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How common are blood clots?
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CRIME REPORT

FRIDAY, AUG. 28

At 4:30 p.m., agents from the FBI requested assistance in serving a fraud arrest warrant at a residence in the 9000 block of Suva St. The suspect was contacted and taken into custody without incident.

During the evening hours, officers conducted extra patrol at all of the City parks. There were no violations observed.

SATURDAY, AUG. 29

At 12:10 a.m., an adult female victim had her purse stolen while she was inside of the Club DB Lounge (8224 Firestone Blvd). The suspect took the victim's car keys from her purse and using the remote key FOB, was able to enter the victim's vehicle, which had been parked in the club's parking lot. Once inside, the suspect ransacked the victim's interior looking for items of value. He was spotted and detained by security officers and DPD was notified. The suspect was arrested for vehicle burglary.

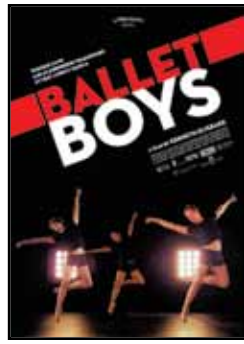
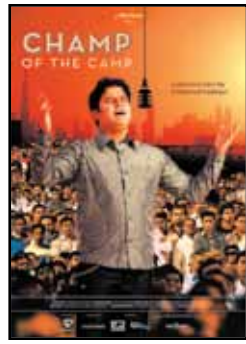
At 3:30 a.m., a vehicle was observed making an illegal U-turn in the area of 3rd Street and New Street. A traffic stop was conducted and the driver, a 28-year-old male resident of South Gate, was contacted. Officers saw the driver was bleeding from his hand and had blood covering the front of his pants. While questioning the subject he stated that the members of the Masonic Temple were devil worshippers and that he had cut his hand when he broke the window and set the building on fire in the City of Alhambra. Alhambra was contacted and they advised that the Masonic Temple in Alhambra had been broken into and set on fire. Alhambra P.D. arrived and took custody of the suspect. Prior to being transferred to the Alhambra PD, the suspect admitted to breaking the window to the Masonic Temple in Downey. Officers later saw that the front door was boarded up and no report had been filed.

During the evening hours, officers conducted extra patrol at all of the City parks. There were no violations observed.

SUNDAY, AUG. 30

LAPD hosted a youth soccer tournament at Warren HS and Chief Charlie Beck was in attendance.

During the evening hours, officers conducted extra patrol at all of the City parks. One subject was located and cited for being in the park after hours at Brookshire Park.



Film festival returns to Downey, bigger than ever

By Carol Kearns
Contributor

DOWNEY – Movie lovers of all genres have reason to celebrate the growing maturity of Downey's burgeoning film festival when it opens its season in late September.

Now in its fourth year, the Glennfest Movie Festival will offer an unprecedented free screening of 16 art and indie films at three venues in Downey. In addition to select screenings at the Krikorian Theatre, six films will be shown over two days at the Epic Lounge. The Downey Civic Theatre is the third venue, featuring one film in conjunction with an art exhibit.

For 10 days, local film fans will not have to drive to Long Beach or the west side to see what's new in cinema besides the latest commercial blockbusters. Glennfest screenings this year include two inspiring foreign documentaries about music, a block of Animé films, including one which reflects on post-Fukushima Japan, two films exploring LGBT themes, and the classic Rocky Horror Picture Show.

An added bonus is that Glennfest follows the AFI movie festival model – there is no charge for tickets. Theater rental and expenses are funded by sponsors (and the festival is still seeking sponsors). However, those interested in attending are urged to get reservations from the website to guarantee a seat.

Festival founder Glenn Stephens says there are compelling reasons to see some of these films besides the free tickets. Certain films have restricted distribution and can only be seen at movie festivals.

"Champ of the Camp," a remarkable documentary about an annual music competition among the Indian labor force in Dubai, can only be obtained through its French distributor. This is its first showing in southern California. Likewise, "Landfill Harmonic," an inspiring story of a community orchestra with instruments fashioned from items found in a nearby landfill, has no US distributor and can only be seen at festivals.

Serving Children

The festival's first screening at the Krikorian Theatre on Saturday, September 26 at 9:00 AM, serves a segment of the community often overlooked in public events – children and young adults with special needs. Theater modification for this service has been part of Glennfest since its inception, and it is especially welcomed by families of children with autism says Stephens.

"We accommodate children who can't take loud sounds or vivid colors," he explains. "The sound in the theatre is turned down and the lights are kept at a more normal level. This allows children and young

adults with these issues to experience an outing to the movies like everyone else."

Recalling one family with a boy who looked to be about twelve years old, Stephens said they thanked him afterwards and told him that it was the first time their child had been able to attend a theatre.

Stephens praises the Krikorian's assistance and flexibility with this event.

The terms of the film rental prohibit Stephens from publicizing the name of the movie, but he assures people the film will be something that families will like. The special screening one year featured "Cloudy With a Chance of Meatballs" and the gift bag included a poster and pencil kit. Children will receive free popcorn and drinks this year.

The Krikorian will open its doors at 8 a.m. on Sept. 26, and families who come early will be entertained by young dancers with Danza Folklorica Amor Eterno.

"We do this as a service to the community," says Lourdes Ninette Aguilar, a parent with the dance group, "and it also gives us an opportunity to publicize what we do." This is the third year that Amor Eterno will be volunteering for this special screening.

Most of the patrons who need this accommodation are referred by county organizations and facilities, but Stephens says that individual families can contact him for tickets through the website www.glennfest.com. The tickets specify "One Child or Young Adult + one Caregiver."

"To date, no one has been turned away," says Stephens.

Downey Civic Theatre

The Spanish language documentary "Landfill Harmonic" will show at the Downey Civic Theatre on Oct. 4 at 3 p.m. This

screening is featured with the special art exhibit in the lobby organized for the symphony concert scheduled later in the month. The public will be able to view the art on display from 1-6 p.m.

Referring to the movie, exhibit curator Pat Gil said Landfill Harmonic is the perfect complement to the symphony art show.

"This movie shows the power of music, the power of community, and the power of hope," exclaims Gil.

The movie's subject is the orchestra of Cateura, an impoverished community near the landfill of Asuncion, Paraguay's capital city. The community is surrounded by drugs and crime, and forty percent of the children do not finish school.

Hoping to give the children a positive activity, a music teacher and a talented craftsman fashioned instruments with scavenged trash from the Cateura landfill. String and wind instruments were made with oil tin cans, forks, bottle caps, and other discarded items. Old x-rays were used for drumheads. As more people heard of their story and accomplishment, the children performed to large audiences at big concert halls.

The story of the Cateura orchestra has been featured across the media, including Fox News, 60 Minutes, NBC, Time Magazine, People, and The New York Times. Because it does not yet have a US distributor, this feature-length documentary can only be viewed at film festivals. The movie trailer can be seen on the internet.

According to people who've seen the movie, the music is inspiring. Gil, who is also on the board of the Downey Symphonic Society, sees the Oct. 4 event as the perfect

Continued on page 2

Police stepping up bicycle and pedestrian traffic enforcement

DOWNEY – Downey Police announced they will be stepping up enforcement of bicycle and pedestrian traffic safety laws during the month of September.

"The department has mapped out locations over the past 3 years where pedestrian and bike collisions have occurred along with the violations that led to those crashes," a department spokesman said. "Extra officers will be on duty patrolling areas where bike and pedestrian traffic and crashes occur in an effort to lower deaths and injuries."

Officers will be looking for traffic violations made by drivers, bike riders and pedestrians, including speeding, illegal turns, fail to stop for signs and signals, and failing to yield to pedestrians.

In Downey, there were 276 collisions involving pedestrians and/or bicyclists over the past three years.

Funding for the increased enforcement is provided by a grant from the California Office of Traffic Safety.

Developer planning to build townhomes in Downtown Downey

DOWNEY – Plans are progressing to develop a housing project at the intersection of 3rd Street and La Reina Avenue, adding more housing to Downey's downtown district.

Unlike The View, the affordable housing complex that opened on 2nd Street earlier this year, this collection of townhomes would be sold at market rates, officials said.

The developer is the Olson Company, and it has reached a deal to purchase a half-acre public parking lot at 8132-34 3rd Street for \$700,000. City Council members will vote on the transaction Tuesday night.

The Olson Company is already in escrow for property located at the southwest corner of La Reina and 3rd Street. The plan is to combine the two properties and build for-sale, market-rate housing.

Neither site is large enough to be developed individually, officials said.

In a staff report, Downey officials praised the Olson Company for being a "recognized leader in creating attainable, thoughtfully designed new homes priced within reach of California homebuyers."

Olson Company is the developer behind projects such as SoCo Walk in Fullerton, Artist Village in Santa Ana and the Promenade Walk in Long Beach.

–Eric Pierce, Editor

Weekend at a Glance

Friday 92°

Saturday 86°

Sunday 84°

THINGS TO DO



International Food Festival
Saturday - Downtown Downey, 4-11 p.m.

Downey's International Food and Music Festival returns.



Long Beach Comic Con
Saturday and Sunday - Long Beach Convention Center

Vendors, celebrity panelists, artists, authors and more. \$30 at the door



Hard Days Night
Saturday - Santa Fe Springs Swap Meet, 12 p.m.

Beatles tribute band Hard Days Night performs live.

FROM OUR FACEBOOK

Townhome development planned at 3rd St. and La Reina

Dolores Danner-Thompson: Let's cram as many housing units in the downtown area as possible because parking is already fantastic. (Snark)

Mary Eliza Puppe: Hopefully they will include underground parking.

Janelle Rhoades: This is good. I hated looking at those garbage-and-feral-cat filled shacks.

Sandra Luz: I like the cat house.

Heidi Hays: Overcrowd Downey even more....nice.

Yesenia Lopez: Really?! More town homes?? This is upsetting.

Lucero Ana Isabel: It takes me longer to drive through Downey in the morning and evening then it does to get the rest of the way to LA.

Oswaldo Garcia: Downtown Downey is an ideal place to develop! I'm happy we're utilizing the most of our space.

Reach us on Facebook at: [Facebook.com/DowneyPatriot](https://www.facebook.com/DowneyPatriot)

TWEET OF THE WEEK

@ED_E562: Support Warren High School Football. A chance to win a 2016 Toyota Corolla S or \$19,000 CASH.

Follow us! @DowneyPatriot



Volunteers at last year's Glennfest Movie Festival at the Krikorian Theatre. The two-week movie festival returns to Downey later this month.

FILM FESTIVAL: Glennfest has grown to include more than a dozen films screened over two weeks

Continued from page 1

opportunity to promote Downey's own symphony orchestra.

Maid's Cafe

Audiences at the four Animé films on Oct. 3 will have the opportunity to enjoy an added feature that has become quite popular in Japan – a Maid's Café. "Customers" who come early for breakfast (7:30 a.m.) or for lunch at the Epic Lounge will be able to purchase various snacks and refreshments.

Members of the Folklorico Dance group at Cal State Fullerton will be serving as "maids" and two "butlers." The event is a fundraiser, and whatever people "tip" will go towards maintaining the costumes required for each dance.

Jellyfish Eyes, a sci-fi fantasy showing at 1:15 p.m., is not strictly an animé film since it combines human and cartoon characters. It serves as a base for exploring the emotional fall-out from the massive earthquake and Fukushima disaster in 2011.

This evening at the Epic Lounge will end with an American cult classic – "The Rocky Horror Picture Show." Patrons must be 18 years or older to attend, and audience participation is welcomed. VIP seating is available through the website.

Another special event at Epic Lounge is a free dinner for seniors, Oct. 2, 6 p.m. The dinner will be followed by a free screening of Before You Know It, a documentary about the inevitability of growing old and its impact on three gay seniors.

Festival Origins

Festival Organizer Glenn Stephens says that his involvement with event planning and producing came about as complete serendipity. His "day job" is clerical supervisor for Los Angeles County.

Several years ago he was asked to put on an information fair for his union, SEIU Local 721, and given a budget of \$500. He succeeded beyond anyone's expectations, with over 20 vendors and restaurant booths on the lawn at Norwalk City Hall, and over one thousand people in attendance. A friend told him he should be doing event planning.

Stephens continued helping at union events. He created the Martin Luther King, Jr. Breakfast, an event that is not open to the public, and managed it for fifteen years. He also assisted the Cesar Chavez Walk in Los Angeles, an outreach program, for six years, helping to put it on a better financial footing.

Stephens began learning about movie festivals when he was recruited for audience participation. For various purposes, movie promoters often pay for people to attend a screening. When Stephens went to film festivals, he asked questions about the events, learning how to negotiate with theaters and to contact directors and distributors.

Four years ago Stephens decided he wanted to do a film festival himself. From the beginning, he knew he wanted to follow the AFI model with free tickets, and he wanted to accommodate children and young adults with special needs.

The first Glennfest Movie Festival, with only four films, was definitely modest,

but Stephens recruited sponsors and made arrangements with the Krikorian in Downey and the AMC in Norwalk.

At the first screening for children with special needs, Stephens says, "My heart just grew and I forgot about all the money and work. All I remember is the kids laughing and enjoying it."

The second year Stephens had six films. Last year Glennfest presented seven films, including Pride, a movie with a lot of buzz about a miners' strike in England, and the gay community that raised money to support it.

Stephens works with a committee to select the films, using nine criteria. The committee considers all of the technical aspects, such as image and visuals, audio, and editing, as well as artistic elements that include story and acting. They also consider whether a film contributes to the community.

The over-arching consideration, explains Stephens, is presenting "movies with a positive message."

With seventeen films this fall, the Glennfest Movie Festival has more than doubled in size. Stephens says it is now a mid-sized festival.

Asked why he has taken such a big step, Stephens explains, "This is my baby bird. I want to nudge it out of the nest and see if it can fly."

When asked how he'll measure success, Stephens has a quick answer – "If we get more distributors requesting to be in our festival next year."

Interested people can see the full schedule and reserve free tickets on the website at www.glennfest.com.

GLENNFEST MOVIE FESTIVAL SCHEDULE

SEPTEMBER 26

Krikorian Theatre
9:00 AM "FAMILY FRIENDLY MOVIE" (Children and Young Adults with Special Needs)

SEPTEMBER 29 (OPENING NIGHT)

Krikorian Theatre
7:30 PM GRASSLAND

SEPTEMBER 30

The Krikorian Theatre
6:00 PM WELCOME TO THE SPACE SHOW

(in Japanese with English subtitles)
8:20 PM WHEN MARNIE WAS THERE
(in Japanese with English subtitles)

OCTOBER 1 (World Ballet Day)

Krikorian Theatre
6:30 PM BALLET BOYS
(in Norwegian with English subtitles)
8:00 PM MATCH

OCTOBER 2 (LGBTQ)

Epic Lounge
6:00 PM Senior Dinner (free)
7:30 PM BEFORE YOU KNOW IT

OCTOBER 3 (Anime Block)

Epic Lounge
7:30 AM MAID'S CAFÉ (Snack Bar)
8:30 AM WELCOME TO THE SPACE SHOW
(In English)
10:45 AM SUMMER WARS
(In English)
12:00 PM MAID'S CAFÉ (Snack Bar)
1:15 PM JELLYFISH EYES
(in Japanese with English subtitles)
3:15 PM WHEN MARNIE WAS THERE
(in Japanese with English subtitles)
9:00 PM ROCKY HORROR PICTURE SHOW
(Retro-Participation 18+) VIP Seating Available

OCTOBER 4

Downey Civic Theatre
3:00 PM LANDFILL HARMONIC
(in Spanish with English subtitles)

OCTOBER 5

Krikorian Theatre
7:30 PM THE GOOB

OCTOBER 6 (LGBTQ)

Krikorian Theatre
7:30 PM BOY MEETS GIRL

OCTOBER 7

Krikorian Theatre
6:45 PM CHAMP OF THE CAMP
(in Hindi with English Subtitles)
8:20 PM 100 BLOODY ACRES

OCTOBER 8 (CLOSING NIGHT)

Krikorian Theatre
7:15 PM BUTTERFLIES OF BILL BAKER
Epic Lounge - After Party



The Downey Police Department's two canines, Dani and Dash, have received ballistic vests to keep them safe in the line of duty.

The vests are valued at \$1,050 each and were purchased with funding provided by local non-profits, including Vested Interest in K9s Inc., the Downey Dog Obedience Group, and the Hausman Family Foundation.



APPRECIATION FROM IRELAND:

"My daughter, Amy, was a member of Team Ireland at the Special Olympic World Games in L.A. Unfortunately, due to my husband's illness, I was unable to travel.

"Since the team's return, I have heard such wonderful praise for the citizens of Downey and their fantastic welcome for Team Ireland. You all gave them a wonderful start to their Games experience and I think they hated to leave you all after the few fantastic days. The people were so wonderful, and on behalf of Amy, I would like to express my sincere thanks for their generosity.

"Your newspaper's coverage of their arrival and subsequent events was terrific, and lovely to look back on through your archive pages online. Amy won a gold medal with her basketball team and I just can't describe how happy she was. The celebrations are still going on here at home with great recognition for their achievements.

"I am attaching a photo of Amy (with myself) arriving back at Dublin Airport, and the smile on her face says it all."

–Margaret Duffy

Bingo luncheon at St. Raymond's

DOWNEY – St. Raymond Church's Italian Catholic Federation will host a bingo luncheon this Sunday, Sept. 13.

Donation is \$15. Lunch is served at 12:30 p.m., followed by bingo. For questions or more information, call Perry Shurko at (562) 804-0230 or Charlene Drobeck at (562) 928-1937.

Taste of the Region & Business Expo
Tuesday, September 15th, 4:30 pm - 7:30 pm
Cerritos Center for the Performing Arts
12700 Center Court Drive - Corner of Bloomfield and 183rd in Cerritos
Samples From Local Restaurants - Live Entertainment - Meet Local Businesses
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www.CerritosTaste.com - chamber@cerritos.org

Exhibitor Space is still Available
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Includes wristband for all-access restaurant tastings
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ROOFTOP CONCERT SERIES

FREE WEDNESDAY, SEPTEMBER 23 • 7:00PM

ROOFTOP PUBLIC PARKING STRUCTURE
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- Rooftop opens at 6:30pm
- Accessible by elevator or stairwell
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- Local artists exhibits every concert features Art Exhibit hosted by the Downey Arts Coalition & curated by Carolina Del Toro
- Pets must be leashed
- Arts & Crafts for Kids (While supplies last)

Beer Garden hosted by Soroptimist International of Downey

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KEY:
● PUBLIC PARKING
★ EVENT LOCATION

Downey may start discussions on historical preservation ordinance

• Mayor Pro Tem Alex Saab calls for 'sound and reasonable policy' to protect historic homes.

By Christian Brown
Staff Writer

DOWNEY – Prompted by the demolition of a 100-year-old Victorian home last week, Downey city councilmembers are now calling for a new discussion on whether a historical ordinance should exist to make it more difficult to raze cultural sites around town.

During Tuesday night's city council meeting, Mayor Pro Tem Alex Saab raised the issue, insisting it was time to have an honest, frank conversation about historical preservation.

"It's long overdue we had this discussion," he said. "It is important that we protect our rich history in Downey and that we as a city do all we can to preserve it through sound and reasonable policy."

While there has been reluctance to address the topic in the past, Saab said the recent demolition of older homes in the city is cause for great concern.

"I've asked the city staff to bring us some options to discuss," Saab said. "There's got to be something we can agree upon to respect private property rights and protect the remaining structures we have left in the city."

George Redfox is president of The Downey Conservancy. He applauds Saab's eagerness to revamp Downey's dated historical preservation ordinances.

"This is a big step," he said on Wednesday. "Who knows if the [ordinances] will pass, but at least he brought it up. It's been a long time."

Last month, The Downey Conservancy announced plans to save the Savage/Grace house, located at 9306 Gallatin Blvd. Built in 1909, the 3,560-sq.-ft. estate was one of the oldest homes left in northeast Downey. Not much is known about the home's history, but 1914 county records indicate the house was once owned by a prominent Downey civil engineer.

Two years ago, the current homeowner Aidee Lopez successfully sought approval from the planning commission to subdivide the land into three lots – two 10,000-sq.-ft. parcels facing Gallatin Road and one 10,000-sq.-ft. parcel facing Lemoran Avenue.

The permit granted by the city required the home either be demolished or relocated. Last week, the home was razed in order to facilitate a speedy sale of the land.

Redfox, along with the Downey Historical Society, have long called on the city to act on saving cultural sites – going back to 1990.

Twenty five years ago, the city declared a moratorium on the demolition of historic residences

built before 1939 with the potential for subdivision. City officials pinpointed 23 threatened homes, including Casa de Parley Johnson on Florence Avenue and the Rives Mansion on Paramount Boulevard.

Before lifting the moratorium, the Downey city council considered passing a preservation ordinance to save the homes from demolition, but the resolution failed to get enough support.

The result?
"Only three or four of those homes are left," said Redfox. "Nothing in Downey is safe because there is no ordinance. Nothing."

The fallen Victorian-styled home on Gallatin Road isn't the first home lost in recent times. The Albert Ball estate, located at 8572 Cherokee Drive, was the eponymous residence of the prominent citrus farmer from the 1890s. While city officials said the home's foundation was unstable and sinking, new owners quickly demolished it voiding any hope of its relocation.

Councilman Fernando Vasquez said he understands the frustration and would like the city to find a reasonable way to accommodate property rights and historic preservation.

"In light of recent events, I concur with the mayor pro tem. It's time we take a serious look at a fair and balanced approach to allow residents to cherish neighborhood character throughout our city."

Saab could not give a specific timeline of when the council will discuss options, but he believes adding hurdles to demolition permits and offering incentives for property re-use could help save cultural icons as the housing markets begins to rebound.

Bereavement support group

DOWNEY – Care 4 Life, a health and palliative care facility in Downey, is offering weekly bereavement support for residents who want to talk about grief or loss.

Meetings are held the first Thursday of every month at 10 a.m. Care 4 Life is located at 8050 Florence Ave. in Suite 103. For more information, call (562) 927-2320.

Shirley Johnson is guest speaker

DOWNEY – Shirley Johnson of Worldwide Airport Shuttle will be the guest speaker at the American Business Women's Association's Sept. 16 dinner meeting at the Rio Hondo Event Center.

Johnson's business provides private and personal no-stops transportation to local airports and cruise departures, as well as medical transfers.

The meeting begins at 6 p.m. For reservations, email Ilda Vaja at vajafamily@hotmail.com.

Medicare and golf Sept. 22

DOWNEY – PIH Health and Boomers Insurance Services will host a discussion on Medicare on Sept. 22 from 10 a.m. to noon at the Rio Hondo Golf Club.

Those in attendance will also receive a complimentary driving range lesson from a golf pro.

Space is limited to 20 people. Call (800) 815-1943 to reserve a spot.

Volunteers needed for English-language class

DOWNEY – An excellent class at Downey Adult School is seeking a few more volunteers to help on Thursday mornings, during the school year.

In this advanced-level English as a Second Language (ESL) course, volunteers meet with small groups of students at conversation tables simply to talk together, in English, during an informal, friendly hour.

There are no grades or reports to turn in to the teacher and no discipline problems. Well, frequently everyone around one of the tables will repute with laughter, but that's good. The aim is to help these adults practice their English skills, both in using the language and in hearing it spoken.

Many students in the class are parents, busy with families and jobs. Some have been in this country 20 years or more, some less than a month. Their native language might be Korean, or Spanish, or Arabic, or Thai. But all are there for the same purpose: to learn English, one of the world's most difficult languages. And you can help so easily.

If you would like to volunteer, or simply attend a session to see how it works, and are free on Thursday mornings between 9-10:15 a.m., please call Joyce, one of the volunteers, at (562) 928-4122.

–Joyce Sherwin

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From Sept. 8 to Sept. 20

Josh McDowell, Award Winning Author, First Baptist Church of Downey

Josh McDowell, world-renowned speaker and author, will speak at both the 9:00 a.m. and the 11:00 a.m. services at the First Baptist Church of Downey on Sunday, September 13, as part of the church's 147th anniversary celebration. He has been a member of the church since the years he was earning a MDiv Degree at Talbot Theological Seminary.

In June, Josh received the Lifetime Achievement Award from the International Christian Retailers for the powerful impact of his ministry around the world. He is the author or co-author of 145 books, including best sellers, **More Than a Carpenter** and **More Evidence That Demands a Verdict**. His books are available in more than 100 languages. Since 1961 Josh has delivered more than 27,000 talks to over 25,000,000 people in 125 countries.

In 1991 Josh founded Operation Carelift to meet the physical and spiritual needs in orphanages, hospitals, schools, and prisons, in the countries of the former Soviet Union. He is the only non-Russian to receive an honorary doctor of pediatrics degree from the Russian Academy of Medicine—in recognition of his work among the children of Russia.

Josh McDowell Ministries is a division of Cru (formerly Campus Crusade for Christ).



8348 3rd. St. • Downey

'Read-A-Thon' at Downey Library this Saturday

DOWNEY – The Downey City Library will host a "Read-A-Thon" this Saturday, Sept. 12, from 1-3 p.m.

"Come hear great stories read aloud by local volunteers, get a free balloon and make crafts," library officials said. "This event is great for families with kids between the ages of 3 and 12."

There will also be an appearance by Bark Reading Dogs, an all-volunteer program that encourages children to increase their reading skills and self-confidence by reading aloud to certified therapy dogs. Space is limited for Bark Reading Dogs, with sign-ups taken at the event.

For questions or more information, call (562) 904-7360, ext. 123.

Service academy workshop at library

DOWNEY – Congresswoman Lucille Roybal-Allard will host an informational workshop at the Downey City Library this Saturday for high school students interested in attending a U.S. service academy.

Service academies provide a free college education in return for five years of military service as a commissioned officer following graduation.

Students will learn about academy requirements and the application process to receive a nomination from the congresswoman.

The workshop is Saturday, Sept. 12, from 9-10:30 a.m. at the library. Registration opens at 8:30 a.m. and no RSVP is required.

Pre-reading class for toddlers

DOWNEY – The Downey City Library will host a "Very Ready" pre-reading class for kids up to 5 years old Sept. 15-16.

Parents will learn how activities such as playing and singing can make their child a happier, more successful student and a better reader.

The talk will take place in the Primary Area of the Children's Room from 10:40-11:30 a.m. Register at the Adult Information Desk or call (562) 904-7360, ext. 132.

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From highly anticipated events to unexpected joys, memorable moments are always right around the corner. Don't let colon cancer take them away. The second leading cause of cancer-related deaths in the U.S., colon cancer can be prevented. Colon cancer is most common in men and women age 50 and older, and the risk increases with age.

Screening is recommended beginning at age 50, so schedule your colonoscopy today and make sure colon cancer doesn't keep you from enjoying the moments to come.

Call the PIH Health Colon Cancer Prevention Program to schedule a colonoscopy today at 562.945.4754.

PIHHealth.org/Colonoscopy

PIH HEALTH

DIVORCE AND BANKRUPTCY (DIVORCIOS Y BANCARROTA)

- Custody (*Custodia*)
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Eleanor De Jong was nurse, church volunteer

BELLFLOWER - Eleanor Jane (Alsum) De Jong was born Jan. 11, 1931, in Wisconsin.

She was born to Gerrit and Gertie Alsum, and had one younger sister, Joann. In 1939, the family left Wisconsin, traveling along Route 66 on their way to California.

Eleanor married Arthur De Jong on Sept. 24, 1952. She graduated from Cerritos College in 1973 with a degree in Vocational Nursing.

Eleanor was a longtime member of the First Christian Reformed Church of Bellflower where she enjoyed Sunshine Girls, Young People's, Dutchmen's Night at the Roller Rink and Ladies Aid.

Eleanor died Aug. 4. She is survived by her three children, five grandchildren, eight great grandchildren, and her sister.

Judy Elizarraras worked for Bellflower school district

BELLFLOWER - Judy Ellen (Potter) Elizarraras was born on Nov. 11, 1954 to Rylie and Ethel Potter.

She grew up in Compton along with her siblings, David, Larry, Steve and Penny.

She met her husband Javier through mutual friends and it was love at first sight. They were married on Jan. 12, 1973.

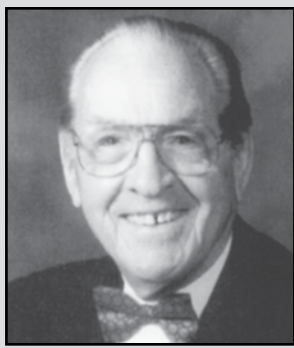


Javier and Judy then started their family where they went on to have five children: Javier, Jeffrey, Jose, Viviana, and Daniel.

Judy was an employee for Bellflower Unified School District and worked there for more than 30 years.

Judy died Aug. 20. She is survived by husband Javier; sons, Javier, Jeff (Brandie), Joe (Taryn), Daniel (Jannell) and daughter Viviana (Harry); grandchildren Arianna, Taylor, Jeremy, Leslie, Kareena, Harrison, Liliana and Baby Daniel; and stepgrandchildren Xavier, Natalie, Raymond, Lanaya, Vincent, and Addison.

She is also survived by brothers David (Alyce), Larry, Steve, Jesus (Carol), Jose (Beatrice), Salvador (Melana), Reynaldo (Adriana), Rigo and Sisters; Penny (Rick), Delfina, Genoveva (Alfonso), Miroslava, Sylvia plus many more aunts, uncles, nieces, nephews, cousins and friends.



In Memory of
Woodrow Wilson Meier, MD

July 1, 1919 to July 22, 2015

96 year-old Woodrow Wilson "Woody" Meier, MD, died of natural causes at home in the arms of his daughters and his grandchildren. He grew up in Oshkosh, Nebraska, the third of six children, and did his undergraduate and medical school studies at the University of Nebraska, graduating with his MD degree in 1944. He married schoolteacher Charlotte Blessing of Ord, Nebraska, in 1942 and after his tour of duty with the US Navy (Marshall Islands) he opened the 24/7 "East Los Angeles Emergency Clinic" on Goodrich Boulevard near Atlantic Boulevard. Additionally he took care of Union Pacific Railroad employees and was the team doctor for the newly opened East Los Angeles Junior College. He was on the medical staff and the hospital board of Beverly Hospital, Montebello, for over 50 years.

Woody was very active in Grace Presbyterian Church, Montebello, where he donated all the stained glass windows, and in the Montebello/Whittier Masonic Lodge 323 where he rose to the 32nd degree and participated in Los Angeles Shriners events. He enjoyed pheasant and duck hunting in Nebraska and gardening and fishing at his Big Bear Lake home. He owned a number of commercial properties in Big Bear and was particularly fond of his restaurant, The Captains Anchorage, originally founded by actor Andy Devine many years ago. He and his wife of 71 years, Charlotte, greatly enjoyed the many friends they made at the restaurant and were able to entertain there, at their lake home, and at their Downey residence.

He leaves daughters Pamela Polito (Gregory), Patti Scriven, and Penny Sandberg McMahon (Brian); grandchildren Ashley Polito, Matthew Scriven (Claudia), Mark Polito (Laureen), Joshua Scriven (Kaori), Scott Sandberg (Randi), Stephen Sandberg, and Jeffrey Sandberg; and great grandchildren Charlotte and Spencer Sandberg. His wife, Charlotte, predeceased him last year and his oldest brother Don of Winnetka, Illinois, is his sole surviving sibling.

He will be remembered most of all for his unselfish, magnanimous, and loving heart that he shared freely with family, friends, and patients.

His memorial service will be at Rose Hills Skyrose Chapel on Sunday, September 20th, at 1 PM. In lieu of flowers donations may be made to PIH Health Hospice, Shriners Childrens Hospital Los Angeles, or Wounded Warriors.

Mary DeHoog dies at 75

NORWALK - Mary Louise (VanDerKooi) DeHoog passed away on Aug. 29. She was 75.

Mary was born and raised in Norwalk. She and her family moved to Chino in 1966 and have been here ever since.

Mary leaves behind her husband Michael DeHoog; her children Joe (Joy, Ryan, Caleb, Rachel, Carly), Charles (Annette, Joslynn, Charlene, Alex, Jayann), LeAnn (Cory, Maryann, Kaci), Michelle, Michael (Dimitra, Mary, Mitch) and Kristy; her brother Charlie VanDerKooi (Lynette); and many other nieces, nephews and close friends.

Mary was preceded in death by her father and mother, Charley and Lena VanDerKooi.

Celebration of Life service was held Sept. 8 at Crosspoint Church in Chino.

In Lieu of flowers, donations can be sent in Mary's honor to: Ontario Christian School Endowment Fund, 931 W. Philadelphia, Ontario, CA 91762.

In Memory of
James Charles Berry

November 25, 1950 to September 4, 2015



James Charles Berry, 64, was born in Los Angeles, CA on November 25, 1950 and entered into eternal rest in Duarte, CA on September 4, 2015. Jim owned J Berry Co., Inc., a construction company for many years and worked in the industry for 43 years.

A Visitation will be held on Tuesday, September 15, 2015 from 10:00-11:30 AM at the First Baptist Church of Downey, 8348 3rd St., Downey, CA 90241. A Funeral Service will be held the same day at 11:30AM also at the church. Interment will be private in Santa Barbara, CA on September 16, 2015.

Jim is survived by his loving wife Debbie G. Berry, son Jimmy Berry and daughter Nikki Berry, all of Huntington Beach. He also leaves behind his sister Nancy (Dan) Shea, aunt Colette Scholler, niece Bridgette (Randy) Scott, father-in-law Chris Pelonis, aunt Barbara Harris, brother-in-law Chris (Kim) Pelonis, nephew Christian Pelonis, niece Jesse Pelonis and cousins Lesli (Rich) Thies, Savannah & Cheyenne Thies.

Risher Mortuary & Cremation Service are Funeral Directors. Condolences may be sent to the family through our website, www.rishermortuary.com. (562) 699-0916.

In Memory of
Lois Wilson

October 27, 1922 to August 28, 2015



Lois Trezevant Wilson, born 1922, passed away suddenly of heart failure on Friday, August 28th, 2015 in her 93rd year. A memorial will be held in Downey where she had many friends, having been involved with the community since moving there in 1968.

She was much loved and admired for her cheerful optimism and unflagging spirit. She was still active, volunteering at the Downey Library Friends Books Store once a week, in addition to pool exercise at the Y, a board member of the Downey Historical Society, along with emailing and lunching with friends. She also spent 35 years volunteering at the Downey Regional Hospital where she racked up more than 10,000 volunteer hours.

She was born and raised in San Antonio, Texas. Her first job was with the telephone company and on her first day of work, Dec 7, 1942, the switchboard lit up like crazy! She and her husband Phil moved to Downey from Texas, on June 6, 1968, the day of RFK's assassination.

After 44 years of marriage, Phil died in 1987. They had 4 children. Lois is survived by 3: Marion Dies, Scott Wilson and Terry Wilson. Her eldest, Alan Wilson died in 2002. She is also survived by 4 grandsons: Mark Wilson, Nicholas Dies, Steven Dies, and Dustin Wilson; and one great-granddaughter, Elliette Wilson.

She loved books and people and had a wide circle of friends because of her kindness and interest in them. A Celebration of Life will be from 12-3pm on Saturday, September 19th at the Barbara J. Riley Community Center, 7810 Quill Dr., Downey, CA 90242.

In lieu of flowers, donations in her memory can be made to the Friends of the Downey Library, the Downey Historical Society, PTA H.E.L.P.S. or the YMCA.

In Memory of
Ralph E Orahood

September 22, 1925 - August 10, 2015

Preceded in death by wife, Helen Arlene, parents and siblings. Survived by daughters, Anita Kramer (Don) and Shirley Harper (Jim), 7 grandchildren and 3 great-grandchildren. Proud to have served his country in United States Army during WWII. Spent career as elementary school teacher and principal with Downey Unified School District. Long time member of Sixth Church of Christ, Scientist, Long Beach. He served as Sunday school teacher and Reader. Open house for family and well-wishers will be held September 20, at 213 Capistrano Circle, Fullerton, CA between 12:00 pm and 3:00 pm.

The **DOWNEY GRAFFITI HOTLINE** Report graffiti to this number. **NUMBER 923-4484**

1st PRESBYTERIAN CHURCH OF DOWNEY WELCOMES NEW PASTOR
On July 12, the congregation of the 1st Presbyterian Church of Downey voted to welcome Reverend Maricarmen Campos Castro as their new pastor. Pastor Campos Castro has been an ordained Presbyterian Teaching Elder for over 13 years, serving in Los Angeles, Houston, Texas and Huntsville, Alabama. Her missionary work has taken her to Latin America, Europe, Africa and the Mideast. She has a passion for spiritual formation and recently published her book "Warriors: In the Spiritual Battle, Victory is Ours." She loves running, fencing and the outdoors. Pastor Maricarmen Campos Castro will begin her ministry at 1st Presbyterian Church of Downey on September 15, 2015. We welcome you to join us! Our services are every Sunday morning at 10:00 am.

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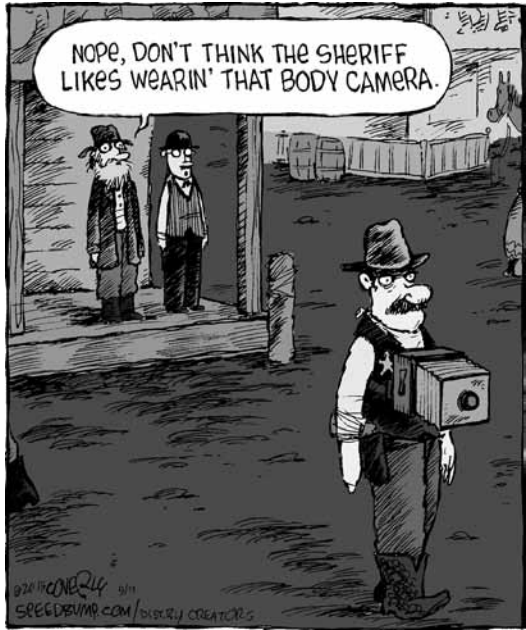
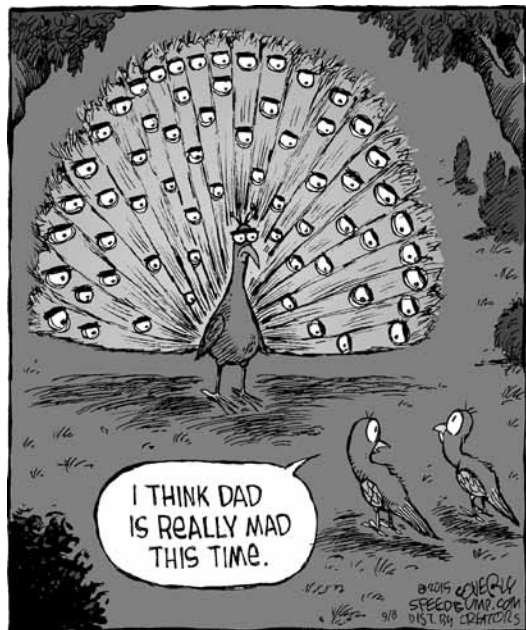
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Downey Community Calendar

EVENTS FOR SEPTEMBER

Friday, Sept. 11: Gangs Out of Downey golf tournament, Rio Hondo Golf Club, 10:30 a.m.
Saturday, Sept. 12: International Food and Music Festival, Downtown Downey, 4-11 p.m.

CITY MEETINGS

1st & 3rd Wednesday, 6:30pm: Planning Commission, Council Chamber at City Hall.
1st Tue., 4:00pm.: Recreation and Community Services Commission, Council Chamber, City Hall.
1st Tue., 6:00pm: Emergency Preparedness Committee, at Fire Station No. 1, 12222 Paramount Blvd.
2nd & 4th Tue., 6:30pm: City Council, Council Chamber.
3rd Tue., 6:30pm: Library Advisory Board, at Downey City Library.
4th Mon., 5 pm: Green Task Force, at City Hall.

Regularly Scheduled Meetings

MONDAYS

7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 304-3439
4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

9:30 am: Downey Seniors Club, at Apollo Park, call Paul Sheets at 714-618-1142.
10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
12 pm: Rotary Club, at Rio Hondo Events Center, call William Medina 413-3477.
6 pm: Toastmasters Club 587, at First Baptist Church, call Karika Austin 260-3856.
7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.
1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
2nd Tues., 3:30 pm: Keep Downey Beautiful, at City Hall, call 905-7103.
2nd and 4th Tues., 6 pm: Sertoma Club, at Cafe 'N Stuff, call 927-6438.
2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.
3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.
Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

WEDNESDAYS

7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.
1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Cindy 803-4048.
1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
2nd Wed., 11:30 am: Christian Women's Club, at Los Amigos Country Club, call Anita 861-3414.
2nd Wed., 7:30 pm: Downey Model A Club, at Gallatin School Cafeteria, call 928-4132.
3rd Wed.: Downey Dog Obedience Club, at Apollo Park, call Gina 869-5213 or Valerie 420-2972.
3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call (310) 604-0725.
3rd Wed., 10 am: OLPH Women's Guild, at OLPH School Auditorium, contact Armida Lugo, (562) 715-6142.
3rd Wed., 6 pm: American Business Women's Association, Rio Hondo Country Club, call Barbara 863-2192.
4th Wed., 12:00 pm: Retired Federal Employees, at Barbara J Riley Center, call 943-5513.
4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

THURSDAYS

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.
12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
7 pm: Troop 351, Boy Scouts of America, at First Baptist Church, call 776-3388.
1st Thurs., 12:00 pm: Downey Christian & Professional Luncheon, Sizzler's Restaurant, call James 310-1335.
1st Thurs., 7:30 pm.: The Downey Amateur Radio Club, at First Baptist Church room 120.
2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
2nd & 4th Thurs., 6 pm: Lions Club, at Coco's, call Lenora (310) 283-9825.
3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.
4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

7:30 am: Pro Networkers, at Mimi's Cafe, call Barbara Briley Beard at 869-7618.
3rd Fri., 8:30 am: Women's "In His Glory" Ministry at Los Amigos C. C. 622-3785.

SATURDAYS

9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.
4th Sat., 12:00 pm: Downey Arts Coalition, email contact@downeyarts.org.

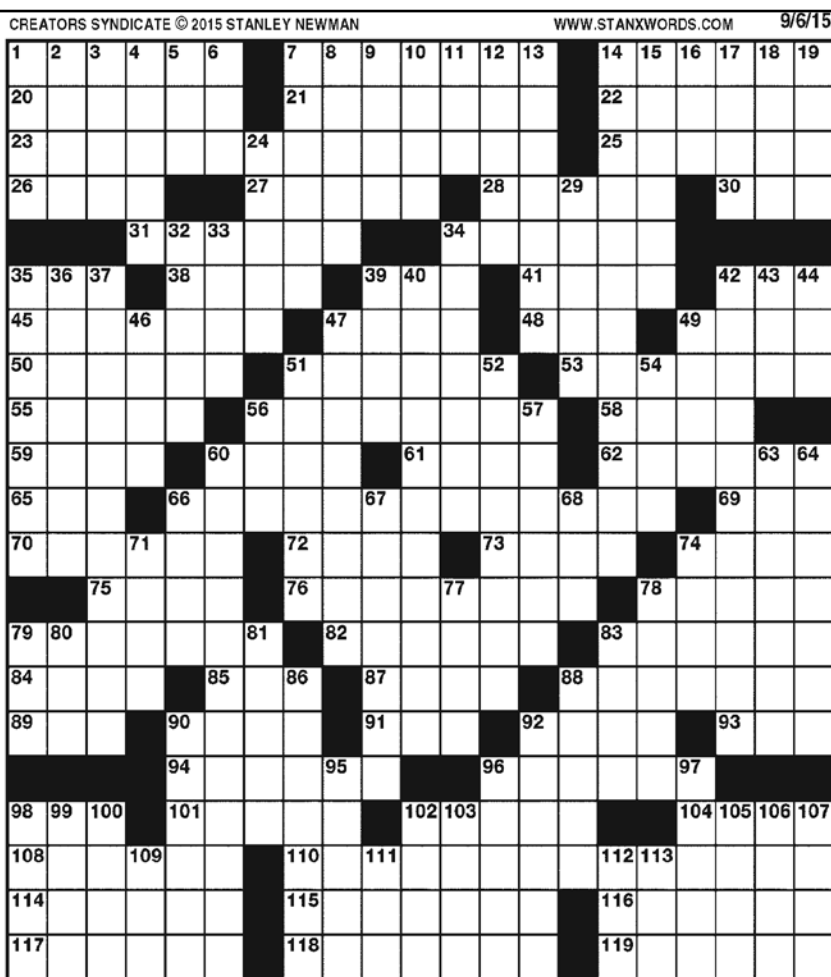
On This Day...

Sept. 10, 1846: Elias Howe of Spencer, Mass., received a patent for the sewing machine.
1955: "Gunsmoke" premiered on CBS.
1977: A convicted murderer became the last person to be executed by the guillotine in France.
1988: Steffi Graf achieved tennis' Grand Slam - winning all four major tournaments in a calendar year - by taking the U.S. Open women's title.
BIRTHDAYS: Golfer Arnold Palmer (85), TV pundit Bill O'Reilly (66), actor Colin Firth (55), retired baseball player Randy Johnson (51), director Guy Ritchie (47) and actor Ryan Phillippe (41).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
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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



- obesity,
- smoking,
- birth control or hormone therapy,
- pregnancy,
- some heart conditions including arrhythmias
- stroke,
- cancer,
- advancing age,
- and a host of inherited clotting disorders.

women, 1 in 45 had clots after hip or knee replacement; 1 in 85 had blood clots after cancer surgery; and 1 in 815 had clots after same-day outpatient surgery. Comparatively, 1 in 6,200 women who did not undergo surgery had clots. Those who had surgery were nearly 70 times more likely to be admitted with blood clots during the six weeks that followed.

How do we minimize this risk? Doctors discuss it with patients, and caution them to watch for any unexplained pain and swelling, especially in the calf. Patients get out of bed and walk much sooner after surgery than they used to, and particularly high-risk patients are put on blood thinners immediately after surgery.

Travelers:

Blood clots are more common in travelers, especially those on long flights. They can form in the legs as a result of long periods of immobility, often in cramped spaces with little legroom. It's been referred to as "economy class syndrome," but is clinically

known as deep vein thrombosis (DVT).

Blood clots while traveling are highly preventable. Stretch your legs, and get up every hour or two to take a walk. Drink plenty of hydrating fluids like water or juice, and limit soda and coffee. Wear loose fitting clothing that does not restrict blood flow. Store your baggage above you, and not in the leg space. Avoid crossing your legs.

If you have some of the risk factors listed above, or have any concerns about blood clots, discuss it with your doctor and consider what preventive actions you can take.

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.

A patient of mine recently had knee replacement surgery. A few days after leaving the hospital she noticed swelling in her leg. I ordered an ultrasound and found that she had a blood clot. Why does that happen? How serious is it? How common are blood clots?

Blood clots have the potential to be extremely serious. Deep vein thrombosis occurs when a clot forms inside of a large, deep vein, usually in the leg. The clot has the potential to break away from the original source and cause damage. If it were to travel to the lungs, it could cause a potentially fatal pulmonary embolism. When a blood clot forms in one of the chambers of the heart, it is usually due to atrial fibrillation (an irregular heart rhythm), and could travel to the brain, causing a stroke. A clot that forms within the carotid arteries in the neck may also travel to the brain and cause a stroke. A clot in the heart can block the flow of blood through an artery and cause a heart attack. Note, however, that a blood clot that forms inside of a small vein near the surface of the skin (superficial phlebitis), generally does not pose a problem.

Why do they form? A blood clot is our body's normal response to stop the flow of blood. It can, however, also be a serious reaction to a variety of risk factors and illnesses, including:

- being in a cramped space on an airplane/bus/train/car,
- recent surgery that involves the legs, hips, abdomen, or brain,
- prolonged immobility/bed rest,

High school athletes more likely to use smokeless tobacco

High school athletes who play on sports teams smoke tobacco products at a lower rate than non-athletes, but use smokeless tobacco at a higher rate, according to a study published by the Centers for Disease Control and Prevention.

Data from national Youth Risk Behavior Surveys (YRBS) show that while current use of cigarettes and cigars dropped dramatically from 2001 to 2013 among all high school students (31.5 percent to 19.5 percent), current use of smokeless tobacco remained unchanged among non-athletes (5.9 percent) and increased among athletes (10 percent to 11.1 percent).

The lower use of combustible tobacco products might result from athletes' awareness of how smoking can hurt athletic performance. The higher use of smokeless tobacco suggests athletes may perceive these products as harmless, socially acceptable, or perhaps even as a way to boost athletic performance, the study notes.

However, smokeless tobacco contains nicotine and cancer-causing chemicals and may increase the risk of death from heart disease and stroke. Notable athletes with a history of smokeless tobacco use have been diagnosed with or died from oral cancer.

The data show a relationship between the number of sports teams on which an athlete plays and his or her tobacco use. Athletes who play on multiple sports teams use smokeless tobacco more and combustible tobacco less. During 2013, prevalence of smokeless use was 5.9 percent, 10.2 percent, 11.5 percent, and 12.5 percent among students participating in zero, one, two, or three or more sports teams, respectively.

But combustible tobacco use was 21.3 percent, 19.6 percent, 17.1 percent, and 15.8 percent among students participating in zero, one, two, or three or more sports teams, respectively.

"Tobacco use among youth athletes is of particular concern because most adult tobacco users first try tobacco before age 18," said Brian King, Ph.D., deputy director for research translation in the CDC Office on Smoking and Health. "The younger people are when they start using tobacco, the more likely they are to become addicted and the more heavily addicted they can become."

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PIH HEALTH

Screenings Save Lives: Why all women should start getting annual mammograms at age 40

Bonnie Cairns, a 65-year-old Whittier resident, has always been vigilant about her health. She is adamant about getting a physical once a year, and she's been going to PIH Health for her annual mammogram for more than 20 years. She's always known exactly what to expect.

But in March of 2012, her mammography results revealed something suspicious, and after a needle biopsy, doctors gave her news that she did not anticipate: she had Stage 2 breast cancer.

"I was just devastated to learn that I had it, and I was shocked because it doesn't run in my family," she said.

Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. High profile media stories often point to genetics and family history as significant factors, but in fact, only 15 percent of cases occur in women who have a family member who was previously diagnosed, and only 5-10 percent can be linked to gene anomalies, according to www.breastcancer.org.

According to the American Cancer Society, 235,000 women will be diagnosed with breast cancer this year.

Although Cairns was afraid and anxious after her diagnosis, she was also hopeful. Doctors told her that she never would have been able to feel the tumor during her monthly breast self-exams, but the mammogram detected it early enough that her prognosis was very good. Her commitment to having an annual mammogram saved her life.

Women are often apprehensive about the procedure and tend to put it off because they've heard that it is uncomfortable or painful, or because they are afraid to get bad news. Nationwide, only about 50 percent of women over the age of 40 have had a mammogram, and although the rates are higher in PIH Health's service area, they still aren't where Dr. Maureen Jensen, co-medical director of the Patricia L. Scheiffy Breast Health Center at PIH Health, would like them to be.

"The goal of screening mammography is to detect breast cancer before a woman is able to feel it herself, at an earlier stage when the cancer is most amenable to treatment," she said. "Mammograms can also prevent the need for aggressive treatment for advanced cancers. By the time a breast cancer can be felt there is a greater likelihood that it may have spread to the lymph nodes or to other parts of the body."

Another reason women are reluctant to get screened stems from recent reports that have made screening guidelines more confusing. In February of 2014, the British Medical Journal published a study indicating that annual mammogram for women ages 40 to 59 did not reduce death rates beyond regular physical examinations. But Dr. Jensen questioned the findings in a memo to her colleagues, citing two specific issues with the study. First, it was conducted in the 1980s, when imaging technology was far less sophisticated than it is today. Second, the process for assigning women to "screened" or "unscreened" categories was flawed and violated basic research protocols.

"Every major American medical organization with expertise in breast cancer care, including the American Congress of Obstetricians and Gynecologists, the American Cancer Society, the American College of Radiology, the National Accreditation Program for Breast Centers and the Society of Breast Imaging, recommend that women start getting annual mammograms at age 40," she said.

Technological advancements are key to detecting cancer in its earliest stages. Thanks to fundraising efforts by the PIH Health Foundation, all patients at PIH Health Whittier undergo 3D mammography. 3D mammography has been shown to improve cancer detection by as much as 30 percent. Breast health services such as digital mammography, MRI, ultrasound and biopsies are available at PIH Health Hospital locations in Whittier and Downey. Digital screening mammograms are also available at PIH Health Medical Office Building in Hacienda Heights.

Aside from providing state-of-the-art equipment, PIH Health is also equipped to help patients handle the more emotional aspects of their diagnosis. The Patricia L. Scheiffy Breast Health Center in Whittier is one of the few breast health centers in the area with a full-time nurse navigator on staff. Carla Guess RN BSN is a certified breast cancer nurse and breast patient navigator who calls herself "a helping hand."

Carla is often the first person to reach out to newly diagnosed patients. She provides them with support, education and resources and she schedules all of their appointments with surgeons, radiologists and other specialists so they can focus on mentally preparing for their treatment.

"Most of the women I talk to are still in shock and overwhelmed by the information they've received," she said. "I can tell them what comes next, answer their questions and keep their appointments on track. It is so gratifying to be able to help women during their emotional time of need, and they are so thankful and relieved to have someone guide them through the experience."

PIH Health provides other forms of support in the community as well. Bonnie Cairns was introduced to a Reiki Master Practitioner when she was undergoing chemotherapy treatments and she found the stress reduction technique so comforting that she continues to attend sessions offered by PIH Health even in remission.

She has also taken advantage of many of PIH Health's other free community exercise classes, dietary workshops and cancer survivor programs and support groups. When her doctor told her that losing 5-10 percent of her body weight could dramatically reduce her odds of recurrence, she tapped into a number of the hospital system's resources and ultimately shed a fourth of her weight. She's been cancer free for more than a year, and she's been hard at work encouraging her own friends and acquaintances to schedule their next mammograms.

"In the grand scheme of things, we are only talking about a few seconds of discomfort, which is bearable and totally worth it," she said. "If you catch it early enough, there are so many treatment options to help you."

If you are 40 years of age and older, talk to your primary care physician about your breast health and schedule an annual mammogram at a PIH Health facility near you:

Patricia L. Scheiffy Breast Health Center
12393 Washington Blvd
Whittier, CA 90606

PIH Health Hospital - Downey, Radiology
11500 Brookshire Ave.
Downey, CA 90241

PIH Health Hacienda Heights Medical Office Building
1850 S Azusa Ave. #88
Hacienda Heights, CA 91745

If you would like to find a doctor at PIH Health, call 877.285.DOCS (3627), or visit PIHHealth.org and click on "Find a Doctor."
For a list of upcoming community classes, visit PIHHealth.org/wellness

Downey space center will have presence at Long Beach Comic Con

DOWNEY – The Columbia Memorial Space Center is partnering with Long Beach Comic Con for Space Expo 2015, an innovative program that will connect comic book convention attendees directly with the world of scientific discovery.

Space Expo 2015 will be held at the Long Beach Convention Center as part of Long Beach Comic Con this weekend, Sept. 12-13, with panels featuring top aerospace industry notables discussing hot button scientific topic.

As part of Space Expo 2015, there

will be interactive exhibits featuring robotics, 3D printing, and even a spacesuit – all curated by Downey's Columbia Memorial Space Center.

"Space, the space program and science are all a part of the same pop culture dialogue as comic books and science fiction," said Columbia Memorial Space Center President Ben Dickow. "We want to create a fandom for science that will grow and support the next wave of space explorers and scientific progress--and there's no better place to do that than at a comic convention."

Panels at Space Expo 2015 at Long Beach Comic Con will include:

- Sci-Fi Space vs. Reality. Andre Bormanis, the director of scientific research for Cosmos: A Spacetime Odyssey and the science consultant for Star Trek shows, discusses the age-old topic of just how much Science Fiction is based on actual Science.

- Planning a Martian Roadtrip with Engineers from NASA's Jet Propulsion Laboratory. What does it take to plan a 'road trip' on Mars? Experts will discuss driving from Acidalia Planitia to Schiaparelli crater, as astronaut Mark Watney does in the book The Martian.

- The Dawn Mission. Engineers from NASA's Jet Propulsion Laboratory will analyze the Mars Dawn mission, discuss Ceres, the dwarf planet and the asteroid Vesta.

- New Horizons and Pluto. Discovered in 1930, Pluto remained a tiny burry point of light until the arrival of the New Horizons spacecraft. With this history making flyby of this dwarf planet and its moons, humans have for the first time seen their surfaces and detected their tenuous atmospheres. After a short history of Pluto observations, the latest information from this mission will be presented.

- "Crazy Engineering." From supersonic parachutes to electric propulsion, the engineers at NASA's Jet Propulsion Laboratory are coming up with innovative ideas to explore our solar system and beyond. This panel will discuss current and next-generation space missions, and the technology that makes it all possible. It only looks crazy, but it's result of reasoned engineering... Missions on the panel include: Dawn mission at Ceres, Juno mission to Jupiter, Europa mission, InSight and Mars Cube One (MarCO). Based on JPL's web series Crazy Engineering.

"We're incredibly excited about bringing the worlds of comics and space together in one fantastic event," said Martha Donato, Long Beach Comic Con executive director and co-founder. "A ticket to Long Beach Comic Con admits fans to over 100 panels, including both the Space Expo programming and a wide array of pop culture programming focused on comics, video games, animation, cosplay and collectibles."

Warren wins football season-opener against St. Paul

DOWNEY – The Warren High School football team opened their season with a 23-2 win at home against St. Paul Friday night.

With the win, Warren improved to 1-0. With the loss, St. Paul fell to 1-1. The Bears avenged their 24-15 loss at St. Paul last year.

Warren traveled to Buena Park (1-1) last night to take on the Coyotes in a special Thursday night game (score unavailable at press time). Buena Park defeated Orange on 8/28 at Buena Park 75-20 and were defeated by Edison on 9/4 at Huntington Beach 38-0. Warren was defeated by the Coyotes 25-0 last season at Warren.

In the St. Paul game, Warren led at the end of the first quarter 6-2. Neither team scored in the second quarter and the score remained 6-2 Warren at halftime. The Bears scored a touchdown and converted the extra point in the third quarter. Warren led 13-2 at the end of the third quarter. The Bears tacked on another ten points in the fourth quarter to seal the 23-2 win.

St. Paul's passing game completed 8/12 passes for 89 yards. The Swordsmen run game finished with 23 carries for 35 yards. The Bear defense held St. Paul's running game to less than two yards per carry. Warren's defense also forced four fumbles and recovered three of them.

In last night's game, Warren needed to stop Buena Park's senior quarterback Zach Taylor and sophomore wide receiver Deshaun Harvey. The two have formed a formidable tandem thus far that produces chunks of yardage and big plays.

Senior linebacker Andrew Mulipola had 12 tackles in his last game and has been a tackling machine in two games for the Coyotes. Coach Raul Lara, his staff and players were looking forward to improving to 2-0 on the young season.

Meanwhile, the Downey High School football team was defeated by Hart at Newhall 38-14 on Friday night. With the loss, Downey fell to 1-1 on the young season.

Downey will host Alemany (2-0) of Mission Hills later tonight.

The Viking rushing attack accumulated 242 yards on 35 carries. Downey averaged close to seven yards per carry. Daevon Vigilant led the Vikings with 24 carries for 156 yards. The Vikings finished with 363 yards of total offense.

Coach Jack Williams, his staff and players are looking forward to playing Alemany later today and earning a "W".

For more sports stories, including updates on former Downey High student-athletes excelling in college, go to thedowneypatriot.com and click the "Sports" tab.

–Mark Fetter



After four years and five long months, 101-year-old Dave Quintana returned to his Downey home this past Monday.

Dave and his wife, Laura, moved to Briarcliff Manor, NY, in 2011 to live with his daughter, Mary-Ellen Quintana, and grandchildren, Douglas and Anastasia.

"Mom was becoming very frail and when my dad fell and broke his hip while taking out the trash at 2 a.m. in 2010, that was the last straw," said Mary-Ellen. However, she promised to take them home and stay with him after the kids graduated from high school in 2015.

In 1951, Dave and Laura moved to Downey from Los Angeles. They built their home near North Junior High School (now Griffiths). An electrical engineer, Dave worked at North American Rockwell, helping design transistors for planes and missiles.

While Dave is happy to return to his beloved Downey, he said he wanted to come home to be with his wife, Laura, who passed away two years ago in New York at the age of 102. Laura was interred at Rose Hills in 2013 where the family has burial plots.

Aside from visiting Laura, Dave intends to visit with old friends and his extended family who live in Southern California.

He also said that he wants to enjoy "real avocados" from his backyard tree.

Dave is pictured above on his 101st birthday.

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- ★ MAZE RUNNER: THE SCORCH TRIALS **PG-13** **Thur**: 8:00, 10:00
- ★ CAPTIVE: NIGHT OF PURPOSE **PG-13** **Thur**: 7:00, 10:15
- ★ MAZE RUNNER DOUBLE FEATURE **PG-13** **Thur**: (5:30)
- ★ THE PERFECT GUY **PG-13** (11:50, 2:15, 4:40, 7:25, 9:50)
- ★ THE VISIT **PG-13** **Fri to Wed**: (11:30, 1:55, 4:20, 6:45, 9:10, 11:35, 1:55, 4:20, 6:45, 9:10)
- ★ THE VISIT **PG-13** **Fri to Wed**: (11:30, 1:55, 4:20, 6:45, 9:10, 11:35, 1:55, 4:20, 6:45, 9:10)
- ★ THE TRANSPORTER REFULED **PG-13** **Fri & Sat**: (11:20, 1:40, 4:10, 7:10, 10:40, 1:40, 4:10, 7:10)
- ★ UN GALLO CON MUCHOS HUEVOS **PG-13** (12:25, 2:55)
- ★ UN GALLO CON MUCHOS HUEVOS **PG-13** (11:25, 1:55, 4:25, 7:05, 9:40)
- ★ NO ESCAPE **W** **Fri to Wed**: (12:05, 2:35, 5:05, 7:30, 10:05; **Thur**: (12:05, 2:35, 5:05)
- ★ SINISTER 2 **W** **Fri to Wed**: (6:45, 10:10; **Thur**: 10:30 PM)
- ★ STRAIGHT OUTTA COMPTON **W** **Fri & Sat**: (11:40, 12:20, 2:50, 3:40, 6:15, 7:00, 9:25, 10:15; **Sun to Wed**: (11:40, 12:20, 2:50, 3:40, 6:15, 7:00, 9:25; **Thur**: (11:40, 12:20, 2:50, 3:40, 7:00, 10:15)
- ★ MISSION: IMPOSSIBLE - ROGUE NATION **PG-13** **Fri to Wed**: (11:00, 1:55, 4:50, 7:45, 9:40; **Thur**: (11:00, 1:55, 4:50)
- ★ JURASSIC WORLD **PG-13** **Fri to Wed**: (11:05, 1:55, 4:50; **Thur**: (11:05, 1:55)

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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, 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, T.S.# 9551-2562. 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. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Vanessa Gomez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0255985 To: THE DOWNEY PATRIOT 09/03/2015, 09/10/2015, 09/17/2015

The Downey Patriot 9/3/15, 9/10/15, 9/17/15
 TSG No.: 8554497 TS No.: CA1500269728 FHA/VA/PMI No.: 6000215682 APN: 8015-007-019 Property Address: 11916 CRESSON ST NORWALK, CA 90650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/17/2006. 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. On 09/23/2015 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 01/24/2006, as Instrument No. 06 0162192, in book , of Official Records in the office of the County Recorder of LOS ANGELES County, State of California, Executed by: CARMEN GALVEZ, A WIDOW, SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 8015-007-019 The street address and other common designation, if any, of the real property described above is purported to be: 11916 CRESSON ST, NORWALK, CA 90650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$310,834.25. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in

the County where the real property is located. 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 (916)939-0772 or visit this Internet Web http://search.nationwideposting.com/propertySearchTerms.aspx, using the file number assigned to this case CA1500269728 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 1500 Solana Blvd, Bldg 6, 1st Floor Westlake, TX 76262 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. NOTICE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NPP0255818 To: THE DOWNEY PATRIOT 09/03/2015, 09/10/2015, 09/17/2015

The Downey Patriot 9/3/15, 9/10/15, 9/17/15
 NOTICE OF TRUSTEE'S SALE TS# CA-15-4883-CS Order # 150142044-CA-VOI Loan # 9803644971 [PURSUANT TO CIVIL CODE SECTION 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.] NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/19/2009. 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 initial publication of the Notice of 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): RICHARD SOLIS , A SINGLE MAN AND ERICKA LISSETTE MONTOYA, A SINGLE WOMAN,

AS JOINT TENANTS Recorded: 6/30/2009 as Instrument No. 20090982232 in book xxx, page xxx of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 9/30/2015 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges. \$429,395.67 The purported property address is: 13703 ARLEE AVENUE, NORWALK, CA 90650 Assessor's Parcel No. 8054-010-014 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 714-730-2727 or visit this Internet Web site www.servicelinkasap.com, using the file number assigned to this case CA-15-4883-CS. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: 8/25/2015 SUMMIT MANAGEMENT COMPANY, LLC 16745 W. Bernardo Dr., Ste. 100 San Diego, CA 92127 (866) 248-2679 (For NON SALE information only) Sale Line: 714-730-2727 or Login to: www.servicelinkasap.com Reinstatement Line: (866) 248-2679 CECILIA STEWART,

Trustee Sale Officer If you have previously been discharged through 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. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. A-4540522 09/03/2015, 09/10/2015, 09/17/2015

The Downey Patriot 9/3/15, 9/10/15, 9/17/15

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**SHARED STORIES:
THE TIES THAT BIND**

Toward a Better Well-Being

Charlene Farnsworth is a Downey native who at one time thought she wanted to be a kindergarten teacher- then she joined North American Aviation. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Charlene Farnsworth

Very early in my life, I wanted to be a kindergarten teacher. Upon high school graduation in 1958, at age 17, I pursued my goal by enrolling in Long Beach City College (LBCC). However, my long-standing career goal suddenly changed in 1959 when I took my first job as a Clerk Typist at North American Aviation (NAA) in Downey, Calif. I planned to only work during the summer break and then continue my education at LBCC.

I felt awkward attending college and had difficulty with class participation due to my shyness. It seemed that my fellow students were more mature and I could not make new friends easily. However, I adapted quite well in the work environment and made many new friends, some of whom I have known for over 50 years.

My first boss, a buyer in the Purchasing Department, was primarily responsible for my comfort in the workplace. He was a patient teacher and I was soon promoted to a secretarial position. Having completed only one year at LBCC, I cancelled my curriculum and continued advancing through the various secretarial and administrative ranks of the company.

NAA became North American Rockwell and then Rockwell International. I enjoyed 33 memorable years with the company. However, I had the misfortune in December 1993 of being laid off, along with all the other employees in our "overhead-charging" group. Numerous salaried employees were affected by the layoff with past performance not being a factor in determining employee retention. I immediately transitioned from being a career woman to becoming a family caregiver. I officially retired from Rockwell International in May 1996.

In mid-career—July 1974—one of the department managers gave me a puzzling look and asked me a

question. He said that it appeared I had a seemingly intact well-being and wondered how that was achieved. I had never given that a thought and candidly responded to his inquiry with the following random thoughts:

1. Be aware of your image—PRIDE.
2. Let others' un-control be what echoes. If they shout and you remain calm, they can only hear the echoes of their voices, not yours.
3. Someone gives you a rough time? Don't stoop to their level by joining them. Don't flatter them.
4. After a confrontation (and your control), do something productive, but quiet—run an errand. Don't place yourself in another potential unpleasant situation right away. Sometimes, an unproductive walk only gives one more time to dwell on what occurred.
5. No matter how busy you are, make sure you set some time aside to do something you want to do rather than have to do. This avoids frustration.
6. It's O.K. to speak up, but in a manner in which you would appreciate receiving.
7. When respect is gained, it helps in the next dealing with the same party.
8. Don't like what they say? Dismiss it and consider the source in your mind. (This is nearly impossible when the person who spoke is someone special to you.)
9. Having no regrets is a great benefit to your well-being. It saves fret, worry and embarrassment when facing the same party the next time.
10. There is a lot to the precept: "Do unto others..."

POETRY MATTERS

*TO A FOSSIL
Olduvai Gorge, Tanzania, 1959*

Hide and seek,
a run under palm frond canopies.
After someone like me must have drownd
on jackal pelts, you rank with sweat,
steaming, four arms, four legs tangled,
listening in the yellow-eyed dark
for the crackle of a step from the streambed
where river cresses grow.

You slept away millennia
in sediment with hare and fish and bird,
once carrion of the hawk
circling above. Even now
he eyes the rifted gorge. Spies your jaw.
You, blood to stone to hand, my hand
that pulls you from the hot earth,
speechless.

By Judith Pacht from *Summer Hunger*, 2010

Like the Olduvai Gorge, which holds the earliest evidence of the existence of our human ancestors, the quiet surfaces of these intriguing poems enclose a tumult of life experience. Every new identity discovered requires a displacement of another. Award-winning poet Judith Pacht will read her poems in Downey on September 17 at Stay Gallery. Poetry Matters is curated by Lorine Parks.

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Number of lobster only dinners @\$32 each	_____	Total cost	_____
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One Of A Kind!
This 11,000 sqft. custom Downey home sits on over an acre of land. The property features 7 bedrooms, 13 bathrooms, pool house, workout room, sports court, study/library, tree house, game room, 6 car garage and a movie theater that seats approximately 10 people. **Call Today For Info!!!**

Turnkey!!!
Remodeled home! Newer paint, floors, appliances & cabinets. This is move-in condition. The original square footage was 1295 but seller added additional. A side lot being added to this property. Fireplace in living room & RV Parking. **Call Today For Info!!!**

IN ESCROW

Downey Entertainers Delight!
Located in one of the most prestigious areas of Downey this single level home boasts a 134 foot street frontage with a large expansive front yard. The home has a master suite with cedar lined closet, sky light, copper plumbing, pass through garage, and in kitchen dining area. **Call Today For Info!!!**

Downey Masterpiece!!!
This one of a kind custom home is over 6000 sq. ft. of living space. This property sits on a large lot over 14,000 sq.ft. an attached 3 car garage and plenty of room for additional parking. This home is comprised of 6 spacious bedrooms, including one master suite (over 1,200 sq. ft.) **Call Today For Info!!!**

North Downey Gem!
Gorgeous home on a beautiful tree lined street in quiet North Downey. Seller has spent a ton in upgrades. This beauty offers a nice kitchen. Refinished hardwood floors. Large master suite with marble custom bathroom with relaxing tub with jets, including it's own private garden. **Call Today For Info!!!**

Terrific Downey Condo!
Terrific Condo in the gated community of Park Meadows. This lovely unit features 1 bedroom 1 bathroom, updated kitchen & Central air & heat. **Call Today For Info!!!**

BACK ON THE MARKET

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Beautiful home centrally located in the city of Santa Fe Springs. The property features 3 bedrooms, 2 bathrooms, central air & heat and copper plumbing. Immaculate...a Must See! **Call Today For Info!!!**

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Downey's Average Sale Price Comparison

MONTH	2014	2015
Jan	\$439,700	\$488,531
Feb	\$442,371	\$488,659
Mar	\$468,413	\$433,216
Apr	\$468,003	\$499,394
May	\$477,520	\$537,478
Jun	\$470,895	\$542,520
Jul	\$510,951	\$530,103
Aug	\$510,284	\$513,616

Source: Downey Homes Based On Info From C.R.M.L.S

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1031 Marlboro St, La Habra
3BD, 1BA, 1,156 sq. ft. **IN ESCROW!**

950 S. Country Glen Way
Anaheim Hills
3BD, 2 BA, 1,220 sq. ft. **SOLD!**

5732 Hayter Ave, Lakewood
2BD, 1BA, 1,124 sq. ft. **SOLD!**

11431 Norlain Ave, Downey
3BD, 2 BA, 1,606 sq. ft. **SOLD!**

7718 Ciro St., Downey
3BD, 2 BA, 1,254 sq. ft. **SOLD!**

10404 Rives Ave, Downey
3BD, 3 BA, 1,925 sq. ft. **SOLD!**

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WANT TO KNOW THE VALUE OF YOUR HOME?
CALL MICHAEL FOR A FREE MARKET EVALUATION

FOR RENT

- 2 BD, 2.5 BA townhouse
- 2 car garage
- Covered patio
- Central air & heat

\$1900 per month

Call Michael Berdelis at 562-818-6111

OPEN HOUSE SAT & SUN

Feature of the Week

NORTHEAST DOWNEY HOME BUILT IN 2000
4 bedrooms (office could be 4th bedroom), 3 bathrooms, 2,330 sq ft, 10,000 sq ft lot, high ceilings, formal living room and dining room, large open kitchen and family room, master bedroom with private bathroom, inside laundry room & central a/c.
List Price: \$799,000

OPEN HOUSE SAT & SUN

CENTRALLY LOCATED
3 BD, 2 BA North Downey Home!
1,785 sq. ft., den with fireplace, hardwood floors, 5 year old kitchen & new roof.
List Price: \$574,950

JUST REDUCED!

MORE FOR YOUR MONEY!
4 BD, 3 BA NW Downey home with upstairs master BD & BA, junior master BD, updated kitchen, den, bonus room & 2 car garage.
List Price: \$659,900

REDUCED \$120,000

NEAR STONEWOOD MALL
N.E. Downey! 4 BD, 4.5 BA, 2,808 sq. ft., large master suite, all BDs have their own BA, freshly painted exterior & central air/heat.
List Price: \$799,000

OPEN HOUSE SAT & SUN

FIRST TIME ON THE MARKET
4 BD, 2.5 BA, 2,331 sq. ft. NW Downey home on a 10k sq. ft. lot. New roof, new kitchen appliances, fresh paint and new garage door.
List Price: \$699,900

CALL MICHAEL FOR A FOR A PRIVATE SHOWING OR A FREE MARKET EVALUATION!