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## CRIME REPORT

### FRIDAY, OCT. 30

At 10:30 a.m., Downey police officers were dispatched to 7635 Firestone Blvd. regarding a burglary. Employees from Southern California Coin and Stamp arrived at the business and discovered someone had broken through the roof of the business sometime during the night. The suspects stole numerous items before fleeing the scene undetected. Detectives are investigating.

At 10:00 p.m., Downey Police Officers were dispatched to the 7400 block of Irvinggrove regarding a robbery. A man had been sitting in his vehicle, in front of his home, when he was robbed by two armed men. The suspects took the victim's wallet and cell phone before driving away in a black Kia. Detectives are investigating.

### SATURDAY, OCT. 31

At 9:30 a.m., while on routine patrol, an officer patrolling the area of Rio San Gabriel Park observed two males illegally parked in a vehicle. The officer contacted the males and found cocaine in the car. Both men, one from Lynwood and the other from Norwalk, were arrested.

### SUNDAY, NOV. 1

At 1:00 a.m., Downey police officers were dispatched to the 9200 block of Brookshire Ave. regarding a residential burglary. The resident had returned home and determined that someone had entered his house through his unlocked rear door. Detectives are investigating.

## 7-year-old Jeremiah Succar socking it to cancer



By Alex Dominguez  
Contributor

**DOWNEY** – Jeremiah Succar is only 7 years of age, yet he is continuing to be a source of inspiration and motivation for many, including the St. John Bosco High School.

Jeremiah's and his family's lives were changed forever in late May when Jeremiah was rushed to three separate emergency rooms by his mother, suffering from uncontrollable vomiting, headaches, and an inability to keep his eyes open. It wasn't until arriving at Miller's Children Hospital in Long Beach that a tumor was found on Jeremiah's brain, causing pressure.

A few days later, Jeremiah underwent his first brain surgery to remove fluid build-up and to place an external shunt. Two days after his first surgery he went under the knife again, this time to remove the tumor and biopsy the mass.

"We were warned and told the possible chances of any type of side effect such as speech impediment or memory loss," said Jerry Succar, Jeremiah's father. "You know there doing a pretty serious surgery in his brain."

Jeremiah woke up with seemingly no side effects after his second procedure, however a week later he was officially diagnosed with stage four ATRT cancer, which is very rare, very aggressive and very lethal. Worse, the cancer had spread to his spine and was attacking his nervous system.

nervous system.

"They told us percentages and statistics, and it was just overwhelming," said Succar. "It's horrible to be hearing this kind of news about your children."

Since his prognosis, Jeremiah has endured a myriad of procedures and treatments, going through his fifth cycle of chemotherapy at the time that this article was written. Jeremiah will go through more scans and a spinal tap in the coming months in order to see where he is in his treatment and where to go from there. Depending on results, Jeremiah may face 28 cycles of radiation to his brain.

Jeremiah's story is a known one, as it gained national attention when a video of Jeremiah and singer Rachel Platten singing "Fight Song" together in his hospital room surfaced. The video, which was uploaded by Children's LA Hospital, has over 759,000 views and 15,000 likes.

In response to Jeremiah's and other children's fight with cancer, his mother Jessica Frontela, along with her family and other parents of patients, created a nonprofit organization called United Fight.

"Being here in the hospital, I decided to start [United Fight] on behalf of my family and others who are in similar situations," said Frontela. "What we're going to be doing is pretty much reaching out, not just to the children...but to the families, making sure they have what they need and have an extra support system besides someone they already

have. A lot of the times in here we just drop everything pretty much; we're not working, and it's hard for other people to really understand what we go through."

United Fight's current campaign is #SockItToCancer, where they are collecting "funky" socks and beanies for children suffering from cancer.

"[The kids] are always in their socks. You know they walk around in their socks; they live in them," said Frontela. "From December 1st-4th, we're going to be asking everyone to wear their funky socks...we're going to be taking pictures and hashtagging it #SockItToCancer so that the kids here at the hospital can log on and see everyone is also participating in the day."

St John Bosco High School is also helping out by hosting a blood drive on December 1st.

"I graduated from St. John Bosco; I'm an alumni from 2004," said Succar. "The morals, the values, what they teach you about brotherhood; it's not just four years. It's for life, you always have a family."

Succar was called by St. John Bosco asking how they could help. Jeremiah has since gotten to tour the campus and interact with students, as well as being a part of the school's homecoming rally. Many students have also signed posters sending Jeremiah well wishes and messages of strength.

Despite his fight, Jeremiah's parents describe him as continuing to be strong.

"He's full of spirit," said Succar. "There's moments where he's down, there's moments where he's full of pain. But he finds it in himself to lift his spirits up and to always look forward, and to say that he's going to become a normal kid again."

To participate in Bosco's blood drive, visit CHLADonateBlood.org and enter the sponsor code JOHNBOSSCO. Participants must be 17-years or older, and reservations are required. The drive is open to the public and will be on site at the high school in the Multi-Purpose Room.

For more information on United Fight and #sockittocancer, please visit unitedfight.org.

## Armed robbery suspect arrested

**DOWNEY** – A 27-year-old Downey man was arrested in connection with two armed robberies that occurred last month, authorities announced Friday.

On Oct. 22 at 1:51 a.m., the Chevron gas station at 12555 Paramount Blvd. was robbed at gunpoint. Less than an hour later, a second robbery was reported at the Circle K convenience store located at 12000 Paramount Blvd.

Police responding to the second robbery call searched the area and found Parsley Kyle Johnson, who matched the suspect's description, police said. Johnson was allegedly carrying a replica semi-automatic handgun.

Johnson was charged with both robberies and detectives are investigating if he was involved with any other reported robberies in Downey.

Anyone with additional information is asked to call Detective Michael Galindo at (562) 904-2330 or the police station at (562) 902-2308.

## Alleged tagger faces felony charges

**DOWNEY** – A Downey resident was arrested last week in a law enforcement sweep targeting a graffiti tagging crew.

The crew went by the name PUNKS ("People You Know Killing Sh--") and targeted Metro trains, buses and property, authorities said.

Last Thursday, a Sheriff's Department impact team served search warrants at 11 separate locations, including Downey. Eight people were arrested: seven men and one woman.

The Downey resident was not identified. Authorities said the suspects face felony vandalism charges with possible gang enhancements "based on the manner in which the "PUNKS" tagging crew used intimidation and fear against innocents and rivals."

## Hit-and-run driver sought

**BELLFLOWER** – Sheriff's investigators are asking the public's help to find the hit-and-run driver that struck a bicyclist and left him to die in Bellflower last August.

Bradley Miller, 60, was riding his bicycle on Lakewood Boulevard just north of Rosecrans on Aug. 28 shortly before 11 p.m. when he was struck by a vehicle. The vehicle did not stop.

Investigators said they have "very little information" on the vehicle that struck Miller.

Anyone with information is asked to call the Lakewood Sheriff's Station Traffic Office at (562) 623-3500.

## 3 people killed in separate traffic collisions

**DOWNEY** – Two people were killed in a solo vehicle collision on Paramount Boulevard last Saturday morning.

According to the Downey Fire Department, the vehicle was exiting the 5 Freeway at Paramount at about 5 a.m. when it apparently lost control and crashed into a tree.

In addition to the two fatalities, another person was seriously hurt.

Less than 24 hours later, another fatal traffic collision occurred, this time on the north 605 transition to the 5 Freeway.

"It is believed the car collided with the guard rail, became airborne, struck a freeway sign pole, and then caught fire," fire officials said.

The car was fully engulfed in flames when firefighters arrived. One person was found deceased inside the vehicle.

## DOWNEY ROCK 'N RIDE

Thousands attended Downey's "Rock 'n Ride" event Saturday. The event included bicycle rides, vendors, live bands, food trucks, and tributes to veterans.

Photos by John Zander



## Weekend at a Glance

Friday 81°

Saturday 75°

Sunday 67°

## THINGS TO DO



### Art Attack

Friday - Stay Gallery, 8 p.m.

Local comedians perform live. Hosted by Charles Sanchez and produced by Vic Diaz. \$5



### Coffee with the Mayor

Saturday - Porto's Bakery, 10 a.m.

Have coffee with Downey mayor Luis Marquez. Bring your questions and concerns



### Warren High Reunion

Saturday - Embassy Suites, 7 p.m.

A reunion for Warren High graduates of all classes. No cover charge, pay for your own meal.



### Texas Hold 'Em

Saturday - Downey Elks Lodge, 4 p.m.

\$100 buy-in (includes dinner) or \$15 donation for meal for non-players. Benefitis Downey Rose Float.

## FROM OUR FACEBOOK

### Downey tagger arrested

Elizabeth Diaz: Great job Downey police! Keep up the good work and keep those losers out of our neighborhood.

Linda Castellanos-Tesso: So sad, when life is beautiful. All we can do is pray for them.

Melin Lin-Salazar: These PUNKS are a bunch of low lives! Who has time to be tagging? Seriously.. Hit the books KID!

Reach us on Facebook at: Facebook.com/DowneyPatriot

## TWEET OF THE WEEK

@svalencia21: if they're going to make Downey a "bike town" then maybe we should get some bike lanes!!

Follow us! @DowneyPatriot



# A Life-Changing Jump

**SHARED STORIES:  
THE TIES THAT BIND**

*Like many Californians, Gail Earl and her family enjoy vacations on the Colorado River. One trip in particular had a lasting impact on everyone. 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 Gail Earl

It was August of 1989. We were on vacation at the river and each of us expected another glorious day of hot sun, boating, skiing, and swimming with the kids. There was my husband, myself, our two children and also my sister Jan and her son.

We had played on the river for several days and that morning decided to take the boat out on the lake instead. The lake is more calm, with no current like the river. We thought the lake would offer the kids a better area to ski. I have always loved the lake for its many coves between the rocks and its many places to explore.

After packing up our usual supplies and sun block, we were off. Once on the lake we just knew that this adventure would be one filled with experiences we would always remember.

We skied and swam and had a carefree morning on the water. We followed an inlet through shear rock on both sides and eventually came to a secluded little cove. It felt like a hidden treasure deep in the rock, and we couldn't wait to explore it.

We unpacked our coolers and had a picnic lunch in this totally quiet cavern. After a while the kids were anxious to swim. My son is, and always has been, very athletic. He dove off as many rocks and ledges as he could find. I, on the other hand, don't jump off anything. I just don't feel the need. I'm always the one at the bottom or off to the side with the camera.

My son Tony and my sister Jan climbed to the top of a cliff and decided they were going to jump off. My son had done this many times, but I was quite shocked that Jan wanted to do it. I decided that I would position myself in the water next to the boat and take a picture of them coming down.

Tony went first, with a beautiful athletic jump, and then there was a splash. He came up smiling and couldn't wait to get out and do it again.

Jan moved to the edge of the cliff, looked over the approximately 65 feet down to the water. She knew that if she stood there too long, she'd talk herself out of it. She took a deep breath and jumped.

She hit the water with an incredible thud and landed more on her back than on her feet. It took a long time before she surfaced. She said that she knew the minute she hit the water that she had broken her back.

She relates that moment in time as a feeling as if she were being born, or perhaps being what death might feel like. She says she felt as though it was all in slow motion. She was in no panic, could see the air bubbles around her, and felt that she was just slowly floating to the surface. When she broke the surface it took her a few moments to understand that she was not dreaming and that she was not dead.

At that time no one carried cell phones. We were very aware of the trouble we were in. Jan worked for a world-famous group of orthopedic surgeons in Century City. She had seen many broken backs during her career and just knew that now she had one herself.

Our immediate concern was getting her out of the water and on to the boat without causing any more permanent damage to her. In what seemed like forever, we managed to get her into the boat on her hands and knees, and gingerly drove the boat back to the launch.

We got her loaded into our van and rushed her to the hospital. She kept her back stable by staying on her hands and knees. When I think now of the damage we could have done to her my heart breaks and it scares me to death.

The hospital immediately took her in and confirmed that indeed she had a broken back. They didn't have the equipment to analyze the severity of her break. They stabilized her and after one night in the hospital in Bullhead City, she was put in an ambulance and made the six-hour ride back to Los Angeles on a morphine drip.

There in Century City they determined that she had a compression fracture very similar to the kind that air force pilots get when they eject from their plane and hit the canopy on the way out. She had surgery and steel rods placed down the center of her spine. She was hospitalized for one month and fitted with a body brace, looking very much like a turtle on its back, unable to move.

Now let me tell you what a life-altering experience this was. Jan was a single parent of a nine-year-old. She was the sole support for her child and responsible for all of their financial obligations. She had a house with stairs and a cat in Torrance, with a job in downtown LA. We decided that she and her son would come and live with us and I would take care of them.

I got her son enrolled in school by my house. Each morning after I dropped my kids off to their schools and Jeff dropped off at his, I hurried back home to try and get Jan cleaned up and bed-bathed, changed, and back into her body brace before it was time for me to pick up the kids.

It was quite a busy routine that we developed. We got very creative and just did what we had to each day. It was all very hard on Jan because she's always been very independent, and now she was completely and totally dependent on me. I think emotionally that was harder than the physical difficulties.

Jan stayed with me for several months until she was able to go back to her own home and life.

To this day I can't believe how very lucky we were. She came so close to being paralyzed. My sister and I have always been extremely close. I really don't think there are any proper words to explain how much I love her. This time together was difficult for everyone in the family. The days and nights were hectic but always filled with love.

Jan and I are still best buddies and we thank God every day for that gift. We learned many valuable lessons on the river trip in 1989. I pray that we never forget them!



Benny Mena is one of several comedians scheduled to perform at St. Raymond's Church this Friday night, Nov. 13, at 7 p.m. The magic-comedy hour also includes performances by Richard Villa, Dave Martinez, Mel Austin, Mike Cano and "Wacko."



Comedian Darren Carter will perform at the Embassy Suites in Downey on Tuesday, Dec. 1, for a fundraiser benefiting needy children in Mexico. Tickets are \$25 and proceeds will be used to purchase toys for children in Tecate, Mexico. Action Faith Ministries in Downey is producing the event. In addition to Carter, also scheduled to perform are Willie Barcena, Shang Forbes, Armando Cosio and Eric Blake. For tickets, call Monica Sanchez at (562) 644-6514. Show time is 7 p.m.

### Live comedy show at Stay Gallery

DOWNEY – Downey's Stay Gallery will host "Art Attack," a live comedy show featuring several up-and-coming local comedians, this Friday night, Nov. 13.

The show starts at 8 p.m. and admission is \$5.

Featured performers include Jake Leos, Nick Phillips, Alan Jamil, Carlos Martin and Ricky Escarsega. Charles Sanchez is the host.

The show is being produced by Downey's Vic Diaz. Although relatively new to the comedy scene, Diaz has already performed at the Ice House, the HaHa Cafe and the San Diego Comedy Palace.

He is also a contributor to the #SupportLocalComedy movement, producing shows in local cities that don't have a strong presence in the stand-up comedy scene.

Stay Gallery is located on Downey Avenue in downtown Downey. Refreshments will be available for purchase.

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ASSOCIATION

On behalf of the Downey Teachers Association, Donald LaPlante, Mark Morris and Willie Gutierrez, we would like to say a big THANK YOU for supporting us in our re-election efforts.

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### Church hosting makeup seminar

**DOWNEY** – Action Faith Ministries in Downey will host a makeup seminar Jan. 9 for “women of all ages who want to learn the artistry of makeup.”

The seminar includes live demonstrations “showing how to get a flawless makeup application from start to finish.” The host and makeup instructor is Stephanie Nicole.

Tickets are \$75 and proceeds will help Action Faith Ministries make improvements to its building. The church especially needs a new roof before the upcoming rain season.

For tickets or more information, go to [stephnicole.eventbrite.com](http://stephnicole.eventbrite.com).

### Library fundraiser at Elephant Bar

**DOWNEY** – The Friends of the Downey City Library are hosting a fundraiser at Elephant Bar this Wednesday, Nov. 18.

From 3-9 p.m., customers who display an event flyer will have 15% off their bill donated to the Friends.

Flyers are available in the Friends bookstore located inside the library or call (562) 928-4327.

### Police officer to offer safety tips

**DOWNEY** – John Daniel of the Downey Police Department will be the guest speaker at the Eldorado chapter of the American Business Women’s Association’s dinner meeting Wednesday, Nov. 18, at the Rio Hondo Event Center.

Daniel will speak on women’s safety.

The event begins with networking at 6 p.m., followed by dinner, the speaker’s presentation, and a brief business meeting at 6:30. For reservations, contact Ilda Vaja at [vajafamily@hotmail.com](mailto:vajafamily@hotmail.com).

### Volunteer basketball coaches needed

**DOWNEY** – The city of Downey is looking for volunteers to coach its new Special Olympics basketball team.

Practices will be held Tuesdays from 5-6:30 p.m., Feb. 2 through June 7, with some weekend competitions. If you’re interested, there will be an orientation meeting Nov. 19 at 6 p.m. in the Apollo Park gym.

RSVP to Eddie DeLeon at [edeleon@downeyca.org](mailto:edeleon@downeyca.org) by Nov. 16.

### Training for property managers

**DOWNEY** – The Fair Housing Foundation will offer free certificate management training for property managers this Monday from 1-5 p.m. at the Downey Library.

Experts will explain state and federal housing laws, discuss state and federally protected classes, advertising guidelines, and how to prevent allegations. Participants receive a Fair Housing certificate if they successfully pass a course exam.

An RSVP is required by calling (800) 446-FAIR.

### Friends collecting donations for Marine’s funeral

**DOWNEY** – U.S. Marine veteran Simon Litke committed suicide Nov. 2, and friends are raising money to give him a “final salute.”

“I feel like I am alive to this day...because of Marines like Litke, and the rest of my Marines in 2/4 Echo Company,” says Nick Velez, co-owner of Bastards restaurant and founder of Save the Brave, a nonprofit organization for veterans. “To this day, I still want to take care of them as much as possible and be there for them.”

Velez hopes to raise \$20,000 so 30 Marines can attend Litke’s funeral in Minnesota.

“Sadly, this tragedy can either promote more despondency and spread a contagious outbreak of trauma. Or this tragedy can bring America’s warriors together and help stop the torment of the debilitating nature of combat stress,” Velez wrote on a Go Fund Me page he created to collect donations. “You can be a part of the healing that America owes to our young men who sacrificed their life in support of this nation’s freedom.”

To make a donation, go to [gofundme.com/er8z4mu9](http://gofundme.com/er8z4mu9). A link is also posted on the Downey Patriot’s Facebook page.

### NWDLL starts early bird sign-ups

**DOWNEY** – Northwest Downey Little League will hold early registration Saturday for its 2016 spring season.

Sign-ups will take place from 9 a.m. to 1 p.m. at Furman Park. Online registration is available at [nwdll.org](http://nwdll.org).

All children ages 4-18 who live or go to school north of Firestone Boulevard are eligible to play, regardless of ability. There is also a Challenger Division for children ages 6-18 with physical disabilities.

Registration is \$90 per child (ages 4-7), \$105 (ages 8-12) and \$120 (ages 13-18). The Challenger Division is free.

Players must bring a copy of their certified birth certificate and three proofs of address to registration. Players are required to participate in one league fundraiser or pay a fee to opt out of fundraising.

For more information, call Kaye Quintero at (562) 417-2041 or Ed Wormald at (562) 417-2042. Other early registration dates are Dec. 5 and Dec. 12.

### Chorus performing Christmas concert

**BELLFLOWER** – The Bellflower Civic Chorus will perform its annual Christmas concert, “Joyous Yuletide,” at the William Bristol Auditorium in Bellflower next month.

Performances are Dec. 11 at 7 p.m., and Dec. 12-13 at 2:30 p.m.

A variety of musical selections, including traditional carols and seasonal favorites, will be presented, including “Angels We Have Heard on High,” “The First Noel,” “Jesu Bambino” and “Star of Wonder.”

There will also be upbeat tunes such as “C’mon Ring Those Bells” and “Jingle Bell Rock.”

For more details, call (562) 866-4664 or email [alicepagal@verizon.net](mailto:alicepagal@verizon.net).



“Timeless Christmas” is the theme of the Downey Master Chorale’s concert Dec. 6. With music spanning 450 years, the group has planned something for everybody in its Advent/Christmas afternoon presentation.

Now beginning its third season, the chorale group has a new home at Cornerstone Christian Worship Center at 9001 Paramount Blvd., the site of the concert.

The concert begins at 2 p.m. For more details, email [info@downeymasterchorale.org](mailto:info@downeymasterchorale.org) or call (310) 941-3042 or (562) 927-1436.

### Have coffee with Downey’s mayor

**DOWNEY** – Mayor Luis Marquez will be at Porto’s Bakery this Saturday, Nov. 14, from 10-11 a.m. to share coffee with residents and discuss local issues and concerns.

The event is free and residents are encouraged to ask questions.

### Assistance League brunch tickets on sale

**DOWNEY** – Tickets are now on sale for the Assistance League of Downey’s Christmas Tree Brunch, taking place Sunday, Nov. 22, at the Rio Hondo Event Center.

Festivities start at 10 a.m. and feature holiday entertainment by the Heritage Carolers, with opportunities to win decorated Christmas trees and baskets.

A silent auction will include prizes such as two premier seats to an upcoming Lakers game, three tickets to “Dirty Dancing” at the Pantages Theatre, a child-size pink Mercedes convertible, and more items, in addition to homemade baked goods.

A \$50 admission ticket includes a three-course lunch and door prizes. Profits from the brunch will be used to fund the League’s philanthropic projects.

Tickets are available at the Second Tyme Around Shop in downtown Downey or by calling (562) 869-0232.



Like a silent stone sentry, the quaint St. Nicholas Greek Orthodox Chapel watches over the green valley below. It’s just one of dozens of one-of-a-kind landmarks here that inspire photographers like Jacob Abrams, as well as countless families who have made this serene setting theirs forever. If you’d like to see more images from our recent photo contest, visit [RoseHillsPhotos.com](http://RoseHillsPhotos.com). If you’d like to see what captivated these artists’ imaginations first-hand, we invite you to come visit us in person. Call and we’ll arrange a personal pre-need property tour. Be inspired.

PHOTOGRAPHY BY JACOB ABRAMS.  
INSPIRATION BY ROSE HILLS.



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# POETRY MATTERS

## Wild Geese

You do not have to be good.  
 You do not have to walk on your knees  
 for a hundred miles through the desert repenting.  
 You only have to let the soft animal of your body  
 love what it loves.  
 Tell me about despair, yours, and I will tell you mine.  
 Meanwhile the world goes on.  
 Meanwhile the sun and the clear pebbles of the rain  
 are moving across the landscapes,  
 over the prairies and the deep trees,  
 the mountains and the rivers.  
 Meanwhile the wild geese, high in the clean blue air,  
 are heading home again.  
 Whoever you are, no matter how lonely,  
 the world offers itself to your imagination,  
 calls to you like the wild geese, harsh and exciting—  
 over and over announcing your place  
 in the family of things.

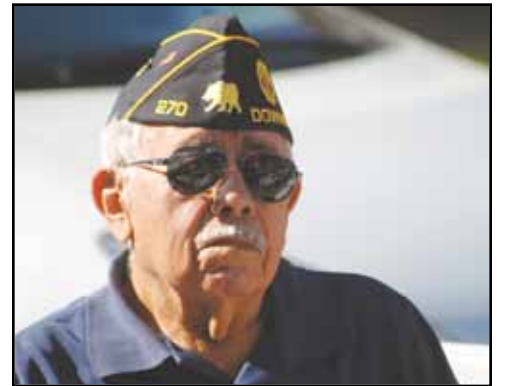
By Mary Oliver

Mary Oliver pulls the reader out of a moment in our pressured world, and puts us into another moment – one vastly more real, more understanding. In the nature imagery and the repetition of “meanwhile,” there a cyclical feeling, and ending lines that make the reader feel complete. Poetry Matters is curated by Lorine Parks.

## VETERANS DAY

Downey held its annual Veterans Day ceremony outside City Hall Wednesday. Guest speakers included Congresswoman Lucille Roybal-Allard and state Sen. Tony Mendoza, with patriotic performances by Downey High’s jazz band.

Photos by Eric Pierce



## Poetry Matters celebrating anthology

DOWNEY – The editor and poet known as Raindog and his crew of poets will be reading at Downey’s Stay Gallery next Thursday, Nov. 19, as part of Poetry Matters.

The event will celebrate Lummo’s annual anthology of the best in contemporary poetry. The latest installment showcases poems, articles and interviews from across the country and around the world.

The free event begins with an open mic at 7:30 p.m. Thursday’s event marks the beginning of the fifth year of poetry nights in Downey for Poetry Matters, curated by Lorine Parks.

## E-waste collection Saturday

DOWNEY – Warren High School will be collecting electronic waste this Saturday from 9 a.m. to 2:30 p.m.

Items that can be dropped include computers, laptops, copiers, digital cameras, DVD players, MP3 players, mixed metals, video game consoles, power adapters, printers and scanners, televisions, electric cords, remote controls, ink cartridges, and most electronic equipment with a cord or circuit board.

Refrigerators, ovens, household batteries and light bulbs can not be accepted.

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PIH Health can help you make the best choice. Call 888.365.4450 or visit [PIHHealth.org/Seniors](http://PIHHealth.org/Seniors)





## LETTERS TO THE EDITOR:

### Senior meals

Dear Editor:

A few months ago I wrote an article commending Human Service Association's nutrition program in Downey. I'm happy to say that our attendance has increased appreciably recently.

At our Halloween party lunch and dance on Friday the 30th, we had a record-shattering 115 in attendance.

In my previous article I gave the address which is the Barbara Riley Community Center at 7810 Quill Drive in Downey but neglected to include the phone number to call -- one day in advance -- for reservations. It is (562) 862-8800. If our site manager, Lupe, or one of our volunteers isn't available to take your call, feel free to leave your message at the beep.

As previously reported, you'll get a hot three-course meal (county dietician approved) for a paltry \$2.25 donation. Lupe and our great volunteers do their best to see to everyone's needs and comfort.

If you decide to attend you'll find that it isn't just that the food is delicious and nutritious, but you'll experience great fellowship and meet new friends.

Lunch is served at 11:30 a.m. Monday through Friday. So why not give it a try? I hope to see you there and I think you'll be happy you came.

The program is for seniors 60-plus years of age.

**Harold Houglan**  
Downey

## Bright ideas from the GOP's finest

By Martha Burk

We're officially just under a year away from Election Day 2016.

We've already been bombarded for months with red-hot anti-tax, anti-woman, anti-immigrant, and anti-poor rhetoric from a fool's dozen Republican candidates. Can we really take another 12 months of this?

Here are some bright ideas for moving the country forward from the GOP's finest.

This month's frontrunner, retired neurosurgeon Ben Carson, wants to base our tax system on the Christian tradition of tithing. Everybody — from paupers to plutocrats — will pay a 10 percent flat tax if he's elected. Never mind that the deficit would explode to unsustainable levels that not even our great-grandchildren could pay for.

Carson's undoubtedly counting on God to take care of that. Time to start squirreling away some grain in those pyramids, kids.

Second-place candidate Donald "huge blowhard" Trump has no appetite for details. That wall he wants to build to keep immigrants out? The Mexican government would pay the bill, he says. If it refuses, Trump probably assumes he can fire Mexico's president.

I suppose he thinks governing is no different from a reality show. Too bad Trump's racist comments about Mexicans got him fired from his own reality show.

As for the other so-called top-tier candidates — meaning they have between 5 and 10 percent support — Jeb Bush is throwing tantrums because the electorate associates his name with his kid brother, who got us into a war we've yet to get out of. Yet Jeb's still standing by George W., who wants to keep boots on the ground in Iraq as long as there is an Iraq.

Marco Rubio, meanwhile, can't be bothered to show up for his job as senator — he's missed more votes than anyone else in the chamber. But he wants us to believe he'll do better if he's promoted to the White House.

Let's hope female voters — the majority of the electorate — don't give him the chance.

Rubio opposes abortion rights, even in the case of rape — "legitimate" or not. Even so, he clearly believes birth control isn't the answer. The Florida Republican introduced a bill allowing any corporation to deny contraception coverage in its insurance plan as long as the company leaders cite a religious objection. This provision would apply even if they've never darkened the door of a church.

So, will Senator Ted Cruz ride in to save the day? Could be.

The Texan lawmaker wants to do away with the IRS, and a majority of Republican voters might think that's a great idea. Paying less taxes would mean there'd be less government messing up their lives. Good thinking. A Kickstarter campaign will probably do just fine to keep the fire department open.

And who needs police anyway? Or highways? Or those border patrols Cruz loves?

So there you have it. Even when the field thins out as the wannabes fall away, we're stuck with a gaggle of these so-called leading candidates at least through next spring.

It's enough to make you want to hibernate until it's all over.

*Martha Burk is the director of the Corporate Accountability Project for the National Council of Women's Organizations (NCWO) and the author of the book Your Voice, Your Vote: The Savvy Woman's Guide to Power, Politics, and the Change We Need. Follow Martha on Twitter @MarthaBurk.*

## Washington's latest deal: Little cause for celebration

By Lee H. Hamilton

You can understand why President Obama and congressional leaders on both sides of the aisle sought to cast their end-of-October budget deal in the best possible light. They avoided a potentially catastrophic national default. They reduced the possibility of a government shutdown. And they raised the debt ceiling until March, 2017, taking that bargaining chip off the table until the next president is in the White House.

For a last-minute, secret backroom deal, that's not too shabby. It was bipartisan and took modest steps in the direction of political stability and fiscal responsibility. And it was vastly preferable to the alternative, which would likely have produced a government shutdown, the possibility of a default on the national debt, and certain fiscal chaos.

That's the good news. The bad news is that for all their hard work, our political leaders indulged in two bad habits that they really need to kick, because they wreak havoc with effective and efficient government and cost taxpayers a pile of money.

First, while they gave themselves some breathing room before the next time the debt ceiling has to be raised, they will nonetheless have to raise the debt ceiling eventually. They should have abolished it, or at least suspended it.

The debt limit was instituted during World War I, when Congress handed over to the Treasury the ability to sell bonds to fund government needs without getting permission every time. In essence, the debt ceiling was a way to keep tabs on the Treasury, while still allowing the government to pay its bills for spending that had already been approved.

It has outlived that reasonable goal. These days, the debt ceiling is a political pawn, used repeatedly as leverage by opposition parties to make demands of the President. It has driven the persistent national game of "chicken" that has so tarnished Congress's image in recent decades.

Most political leaders recognize that defaulting on the national debt — which is what failing to raise the debt ceiling would cause — is an inconceivable outcome for a responsible nation. By destroying our creditworthiness, it would devastate consumers, taxpayers, businesses, retirees who invested in government bonds, the financial markets, and our ability to conduct normal relations with trading partners and foreign governments. Moreover, the

legislative maneuvering surrounding each debt ceiling bill consumes huge amounts of legislative time that is better spent on other matters.

The need to raise the debt ceiling, in other words, no longer reins in spending. Instead, it manufactures crises and exacerbates tensions within Congress.

The second bad habit is equally pernicious: the budget deal did little to shift Congress from its reliance on continuing resolutions. The CR, as it's known, was designed to keep government operating for a few days or weeks while congressional negotiators worked out the budget. In recent decades, though, it has become the way we fund the government. It's hard to find a member of Congress who defends this process, but most of them end up voting for it.

Continuing resolutions bypass the appropriations bills written by specialized committees and provide a favored few interests a bonanza. They also keep the federal government — and hence state and local agencies that rely on federal commitments — in "handcuffs," as a recent article in Politico put it. "Under the continuing resolution," the website noted after the most recent CR passed at the end of September, "multi-year projects...faced new delays. Hiring departments closed. Budget officials began to tally losses as their typically powerful purchasing power dwindled. For pretty much the rest of this year, and perhaps 2016, too, the U.S. government will effectively be in a state of suspended animation."

The CR puts the government on automatic pilot, avoids hundreds of difficult funding and policy decisions, and has become a substitute for working hard to pass a budget by the regular process. It lacks transparency, sidesteps good budgeting, puts all the power in the hands of a few congressional leaders, and invites Congress to act in a crisis mode.

Do you want the Congress to work better? If so, ask your favorite member to think big and not lock into a failing system. A good start would be to kick these two bad habits.

*Lee Hamilton is a Distinguished Scholar, Indiana University School of Global and International Studies; and a Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.*

## The golden years gap

By Sarah Anderson

Flo, the Progressive insurance pitch woman in the white uniform and headband, is relentlessly perky. She won't be when she learns about the double standard that lets her CEO sock away millions more for retirement than she can.

Whereas the Flos of the working world face strict limits on how much they can set aside tax-free for their golden years, many of their bosses don't.

Flo's boss, Progressive CEO Glenn Renwick, dropped \$26,170,569 last year into his deferred compensation account — that's \$26,152,569 more than Flo would've been allowed to invest in a 401(k).

Ordinary workers under 50 (like Flo) can contribute no more than \$18,000 per year to a 401(k). But most big companies offer special accounts that allow their top brass to set aside unlimited amounts of their pay tax-free until they retire.

Renwick's stockpiled more than \$150 million in such an account during his more than two decades at the company. That's enough to generate an \$850,000 check every month for the rest of his life.

This double standard is just one reason the CEO-worker retirement gap is now even wider than the income divide.

A new report I co-authored for the Institute for Policy Studies and the Center for Effective Government finds that the company retirement assets of just 100 CEOs equals the combined golden years savings of 50 million American families — or 41 percent of us.

## My Thanksgiving terror

By Rebecca Rehr

The leaves are changing colors and the air is getting crisp. As we settle into fall, Americans take time to reflect on what they're thankful for.

Like many folks, I've got plenty of gratitude for the most important meal I'll eat this month. Sweet potatoes, stuffing, pecan pie... My mouth is already watering just thinking about it. But the real centerpiece is the turkey, which — thanks to Norman Rockwell — evokes feelings of homecoming, family, and love.

Yet when I look at the turkey on my family's table this year, it will evoke a very different emotion: terror.

Unless your turkey came of age on an organic farm, there's a good chance it was pumped full of antibiotics. The overuse — and misuse — of these life-saving drugs on factory-farmed animals is making them less effective for humans.

In fact, at least 70 percent of the medically important antibiotics sold in the United States are wholesaled for use on poultry, cattle, and hog farms.

Factory farming crams thousands to tens of thousands of animals into tiny confined spaces, which can lead to disease outbreaks that threaten the industry's bottom line. As a precautionary measure, factory farmers add antibiotics to farm feed and apply them in huge volumes to animals that aren't sick.

This steady diet of anti-bacterial drugs breeds antibiotic-resistant bacteria in the animals' guts. Those bugs wind up in their excrement, which can filter into our food, air, and water — exposing humans.

The terrifying part is that these drug-resistant bacteria render our usual remedies ineffective. Infections that were once easily treatable can become deadly when our drugs stop working. And hospitals are reporting large

increases in antibiotic-resistant infections.

In Maryland, where I work, the Centers for Disease Control and Prevention have found an increase in infections on the Eastern Shore, where most of our large chicken farms are located. Unsurprisingly, research also shows a much higher rate of antibiotic resistance in farmworkers, who are in close contact with these animals.

Other countries, including Denmark, have phased out antibiotic abuse for their livestock without jeopardizing productivity. Here at home, some states are following their lead.

California just passed landmark legislation curtailing the practice. States like Maryland and Oregon are considering measures that would go even further to protect public health.

More than once around this time of year, I've counted myself thankful for effective antibiotics. When I got a throat infection that left me bedridden a few years ago, I could rely on penicillin to help me recover. And when I suffered from a particularly nasty case of gastroenteritis last year, one round of antibiotics cured all my symptoms.

The next time I contract a bacterial infection, will I be so lucky? Will you?

We need to protect this sacred resource — and we can start by banning the use of unnecessary antibiotics in animal farming. Because no turkey should be terrifying.

*Rebecca Rehr is the Public Health Advocacy Coordinator at the Maryland Environmental Health Network. She's actively involved in the Maryland Campaign to Keep Antibiotics Working. MDEHN.org.*

## Open letter to veterans

By Charlotte Boquist

I salute you, the men and women who bought my freedom. It is not possible to isolate one veteran. The life I enjoy today is the result of two hundred and 50-plus years of determined and courageous protection by hundreds of thousands of men and women. Many of whom paid dearly so that I can live the life I enjoy today.

I salute the handful of men who were on Bunker Hill and stood up to the English soldiers, and vicariously to King George, the most powerful ruler in the world at the time.

I salute the soldiers who fought for freedom, even when they were called to stand against their brothers in a conflict that nearly tore our country apart.

I salute the brave men who marched off to the "War to end All Wars," and the many Johnnies who didn't march back home again. The terrible bloody conflict was ended on November 11, 1918 by the signing of an armistice. For years after, America celebrated Armistice Day, as a day to remember.

I salute the veterans of World War II, the 1,100 sailors that lie entombed on the "Arizona" in the waters of Pearl Harbor — and that was just the beginning, the many, many lives lost on Omaha Beach and all over the world, and the service men wounded in body and spirit.

I salute the veterans of the Korean Police Action in which my husband served in the Army-close behind that came Viet Nam when my son Paul put in his time. Desert Storm next, my grandson Jeff was in the Coast Guard during that skirmish. Then came Iraq.

Still we are at war — in Afghanistan. I have two great — grandsons in the service, Steve who is in the Air Force and Kelly in the Army. There seems to be a war for every generation.

Somewhere along the way Armistice Day became Veterans Day — the day to remember All Veterans who have kept us free and the Stars and Stripes flying.

Thank you, thank you all!

**The Downey Patriot** STAFF

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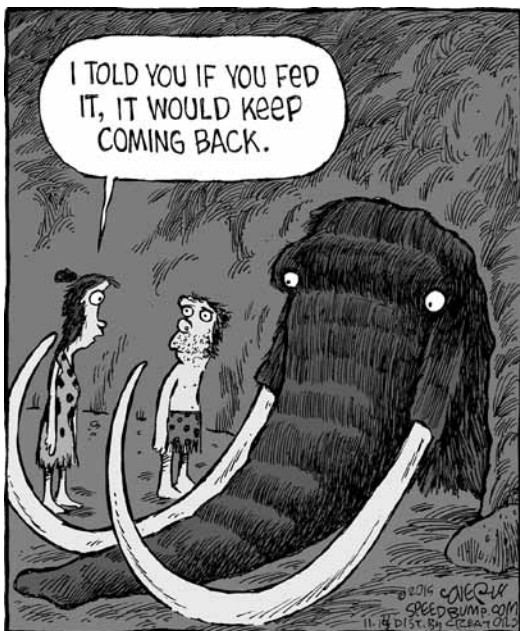
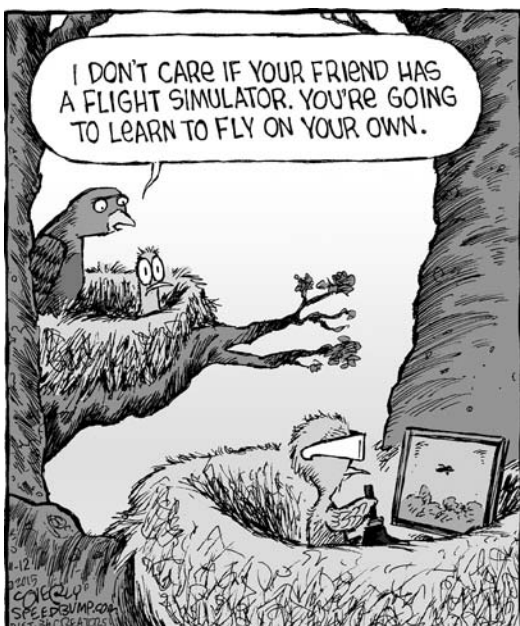
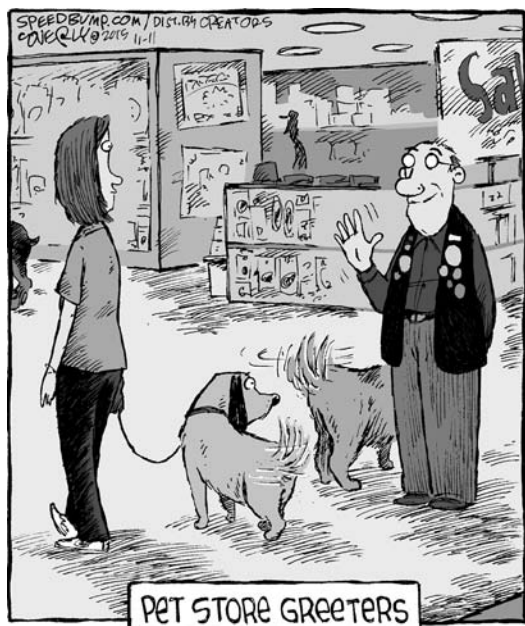
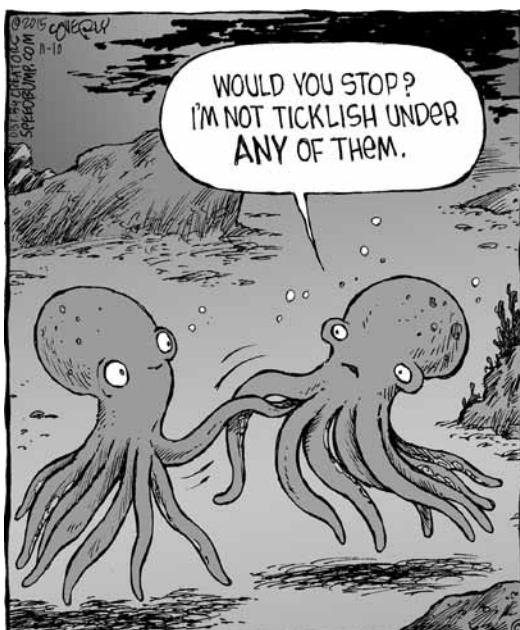
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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### EVENTS FOR NOVEMBER

Friday, Nov. 13: Comedy show, Stay Gallery, 8 p.m.  
 Saturday, Nov. 14: Coffee with the Mayor, Porto's Bakery, 10 a.m.  
 Saturday, Nov. 14: Texas Hold 'Em fundraiser, Elk's Lodge, 4 p.m.  
 Saturday, Nov. 14: Warren High reunion, Embassy Suites, 7 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...

**Nov. 12, 1954:** Ellis Island closed after processing more than 20 million immigrants since opening in New York Harbor in 1892.

**2001:** An American Airlines flight crashed near New York's Kennedy airport, killing 265 people.

**2004:** A jury convicted Scott Peterson of murdering his pregnant wife, Laci, and dumping her body in San Francisco Bay. (Peterson was later sentenced to death.)

**BIRTHDAYS:** Singer Neil Young (70), baseball player Sammy Sosa (47), figure skater Tonya Harding (45), R&B singer Tevin Campbell (39), actor Ryan Gosling (35), actress Anne Hathaway (33), golfer Jason Day (28) and basketball player Russell Westbrook (27).

### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

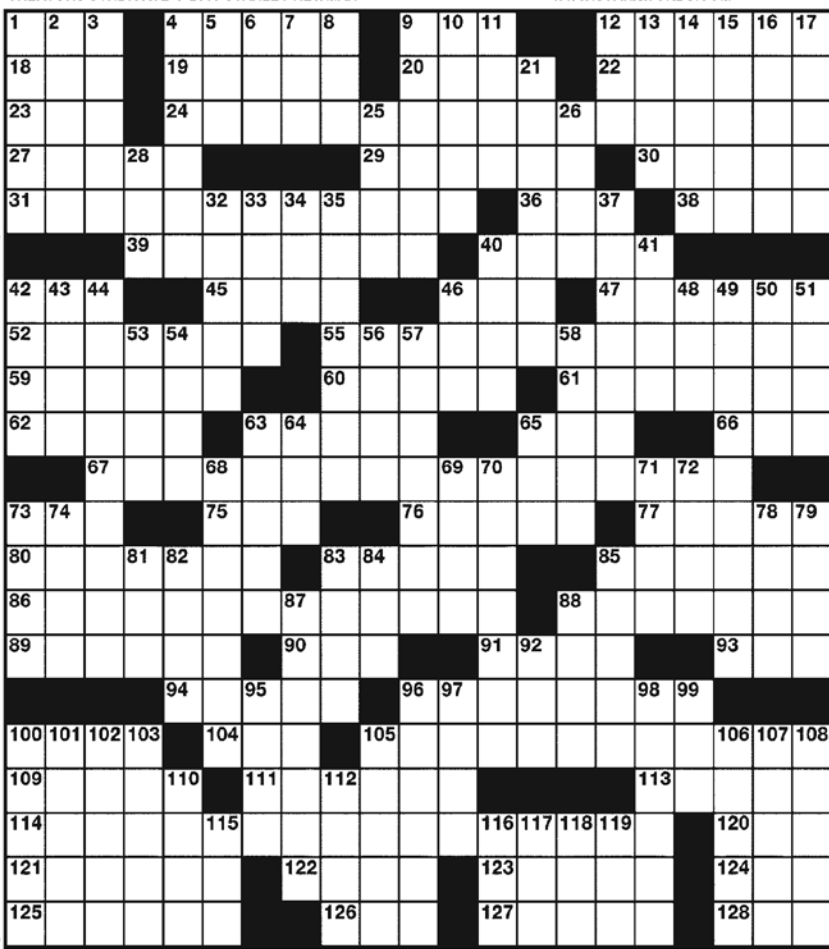
**SMALL CAPS: Per the 2010 census**  
by Mark McClain

- ACROSS**
- 1 Prosecutors, for short
  - 4 Needing a good airing
  - 9 Roll of turf
  - 12 Cut corners
  - 18 Long fish
  - 19 Pointless
  - 20 Each, so to speak
  - 22 And others: Lat.
  - 23 Lucy of *Elementary*
  - 24 7,855 people (50th place)
  - 27 Depp role of 2013
  - 29 Madison successor
  - 30 River barrier
  - 31 19,136 people (48th place)
  - 36 Kin: Abbr.
  - 38 Ending like -acity
  - 39 Clothing
  - 40 Trattoria fare
  - 42 Unprincipled guy
  - 45 Informal negative
  - 46 Part of a Santa costume
  - 47 Signals one's arrival, perhaps
  - 52 Opposite of COD
  - 55 28,190 people (46th place)
  - 59 Consent to
  - 60 Wipe off
  - 61 Cast off
  - 62 Casts off
  - 63 Tanks' exterior
  - 65 "matter of fact..."
  - 66 Garden visitor
  - 67 13,646 people (49th place)
  - 73 CIA operative
  - 75 Cologne conjunction
  - 76 Scares off
  - 77 Land north of Libya
  - 80 City near the Blixen Museum
  - 83 \_\_\_ buddies (close pals)
  - 85 "White Christmas" composer
  - 86 36,047 people (44th place)
  - 88 Rainy-season wind
  - 89 Despicable
  - 90 Before, in poems
  - 91 Spots in *la mer*
  - 93 GI hangout
  - 94 Once had
  - 96 Formally permitted
  - 100 Ole Miss team, in headlines
  - 104 Cutting-edge
  - 105 31,275 people (45th place)
  - 109 Dome home
  - 111 Sweet wine of Spain
  - 113 Prayer closings
  - 114 25,527 people (47th place)
  - 120 Sinbad's bird
  - 121 Indy Jones topper
  - 122 Garment worker
  - 123 Pallid
  - 124 A couple of
  - 125 Tennis great Edberg
  - 126 Online update format: Abbr.
  - 127 Tan tone
  - 128 \_\_\_Man (one of the Avengers)
- DOWN**
- 1 Triangular shape
  - 2 Wheel purchase options
  - 3 Catapulted
  - 4 Brunch cocktail
  - 5 Numero \_\_\_
  - 6 \_\_\_ Juan, PR
  - 7 Blasting material
  - 8 Oater affirmative
  - 9 Where dos are done
  - 10 Express a view
  - 11 Industrious one
  - 12 Have a look
  - 13 PC combo key
  - 14 Japanese soup staple
  - 15 "\_\_\_ New York" (state song)
  - 16 Diamond sources
  - 17 Tops of heads
  - 21 Fairly shared
  - 25 Cast off
  - 26 Aviation formations
  - 28 Sharp pull
  - 32 Innate quality
  - 33 Mixed in with
  - 34 Chaps
  - 35 Patriotic music
  - 37 Savalas TV role
  - 40 Glass in a sash
  - 41 Last Stuart monarch
  - 42 Audit pros
  - 43 Foot feature
  - 44 Misleading
  - 46 Chaps
  - 48 Nonprescription: Abbr.
  - 49 Jane Fonda comedy
  - 50 Western
  - 51 Low joint
  - 51 "Smooth Operator" singer
  - 53 Prefix meaning "foot"
  - 54 Cathedral area
  - 56 Switch finish
  - 57 Hall of Fame manager
  - 58 Southwest high spots
  - 63 PGA legend's nickname
  - 64 Ketchup-colored
  - 65 Fuss
  - 68 Post-exercise ritual
  - 69 Odin's son
  - 70 Joe Louis Arena, for the Red Wings
  - 71 Sign from on high
  - 72 Performs some road repair
  - 73 Added details
  - 74 London lockup
  - 78 *Familia* guys
  - 79 Part of AD
  - 81 Irish actor Stephen
  - 82 Minestrone morsels
  - 83 Versifier
  - 84 Be liable to
  - 85 \_\_\_ nova (Brazilian dance)
  - 87 Downwind
  - 88 Course listing
  - 92 Grazing area
  - 95 Lost fish of film
  - 96 Some Winter Olympians
  - 97 \_\_\_ uproar (raucous)
  - 98 Comic Boosler
  - 99 Water barrier
  - 100 Jazz phrases
  - 101 Wetlands wader
  - 102 Leaf of a lawn
  - 103 Sequel title starter
  - 105 *North and South* novelist
  - 106 Simmons alternative
  - 107 In the public eye
  - 108 Fancy scarf
  - 110 Gumbo staple
  - 112 About 6 trillion mi.
  - 115 Faithful follower
  - 116 Kind of can opener
  - 117 Practical purpose
  - 118 Greek X
  - 119 Beer holder

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

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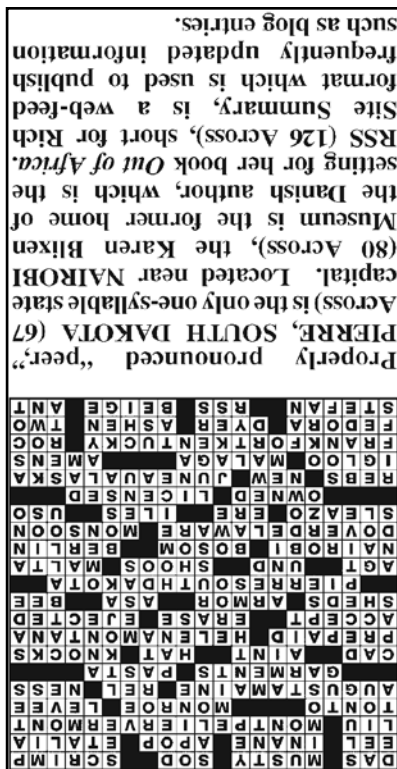
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## Paging Dr. Frischer...

By Dr. Alan Frischer



Today's subject is among my least favorites: not eating! Fasting is currently a hot diet trend, but it is not new; it has been practiced for thousands of years. It is a time-honored tradition in many cultures and religions. Creative minds and spiritual leaders believe that fasting can lead to clarity, enlightenment, and energy. Fasting has a long history of being used as a tool for political protest and resistance. Medically, it is used for diagnostic testing and observation, as well as a therapy for various conditions, including obesity. It's very clear that the American diet isn't working - and hasn't for a long time. The number of obese Americans has now overtaken the number of merely overweight Americans. Is fasting an answer?

During a fast, all consumption (or consumption of certain foods or drinks) is stopped. Fasting for a day per week, as some dieters and even bodybuilders practice, does not appear to have serious physiological effects, but there are alternatives. The most dangerous fasts incorporate laxatives, or are an absolute fast, which includes no liquids at all.

During a fast, the body has no new supplies of carbohydrates, protein, minerals, and vitamins (apart from those contained in water or juice, if it is not an absolute fast). The fasting chemically begins when the body has used up all available energy from its food stores, and begins turning to the carbohydrate (fat) stores.

The body will eventually

run out of carbohydrates as well, and then must look elsewhere for energy to perform the most basic tasks - including walking and breathing. The protein stores are next, which are found in the muscles and eventually the organs. The body is now technically starving.

These are the potential benefits to fasting:

- The body will burn fat, leading to weight loss.

- A detox will occur: fat stores contain not only carbohydrates, but also chemicals absorbed from the environment. When fat is burned, these accumulated toxins are released and eliminated in the urine.

- Many people feel an increase of energy, since energy is not being used for digestion. That energy is theoretically available to other body processes such as the immune system, which can help heal the body and repair wounds; protein synthesis, which repairs damaged cells; and for the production of growth hormone, a chemical produced to trigger the building of tissue and healing of wounds.

- The BMR (basal metabolic rate) drops. This is the rate at which the body uses energy to perform basic bodily functions such as breathing, controlling temperature, etc. When this rate drops, the core body temperature also drops and the body becomes more efficient.

- Intermittent fasting can lead to increased insulin sensitivity. Insulin helps to control blood sugar.

- Extended fasts can reduce LDL (bad cholesterol levels) and improve lipid profiles.

However, there are many ways in which fasting can cause harm:

- The body requires more than just carbohydrates to run efficiently. It also requires protein, vitamins and minerals. These are not stored in fat, so while fasting, there are none available.

- When the BMR slows and the body conserves energy, it actually becomes more difficult to lose weight. With supplies of carbohydrates scarce, the body stores more available calories as fat. Note that a widely fluctuating weight is worse for the heart than is a stable high weight.

- Blood sugar levels drop, resulting in lethargy.

- Blood pressure tends to drop, which can cause dizziness.

- Many medications will have an exaggerated affect. Taking medication that requires food can be dangerous.

- When the stomach is empty, its acids are more likely to burn the lining.

- Using laxatives while fasting can result in extreme dehydration and electrolyte imbalances.

- Absolute fasting can result in cramps, headaches, and a dry mouth and throat.

- Pregnant women and nursing mothers should never fast, as their bodies are under increased caloric and physical demands. Those suffering from kidney or liver disease, currently malnourished or anemic, have a weakened immune system, high blood pressure, medication-dependent diabetes, or a number of other medical conditions absolutely must consult their doctor before attempting any fast.

- Extended fasting can lead to electrolyte imbalances, thinning hair, cardiac arrhythmias, renal failure, and starvation, ultimately resulting in death.

If you choose to fast, how can it be conducted safely?

- The body is used to going overnight without any food. Set a small goal of fasting through one meal, such as breakfast. Pay close attention to your emotions, energy, and thoughts. If you feel good, try fasting through lunch, and if you still feel good, fast through dinner.

- Instead of eliminating all food and drink, include liquids or fruits. Experiment with different food items.

- To prepare for a fast, gradually reduce the density of your meals. Eat fresh, light, plant-based meals. Stop eating after a certain evening hour, and drink a full glass of water upon waking. This may make the transition easier.

So, should you fast? Consult with your doctor and discuss whether there is a valid and justifiable purpose. Be sure that it is safe for your body, given your own underlying health issues and medication requirements. Fasting for weight loss can work, but so can a number of other approaches, including a low carbohydrate diet and a range of well-designed diet and exercise plans.

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.

## Researchers link cancer cells from parasite to human tumors

Scientists at the Centers for Disease Control and Prevention have discovered cancer cells originating in a common tapeworm may take root in people with weakened immune systems, causing cancer-like tumors. It is the first known case of a person becoming ill from cancer cells that arose in a parasite - in this case, *Hymenolepis nana*, the dwarf tapeworm.

The report, in the Nov. 5 issue of the *New England Journal of Medicine*, raises concern that other similar cases, if they occur, may be misdiagnosed as human cancer - especially in less developed countries where this tapeworm and immune-system-suppressing illnesses like HIV are widespread.

"We were amazed when we found this new type of disease - tapeworms growing inside a person essentially getting cancer that spreads to the person, causing tumors," said Atis Muehlenbachs, M.D., Ph.D., staff pathologist in CDC's Infectious Diseases Pathology Branch (IDPB) and lead author of the study. "We think this type of event is rare. However, this tapeworm is found worldwide and millions of people globally suffer from conditions like HIV that weaken their immune system. So there may be more cases that are unrecognized. It's definitely an area that deserves more study."

In 2013, doctors in Colombia asked CDC to help diagnose bizarre biopsies from lung tumors and lymph nodes of a 41-year-old man who was HIV positive. The tumors looked similar to a human cancer, but initial CDC lab studies revealed the cancer-like cells were not human. That revelation kicked off a nearly three-year hunt for the cause of the man's illness.

Researchers with IDPB, the CDC unit dedicated to investigating cases of unexplained illness and death, initially questioned whether it was an unusual cancer or an unknown infection. The growth pattern was decidedly cancer like, with too many cells crowded into small spaces and quickly multiplying. But the cells were tiny - about 10 times smaller than a normal human cancer cell. The researchers also noticed cells fusing together, which is rare for human cells.

They doggedly kept researching - performing dozens of tests - before eventually finding DNA from *H. nana* tapeworms in the man's tumor in mid-2013. Unfortunately, the man died 72 hours later.

Figuring out how to help a patient who suffers from a similar ailment could be tricky for doctors - drugs to treat tapeworm infections may not be effective against tapeworm cancer cells in people. It is not clear whether human cancer treatments would help, although researchers think they might be beneficial. Physicians in developing nations should be aware of the possibility of similar illnesses, especially if they have patients with weakened immune systems who have tumors.

*H. nana* infects up to 75 million people at any given time, making it the most common tapeworm infection in humans. People get the tapeworm by eating food contaminated with mouse droppings or insects, or by ingesting feces from someone else who is infected. Children are most often affected.

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# Warren High's Gabriela Silva earns medals at SkillsUSA competition



By Valerie Aguilar  
Contributor

**DOWNEY** – Warren High School junior Gabriela Silva competed in regional and state level competitions for SkillsUSA earlier this year. Participating in Crime Scene Investigation and Prepared Speech, she did tremendously well as a representative from the Warren Chapter.

SkillsUSA is a student-run organization that specializes in helping students become educated, experienced, and professional citizens by promoting several fields of academic skill sets. Students gain confidence in speaking and working with others in meetings, speaking opportunities, attending and facilitating workshops, and giving presentations.

Gabriela has been in SkillsUSA for two years and now serves on the Executive Council and Leadership Board as secretary. At regionals held at L.A. Trade Tech last January, Gabriela did exceptionally well by once again receiving third place medals for both Prepared Speech and Crime Scene Investigation.

The Prepared Speech skill is a pre-researched and written speech on a topic that is judged on how well the student is able to present his or her original speech within a five to seven minute time frame. Gabriela chose this public speaking skill because she has been in the theatrical drama class her entire high school career and is just about to perform in her eighth play which will premiere in two weeks.

"Prepared Speech helps me to better enunciate my words and keep a professional tone when I speak. I find it easy to memorize and recite the speeches because of my experience in drama and performing in plays where I already do something similar to that," says Gabriela.

Competing in Crime Scene Investigation was not initially in

Gabriela's plans for SkillsUSA, but she agreed to be added as an alternate. Regardless of her little prior knowledge to criminal investigation, Gabriela managed to work hard and study the skill with determination within the one month she had before state competition. She did a phenomenal job since she and her group received third overall against all the other high school Crime Scene Investigation teams in California.

Gabriela enjoyed participating in Crime Scene Investigation so much that she plans to continue with the skill and compete once more this upcoming year. She hopes to obtain higher ranked medals for both her skills at the regional, state, and national levels for the 2016 SkillsUSA competitions.

Gabriela owes much of her success to the teacher advisors who aided her in studying and discovering new information so she could do better. Wonderful advisors such as Mrs. Stewart and Mr. Orlinsky did their best to prepare the students from Warren for going into the competitions ready to win.

Through competitions, community service, and professional development, SkillsUSA aims to better the leaders of tomorrow. Gabriela Silva will definitely be career ready in any job field she chooses, whether it be a crime scene investigator, theatrical actress, or even a microbiologist. Anything Gabriela sets her mind to, she has the tools to accomplish from what she has learned through the Warren Chapter of SkillsUSA.

Valerie Aguilar is a student reporter at Warren High School.

## DOWNEY DIA DE LOS MUERTOS

Downey hosted its third annual Dia de los Muertos festival outside the Downey Theatre on Nov. 1

Photos by John Zander



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★ SPECTRE PG-13 (11:35, 3:00, 6:20, 9:40, 10:10)  
Thu: (11:35, 3:00, 6:20, 9:40)

GOOSEBUMPS PG (11:40, 2:05, 4:35, 7:10, 9:45)  
Wed: (11:40, 2:05, 4:55, 9:45)  
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# DINING OUT

## Restaurant Spotlight:



STOX restaurant- with its vintage feel and impeccable all-day breakfast - has been a landmark in the city of Downey since 1962. Since those simpler times, the restaurant has not strayed one step from its traditional ways. Patrons of STOX have passed down their tradition of having great breakfast onto their next generation.

**Voted "Best Breakfast in Town,"** served all day they offer a variety of omelettes, perfectly cooked pancakes and waffles. Their hamburger patties are never frozen and are prepared daily. Soups are made with the freshest ingredients. Pies are made from scratch and freshly baked in the back of the house; some favorites include coconut cream, blueberry cream cheese, Hawaiian cream, strawberry and their savory chicken potpie. They also have a variety of other pastries from brownies, tarts, cookies, tapioca pudding, and muffins. The service is warm and homey, reminiscent of having a home cooked meal just how your mom would make. A rotating monthly calendar features delicious favorites such as beef stew, stuffed cabbage rolls, tortilla soup and a spinach and pasta salad, but that's not all that STOX has to offer. On **Saturdays and Sundays** they offer a **champagne brunch menu from 7am till 4pm**, which includes items such as Eggs Benedict, Rib eye steak with chilaquiles and a specialty dish called the "Turkey Waffle." This



Turkey Waffle



dish consist of a crispy waffle made with homemade stuffing, topped with a hefty amount of freshly roasted turkey and paired with mashed potato and gravy and cranberry sauce. You definitely can't find this anywhere else in town. Brunch is accompanied with your choice of a glass of mimosa, hibiscus or Champagne. The restaurant also features a **full bar and lounge** - perfect for watching and cheering on your favorite team on their giant HD-TV'S. NFL and MLB packages are offered as well, where all the games are played all the time. Here you can relax and enjoy the coldest

beer in town or try **Big Jim's famous Bloody Mary** which is said to be the best this side of New Orleans. They also make delicious coffee drinks that go hand and hand with a slice of their fresh pies and cakes. **Happy Hour** is also available **Monday thru Friday from 3pm to 6pm** except on holidays. The lounge opens Monday through Friday from 11am till 10pm and on Saturday and Sunday from 9am till 10pm. STOX's coffee shop opens their doors **Monday through Saturdays from 6am till 9pm and on Sunday from 7am to 9pm**. So, whenever you have

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# Bellflower school district embracing technology

**BELLFLOWER** – A technology revolution is sweeping through Bellflower Unified, with hundreds of teachers accessing summer training, thousands of students using touchpads and laptops daily and even administrators creating Google Classrooms for their own collaborative efforts.

“Our goal is to make technology a seamless part of the Bellflower Unified educational experience,” said Dr. Brian Jacobs, BUSD Superintendent. “First, students learn to use the tools; then, they use the tools to learn in ways that strengthen critical thinking, boost collaboration and leverage the vast resources of the Internet to expand their understanding of key concepts.”

The District underscored its ambitious approach to improving classroom technology this summer, when a BUSD leadership team attended a two-day technology summit and took the U.S. Department of Education’s Future

Ready District Pledge. The pledge signifies the District’s intent to ensure all students have access to the latest technological tools and instruction.

“The pledge is a strong, public statement recognizing our District’s dedication to integrating the best available classroom technology to benefit our students,” Jacobs said.

Bellflower Unified’s technology revolution began several years ago, when the BUSD began rewiring schools for high-speed Internet. By the start of the 2015-16 academic year, all Bellflower Unified classrooms were equipped with projector-and-whiteboard setups, document cameras and touchpads that allow teachers to operate their systems from anywhere in the room.

Thousands of laptops and touchpads have also been purchased for use daily by students, achieving a 4:1 ratio of students to devices. Elementary school device numbers doubled between fall 2014 and 2015, and the high schools launched a

Bring Your Own Device pilot effort.

To make it all work, the District has provided teachers with extensive summer training led by pioneering peers who modeled how they integrate technology into their lessons. The sessions drew more than 140 teachers – about a quarter of all BUSD teachers.

At the center of the tech revolution is Director of Academic Accountability Dina Hernandez, former principal of Bellflower’s Thomas Jefferson Elementary. Since her time as a principal, Hernandez has modeled classroom technology by using it in her own work – creating a low-pressure, but encouraging environment where teachers feel free to experiment with the new tools.

“It’s important that our teachers see that we are using these same tools in our daily work – facing the same learning curve and challenges as we adapt to new collaborative options,” Hernandez said.

“We’re all traveling down this road, but we don’t expect everyone to go at the same pace or use precisely the same tools. Different tools will be more effective for different teachers, just as it’s always been,” she said. “The important thing is that they approach it with the same excitement for learning that they are communicating daily to our students.”

### By the numbers

Electronic device purchases across Bellflower Unified have boosted the number of tools available to students. Here’s where the District stands today with devices:

- 1,500-plus: Laptops
- 504: Projectors and document cameras
- 504: Touchpads for teacher use
- 2,000-plus: Touchpads for use by secondary students
- 20: Carts of 34 touchpads each for use by elementary students

### KEEP DOWNEY BEAUTIFUL

More than 100 volunteers -- mostly students -- helped pick up trash along Firestone Boulevard and the train tracks last Saturday. The cleanup was organized by Keep Downey Beautiful.

Photos by John Zander



# Whittier High wins Golden Bell Award

**WHITTIER** – It was five years ago that Whittier High School implemented its Academic Mentor Program – a strategic intervention tool that provides in-class academic support to at-risk students with the help, guidance and mentorship of peers. Since its inception, the program’s success rates have been significant, showcased by vastly improving student test scores and rising GPAs.

The innovative program has caught the eyes of state education leaders from the California School Boards Association (CSBA), which is honoring Whittier High School with a Golden Bell Award, a recognition earned by California school districts with outstanding

educational programs and practices that promote excellence and increase student achievement.

“Whittier High School is extraordinarily proud of the Academic Mentor program,” Principal Lori Eshilian said. “This program epitomizes our Cardinals with C.L.A.S.S. core values – students demonstrating Citizenship, Leadership, Achievement, Self-Respect and Service to others.”

Whittier High – a two-time Golden Bell Award-winning school – will receive the award at a recognition ceremony on Dec. 5 at CSBA’s Education Conference in San Diego.

“This prestigious award validates

the dedication our teachers, staff and student leaders who ensure that this program achieves its ultimate goal of providing support and intervention to help all of our students succeed,” Eshilian said.

The Academic Mentor program grew out of the school’s Senator/Link Crew program, which draws on help from student leaders and upperclassmen to build school spirit, promote engagement, help freshmen adjust to high school and provide emotional and personal support.

Although the Academic Mentor initiative has many of the same goals, the dual-intervention program – inspired by Rio Hondo College’s Gateway Tutoring Program – also supports both mentors and mentees, providing freshmen who are at risk of not graduating with academic support while giving mentors the opportunity to receive training and learn instructional techniques that boost their own academic abilities.

“There is a preponderance of evidence that demonstrates how difficult it is for students to graduate high school if they got off track during their freshman year,” said Assistant Principal of Curriculum Tim Liggett. “We have focused a significant amount of time to being proactive and preventative.”

The Academic Mentor Program

includes juniors and seniors who serve in 79 classes on campus, including guided studies and math, tutor English language learners and support sophomores in science.

“An Academic Mentor in a classroom is nothing like the traditional high school teacher’s aide. They are not there to simply circulate around the room during independent work to answer questions,” said Martha Arrona, Intervention Coordinator and the Academic Mentor Program Lead. “Instead, they are fully integrated into the teacher’s lesson so that they have identified responsibilities while working with specific students and collaborative learning groups.”

By providing struggling students an additional layer of support that is timely and individualized, Whittier High has seen a rise in student achievement.

For example, the percentage of all ninth-grade students who end their freshman year on-track to graduate has increased from 85.5 percent in 2011 to 89.2 percent in 2015. For 10th-grade students, on-track percentages have grown from 84.6 percent in 2011 and 88.4 percent in 2015.

The program also continues to grow among student mentors: in 2013, there were 140 students who were a part of the program; this year, there are 250.

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# SPORTS RECAP: Bears, Vikings ready for playoffs

## HIGH SCHOOL SPORTS PLAYOFF SCHEDULE

FRIDAY, NOV. 13

### Football

St. Francis @ Warren, 7 p.m.  
Whittier @ Downey, 7 p.m.

SATURDAY, NOV. 14

### Cross Country

Riverside City Cross Country Course  
Warren Boys; 7:57 a.m.,  
Warren Girls; 8:42 a.m.

By Mark Fetter Contributor

**DOWNEY** - The Warren High School football team defeated Lynwood last Friday night at Warren 32-12. With the win, the Bears improved to 8-2 overall and 4-1 in S.G.V.L. play while the Knights fell to 4-6 overall and 0-5 in league play.

With their win Friday night, the Bears clinched a piece of the San Gabriel Valley League title. Warren was a tri-champion with cross-town rival Downey and Dominguez. Downey defeated Dominguez 27-14, Warren defeated Downey 23-6 and Dominguez defeated Warren 47-19.

A coin toss was held at Warren High School immediately following Friday night's games. Warren won the toss and received the top S.G.V.L. seed. Dominguez received the number two seed, Downey received the number three seed and Paramount received the only at-large bid.

In the Warren/Lynwood game, neither team scored in the first quarter. Warren scored the first touchdown of the game with five minutes left in the second quarter. The PAT was good and Warren led 7-0. The Bears increased their lead to 15-0 with just under a minute to play on a touchdown and two point conversion. The Knights answered back right before halftime

with a touchdown of their own. The PAT was no good. The Knights cut the Bear lead to 15-6. Warren took that 15-6 lead into the locker room at halftime.

Warren came alive in the third quarter and scored 17 unanswered points to stretch their lead to 32-6. The Bears kept that lead as the third quarter came to a close. The Knights added a fourth quarter touchdown to pull within 32-12. It was not enough, however, as the Bears won by that same 32-12 score.

Bear quarterback Jordan Yancy completed 11/15 pass attempts for 212 yards and three touchdowns. Warren's seven carries for 70 yards and Edward Chorro's 10 carries for 42 yards. The Bear receiving corps were led by Mason Marquez's five catches for 66 yards, Jordan Mayes' two catches for 77 yards and two touchdowns and Ulises Cota's two catches for 63 yards and one touchdown.

The Downey High School football team defeated Paramount at Downey last Friday night 26-21. With the win, Downey improved to 6-4 overall and 4-1 in S.G.V.L. play. With the loss, Paramount fell to 5-5 overall and 2-3 in league play.

Downey also clinched a piece of the S.G.V.L. title with their win against Paramount. Downey is a tri-champion with cross-town rival Warren (8-2, 4-1) and Dominguez (7-3, 4-1). Downey defeated Dominguez at Dominguez 27-13, Warren defeated Downey at Warren 23-6 and Dominguez defeated Warren at Dominguez 47-19.

In the Downey/Paramount game, Paramount jumped out to a 14-6 lead in the first quarter. Downey closed that gap in the second quarter by scoring a touchdown and converting the PAT. The score at halftime was 14-13 Paramount.

Downey responded after halftime by scoring two touchdowns in the third quarter. One PAT was blocked but the Vikings took the lead at 26-14. The score remained that way as the third quarter came to a close.

Paramount scored a fourth quarter touchdown and converted the PAT. The Pirates pulled to within 26-21. The two teams exchanged the ball and field position for the remainder of the quarter. Paramount got the ball back with just under two minutes to play but could not get the ball into the endzone. The score stayed 26-21 and Downey came away with the win.

Downey quarterback Rafeeq Rahim II completed 16/27 pass attempts for 241 yards and had two interceptions. Daevon Vigilant led the Viking ground game with 106 yards on 24 carries. The Downey rushing attack carried the ball 49 times for 230 yards.

The Viking receiving corps were led by Jalen Thompson's five catches for 88 yards and Albert Padilla's four catches for 96 yards. The Viking passing attack had 241 yards on 16 receptions. The Viking offense combined for 471 total yards in the winning effort.

The 2015 C.I.F. Southeast Division football playoff bracket was released last Sunday at noon. Four San Gabriel Valley League teams qualified for postseason play. There was a three-way tie for league champion honors between Dominguez, Downey and Warren.

It was learned on Sunday that Paramount received the only at-large entry for the playoffs.

Immediately after Friday night's games, a coin toss was held at Warren High School to determine league

playoff seedings. Warren won the coin toss and received the number one entry. Downey received the number two entry and Dominguez received the number three entry.

Warren (8-2, 4-1) will host St. Francis (7-3, 3-2) later today. The Golden Knights are the number three entry from the Angelus League behind Cathedral (9-1, 4-1) and Harvard-Westlake (7-3, 4-1).

Downey (6-4, 4-1) will host Whittier (6-4, 3-2). The Cardinals are the number two entry from the Del Rio League behind La Serna (8-2, 5-0). Santa Fe (4-6, 3-2) is the number three entry from the Del Rio League.

Dominguez (7-3, 4-1) will travel to Burbank (6-4, 5-2). The Bulldogs are the number three entry from the Pacific League behind Burroughs (9-1, 7-0) and Crescenta Valley (6-4, 5-2).

Paramount (5-5, 2-3) was given the at-large bid after losing three close league games. Paramount was defeated by Warren 30-27, by Dominguez 39-33 and by Downey 26-21. Three losses to league opponents by a total 14 points helped get the Pirates into the playoffs. A win against Moore League champion Long Beach Wilson in week one was key as well.

Paramount will travel to La Serna in the opening round of the playoffs to take on a Lancer team that finished their season with an overall record of 8-2 and a Del Rio League record of 5-0. La Serna was the Del Rio League

champion.

The Warren High School boys' and girls' cross country teams each took home S.G.V.L. champion honors at La Mirada Regional Park last week. Gahr senior Samuel Ayala was the San Gabriel Valley League individual champion for the boys and Warren senior Gwendolyn Hurtado was the league champion for the girls. Ayala finished in a time of 15:45 and Hurtado finished in a time of 17:48.

In boy's competition, Paramount junior Alain Isais finished second in a time of 16:01, Warren senior Sergio Santana finished third in a time of 16:17, Warren junior Daniel Ramos finished fourth in a time of 16:18, Warren senior Christopher Estrada finished fifth in a time of 16:24 and Warren junior Christian Gonzalez finished sixth in a time of 16:25. Warren finished first with 27 points followed by Paramount's 54 and Gahr's 55 points, respectively.

In girl's competition, Warren senior Samantha Tabares finished second in a time of 18:05, Warren junior Trinity Gomez finished third in a time of 18:27, Warren senior Janeane Hernandez finished fourth in a time of 18:36, Warren junior Carlota Conant finished fifth in a time of 18:49 and Warren junior Blanca Robles finished sixth in a time of 19:21. The Lady Bears did not run a full line-up of seven runners but still came away with the win.

The Lady Bears finished in a team time of 1:31:45. That time was more than a full minute faster than the 2009 time of 1:32:58. Interestingly, the 2009 Lady Bear cross country team placed fourth in the state meet.

Both the boy's and girl's cross country teams will be competing tomorrow at the Riverside City Cross Country Course. The boy's race will start at 7:57 a.m. and the girl's race will start at 8:42 a.m.



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Register online at [www.nwll.org](http://www.nwll.org) or at  
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Late registration fee of \$20/player will be added for applications received after December 31, 2015

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# Your year-end financial checklist

By Nathaniel Sillin

It will begin soon enough – all those “beat the rush!” ads for holiday shopping, activities and events. Right now, you have a great opportunity to beat the rush to organize your year-end finances and make some smart moves for the New Year.

Consider the following tasks for your year-end financial to-do list.

**Total up your year-to-date spending.** Whether you organize by computer or on paper, make sure your tracking system for spending, saving and investment is up to date. This way, you can make sure you are on budget for the year and ready with data for tax time. Once you are finished, determine your net worth – what you own less what you owe – and get an early idea of what you need to change next year.

**Check in with your planner or tax professional.** Late December is a busy time for financial professionals. Take

a minute to see if they can review your numbers and make suggestions on year-end financial activities and new moves you should make in 2016.

**Make sure you've reviewed all your credit reports for the year.** You are entitled to one free copy (annualcreditreport.com) of each of your three major credit reports from TransUnion, Equifax and Experian. It's generally wise to schedule delivery of each at different points in the year to catch errors or irregularities.

**Check and rebalance your portfolio.** With the dramatic market swings this past year, be sure to check if your retirement and other investments are still on track with your investment goals. Get qualified help if necessary to see if the assets you own still fit your needs. And if you need to do any tax selling by the end of the year, now is the time to start thinking about it.

**Check your insurance coverage.** If

you buy your own home, auto, life or other insurance policies, contact two or three agents representing highly rated (http://www.ambest.com) insurers to review the adequacy and pricing of your coverage. If you have made any structural changes or improvements to your home, make sure those actions are reflected in your homeowners insurance. Such work may boost your home's replacement value. Also, if you've had a major life or financial event like a new baby or the purchase of a new home it's time to make sure all your coverage is sufficient.

**Update your W-2, benefits and estate plan if necessary.** While you're updating your insurance and investment needs for big life events related to family, property or marital status, see if your tax withholding and employee health coverage and investments need review. Get qualified help to make this assessment if you are not sure.

**Empty out your flexible spending accounts.** If you have a Flexible Spending Account for health care or other qualifying expenses, it's time to submit outstanding claims from the doctor, dentist or optometrist. Remember you can only transfer \$500 in your remaining balance over to the next year. Make any appointments or medical purchases you need to now and get the paperwork in fast.

**Do a last-minute tax review.** If you work alone or with a tax professional, review your annual income, investment and spending data to see if there's anything you can do in the final weeks of the year to save on taxes. If tax-deductible donations to qualified charities and nonprofits are recommended, consult sites such as GuideStar (http://www.guidestar.org), CharityWatch (https://www.charitywatch.org/home) and Charity Navigator (http://www.charitynavigator.org) to evaluate your choices so you know your contribution is being well spent.

**Save time and cut back on waste with online bill pay and deposits.** Automatic online bill pay means you won't have to waste time writing checks or risk late payment fees. Scheduling bill payment through your checking and savings accounts can save time and money, while setting up regular electronic deposits to savings and investment accounts can also help you save money before you are tempted to spend it.

**Bottom line:** Doing a last-minute review of your finances can potentially save money and help you save, spend and invest smarter in the coming year.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

## Mary Louise Loya mourned

DOWNNEY – Mary Louise Loya, 92, passed away Nov. 5 at her home in Downey.

She was born May 23, 1923 in Los Angeles to Amado and Constantina Flores but was raised in the copper mines of Morenci, Ariz. She was the fourth of five Flores children: Conrad, Nellie, Joe and Amado.

Sometime in the early 1950's, Mary's parents bought a house in the developing community of Downey. Mary became a Spanish teacher for the Montessori school, working with 3-4-year-old children. She later accepted a teacher's aide position at Cerritos College in the Reading Center.

During her time at Cerritos College, Mary was an advocate for student affairs and the Latino community. She was elected to the Cerritos College Board of Trustees in 1991 and was re-elected in 1995 and 1999.

One of her most notable votes was in favor of construction of the Vintage Senior Living facility at the south end of campus. Her vote was unpopular among some other board members who preferred to build a practice golf facility instead.

After retiring from the Board of Trustees, Mary lived with her sister, Nellie, and their mother in Downey until their passing.

Mary is survived by her daughter, Anna, and her son, Robert, with his wife, Paula. Mary had four grandchildren: Paul and his wife Kasey, Eric and his wife Nicole, Gregory and his wife Jazmine, and Amanda. She also had a great-grandchild, Gregory and Jazmine's son, Jethro Dean.

## Alberto Perez passes away at 69

DOWNNEY – Alberto D. Perez, 69, passed away Oct. 31 in Riverside. The cause of death was heart failure.

He was born Aug. 4, 1946 in Nicaragua. He lived in Downey before settling in Riverside.

Albert is survived by his wife, Martha L. Rojas; seven children; and 11 grandchildren.

The funeral will be at Miller-Jones Mortuary and Crematory in Moreno Valley. Relatives and friends are welcome at the service and at a reception immediately following the funeral.

## Thanksgiving meal for seniors

DOWNNEY – Stauffer Middle School's annual Thanksgiving dinner for seniors will be held Wednesday, Nov. 18, in the school cafeteria.

The dinner is free and open to all senior citizens in Downey.

The event begins with bingo at 4 p.m. followed by dinner at 5. There will be musical entertainment and prizes for bingo winners.

For questions, call Stauffer Middle School at (562) 904-3565.

## Volunteers needed for Thanksgiving dinner Saturday

DOWNNEY – Volunteers are needed to help serve a Thanksgiving meal for homeless residents this Saturday, Nov. 14, at the Barbara J. Riley Community and Senior Center.

Volunteers are needed to help prepare and serve hot meals, set up, clean up, and decorate.

Food donations are also being accepted for a Thanksgiving food basket giveaway on Nov. 20.

To help, call Breath of God Christian Fellowship at (310) 767-9620.

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**IN ESCROW**

**Immaculate!**  
Beautiful home with panoramic views and lots of upgrades - tile, granite, plantation shutters, custom ceiling fans. It is immaculate. Built in BBQ, in ground spa, custom patio cover, professional landscape. 2 master bedrooms, one downstairs bedroom, family room with fireplace. Call Today For Info!!!

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**Why Pay Rent!**  
Charming 2 bedrooms, 2 1/2 bathrooms condo in North Downey with wood floors, inside laundry & 2 car parking. **Priced at: \$225,000**  
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**Home Sweet Home!**  
Wonderful Downey home with 3 BD 1.75 BA, family room with fireplace, hard wood floors, remodeled kitchen baths & swimming pool. **Priced at: \$115,000**



**Restaurant For Sale!**  
Mariscos Mazatlan Restaurant for sale. Located at 13345 Telegraph Road in Santa Fe Springs. Great opportunity to own your own business.  
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**12531 PARAMOUNT UNIT A, DOWNEY**  
3 BD, 3 BA, 1,200 SQ. FT. LIVING SPACE  
**PRICED AT \$365,000**  
CALL CRISTINA 562-234-7862



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**Turnkey! Turnkey! Turnkey!**  
This upgraded home has it all!  
This 5 BD home will fit your needs!  
Remodeled kitchen w/ quartz counters.  
Family room, 2000+ sq ft!  
**Priced at: \$599,000**

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**1409 Busby Drive, Whittier**  
3 bedrooms, 1 3/4 bath,  
1,235 sq. ft. living space,  
6,104 sq. ft. lot.  
Call Frank For More Information.



**Whittier Home!**  
3 bedrooms, 2 bathrooms with a bonus room,  
1140 sq. ft. living space,  
cul-de-sac. Won't last!  
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**Jimmy Spathos**  
"Jimmy The Greek"  
**(562) 400-2148**  
Jim.Spathos@aol.com



**10069 Sideview Dr., Downey**  
3 BD, 3 BA, formal living room,  
dining room, family room w/ fireplace  
Call Jimmy 562-400-2148

**Mario Persico**  
"Mario DID IT Again!"  
**(562) 533-7433**  
Mario@MarioPersico.com

**Recent Activity**  
9804 Wiley Burke, Downey **JUST LISTED!**  
3BD, 2 BA, 2,104 sq. ft.  
10330 Downey Ave #30, Dow **JUST LISTED!**  
3BD, 2 BA, 1540 sq. ft.

9270 Pomeroy, Downey **JUST LISTED!**  
3BD, 2 BA, 1,824 sq. ft.  
8058 Albia Downey **IN ESCROW!**  
3BD, 2 BA, 1,487 sq. ft.

1031 Marlboro St, La Habra **SOLD!**  
3BD, 1BA, 1,156 sq. ft.  
5732 Hayter Ave, Lakewood **SOLD!**  
2BD, 1BA, 1,124 sq. ft.

850 S. Country Glen Way Anaheim Hills **SOLD!**  
3BD, 2 BA, 1,220 sq. ft.  
11431 Norlain Ave, Downey **SOLD!**  
3BD, 2 BA, 1,606 sq. ft.

7718 Ciro St., Downey **SOLD!**  
3BD, 2 BA, 1,254 sq. ft.  
10404 Rives Ave, Downey **SOLD!**  
3BD, 3 BA, 1,925 sq. ft.

**Mario Did It Again!!!**  
**CALL MARIO TODAY!!!**  
BORN \* EDUCATED \* LIVES \* WORSHIPS IN DOWNEY  
**MARIO PERSICO SELLS DOWNEY**

**Ben & Stephanie**  
"The Father-Daughter Team"  
**(562) 217-8384**  
TheFatherDaughterTeam@gmail.com



**Attention Investors!**  
Duplex built in 1991, 3 BD, 1 BA, & 2BD, 2BA, forced heating, spacious bedrooms, laundry hook-ups, long driveway, 1,976 sq. ft., 4 carports, **Priced at: \$489,000**  
Ben & Stephanie sell homes in Downey & surrounding cities, please call for a FREE Evaluation on your home. 562-217-8384  
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Thinking Of Buying Or Selling I Can Get You On The Road To Your Next Home!  
**CALL TODAY FOR A FREE MARKET EVALUATION**  
Vicki Spearman  
**(562) 367-9520**



**FOR SALE!**  
**DOWNEY HOME**  
3 bedrooms, 1+3/4 baths, updated kitchen, 1,708 sq. ft. living space.  
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**Pam Lee (562) 537-1134**

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## AVAILABLE LISTINGS IN YOUR AREA



**N.E. DOWNEY POOL HOME!**  
4 BD, 4.5 BA, 4,942 sq. ft. 12,112 sq. ft. lot, large pool, luxurious master suite.

LIST PRICE: \$1,349,950



**NE DOWNEY RESORT-STYLE LIVING**  
3 BD, 2.5 BA, 2,926 sq. ft. 10,292 sq. ft. lot, living room, family room, large pool.

LIST PRICE: \$995,000



**MORE FOR YOUR MONEY!**  
4 BD, 3 BA NW Downey home w/upstairs master BD & BA, junior master BD.

LIST PRICE: \$659,900



**"FIXER UPPER OF THE YEAR" AWARD GOES TO...**  
3BD, den, 2.5 BA, 2,363 sq. ft. 10,104 sq. ft. lot, located in the best area of Downey!

LIST PRICE: \$649,900



**NOW IT CAN BE YOURS!**  
3BD, 2 BA, remodeled kitchen, family room w/ fireplace, master bedroom.

LIST PRICE: \$579,950



**WHY PAY RENT WHEN YOU CAN OWN?**  
3BD, 1 BA, newer windows, central air and heat, cul-de-sac location.

LIST PRICE: \$389,950

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

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