right in the heart of Downey. I called for info on this and waited. The info I received was 2 and 3 bedroom affordable apartments with a rec room." finally, Oct. 3, 9 a.m., I come pick up an application. Downey View Apartment people were there passing out the sheets. What I read on these papers was indeed disheartening.

Thirty-four 2-bedroom apartments for 2-5 people ranging in monthly rent from \$513 to \$819. Fifteen 3-bedroom apartments for 3-7 persons, monthly rent ranging from \$590-\$1,018. But I was told I couldn't live there -- I was one person.

The general public had no knowledge of this stipulation. Why?

I will find an apartment in Downey better than this. Shame on Downey for allowing this kind of project to be built and deceiving the residents about it.

Barbara Alford
La Habra

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Math and science -- not just for rocket scientists

By Dick Resch

Looking to get rich? Try welding.

For the third consecutive year, positions in the skilled trades are the hardest to fill, according to a Manpower Group survey of American employers. This shortage is why a master welder can earn a six-figure salary -- without a college degree.

There aren't enough skilled tradesmen because our nation's schools aren't producing graduates with the math and science knowledge needed to fill these skilled jobs.

That has to change. Educators must rethink the way they teach math and science -- especially to students who may not go to college. The best way to reach these kids is to scrap the age-old lecture and empower them to learn by doing.

International rankings reveal the depths of America's underachievement. Among 34 developed nations, the United States ranks 27th in math and 20th in science. More than one-quarter of U.S. students lack even basic proficiency in math. That's 13 percent higher than the global average.

This poor performance is concerning, as these students risk economic marginalization.

A million people drop out of high school each year. Most don't participate in the labor force. Those that do face an unemployment rate 50 percent higher than their graduating peers.

That low-performing quarter of students also includes many who complete high school yet still lack the math skills needed for most entry-level manufacturing jobs -- let alone the skilled-trade positions that could vault them into the middle class.

Philadelphia Federal Reserve President Charles Plosser said earlier this year, "We are seeing a mismatch of skills in the workforce and the jobs that are being created."

To fill these jobs -- and provide livelihoods for millions -- we must keep students who struggle with math in school and find ways to boost their achievement.

Drought and the future of food

By Mark Hertsgaard

The almond harvest is almost complete in California, where a drought that may rank as the harshest in 500 years is pushing the price of one of the world's favorite snacks to record levels. The drought is also boosting vegetables, fruit, meat and dairy product prices, and there's no end in sight.

"The price has never been this high," says Tom Frantz, 64, who has been growing almonds for thirty years on his family farm in California's Central Valley. Wholesale almond prices had already risen about 10 percent in anticipation of the drought, explains Frantz, who expects another 10 to 15 percent increase going forward.

California produces more than half of all the fruits, nuts and vegetables consumed in the United States, including over 90 percent of walnuts, broccoli, strawberries, grapes and tomatoes. The state's mega-drought thus helps explain why US food prices have risen this summer, jumping by 0.4 percent in July alone—the fifth increase of that size or higher in the previous six months.

The pain is felt most acutely in California itself. The state's \$45 billion agricultural sector has lost an estimated \$2.5 to \$7 billion in production and a staggering 20,000 jobs, often among the state's poorest workers, as fields have been fallowed for lack of water.

There are many steps California—and the nation—can take to cope with drought, and that's a good thing, because climate change is making drought an inescapable part of our future. Over half of the US is currently suffering some degree of drought, reports the US Geological Survey. In August, Arizona's Lake Mead—the nation's largest reservoir, supplying water to 25 million people and vast areas of farmland—dropped to its lowest level ever after one of the worst regional droughts in 1,200 years. By 2050, record drought will become the norm across the western third of the US, according to the UN Intergovernmental Panel on Climate Change.

Adapting to mega-droughts will be challenging—and grow more so the longer that action is delayed. Oddly, the good news is that many current practices are so wasteful that common sense conservation measures can "find" new water supplies despite a lack of rainfall.

Improved efficiency in water use could save 34 to 44 percent of

Lynwood launches dual language immersion program

Bringing together both native English speakers and students still learning the English language, Lynwood Unified this year kicked off its new Dual Immersion Program, starting with kindergarteners at Will Rogers Elementary School.

The program will grow year after year, as students move through the sixth-grade, ensuring students can read, write and effectively communicate in both English and Spanish, while achieving a high level of academic success.

"We found it very important to offer our students this unique enrichment program because they have the opportunity to gain new skills and learn a new language all while still being immersed in curriculum that is consistent with the rigorous Common Core State Standards," said Lynwood Unified Board of Education President Briseida Gonzalez. "These students are gaining the quality education we offer here in Lynwood, but with the added bonus of bilingualism in our ever-growing global economy."

The program follows a 90:10 model in which 90 percent of instruction is delivered in Spanish and 10 percent is delivered in English. As students progress, the amount of instruction taught in Spanish decreases, with 50 percent of instruction delivered in Spanish by the fifth grade. Half of the students enrolled are native English speakers, while half are native Spanish speakers.

Roybal-Allard seeks hearing on Ebola

Congresswoman Lucille Roybal-Allard (CA-40) and the other Democratic members of the House of Representatives Labor-Health and Human Services (HHS)-Education Appropriations Subcommittee this week called for a subcommittee hearing on the public health threats posed by the recent outbreaks of Ebola and Enterovirus D68.

The Labor-HHS-Education Subcommittee is responsible for funding the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and the Biomedical Advanced Research and Development Authority (BARDA).

"Since Congress left Washington last month—the earliest we have recessed in over 50 years—the Ebola virus has found its way onto American soil and Enterovirus D68 has reached almost every state and is linked to the deaths of multiple children," wrote Subcommittee Ranking Member Rosa DeLauro, Appropriations Committee Ranking Member Nita Lowey, and subcommittee members Roybal-Allard, Barbara Lee and Mike Honda. "We

According to the National Training Laboratories, the traditional lecture format yields only a 5 percent learning retention rate. Allowing students to practice by doing, in contrast, results in a whopping 75 percent retention rate.

The way forward is clear: Embrace technology, collaboration, and hands-on learning.

Already, colleges are adopting this approach. The University of Pennsylvania has built a new classroom with customized, powered round tables so students can collaborate using all manner of technology. It plans to add three to four more such classrooms over the next year.

MIT's Technology-Enabled Active Learning (TEAL) Project merges lecture, simulation, collaborative learning, and hands-on experiments in one classroom. Failure rates for freshmen in a TEAL physics course were one-third those in the traditional setting. Average gains in understanding were more than double. Gains were highest among students at the bottom of the achievement ladder.

Engaged learning models are trickling down into elementary and secondary schools, too. In Philadelphia, several schools are using the Full Option Science System, a hands-on, activity-based approach that empowers students to investigate, experiment, and collaborate to discover the material in each lesson.

Students at FOSS schools have scored higher on standardized tests. The longer they're in the program, the greater the gains in achievement.

Administrators across the country are enlisting the firm I lead, KI, to help them transform their traditional classrooms into technology-enhanced learning environments, where students work in small groups while instructors rove about, offering individualized help and coaching.

To refill the ranks of the middle class with good-paying manufacturing jobs, we must address our nation's math and science achievement gap. The instructional status quo isn't working. There's ample evidence that a more active, engaged approach will.

Dick Resch is the CEO of KI Furniture in Wisconsin (www.ki.com).

California's consumption, according to a June 2014 study by the Pacific Institute—one of the world's leading authorities on water and climate change—and the Natural Resource Defense Council.

Fixing leaky pipes is the place to start. The study found that California would use 15 percent less water if homeowners, businesses and water utilities simply repaired leaks and shifted to more efficient appliances and drought-tolerant landscaping.

Because agriculture consumes 70 percent of the world's water—and 80 percent of California's—it must be the primary focus. The study found that agriculture could deliver fully half of the potential savings in California's total water use, and do so without reducing tilled acreage or switching crop types.

Most savings would come from modernizing irrigation—for example, by installing super-efficient "drip irrigation" systems, as Tom Frantz has done. Snaking along the ground beneath his almond trees are black hoses the width of a man's finger. The hoses apply water directly to trees' roots rather than soaking the entire area, slashing water usage.

Government policies need reforming too. Astonishingly, until now groundwater use has not been regulated in California. Landowners have been free to dig deeper and deeper wells, depleting groundwater faster than nature replenishes it. And it took the mega-drought to get the legislature in August to finally approve regulation of groundwater in the state's most critical water basins.

California is known as the place where the future happens first, and the current mega-drought underlines the point. As climate change intensifies, the rest of the world will experience its own versions of the stresses afflicting California today.

Learn from California's mistakes! Instead of playing catch up, governments, businesses and citizens should act now to prepare for the hot, chaotic climate that lies ahead. Above all, they should join the fast-growing transition to solar, wind and other clean energy sources. For in the end, the only way to survive global warming is to stop it.

Journalist Mark Hertsgaard is the author of six books, including, *HOT: Living Through the Next Fifty Years on Earth*. 2014 www.blueridgepress.com.

"Research shows that students with dual language skills benefit greatly in terms of their cognitive abilities and academic growth," said Lynwood Unified Superintendent Paul Gothold. "This was a much-needed program in our community that ensures that our young learners being adequately prepared for a 21st century world, while they learn about the importance of intercultural understanding."

Like all elementary classrooms throughout Lynwood Unified, students spend a part of their day with small group instruction, rotating between a variety of activities with their peers of similar academic abilities.

"I follow all of the same curriculum as all of the kindergarten programs in Lynwood Unified, except most of the instruction is delivered in Spanish," said Maricruz Gil, Dual Language Immersion teacher. "It takes courage to go into something so new, but these kids will really benefit long-term by knowing both languages."

For more information, or to enroll in the District's Dual Language Immersion Program, please contact Dr. Freda Rossi, Director of Instructional Services, at (310) 886-1600, Ext. 76637 or at frossi@lynwood.k12.ca.us. Lynwood Unified will host informational parent meetings about the program this winter. Specific dates will be made available to the community

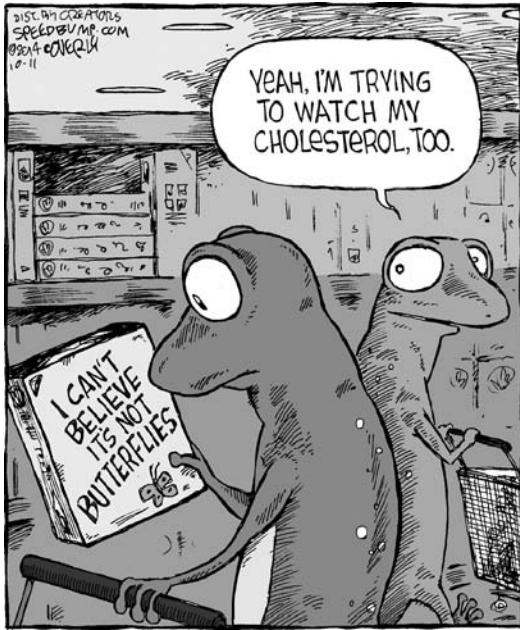
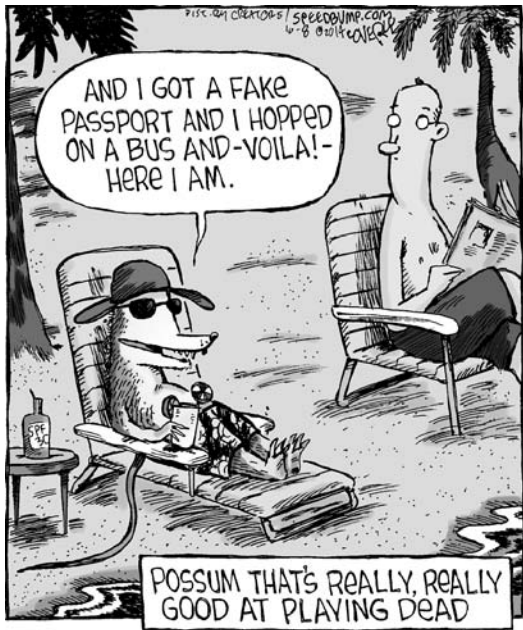
have a responsibility to ensure that CDC, NIH and the other public health agencies under our jurisdiction have sufficient resources to protect the public health and are taking the appropriate actions today to address it. When Congress returns from the November elections, we will have to determine the funding necessary for these agencies to respond to these public health crises before the Continuing Resolution expires. Therefore, we urge you to convene a Subcommittee hearing this month to gather the information we need to make informed decisions for the remainder of the fiscal year."

NIH funding has been cut by \$1.2 billion over the last four years, before adjusting for inflation. Once accounting for inflation, NIH has lost more than ten percent of its purchasing power since 2010. The CDC program that supports state and local public health professionals working on the front lines has been cut by 16 percent over the last four years. The federal Hospital Preparedness program has been cut by an astounding 44 percent over the last four years.

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For October

- Fri., Oct. 10: **Two-year anniversary**, Stay Gallery, 8 p.m.
- Sat., Oct. 11: **Downey Rotary/YMCA pancake breakfast**, Downey High, 7:30-11 a.m.
- Sat., Oct. 11: **Keep Downey Beautiful clean-up**, See's Candy, 9 a.m.
- Sat., Oct. 11: **Mulch giveaway**, City Hall, 9 a.m.
- Sat., Oct. 11: **Downey Symphony concert**, Downey Theatre, 8 p.m.
- Sun., Oct. 12: **Downey CROP Hunger Walk**, OLPH School, 2 p.m.
- Wed., Oct. 15: **Bingo luncheon**, OLPH School, 10 a.m.
- Thurs., Oct. 16: **Poetry Matters**, Stay Gallery, 7:30 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, for info call 304-3439
- 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 Karika Austin 260-3856.
- 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.
- 3rd Tues., 6 p.m.: **American Legion #270**, at Sizzler Restaurant, for information call 544-0372.
- 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.
- 4th Sat., 12:00 p.m.: **Downey Arts Coalition**, at Epic Lounge.

On This Day...

- Oct. 9, 1930:** Laura Ingalls became the first woman to fly across the United States as she completed a nine-stop journey from Roosevelt Field in New York to Glendale, Calif.
- 1967:** Guerrilla leader Che Guevara was executed in Bolivia while attempting to incite revolution.
- 2010:** Chile's 33 trapped miners cheered and embraced each other as a drill punched into their underground chamber where they had been stuck for an agonizing 66 days.
- Birthdays:** TV personality Sharon Osbourne (62), actor Tony Shalhoub (61), actor John O'Hurley (60), TV host Steve Burns (41), comedian Nick Swardson (38) and actor Zachary Ty Bryan (33).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WISE GUYS: 14 of them, to be exact
 by S.N.

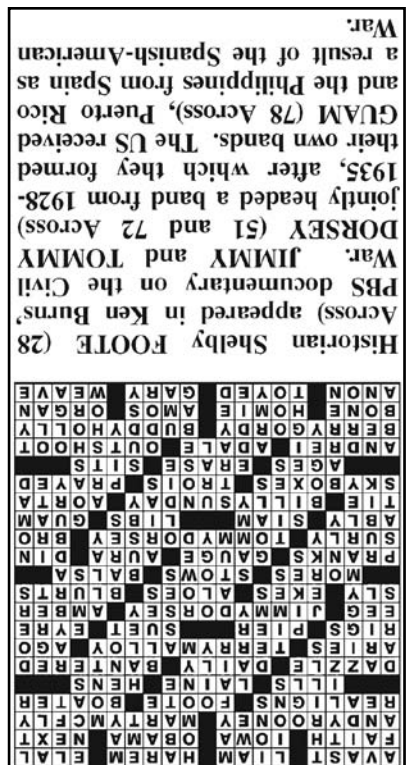
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Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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Paging Dr. Frischer...

By Dr. Alan Frischer



treatment is estrogen and progesterone replacement therapy. Replacing declining hormone levels has been the standard of care for years. This thinking has now shifted, as these hormones have been linked to an increased risk of stroke, heart attacks, and many cancers. When hormone replacement therapy is chosen, it is used for the short term, and never for longer than five years. Even in the short term, risks include blood clots, headaches, and gallbladder disease.

Hot flashes: the most common symptom of menopause. The experience may include a warm feeling spreading through the upper body and face, rapid heartbeats, sweating, a flushed appearance, and a chilled feeling as it concludes.

They occur in nearly 70% of North American women around menopause, and happen when the blood vessels near the skin's surface dilate to cool. The frequency of hot flashes varies from woman to woman, and may range from one a day to one per hour. They are more common at night, and typically last between one and five years. The two general types include the hot flash that comes on rapidly, reaches a maximum intensity in a minute, and fades in a few minutes. A slower, more prolonged type appears as quickly but is less intense and may last for a half-hour.

Hot flashes may not be dangerous, but they can be quite troublesome. Nighttime hot flashes can interfere with sleep, and too little sleep can add to memory problems, anxiety, and depression. Besides that, they are uncomfortable, embarrassing, and problematic for daily life.

Why do they happen? We're not exactly sure! Of course, they are clearly related to changes in reproductive hormones, especially reduced levels of estrogen. Interestingly, not all women have hot flashes. Some lifestyle factors do increase the likelihood, including smoking, obesity, and physical inactivity. Ethnicity matters: African-American women are more prone to hot flashes, while those of Japanese and Chinese descent are least likely.

Diagnosing the cause of hot flashes is usually straightforward. If a woman is of menopausal age and has experienced recent changes in her period, a simple blood test will confirm whether she is in or approaching menopause.

Since the precise mechanism of hot flashes is not completely clear, most research focuses on treatment options rather than on prevention.

•The most straightforward

•Prescription medications include antidepressants, neurontin (an anti-seizure medication), and clonidine (typically used for high blood pressure). These medications have their own possible side effects, but may be used as an alternative to hormone therapy.

•There are a multitude of herbal remedies that may bring relief for some. These include plant estrogens, black cohosh, ginseng, dong quai, caffeine, phytoestrogens (like ginseng), flaxseed, soy products, and kava. Remember that just as with prescription medications, these herbal supplements may also have side effects.

•Lifestyle changes certainly can make a difference. Keep cool – open windows, use fans or air conditioners. Dress in layers. Sip cool drinks. Some foods may trigger hot flashes, including hot and spicy foods, caffeinated beverages, and alcohol. There is a growing body of evidence supporting the use of meditation, yoga, tai chi and qi gong to reduce the severity of hot flashes. Acupuncture and hypnosis have shown benefits. On the other hand, both smoking and excess weight have been linked to more severe hot flashes.

Hot flashes experienced by anyone but a menopausal or premenopausal woman become more worrisome. Other causes could be diseases of the pituitary gland or thyroid gland, medication side effects, undiagnosed infections, or cancer. For men, hot flashes may be a result of low testosterone levels, be related to prostate or testicular cancer, or even be a side effect from hormone therapy. Be sure to see your doctor if you are experiencing hot flashes and the diagnosis or treatment is unclear.

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 and partners launch Vivity

Contributed by PIH Health

WHITTIER – PIH Health has joined Anthem Blue Cross and six other top hospital systems to offer Anthem Blue Cross Vivity, an integrated health system in Los Angeles and Orange counties. This is a first in the nation partnership between an insurer and seven competing hospital systems that will align to enhance the health of all Anthem Blue Cross Vivity members, and also share financial risk and gain.

The seven hospital systems – which all have hospitals ranked in the top 30 in Los Angeles County by U.S. News & World Report – are PIH Health, Cedars-Sinai, Good Samaritan Hospital, Huntington Memorial Hospital, MemorialCare Health System, Torrance Memorial Medical Center and UCLA Health.

"This is an exciting and historic time," said Pam Kehaly, west region president for Anthem Blue Cross. "This innovative venture will create a foundation to significantly advance the medical delivery system, simplifying the care experience and creating a structure with aligned incentives to eliminate waste and redundancy and improve overall health."

Vivity continues the move away from traditional fee-for-service reimbursements that may incentivize increasing the volume of medical procedures performed by providers, and continues the trend of moving toward a structure that financially rewards activities to keep patients healthy.

This is just the first step in aligning the delivery system. Longer term value will come from efficiency and effectiveness improvements enabled by such things as a common electronic health records system, shared care management systems, joint wellness resources, etc.

"Our goal at PIH Health is to be the health and wellness partner for our community, and Anthem Blue Cross Vivity helps us extend our reach and improve the quality of care and the patient experience at a reasonable price,"

said Jim West, PIH Health President and Chief Executive Officer.

Anthem Blue Cross Vivity will provide members with a simpler experience and convenient access to some of the best primary care doctors, specialists and hospitals in the region at an affordable price. The seven hospital systems and their affiliated medical groups have built a network of doctors that provide both quality care and affordable prices to Vivity members in Los Angeles and Orange counties. In the creation of Vivity, accessing healthcare has been greatly simplified and costs have been made vastly more predictable. When Vivity members go to the doctor, have a medical procedure or pick up a prescription, all they pay is their co-pay. They won't have to worry about meeting deductibles or deciphering complicated medical bills.

CalPERS, the nation's second largest purchaser of health benefits and an early adopter of healthcare system innovations, has already agreed to use Vivity network doctors and hospitals within their Select HMO network in Los Angeles and Orange counties. Large group brokers can start requesting proposals on October 1, with coverage starting on January 1, 2015.

This announcement is the culmination of a year's worth of work. Each party worked diligently to come together and develop an innovative way to provide Vivity members with convenient access to quality care at an affordable price.

The name Vivity captures a fresh perspective on healthcare. Coined from vivify, a verb meaning "to enliven or animate," Vivity speaks to the energized team of providers coming together to deliver a uniquely people-centric offering. The name's root in the Latin vivere, "to live," highlights what Vivity is all about: impacting the lives of Southern Californians by giving them access to the highest-quality care – as well as choice within and control over their experience.

Vivity can be found online at VivityHealth.com.

CareMore opening Pico Rivera clinic

PICO RIVERA – To increase access to much-needed medical care in the Pico Rivera community, especially for persons with disabilities and older adults with chronic health conditions, CareMore Health Plan is opening a new Care Center at 9330 E. Washington Blvd., in Pico Rivera.

The facility is slated to begin seeing patients in early October, and it's the first of several expansions by CareMore within Los Angeles County to

accommodate new patients who qualify for the Medicare and Medi-Cal programs.

The Cal MediConnect program is a recently launched state initiative designed to coordinate medical care for those who are eligible for both Medicare and Medi-Cal (also called "dual eligibles"). CareMore is one of five plans in Los Angeles that was selected to provide care for Cal MediConnect members.

As part of its growing footprint to improve access to these patients, CareMore will provide members with greater access to its network of Care Centers, where members can manage their health.

The Care Centers, such as the soon-to-open one in Pico Rivera, offer medical evaluations by licensed clinicians and access to programs that help members better manage chronic diseases such as diabetes and heart disease.

CareMore's Cal MediConnect plan includes a "healthy start" introductory visit, a 24-hour nurse hotline and transportation to health care resources.

"This is a really significant milestone for people eligible for both programs who live in Pico Rivera and surrounding cities," said Joyce Furlough, general manager of Duals at CareMore.

"They will now be able to access both programs with all their benefits through one plan with a single ID card and special programs available at our Care Centers to keep them well."

To learn more about CareMore Health Plan, or to find a Care Center near you, visit caremore.com.

Golf tournament raises \$250K for PIH

WHITTIER – A recent golf tournament at Friendly Hills Country Club raised \$250,000 for a nursing education program at PIH Health, the hospital announced.

Since the Frank Scott Pro/Am Golf Tournament began 21 years ago, more than \$1.6 million has been raised for PIH Health.

"We take pride in our nursing education program at PIH Health," said Amy Fitzgerald, executive director, PIH Health Foundation. "PIH Health nurses are an important part of why we are the leader in healthcare services for our community."

The purpose of the nursing education program is to assist nurses in furthering their education, to help in the recruitment of outstanding nurses and to retain the exemplary staff that already works at PIH Health, hospital officials said.

PIH Health invests millions each year in the community to support those with the greatest need.

"The impact of philanthropy is vital to our service area, and key to PIH Health's mission," officials said.

For more information on upcoming PIH Health Foundation events, call (562) 698-0811, ext. 81520.

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Guerra outraises Mendoza in final stretch

• Mario Guerra raises \$133,477 between July 1 and Sept. 30, compared to \$96,046 by Tony Mendoza.

By Christian Brown
Staff Writer

DOWNEY – Downey Councilman Mario Guerra, who is vying for a state Senate seat in the 32nd district, continues to outraise his democratic opponent former Assemblyman Tony Mendoza, according to campaign finance statements released on Monday.

Between July 1 and Sept. 30, Guerra raised \$133,477 in monetary contributions, nearly \$37,000 more than Mendoza, who took in \$96,046.

With the November election less than a month away, both campaigns also shelled out over \$140,000 a piece on consultants, airfare, mailers, and fundraising events.

Guerra and Mendoza have been locked into a tough battle in the 32nd state Senate district, which is overwhelmingly democratic, but voted in support of Guerra during the California primary on June 3.

According to the financial reports, Guerra continued to receive most of his contributions from local business owners, corporate executives, Republican candidates and PACs.

Some of Guerra's supporters included: Robert Alter, president of Seaview Investors LLC (\$2,000); Darius Assemi, CEO of GV Holdings, Inc. (\$4,000); Jean Fuller for Senate 2014 (\$4,100); Gardena-based Blackstone Gaming, LLC (\$1,500); Cartozian Associates Real Estate Inc. (\$4,100); Cedric Fong, owner of Square King Foods (\$3,500); Richard Garcia, a public relations representative for Vista Communications (\$2,630); Honda

World (\$4,000); Howard Jarvis Taxpayer's Association SCC (\$8,200); and San Rafael-based New Majority California PAC (\$4,100).

As a non-monetary donation, Tricities Cal Properties in Downey also provided the Guerra campaign with office space from July 1 until the end of November.

Guerra's expenditures reached to \$143,972 during the three-month period, spent mostly on campaign consultants, literature and workers. Guerra's campaign now has \$77,014 cash on hand, which continues to pale when compared to Mendoza's coffers.

Due to early fundraising efforts, Mendoza still maintains \$396,136 in available funds. Since July 1, Mendoza courted donations from mostly state corporations and large PAC groups based in Sacramento, including: Abbott Laboratories Employee PAC (\$2,000); CA State Council of Service Employees SSC (\$8,200); City of Industry-based Del Terra Real Estate Service, Inc. (\$3,000); Anheuser Busch Companies (\$2,000); Anthem Blue Cross (\$2,000); Humboldt Redwood Company, LLC (\$1,500); International Longshore and Warehouse Union Local 13 PAC (\$6,200); Pfizer, Inc. (\$1,500); Long Beach Councilman Roberto Uranga (\$100); and Wells Fargo and Company Employee PAC (\$1,000).

Mendoza's expenditures, which totaled \$142,182, included salaries, campaign consulting, and political donations to other Democrats running in Southern California. In fact, Mendoza donated \$34,000 on Sept. 22 to the California Democratic Party.

On Nov. 4, Guerra and Mendoza will faceoff for the open seat in the newly-created 32nd state Senate district, which encompasses Downey and surrounding areas.

Poetry Matters next Thursday

DOWNEY – Poet Bonnie Bolling, returning to the U.S. for a short visit, will share her work at Poetry Matters next Thursday, Oct. 16.

Bolling lives in the Persian Gulf with her family, and is a powerful poet with a feminist point of view. She is active in the broader poetry world as editor of Verdad, an international lit magazine, and assistant editor of Pearl, a Long Beach-based poetry magazine.

Poetry Matters is free and open to the public. This presentation may contain adult language and themes.

Poetry Matters begins with an open microphone at 7:30 p.m. at Stay Gallery in downtown Downey. Doors open at 7 p.m.

Lorine Parks is the curator.

New at DUMC: 'Messy Church'

DOWNEY – Things are about to become really "messy" at Downey United Methodist Church.

The congregation is hosting "Messy Church," a monthly program that consists of mealtime, crafts and activities, a short worship time, and fellowship.

Messy Church is designed for all generations. Children learn and worship along with parents and grandparents, while adults worship along with children and peers.

The first gathering is Messy Church is tonight, Oct. 10, at 6 p.m. All are welcome.

For more information, go to downeyumc.com.

Tax volunteers needed

DOWNEY – The AARP is seeking volunteers for the upcoming tax season.

Volunteers can help fill out tax returns, translate, help with computer equipment, be a greeter, or complete other tasks.

To apply, go to www.aarp.org/taxaide

Middle school dance next week

DOWNEY – The Barbara J. Riley Community Center will host a middle school dance next Friday, Oct. 17, from 7-9 p.m.

The Halloween dance is open to middle school students who live or attend school in Downey. Tickets are \$5.

A parent or guardian must sign a waiver at the community center, and the student must have a current school ID to enter.

"Appropriate" dress is required, and no masks, markers, pens/pencils or writing utensils will be allowed inside.

For more information, call the community center at (562) 904-7223.

Bingo luncheon at OLPH

DOWNEY – The OLPH Women's Guild will host a bingo luncheon Wednesday, Oct. 15, at 10 a.m. in the church's Parish Center, located behind OLPH School.

Cost is \$10 and includes salads, refreshments, dessert and bingo.

Guests are asked to bring cans of tuna to help replenish the tuna supply at Skid Row.

Women's group to discuss propositions

DOWNEY – The Eldorado Chapter of the American Business Women's Association will meet Wednesday, Oct. 15 to discuss the pros and cons of next month's ballot propositions.

Representatives from the League of Women Voters of California will make the presentation.

The meeting will be at the Rio Hondo Event Center and begins with networking at 6 p.m. followed by dinner at 6:30.

For reservations or information, contact Ilda Vaja at vajafamily@hotmail.com.

Organ concert at Good Shepherd

DOWNEY – Good Shepherd Church is celebrating its 60th anniversary with a free organ concert on Sunday, Oct. 19, at 2 p.m.

The church recently installed a new organ console with digital interface which now plays its 18-rank pipe organ with the addition of many digital sounds.

Dan Miller from Oregon will give the dedicatory recital.

The concert is free and open to the public. For more information, call (562) 803-4459.

E-waste drive Oct. 18

DOWNEY – Warren High School will host an electronic waste drive Saturday, Oct. 18, from 9 a.m. to 2 p.m. in the school parking lot.

Cars should enter through De Palma Street. The event is sponsored by Warren High's Academic Boosters Council.

Items acceptable for recycling include computers, computer monitors, televisions, printers, home electronics, cell phones, phones, copiers, DVD players, and similar items.

Flapjack fundraiser Oct. 25

BELL GARDENS – A flapjack fundraiser will be held at the Applebee's restaurant in Bell Gardens on Oct. 25, with proceeds used to provide food and supplies for the homeless and their pets in Los Angeles.

The fundraiser is organized by L.A. on Cloud 9, and is from 8-10 a.m.

Tickets are \$10 and can be purchased online at lac9.org or by emailing gchavez@lac9.org.

Tickets will not be sold at the door.



Julie Romero, a combined studies and reading support teacher at Griffiths Middle School, has been named L.A. County Teacher of the Year for the Downey Unified School District.

Romero lives in Downey and has taught for 23 years.

"Mrs. Romero's class is the perfect environment for learning," wrote an appreciative student, "but there is always time for stories to be told."

L.A. County officials described Romero as "(loving) the challenge of teaching students with behavior problems and who struggle academically. She wants to change the way they feel about school, teach them to be successful and confident and proud. In short, she wants to make a difference in the lives of her students."

Downey Symphony concert

DOWNEY – The Downey Symphony Orchestra launches its 57th season tomorrow with a concert at the Downey Theatre.

Baritone Anthony Moreno will sing arias from Mozart operas, and the Orchestra will play Beethoven's Symphony no. 7, under the baton of Music Director Sharon Lavery.

The concert opens with a special celebration of the 200th anniversary of "The Star Spangled Banner."

Doors open at 6:30 p.m. for viewing of an art exhibit in the lobby by local artists. Lavery will give a pre-concert talk at 7:15, and the concert begins at 8 p.m.

Tickets are \$35, \$30, and \$10 for students. Tickets can be purchased at the box office, by phone at (562) 861-8211 or online at downey_symphony.org.

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The Austin family, Garcia family and Melgar family (all from Downey), recently spent time in Hawaii and took their hometown paper with them.



Blanca Pacheco, second from right, was installed as president of Downey Kiwanis Club last Saturday. She is pictured with her family.

Blanca, an attorney, lives and works in Downey.

Photo by MaryAnn Sourial

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DRACULA UNTOLD PG-13 (11:35, 2:05, 4:30), 7:20, 9:50

THE JUDGE R 6:05, 9:20

THE JUDGE R 11:25, 3:45, 7:00, 10:15

ANNABELLE (11:40, 2:10, 4:35), 7:15, 9:45

GONE GIRL R 12:05, 3:25, 7:10, 10:30

LEFT BEHIND PG-13 (11:45, 2:15, 5:05), 7:55, 10:35

THE BOXTROLLS PG (11:50, 2:20, 4:40), 7:05, 9:40

* THE EQUALIZER R (11:00, 1:55, 4:55), 7:45, 10:40

THE MAZE RUNNER PG-13 (11:05, 2:00, 4:50), 7:35, 10:20

Times for Friday-Thursday, October 10-16, 2014
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DINING OUT

Restaurant Spotlight:

Marie Callender's Restaurant & Bakery

It all started with dessert. The legacy of Marie Callender began in the early 1940s in Orange County, California, when Marie, an accomplished baker, first launched her legendary pie business, delivering freshly baked pies to area restaurants. The first pie and coffee shop was opened in 1964 in Orange, California, by Marie's son, Don. Other pie shops soon followed and in 1969, the pie shops began serving a full-service restaurant menu with many recipes created by Marie herself. Today, while many things have changed, Marie's commitment to freshly prepared foods using only the highest-quality ingredients still endures.

we want you to remember that Marie Callender's can help you savor the holidays by preparing a delicious, traditional holiday feast with all the trimmings for you and your family. Visit us online at mariecallenders.com or grab a holiday menu next time you're in. Fall is time for feasting. Come in soon!
 Thank you!

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Bosco bounces back with win over Crenshaw

BELLFLOWER – Coming off their first loss in nearly two years, the St. John Bosco Football program wanted to flush that losing feeling from their system as soon as possible.

Unfortunately for the Crenshaw Cougars they became the heavy punching bag where Bosco would get out their frustrations, as Bosco rolled to the 65-7 victory last Friday.

Unlike the previous two games, Bosco's offense wasted no time finding their mojo versus Crenshaw. On the Braves first possession senior quarterback Josh Rosen hooked up with wide receiver Joey Chenoweth for a 55-yard touchdown pass. This same duo would connect two more times on the evening, as Rosen finished 12 of 16 for 264 yards and five TD's. Chenoweth led all Bosco receivers with five catches for 119 yards and three TD's.

After Bosco jumped out to 14-0 lead, Crenshaw responded with a 44-yard touchdown pass to Cougar wide receiver Aundre Carter. The score cut the Bosco lead in half, 14-7 at the end of the first quarter.

However, from the second quarter on it was all Bosco as they scored 21 second quarter points and kept it going by tacking on 30 more points in the second half to put this game away early.

As the passing game of Rosen and his receiving corps were finding the end zone early and often in the first half. It was the running game of Quentin Davis and Clifford Simms that moved the chains and kept the Crenshaw offense on the sidelines in the second half.

Davis and Simms combined for 158 yards and three touchdowns on the night.

The Braves defensive unit had another strong showing by completely shutting down the Crenshaw offense for the final three quarters of the game.

With the win Bosco improves to 4-1 and Crenshaw now stands at 2-3 on the season.

It will take another complete team effort if Bosco hopes to open their Trinity League title defense with a victory over undefeated Mater Dei tonight, Friday Oct. 10th.

The Mater Dei Monarchs finished 5-0 in their non-conference games and hope to avenge the two losses Bosco handed them last year.

Kick-off time is 7:30pm at St John Bosco High School, Bellflower.

– Michael Smith, contributor

Rotary/YMCA pancake breakfast

DOWNEY – The 66th annual Downey Rotary/YMCA pancake breakfast will be held this Saturday, Oct. 11, from 7:30 to 11 a.m. at Downey High.

Tickets are \$5 and proceeds benefit the YMCA.

Every half hour from 8:30-10 a.m., there will also be tours of the new Engineering Building and classroom Building A.

SPORTS BRIEFS: Warren gets third win a row

• Offense and defense clicks for Warren as they roll through Gardena, 42-16.

By Mark Fetter Contributor

DOWNEY – The Warren High School football team defeated Gardena last Friday night at Gardena, 42-16, improving their record to 3-2.

With the loss, the Panthers dropped to 0-5.

The win against Gardena marks the end of preseason play for Warren. The Bears will now turn their attention to the San Gabriel Valley League opener tonight against Gahr at home. Gahr comes into tonight's game with an identical 3-2 non-league record.

In the Gardena game, the Warren defense had 14 different players make tackles. Linebacker Steven Zepeda led the Bears with nine solo and two assisted tackles. Valentine Ramos had seven solo and two assisted tackles, Eric Rodriguez had six solo and one assisted tackle, Benjamin Donerson had five solo tackles and Kainoa Fuiaua had two solo and three assisted tackles.

Gabriel Salazar-Ortiz had three tackles and Mason Marquez, Tyrone Singleton, Andrew Granados, Marcus Nuno and Darnay Harris had two tackles each. Harris also had two interceptions to help the Bear cause. Warren also recovered three fumbles. One fumble was recovered by Ulises Cota and Steven Cepeda recovered the other two.

On offense, Warren will continue

to rely on junior quarterback Jordan Yancy and sophomore running back Jordan Mayes. The Bears have scored 114 points in their last three games while only giving up 28 on defense.

After Gahr tonight, the Bears will travel to cross-town rival Downey next Friday and will then play Dominguez, Lynwood and Paramount in successive weeks. Coach Lara, his staff and players are looking forward to the start of league play.

The Downey High School girls' volleyball team defeated cross-town rival Warren at Downey Tuesday night 25-10, 25-15 and 25-11. With the win, the Lady Vikings improved to 17-4 overall and 2-0 in S.G.V.L. play.

The volleyball match represented the annual "Dig Pink" for breast cancer awareness. The Donna Boose Gymnasium at Downey High School was packed with fans wearing pink. According to Downey head coach Andrea Sims, "it was the most packed I have ever seen it for the game." Senior captain Kimberly Schnars did not disappoint the Downey faithful and led the Lady Vikings with 22 kills and five digs.

Downey played Gahr at Downey yesterday (results unavailable at press time). Downey will travel to Paramount to play the Lady Pirates next Tuesday before hosting the Dominguez Lady Dons Thursday. Coach Sims, her staff and players have gotten off to an excellent start and are playing with a lot of confidence right now. The Lady Vikings have currently won 16 of their last 17 matches.

The Downey High School football team did not play last week.

The Vikings are currently 2-3 and will travel to Lynwood later this evening for their S.G.V.L. opener against the Knights. The Knights

are 5-0 after defeating Hawthorne, Angelou, Lancaster, Santa Ana Calvary Chapel and Firebaugh. These five teams have a combined record of 5-22.

Downey Head Coach Jack Williams, his staff and players are looking forward to the start of S.G.V.L. play and handing Lynwood their first loss of the season.

Monday's football results included Griffiths defeating West, 20-15, and Doty defeating Sussman, 19-0.

Girls' varsity volleyball results included Stauffer defeating Griffiths in three sets 25-16, 17-25 and 15-4. Doty defeated Sussman 25-20 and 25-15. Girls' junior varsity volleyball results included Stauffer defeating Griffiths 22-25, 25-17 and 15-9. Doty defeated Sussman 25-16 and 25-18.

Wednesday's football results included Sussman defeating Griffiths, 52-18, and Stauffer beating Doty, 14-12, in a nail-biter at Stauffer.

Girls' varsity volleyball results included Sussman defeating Griffiths in three sets 27-29, 25-18 and 15-8. Doty defeated Stauffer 25-14 and 25-20. Girls' junior varsity volleyball results included Griffiths defeating Sussman 25-12 and 25-12. Doty defeated Stauffer in three sets 25-23, 25-27 and 15-6.

In Sussman's 52-18 win against Griffiths on Wednesday, Sussman quarterback Angel Ochoa threw five touchdown passes. Justin Cardenas of Sussman caught two touchdown passes while Jonathan Gonzalez and Alejandro Rodriguez each had one touchdown reception and conversion. Francisco Banuelos of Sussman had four interceptions and caught three touchdown passes.

In Stauffer's 14-12 win against Doty on Wednesday, Robbie Colenzo of Doty completed a pass to Noah Skobis on the final play of regulation for a touchdown and a 14-12 score.

The Knights went for two and the tie to force overtime. The two-point conversion pass was completed at the goal line but was ruled short.

Stauffer held on for the 14-12 win.

Middle School sports just finished the midway point of their football and girls' volleyball schedules. Boys' football has the Doty Knights and Stauffer Spartans tied for the city lead with 2-1 records. The Griffiths Indians and Sussman Pioneers are one game back at 1-2.

The varsity girls' volleyball standings have Doty at 3-0, Sussman at 2-1, Stauffer at 1-2 and Griffiths at 0-3. The girls' junior varsity volleyball standings have Doty at 3-0, while Griffiths, Stauffer and Sussman are all two games back at 1-2.

The games have been exciting and action packed as middle school athletes compete against athletes from Downey's four middle schools.

As the first round of games and matches have concluded, each school will now play a second round of competition. Schools will play each school at their home site in random order and will then play that team on the road. Teams will play a total of six games; one at home and one at the other school. Whichever team has the best record at the end of the six game schedule is declared the city champion.

Boys' volleyball and girls' soccer will follow football and girls' volleyball. Basketball for boys' and girls' varsity and junior varsity and boy's soccer will then follow boys' volleyball and girls' soccer. Baseball and softball will then follow basketball and boys' soccer. Boys' and girls' track and field will conclude the school year with dual meets in May followed by the city championship in early June.



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you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site WWW.PRIORITYPOSTING.COM, using the file number assigned to this case 500432-CA-ORD. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (714) 573-1965 Date: 9/29/2014 Old Republic Default Management 433 N. Camden Drive, 4th Floor Beverly Hills, California 90210 Automated Sale Information Line: 714 573-1965 Terice Cenicerio, Trustee/Sale Officer P1114638 10/2, 10/9, 10/16/2014

which shall be sold "as is" where is". The beneficiary under the Deed of Trust heretofore executed and delivered to the undersigned, a written Declaration of Default and Demand for Sale, and a Written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County here the real property is located and more than three months have elapsed since such recordation. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site www.priorityposting.com, using the file number assigned to this case 2013-2478. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. 9/30/2014 American Default Management 433 N. Camden Drive, 4th Floor Beverly Hills, California 90210 Automated Sale Information Line: 714 573-1965 Terice Cenicerio, Trustee/Sale Officer P1114638 10/2, 10/9, 10/16/2014

2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case 20090159909980. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE COMPANY, 2000 CENTRAL EXPRESSWAY, DRIVE SUITE 1 EL DORADO HILLS, CA 95762-9334 916-939-0772 www.nationwideposting.com NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. DATE: 10/2/2014, 10/9/2014, 10/16/2014

WILL BE USED FOR THAT PURPOSE. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP as Trustee Dated: 10/03/2014 NPP0236917 To: THE DOWNEY PATRIOT 10/09/2014, 10/16/2014, 10/23/2014

The Downey Patriot 10/9/14, 10/16/14, 10/23/14

NOTICE OF TRUSTEE'S SALE TS No. CA-13-606887-CL Order No.: 130316832-CA-API YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/7/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **GREGORY D WARREN, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY** Recorded: 9/21/2005 as Instrument No. 05 2274684 of Official Records in the office of the Recorder of **LOS ANGELES** County, California; Date of Sale: **10/16/2014 at 9:00 AM** Place of Sale: **At the Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650** to pay the remaining principal sum of the balance and other charges: **\$370,354.89** The purported property address is: **11121 JERSEY AVENUE, NORWALK, CA 90650** Assessor's Parcel No.: **8016-009-016** **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-13-606887-CL. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. 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If you have been discharged from bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit reporting agency if you fail to fulfill the terms of your credit obligations. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 Ivy Street South, Downey, CA 90212. Instrument No. NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-13-606887-CL IDSPub #0071047 9/25/2014 10/2/2014 10/9/2014

The Downey Patriot 9/25/14, 10/2/14, 10/9/14

LEVI'S: Gabriel Enamorado's passion for Downey

Continued from page 1

showing of their photography in the lobby of the Downey Civic Theatre for one night in February 2010. The event, "Ambivalence," was a resounding success with 800 people in attendance. Arts advocates in Downey had been lobbying city officials for years that there was a need and a demand for such events. Enamorado, Flores, and Macnamul were encouraged to organize a second show, "Suburban Renaissance," this time featuring other Downey artists and a variety of media.

Around the same time, other artists and supporters, representing music, theater, and literature as well as the visual arts, formed the Downey Arts Coalition and staged regular monthly art exhibits at a wine bar.

The popular support for these grassroots events ultimately led to the formation of Stay Gallery by Enamorado, Flores, and Macnamul in 2012, with the city underwriting the rent for two years. Volunteers and businesses contributed labor and materials that turned a vacant storefront just north of Firestone Blvd. into an elegant space that has hosted art shows, theatrical performances, poetry readings, music events, and more.

Enamorado's pictures of Stay Gallery on the Commuter/VSCO Journal website reflect the labor of love and artistic vision that brought the gallery to fruition.

"Stay Gallery has become the essence of who I am as a person," Enamorado writes, "it has challenged and formed me in ways that nothing else ever has. Today, I am the Creative Director of an organization that has touched the lives of so many

within a community that has never had anything like it before, and for that, I am humbled."

Last June, the city council voted to continue financial support for the gallery for three more years. The vote of confidence brings new challenges for Enamorado as Creative Director, but it is clear that cycling will remain a part of his life no matter how big his workload.

Enamorado's photo journal entry for the Levi's Commuter Bike Project is entitled, "Bike Places - Los Angeles." The website is <http://www.commuter.vscoco.com/journal>. Enamorado's own personal website can be viewed at <http://www.gabrielenamorado.com>.



"Egg-771," a sculpture by Cristian Castro comprised of recycled materials, will be on display along with 18 other works at Stay Gallery starting Friday night. The exhibit runs through Oct. 25.

Stay Gallery marks two years

DOWNEY - Stay Gallery will celebrate its two year anniversary with a group exhibit Friday night titled "2 YEARS."

The exhibit will feature the work of "some of the top artists that have exhibited at Stay Gallery since it first opened" in October of 2012.

The event is free and open to the public. Brick oven pizzas prepared by a local chef and founder of Urban Pie will be available.

"Our organization is stronger than ever," said Executive Director Valentin Flores. "We are proud to say that after two years, not only is Stay Gallery furthering its impact on our community, but we are here to stay! Things are about to get really interesting in Downtown Downey."

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"George Gordon did a wonderful job! George was knowledgeable, patient and we were very pleased!" - Michael Schaeper

"Lorena Amaya & Lilian Lopez did a very good job and were very helpful. I will refer them to others!" - Antonio Lara

"Cassie Gallegos did a nice job and was very helpful!" - Rahshaun Haylock

FEATURED PROPERTY



Fantastic Home!!!
This lovely, sun filled house on a tree lined street has been recently upgraded. The kitchen and bathrooms have been remodeled. There is a red brick, wood burning fireplace in the family room - also remodeled with Brazilian cherry hardwood flooring. Call for more info!

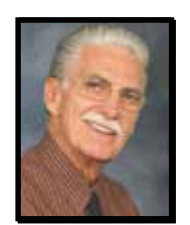
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Excellent North Downey opportunity. This home features 3 bedrooms, 2 bathrooms and 1354 sq.ft. of living space. The property also features central air & heat and a fireplace in the family room.

Move Right In
Gorgeous single story home features 3 bedrooms, 2 bathrooms & a 2 car garage. It also has a formal dining room with a fireplace and the kitchen has newer appliances. Call for more info!

Downey Delight!
Nice property in Downey. It features 3 bedrooms, 2 bathrooms and a fireplace in family room. Priced to sell at \$479,500.

Splish Splash!
Amazing 2005 custom rebuilt pool home located in Orange estates, this fabulous home features 4 bedroom 4 baths, 2 car detached garage. To many features to mention. Call For More Info!

RV Parking
One of a quiet cul-de-sac turn- key home with private solar heated pool, large RV parking, and beautiful view of the mountains. This home has 3 bedrooms, 3 full baths, and READY TO SELL!

Beautiful North Downey Home
Beautiful move in ready home. The kitchen has been remodeled with new cabinets, recessed lighting, granite counters and breakfast bar. There is a new roof, upgraded plumbing and electrical A/C and the driveway has been re-done. Call For More Info!

Great Downey Home!
This lovely family home in Orange Estates has 3 bedroom, 2 bathrooms and a large eat in kitchen. The covered patio with wood burning fireplace is excellent for entertaining, barbecuing or just a quiet place to relax. Call for more info!

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Priced at: \$625,000



Northeast Downey Home Built in 1993
4 BD + library, 4.5 BA, living room w/ fireplace, formal dining room, kitchen w/ large pantry, & family room w/ fireplace & wet bar. The home has central air & heat, central vacuum system, intercom system, recently painted interior, & new carpet. Backyard w/ detached bonus room which could be used as a storage room.
Priced at: \$919,000

Large Guest House Property!
North Downey 3 BD, 2 BA home near Gallatin Elementary with 600 sq. ft. guest house behind 2 car detached garage. Located on a private street & the property has mature trees that give the home extra privacy.
Priced at: \$695,000

Ready For You To Purchase NOW!
3 BD, 2 BA North Downey home w/ hardwood floors, living room w/ fireplace, formal dining room, & master BD w/ private BA. The kitchen has newer cabinetry & granite counters. Recently installed central air & heat, remodeled BA & inside laundry room. Covered patio, 2 car detached garage, RV parking, all on large lot.
Priced at: \$449,950

Commercial Property For Sale
Perfect for investor or owner/user looking to utilize office, retail or automotive space. Zoned auto repair but currently rented to a church & a print supply shop. Corner property with high traffic area of Norwalk near 5 freeway. Plenty of parking. The building itself is over 3,000 sq ft
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