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Wildfires ravage Northern California

► **DISASTERS:** The Mendocino Complex Fire is now the largest fire in California's recorded history.

Downey firefighters are helping battle the Carr Fire near Redding.

CLEAR LAKE -- Catastrophic wildfires continue to ravage California, as one blaze nearly doubled in size over the last three days, making it the largest in the state's history.

No one has been injured in the Mendocino Complex Fire, which consists of two fires -- the Ranch Fire and the River Fire -- burning around Clear Lake, in several counties in Northern California.

Combined, they form the biggest blaze that California firefighters are currently battling. Altogether, the Mendocino Complex Fire has burned 283,800 acres -- growing about 80% since Friday night. As of Monday evening, it was 30% contained and had destroyed 75 residences.

The Mendocino Complex Fire has now surpassed last year's Thomas Fire, which burned 281,893 acres in Ventura and Santa Barbara counties, as the largest fire in Cal Fire history.

Exhausted firefighters across the state are trying to contain 16 major fires that are burning in hot, dry and windy conditions.

On Monday, another fast-moving fire ignited in the state -- this time in Orange County, where firefighters battled the Holy Fire that expanded to more than 4,000 acres. That fire started in the Cleveland National Forest and evacuations in the nearby areas have been ordered, according to the Orange County Fire Authority.

In Northern California's Shasta County, the devastating Carr Fire claimed its seventh victim Saturday when a Pacific Gas & Electric worker died while working with a crew to restore power, utility spokesman J.D. Guidi said.

On Sunday, a team of Downey firefighters departed to help battle the Carr Fire, which is burning near Redding, north of Sacramento.

Over the weekend, the White House approved a disaster declaration for Shasta County, allowing affected residents from the Carr Fire to apply for federal disaster assistance such as temporary housing, home repairs and other programs.

At the same time, President Donald Trump blamed the state's environmental laws for the wildfires.

"California wildfires are being magnified & made so much worse by the bad environmental laws which aren't allowing massive amounts of readily available water to be properly utilized," he tweeted Sunday. "It is being diverted into the Pacific Ocean. Must also tree clear to stop fire spreading!"

It wasn't immediately clear what California laws Trump was referring to. Henri Grissino-Mayer, a geography professor at the University of Tennessee, said he had "no clue" what Trump was referring to in his tweet.

"California does NOT divert water to the ocean," he told CNN in an email. "Ridiculous. It's true that water is diverted to the coastal cities for a constant

Continued on page 2



Cpl. Ed Hano returned to duty last month after he was seriously injured in a training explosion. On Tuesday, he participated in Downey's National Night Out.

Photo by Alex Dominguez

BACK ON DUTY

A year after a training accident nearly killed him, Cpl. Ed Hano returns to patrolling Downey streets.

By Alex Dominguez
Staff Writer

DOWNEY -- Just over a year after a freak accident left him severely injured, Cpl. Ed Hano has returned to duty with the Downey Police Department.

Hano, a canine officer and 18-year veteran of the Downey Police Department, was hospitalized after a random, unexpected explosion occurred during a routine training exercise in South Gate in July of last year.

"It was a Wednesday...We always do training on Wednesday nights," said Hano. "On that particular day, I was in charge of doing the narcotic searches for the narcotic dogs.

"We were in a room and one of our dogs knocked over a door to an electrical panel and exposed the wires. We didn't think much of it; we continued on and finished the scenario."

What happened next could only be described as a freak accident.

"As we were walking out of it, I put the door back in its place and for who knows what reason the actual panel exploded, it exploded in my face."

Hano says that his memory from that point on "isn't that good."

"I was knocked unconscious, so the day is real foggy," said Hano. "To this day, after a year



Photo by Claudia Gomez

of trying to remember things, I don't remember a lot."

Another canine officer from South Gate was also hospitalized. Hano's canine partner, Dani, did not suffer any serious injuries.

The explosion left Hano with third-degree burn injuries. He said that upon arriving to the hospital, doctors gave him a paralytic and then put him out. He woke up three weeks later.

"I spent a month at Torrance (hospital) where they had done skin grafts, two surgeries and I got discharged a month later."

It has been a year of rehabilitation and physical therapy for Hano since then. He described it as a "roller coaster."

"Hours of physical therapy, mostly it was wound care; everything's painful," said Hano. "Burns are something that I'd never experienced but knowing now what people with burns go through...it's still painful."

Hano continued to fight through, however, citing support of family, his department, his city, and, of course, his partner

Dani.

"I had her (Dani)," said Hano. "This was another saving grace... the department letting me keep her for the entire year."

Hano has now been back at work for just around a month. He was welcomed back with a reception by his fellow officers.

"It was heartwarming," said Hano. "It was very cool; something I didn't expect."

Hano was also recently honored by Mayor Sean Ashton with the Downey DNA Award.

"Ed Hano doesn't give up, he really is dedicated to the City of Downey," said Ashton. "Somebody that's dedicated as much as Cpl. Hano, to me, seemed like the perfect fit to receive the Mayor's Downey DNA Award."

Hano called the award an "honor."

"If I represent the values of the Downey DNA Award, then I contribute it to not just myself but the way I was brought up," said Hano. "If I can inspire someone else to set an example, then I'm here for them too."

From left: Mayor Pro Tem Rick Rodriguez, Councilmember Fernando Vasquez, Cpl. Ed Hano, Mayor Sean Ashton, and council members Blanca Pacheco and Alex Saab.

Photo by Claudia Gomez



Downey restaurant grades

Starbucks
7954 Imperial Hwy.
Date Inspected: 8/3/18
Grade: **A**

Five Guys Burgers and Fries
8901 Apollo Way
Date Inspected: 8/3/18
Grade: **A**

Pizza Hut
9111 Imperial Hwy.
Date Inspected: 8/3/18
Grade: **A**

Subway
11858 Paramount Blvd.
Date Inspected: 8/3/18
Grade: **A**

Subway
9121 Imperial Hwy.
Date Inspected: 8/3/18
Grade: **A**

Jersey Mikes Subs
8855 Apollo Way
Date Inspected: 8/3/18
Grade: **A**

ABC Donuts
8015 Stewart and Gray Rd.
Date Inspected: 8/3/18
Grade: **A**

Shakey's Pizza
12030 Paramount Blvd.
Date Inspected: 8/2/18
Grade: **A**

G&M
122555 Paramount Blvd.
Date Inspected: 8/2/18
Grade: **A**

Panda Express
8510 Firestone Blvd.
Date Inspected: 8/2/18
Grade: **A**

Chipotle
8500 Firestone Blvd.
Date Inspected: 8/2/18
Grade: **A**

Starbucks
8801 Lakewood Blvd.
Date Inspected: 8/2/18
Grade: **A**

El Atacor
9456 Telegraph Rd.
Date Inspected: 8/2/18
Grade: **A**

Golden Palace Restaurant
9116 Telegraph Rd.
Date Inspected: 8/2/18
Grade: **A**

Arthurs
8813 Lakewood Blvd.
Date Inspected: 8/2/18
Grade: **A**

Subway
8011 Imperial Hwy.
Date Inspected: 8/1/18
Grade: **A**

Bluewave Fish Grill
8262 Firestone Blvd.
Date Inspected: 8/1/18
Grade: **A**

Waba Grill
8258 Firestone Blvd.
Date Inspected: 8/1/18
Grade: **A**

Marisa's Mexican Restaurant
11949 Paramount Blvd.
Date Inspected: 8/1/18
Grade: **B**

Taqueria Zavala
11907 Lakewood Blvd.
Date Inspected: 7/31/18
Grade: **A**

Fernando's
9484 Firestone Blvd.
Date Inspected: 7/31/18
Grade: **A**

Weekend at a Glance

Friday 92°

Saturday 87°

Sunday 85°

THINGS TO DO



Summer Jamz

Saturday - Gerdes Park, 4-8 pm

The band Vinyl Funk performs 60s R&B and 70s funk. Plus food booths, games and other family-friendly activities.



Citizenship Clinic

Saturday - Barbara J. Riley Center, 10 am

Learn to protect your legal immigration status and become eligible for broader employment opportunities. Free assistance with naturalization applications.



Long Beach Jazz Festival

All Weekend - Rainbow Lagoon Park

A 3-day jazz festival featuring more than a dozen artists, including Poncho Sanchez and Eric Roberson. \$60-\$65



"Grease"

Saturday - Burton Chace Park in Marina del Rey, 8 pm

Arrive early at 6 pm for free swing dancing lessons, then stay for a free outdoor screening of "Grease."



Tanabata Festival

All Weekend - Japanese American National Museum in Little Tokyo

Enjoy Japanese foods, listen to live music, shop arts & crafts booths, and view hundreds of pieces of handmade art.

TWEET OF THE WEEK

@DowneyTLC:
At the GOOD (Gangs Out Of Downey) today with their backpack giveaway! Thank you Sonya Meacham for your support!!!

Follow us!
@DowneyPatriot

DMV under pressure to shorten wait times

► **DMV:** Demand for federally mandated Real IDs are increasing wait times at DMVs across the state.

SACRAMENTO - California lawmakers are seeking answers from the Department of Motor Vehicles about hours-long wait times that have prompted public outcry.

Assemblyman Phil Ting says the line at a San Francisco DMV office he visited last month snaked around the block. He says it looked more like a queue for rock concert tickets than for people trying to renew their licenses.

Ting will lead a hearing Tuesday to question DMV officials about what they are doing to reduce wait times.

Lawmakers have given the department millions of dollars in additional funding to

accommodate higher demand as Californians update their licenses to comply with federally mandated security upgrades known as Real ID.

The agency issued a statement Tuesday morning, outlined several things its doing to decrease wait times.

"The DMV is bringing employees from various state agencies and departments to strengthen our hiring surge and help triage the longer lines at our offices," DMV Director Jean Shiimoto said. "This year, we have already hired 500 new employees, added Saturday service at 60 offices and opened offices an hour earlier in the most impacted areas. We expect the additional surge of employees will help further combat these wait times."

The department also is using

a pilot text notification program that allows the user to wait outside the field office. It plans to launch the program in the next two weeks.

Another pilot program involves self check-in kiosks. Customers with appointments can go past the Start Here window and receive a service number in the South Sacramento field office and the San Jose Driver License Processing Center.

The department also is expanding self-service terminals this month and adding 50 grocery store locations for the terminals later this year.

On Wednesday, a separate legislative committee will review a request to audit the department's handling of Real ID changes.

St. Mark's revives enchilada fundraiser

DOWNEY - The annual tradition of making and selling enchiladas started by the Moravian Church of Downey is being continued by St. Mark's Episcopal Church of Downey.

After the Moravian church closed last year, St. Mark's welcomed several former Moravian members and adopted some of their traditions, including Moravian music, liturgies and traditions in worship.

Now the decision has been made to continue the enchilada sale.

The sale will take place Saturday, Aug. 25, with pick-up available in the church's fellowship hall from 12-5 p.m.

Enchiladas come two to a pan and are suitable for freezing. Pans of meat and cheese enchiladas are \$8; cheese only are \$9.

Orders can be placed ahead of time by emailing church@stmarksdowney.org or calling either the church at (562) 862-3268 or Luanne at (562) 927-3521.

Orders can also be made online at mkt.com/stmarksdowney.

The church is located at 10354 Downey Ave. Payment can be made in cash, check or credit card.

Free weekly meditation class

DOWNEY - A free Chan meditation class is being offered every Tuesday through October at 6:30 p.m. at Rio San Gabriel Park.

Chan meditation is the most advanced form of Mahayana Buddhist meditation, although all levels, traditions, religions and ages are welcome to join.

Sessions begin with greetings and stretching. Participants then learn sitting postures and several different meditation techniques, followed by 15-30 minutes of silent meditation.

Participants should bring a yoga mat.

The instructor is Shana Han, a meditation instructor who has worked nationwide.

RSVP at meetup.com/full-lotus/

Economic forum returns

DOWNEY - Financial Partners Credit Union will host its second annual Gateway Cities Economic Forum on Thursday, Aug. 23, at 11:30 a.m. at the Rio Hondo Event Center.

Economist Christopher Thornberg will give the keynote address.

Admission is free but RSVPs are required. RSVP online at fpcu.org/EconForum

Delgado wins special election

SACRAMENTO - Montebello mayor Vanessa Delgado won a special election Tuesday to finish the remaining term of state Senator Tony Mendoza, who resigned earlier this year over sexual misconduct accusations.

With 100 percent of precincts reporting, Delgado, a Democrat, edged her Republican opponent, Rita Topalian, 21,899 votes to 20,188 to take the 32nd district state Senate seat.

Delgado's term as a state senator will be brief, however. She assumed office Aug. 9 and will serve until Nov. 30.

On Nov. 6, voters will decide between Topalian and Pico Rivera's Bob Archuleta. The winner of that race will assume office Dec. 3.

According to the Sacramento Bee, Delgado will be the shortest-serving state senator in more than a century.

"The last senator to serve a shorter term was Orrin Z. Hubbell, a Republican who served 15 weeks in 1903 before he died in office," Alex Vassar, legislative historian for the California State Library, told the newspaper.

Delgado currently serves as mayor of Montebello but is the subject of a recall attempt after she voted to allow commercial cultivation of marijuana in the city.

Delgado was also criticized after the City Council awarded a construction contract to a company that employs Delgado's brother. Delgado abstained from the vote.

In Memory of Mary Stella Cuicchi Jones March 23, 1936 - July 27, 2018



Mary Stella Cuicchi Jones passed away on Friday, July 27, 2018. She was born on March 23, 1936, to Frank and Phill Cuicchi in Greenville, Mississippi. Soon after graduating from Shaw High School in 1954, she met and married Russell N. Jones on March 1, 1957. An Air Force man at the time, they met at a basketball game.

Looking for work, they traveled to Illinois and eventually came to California in 1958. They quickly entered in the fast-food restaurant business, working alongside founders of local Downey establishments El Taco and Plaza Guadalajara, as well as famous chains such as Taco Bell, Baker's Burgers, and Wienerschnitzel.

With assistance from Glen Bell, founder of Taco Bell, coupled with additional investment from her parents, Mary and Russ started Taco Quickie in 1963. Over a 54-year career, they oversaw restaurants in Los Angeles, Santa Monica, Maywood, Lynwood, and Bell Gardens. Their Quickie Dog restaurant was once featured in a Los Angeles Magazine article listing them as a classic choice along with the likes of Hot Dog on a Stick, Larry's Chili Dog, Pink's, Oki Dog, and Tommy's.

The last remaining restaurant in Bell Gardens closed on October 8, 2017. Mary and Russ prided themselves in providing jobs for countless employees, including for a number of relatives from their home state of Mississippi.

Inspired by her parents who had run a grocery store, Mary successfully juggled entrepreneurship with running a household. Following in Mary's footsteps of being very active—basketball, yearbook staff, homecoming queen, and Miss Shaw High School—she made sure her daughter did the same. She coached, was a team mom, and dance mom. She led countless excursions and camping trips for Girl Scout Troop 1239. A masterful fundraiser, she excelled at cookie and calendar sales, firework stands, hot lunch days, and 50/50 drawings. One of her proudest accomplishments came as President of Downey Girls Ponytail Athletic Association and having a sign installed at Independence Park.

She is survived by her husband of 61-years, Russell; daughter Pamela (Jeff). She was predeceased by a daughter, Kathryn. She is also survived by a sibling Paul (Rosemary).

In lieu of flowers, please consider donating to a favorite charity in honor of Mary. In recognition of her passion for sports and commitment to helping others, the family would like to highlight the following for consideration:

Bishop Amat High School Boys Basketball (14301 Fairgrove Avenue, La Puente, CA, 91746. Checks should be made out to Bishop Amat and specify "Boys Basketball" in the memo line).

UCLA Softball (UCLA Athletic Department, Atten: Emily Lerner, PO Box 24044, Los Angeles, CA 90024. Checks should be made out to UCLA Foundation and specify "UCLA Softball" in the memo line).

LMU LionsFund for Softball (www.lmu.edu/giving).

Please indicate that the gift is in memory of "Mary Jones". Sympathy notes and words of support may be expressed at www.allsoulsmortuary.com/obituary/mary-cuicchi-jones.

Wildfires destroy thousands of homes and structures

Continued from page 1

is used by the coastal communities."

More than 14,000 firefighters are battling the wildfires across California.

"Battling these relentless fires requires a Herculean effort," California Gov. Jerry Brown had written in his request to Trump for a presidential major disaster declaration.

Fire crews from Australia and New Zealand arrived in California to help. They came to Redding, on Monday, according to the US Forest Service-Pacific Southwest Region.

Parts of Redding were damaged by the Carr Fire,

which has burned more than 164,413 acres. The fire was 47% contained as of late Monday, according to Cal Fire.

The Carr Fire, now in its third week, is the sixth most destructive in the state's history, having destroyed more than 1,600 structures, according to Cal Fire.

Another major fire also burning in Northern California, the Ferguson Fire, extended into its third week.

This fire has killed two people and injured 11 others. And it prompted the indefinite closure of some of the most popular parts of Yosemite National Park, officials announced on Sunday.

"Over the past 48 hours, fire has impacted all of the roads used to access Yosemite

Valley, burning dead and downed trees that can become very explosive and fall without warning," according to the National Park Service.

Yosemite Valley is home to some of the most famous destinations of the park.

"There are also significant terrain hazards for firefighters. These hazards, along with extreme fire behavior and frequent weather changes, have made this an extremely difficult fire fight," according to the NPS statement.

The Ferguson Fire started on July 13. Of the 94,331 acres burned, firefighters have contained 39%, according to authorities.

FASHION FORWARD

AUGUST 2018

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CRIME REPORT

FRIDAY, AUGUST 3

At 4:30 pm, an adult male from Los Angeles climbed through the drive-thru window of Jack in the Box restaurant (9501 Imperial Hwy) yelling that he was "robbing the place" and that he wanted all the money. The employees retreated to the back office and called the police. Officers arrived and arrested him without incident.

Officers worked the downtown area from 10:00 pm until 3:00 am. They issued six municipal code citations for drinking in public, one for urinating in public, and one for sleeping in a vehicle.

SATURDAY, AUGUST 4

At 12:35 am, officers responded on a report of shots fired inside of Embassy Suites Hotel (8425 Firestone Blvd). Officers responded and located evidence of a large party inside two rooms. Officers located a casing and evidence that a bullet had struck the railing. Detectives are investigating.

At 2:35 am, officers responded to a report of a fight inside the 20/20 Draft House (8228 Firestone Blvd). Officers located two females throwing chairs inside of the business. When officers attempted to detain the two females they both began to assault the officers. Ultimately, both were arrested.

Officers worked the downtown area from 10:00 pm until 3:00 am. They issued 13 municipal code citations for drinking in public and made one arrest for DUI.

SUNDAY, AUGUST 5

At 3:25 am, officers responded to a report of vandalism on the 8000 block of Stewart & Gray Rd. When they arrived, officers located a female adult smashing vehicle windows with a tire iron. When officers approached to handcuff the suspect, she bit one of them. The suspect was arrested for vandalism and assault.

At 10:15 pm, officers were alerted to a stolen vehicle in the area of Paramount and Imperial. When they attempted to stop the vehicle, it failed to yield and a pursuit ensued. The vehicle entered the westbound 105 Fwy and transitioned to the southbound 710 Fwy before ultimately yielding. The adult female driver was taken into custody without further incident.

Free or reduced price lunch available for lower-income Downey students

► **SCHOOL LUNCHES:** Downey Unified releases guidelines for free or reduced-price lunches.

DOWNEY - Over the summer, Downey Unified announced that it is again participating in the policy to serve nutritious meals every school day under the National School Lunch Program, School Breakfast Program and Afterschool Snack Program.

Effective July 1, 2018 through June 30, 2019, children are eligible for free or reduced-price meals if the household income is less than or equal to the federal guidelines. Please see chart to the right.

Households who receive benefits through CalFresh, CalWORKs, or FDIPIR will receive a notification letter in the mail saying that all children automatically qualify for free meals and they do not need to turn in an application for approval.

Children who meet the definition of foster, homeless, migrant, or runaway are eligible for free meals.

Contact the Food Services Department if any child in the household is not on the notification letter. The household must let Food Services know if they do not want to receive free or reduced-price meals.

If your child participated in the free and reduced-price meal program last school year, a letter with information about the program and how to apply will be sent to the household.

Households that want to apply for meal benefits must fill out one application for all children in the household and give it to the Food Services Department located at the Downey Unified School District.

Applications are available in the main office at each Downey

Unified school as well as online applications can be submitted through www.school lunchapp.com.

For help filling out this application, please contact Monica Stebok, (562) 469-6672, or Marisol Alarid, (562) 469-6674.

You will be notified by mail if your application is approved or denied for this program.

Households may turn in an application at any time during the school year. If you are not eligible now, but your household income goes down, household size goes up, or a household member starts receiving CalFresh, CalWORKs, or FDIPIR, you may turn in an application at that time.

Information given on the application will be used to determine eligibility and may be verified at any time during the school year by school officials. The last four digits of the Social Security number from any adult household member or marking that you do not have a Social Security number is required if you include income on the application.

Households that receive Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits may

| Household size | Free Eligibility Scale for Lunch, Breakfast, and Milk | | | | | Reduced-Price Eligibility Scale for Lunch and Breakfast | | | | |
|---|---|---------|-----------------|-----------------|---------|---|---------|-----------------|-----------------|---------|
| | Year | Month | Twice Per Month | Every Two Weeks | Week | Year | Month | Twice Per Month | Every Two Weeks | Week |
| 1 | \$15,782 | \$1,316 | \$658 | \$607 | \$304 | \$22,459 | \$1,872 | \$936 | \$864 | \$432 |
| 2 | \$21,398 | \$1,784 | \$892 | \$823 | \$412 | \$30,451 | \$2,538 | \$1,269 | \$1,172 | \$586 |
| 3 | \$27,014 | \$2,252 | \$1,126 | \$1,039 | \$520 | \$38,443 | \$3,204 | \$1,602 | \$1,479 | \$740 |
| 4 | \$32,630 | \$2,720 | \$1,360 | \$1,255 | \$628 | \$46,435 | \$3,870 | \$1,935 | \$1,786 | \$893 |
| 5 | \$38,246 | \$3,188 | \$1,594 | \$1,471 | \$736 | \$54,427 | \$4,536 | \$2,268 | \$2,094 | \$1,047 |
| 6 | \$43,862 | \$3,656 | \$1,828 | \$1,687 | \$844 | \$62,419 | \$5,202 | \$2,601 | \$2,401 | \$1,201 |
| 7 | \$49,478 | \$4,124 | \$2,062 | \$1,903 | \$952 | \$70,411 | \$5,868 | \$2,934 | \$2,709 | \$1,355 |
| 8 | \$55,094 | \$4,592 | \$2,296 | \$2,119 | \$1,060 | \$78,403 | \$6,534 | \$3,267 | \$3,016 | \$1,508 |
| For each additional family member, add: | | | | | | | | | | |
| | \$5,616 | \$468 | \$234 | \$216 | \$108 | \$7,992 | \$666 | \$333 | \$308 | \$154 |

be eligible for free or reduced-price meals by filling out an application.

Foster children are eligible for free and reduced-price meals and may be included as a household member if the foster family chooses to also apply for the non-foster children on the same application. Including foster children as a household member may help the non-foster children qualify for free or reduced-price meals.

If the non-foster children are not eligible, this does not keep foster children from receiving free meals.

Your child's eligibility status from last school year will

continue into the new school year for up to 30 school days or until the Food Services Department processes your new application or your child is otherwise certified for free or reduced-price meals.

Temporary eligibility will expire on September 26, 2018. After the 30 school days, your child will have to pay full price for meals, unless the household receives a notification letter for free or reduced-price meals.

Please contact Downey Unified's Food Services Department at (562) 469-6672 for more information.

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Pleasant Holidays

It's August, but fall sports season starts next week

► **PREP SPORTS:** Downey and Warren football both are holding scrimmages Friday before the season officially gets underway next week. Other sports are also preparing to open their fall seasons.

By Mark Fetter
Contributor

DOWNEY – The fall sports season is quickly approaching at Warren High School and the Bears have several games, matches and meets scheduled in August right as fall classes begin.

The girls' volleyball team is scheduled to play their first game against Santa Fe at Warren on Thursday, August 16, and the football team also has a scrimmage scheduled against San Dimas at Warren at 5 p.m. on the same day.

The Bears are scheduled to host Whitney at Warren in girls' tennis in their first scheduled match on Wednesday, August 22, and the girls' golf team will be competing in their first competition against Whitney at the Los Amigos Golf Course on Thursday, August 23.

The Bear football team will host St. Anthony's on Friday, August 24, in their first official football game and the boys' water polo team will travel to Santa Fe to play the Chiefs in their first scheduled water polo game on Thursday, August 30.

Boys' cross country will compete in the Mark Cover Classic at Carbon Canyon Reginal Park on Sept. 1 in their first scheduled cross country meet and the girls' cross country team is scheduled to compete at the Laguna Hills Invitational on Sept. 8 in their first scheduled cross country meet.

Warren High School also has a new Athletic Director. Former Athletic Director Russ Heicke is now an assistant principal at Warren and Samantha Miyahara is the new athletic director.

All of Warren's coaches and athletes are looking forward to the start of their respective seasons.

WARREN FOOTBALL: The Warren High School football team will begin their 2018 football season when they host St. Anthony's of Long Beach on August 24.

The Bears finished last season with an overall record of 6-4 and were 2-3 in San Gabriel Valley League play. The Bears did not qualify for postseason play last season due to their losing record in league play.

St. Anthony's finished last season with an overall record of 8-4 and a Santa Fe League record of 3-0. The Lancers defeated Norwalk, 31-19, at St. Anthony's in the first round and were then defeated by Ridgecrest Burroughs, 32-7, in the second round of the C.I.F. Division 9 playoffs.

Due to their success over the past few seasons, St. Anthony's will now compete in Division 7.

The Lancers will also change from the Santa Fe League to the Del Rey League and will now compete against the likes of the Harvard-Westlake Wolverines, the La Salle Lancers, the St. Genevieve Valiants and the St. Paul Swordsmen.

Warren finished preseason play last season with a record of 4-1. The Bears played well and were a 37-36 loss against Don Lugo at Warren in week 1 away from a perfect preseason.

The Bears struggled in league play when they suffered three straight losses. The Bears were defeated by Paramount, 50-7, in week 7, were defeated by Gahr, 46-42, in week 8 and fell to cross-town rival Downey, 41-27, in week 9.

Warren hopes to execute better in league play and qualify for a spot in the Division 7 playoffs. Coach Lara, his staff and players are all looking forward to the start of the 2018 football season.

DOWNEY FOOTBALL: The Downey High School football season will officially begin when the Vikings travel to Trabuco Hills to play Santa Margarita next Thursday night at 7 p.m.

The Viking's unofficial season will begin at 5 p.m. Friday when they host Orange Lutheran in a scrimmage. The Orange Lutheran Lancers finished last season with an overall record of

6-6 and were 0-5 in Trinity League play.

The Vikings finished last season with an overall record of 11-3 and were 4-1 in San Gabriel Valley League play. Downey finished second in league play behind league champion Paramount, who narrowly defeated the Vikings, 21-20, in overtime.

The Vikings made a nice run in C.I.F. postseason play but were defeated by Cajon of San Bernardino, 54-28, in the C.I.F. Division 4 championship game.

The Santa Margarita Eagles finished last season with an overall record of 7-4 and were 3-2 in Trinity League play. Santa Margarita defeated Downey last season at Downey 56-0 in week 1. Rancho Santa Margarita was defeated by Murrieta Valley, 59-56, in the first round of the C.I.F. Division 1 playoffs.

Downey will be led this season by senior captains Danny Ruiz (DB/RB), Malcom Perry (LB/RB) and Anthony Lopez (DL). Senior quarterback Kijon Fouts and senior Noah Skobis (ATH) will also lead an explosive Viking offensive attack.

Coach Williams, his staff and players are all looking forward to the start of the 2018 football season.

ST. JOHN BOSCO: The fall sports season is quickly approaching at St John Bosco High School and the Braves have several games, matches and meets scheduled in August as fall classes begin.

The St. John Bosco football team is scheduled to scrimmage the Mayfair Monsoons at 4:30 p.m. Friday on the soccer field at St. John Bosco.

The Braves host their first official game of the season at the newly completed and dedicated Panish Family Stadium next Friday night at 7 p.m. against Timpview High School of Provo, Utah. The Braves are currently ranked No. 1 nationally in the Xcellent Top 25 Poll and Trinity League foe Mater Dei is ranked second.

According to the St. John Bosco website, "reserved seats season ticket packages are now available on a first-come first-served basis at a cost of \$330 per seat." The site continues by saying "in addition to admission to all six regular season home games, season ticket holders receive first option to buy reserved section seats in the event the Braves have home playoff games."

The Braves' water polo team will be competing in their first scheduled game at the Long Beach Poly Tournament on Friday, August 24, at 4 p.m. and the cross-country team travels to Griffith Park on Saturday, Sept. 1, to compete in their first scheduled meet at the Jeff Nelson Invite.

Artists sought for Dia de los Muertos

DOWNEY – Artists are being sought for an "Avenue of Altars" and art exhibit at Downey's Dia de los Muertos Festival on Oct. 28 at the Downey Theatre.

To participate as an artist, contact Carolina Estrada-Del Toro at carolina@downeyarts.org.

60 Words

to celebrate the Downey Symphony Orchestra's 60th anniversary

Conductor Mario Cajati canvassed the community to involve and spotlight talent: church choirs, instrumental and vocal soloists, ballet and folk dancers, Vance Hayes' Choir Boys. Cajati formed a Wind Ensemble of 23

Downey citizens. Rancho residents heard the Orchestra in their "tastefully and newly decorated auditorium." Children's concerts featured 6- and 10-year-old boys as soloists. Audiences filled gymnasiums, praise flowed.

compiled by Joyce Sherwin
Downey Symphony archives

Downey High cheer offers kids clinic

DOWNEY – Children ages 5-13 are invited to a cheerleading clinic hosted by Downey High School on Saturday, Aug. 25, from 8:30 to 11 a.m.

Kids will learn game-action cheers and a half-time dance routine.

Registration is \$30 and includes a Downey High cheer t-shirt, snacks and two admission tickets to Downey High's Aug. 31 football game, where clinic participants will perform a halftime routine.

For questions or more information, contact Erica Rhodes at (562) 307-6124 or erhodes@dusd.net, or Natalie Hernandez at (562) 644-8069 or butterflyworld78@yahoo.com.

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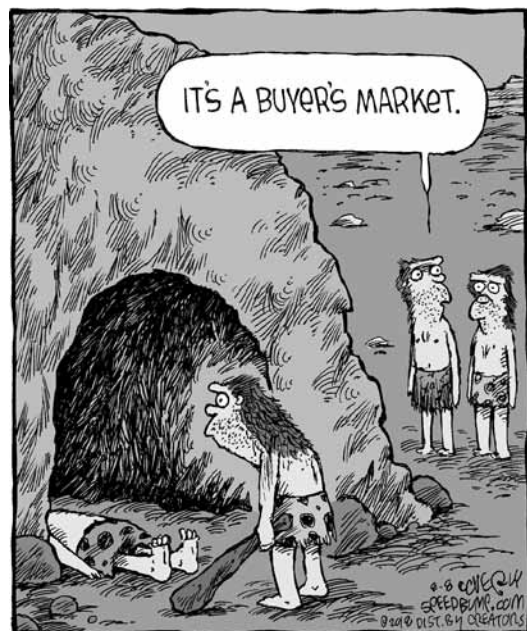
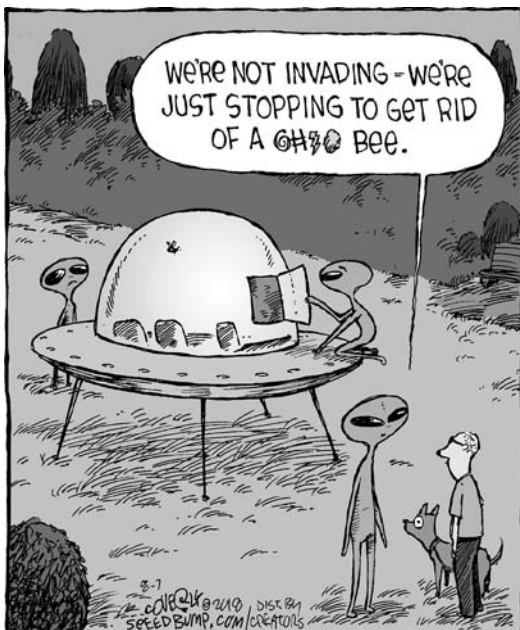
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On This Day...

- August 9, 1831: The first steam locomotive began its first trip between Schenectady and Albany, NY.
1892: Thomas Edison received a patent for a two-way telegraph.
1945: The U.S. dropped an atomic bomb on Nagasaki.

Downey Community Calendar

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.

Regularly Scheduled Meetings

MONDAYS

- 7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.

TUESDAYS

- 9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.
9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.
10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 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.

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 am: Crafters group, at Good Shepherd Lutheran Church, call 803-4459.

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.

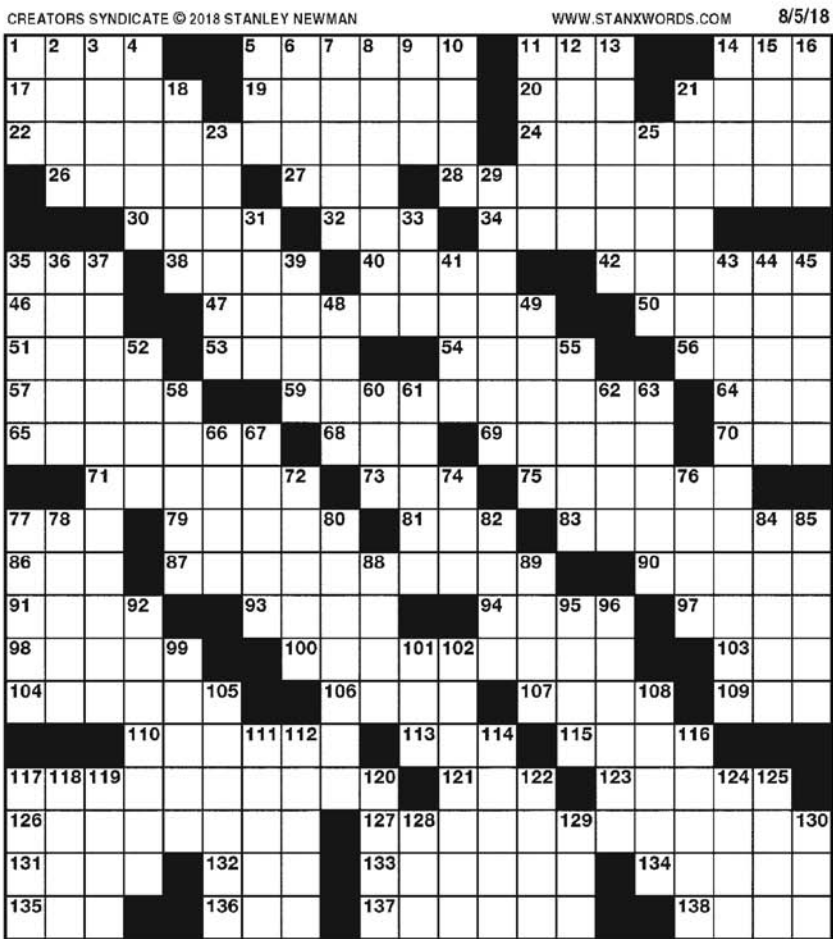
SATURDAYS

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
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Paging Dr. Frischer...

By Dr. Alan Frischer

I recently saw a patient who suffered from chronic back pain from a herniated disc. He asked me what I thought about O₃, or ozone therapy. The best that I could do was to tell him that I would look into it. Allow me to share what I learned.



We're all aware that there is an ozone layer found in the Earth's stratosphere, which absorbs most of the sun's ultraviolet radiation. Ozone is a colorless, water-soluble gas made up of three oxygen atoms (O₃). It is a close cousin to ordinary oxygen, which has two oxygen atoms (O₂). Ozone has been used clinically since the 1800s. During the First World War, it was used to disinfect wounds, improve blood flow, and serve as an anti-inflammatory.

The theory behind O₃ therapy is that increasing the amount of oxygen in the body may help to reduce the clogging of blood cells, detoxify the liver, decrease uric acid in the body, improve circulation and oxygen supply, kill viruses, bacteria and fungus, and improve the activity of white blood cells. Its effectiveness is still unproven for these claims, but ozone therapy is, nonetheless, being used on infected wounds, circulatory disorders, geriatric disorders, macular degeneration, viral diseases, arthritis, SARS (severe acute respiratory syndrome), AIDS, and cancer.

Using a gas as a medical treatment is quite unusual. This gas is available in several forms, including ozonated olive oil, ozonated water, injections, administered directly into the blood stream, blown into the rectum, and as a gas bath or sauna.

Ozone therapy has been considered safe since at least 1980, when a study looked at over 5 1/2 million ozone treatments. Side

effects are quite minimal. However, when inhaled, ozone is extremely toxic. Those of us who were raised in Southern California will recall the years of smog alerts. Small amounts of ozone and nitrogen dioxide in smog can irritate the lungs and throat, resulting in coughing, shortness of breath, and damage to lung tissue. Ozone therapy carefully avoids ozone inhalation.

But let's return to my patient, whose question about his herniated disc pain jump-started my education in ozone: Among its many possible applications, ozone therapy is emerging as a potential alternative to steroid injections and surgery for treatment of herniated discs. Both steroid injections and surgery pose potentially significant safety concerns.

Using ozone gas for herniated disc therapy has been practiced in Europe and Asia, and the research to date shows that 65% to 80% of patients have reduced symptoms after treatment. 75% of patients had benefits that lasted through 10 years.

Given that the European evidence suggests low-risk and high reward, why isn't ozone therapy used more as an option here in the United States? More research is needed to determine the long-term effectiveness and safety of oxygen-ozone injections. Some of the skepticism is based on the fact that a large percentage of herniated-disc patients actually heal, with time, on their own.

Still, ozone therapy is a promising treatment that appears to be safe and may well be effective for a number of health conditions. Research is ongoing.

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.

Moderate drinking may protect from dementia, research finds

Middle-aged people who drink moderately -- no more than a glass of wine a day -- may have a relatively lower risk of developing dementia later in life, researchers report.

The study, which followed 9,000 British adults for over two decades, found that both heavier drinkers and abstainers had a higher dementia risk than moderate drinkers.

Moderate drinking was defined according to the recommended drinking limits in the United Kingdom: no more than 14 "units" of alcohol per week. That translates to one medium-sized glass of wine, or roughly a pint of beer, each day.

People who were nondrinkers in middle age were 47 percent more likely to eventually be diagnosed with dementia, versus moderate drinkers, the findings showed.

Meanwhile, when people drank beyond moderate levels, their risk of dementia rose in tandem with their alcohol intake.

Among people who had

more than a drink per day, dementia risk rose by 17 percent with every additional 7 units of alcohol they downed per week. That's equivalent to three to four glasses of wine.

None of that, however, proves there is something directly protective about moderate drinking, experts stressed.

"No one is saying that if you don't drink, you should start," said Dr. Sevil Yasar, an associate professor of medicine at Johns Hopkins University, in Baltimore.

She wrote an editorial published with the study Aug. 1 in the BMJ.

"Why does abstaining appear detrimental when it comes to dementia risk?" Yasar said. "We don't know."

The researchers tried to account for other health and lifestyle factors. But it's still possible that there's something else about the average nondrinker that explains the higher dementia risk, Yasar said.

What does seem clear, she added, is that people should limit their drinking -- possibly

to levels even lower than those currently recommended in the United States.

U.S. guidelines differ from the U.K.'s -- suggesting that men can safely have up to two drinks per day. Women are advised to limit themselves to one per day.

Severine Sabia, the lead researcher on the study, said that advice to men may need to be revisited.

"It is possible that in countries like the U.S., there needs to be a downward revision of the threshold that carries harm," said Sabia, a researcher with the French national research institute Inserm.

As for nondrinkers, she echoed what Yasar said: "Our finding on abstainers should not motivate people to start drinking alcohol."

That is partly because of the many health risks tied to drinking -- from liver disease to several cancers, including breast, liver and throat cancers, she explained.



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SHARED STORIES: Service with a smile

After working hard to advance her education and work as an administrative assistant, Daniela Kanz discovered that the benefits of waitressing were more compatible with the needs of her growing family – until one harrowing experience. 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 Daniela Kanz

Although I trained as a clerical office worker, secretary, and administrative assistant, I intermittently held waitressing jobs. At fourteen, I got a job at White Castle in Queens near my home. In California, you can only find White Castle Hamburgers in the freezer section of the grocery store.

My second waitressing job, at the age of seventeen, was at a little neighborhood Italian restaurant in Brooklyn. That is where my love for mozzarella cheese is from. Right at the door of the kitchen to the dining room was a huge vat of shredded mozzarella. I pinched a little of the cheese and it flew into my mouth as I walked by.

After marrying and having children, I realized that I could earn either the same (or perhaps even more) income at waitressing than I was earning in an office, and for fewer hours. Tips were generous in the early 1960s. This allowed me to work alternate shifts to my husband's hours, thereby not needing babysitters.

My sister-in-law Marie supplemented her income with waitressing. She and her mother used to work the various golf club resorts in the Chicago area and that is where she received her waitress training.

A fond memory is recalling Marie bringing home a tray and stacking it with heavy books to simulate the effort needed to carry a tray. I walked up and down my hallway practicing placing the tray on and off my shoulder and bending at the knees while keeping my back erect to learn placing the tray on a tray stand.

Now I was ready for my first assignment at Roger Young Auditorium in Los Angeles. I can still see myself standing in line with all the other servers waiting to put salads on our trays, to be topped off with two cold yellow asparagus spears. I did not know asparagus came in any color other than green, nor did I know you could eat them cold.

Working at Roger Young required me to join the Waitress Union. By joining the union, I had opportunities to work assignments out of the union hall. This led to working for many weddings, bar and bat mitzvahs at temples, and many home and Hollywood studio parties as well as working at the Los Angeles Coliseum hot dog stands.

One of the best places I worked was at the Hollywood Palladium as I came home with more tips than most. The most memorable times at the Palladium were working New Year's Eve when Lawrence Welk hosted the festivities.

We would work the late shift and after cleaning up we would all get a few hours sleep right on the carpet around the dance floor. In the morning, we would get up early to set up for the huge catholic parishioner's breakfast held on the first day of the year. Our customers walked from the nearby church to the Palladium.

Simultaneously while working at the Palladium, I worked for Solway Catering. This was in 1969 after my last child was born

and my husband was on strike at his work – Norris Industries. Taking pity on my family, Mrs. Solway insisted I take home any leftovers from the events we worked to feed my family.

Another favorite assignment was working at the Chef's Table at the Olympia Hotel on Olympic Blvd. in Los Angeles. I smile as I recall serving the basketball players with their long legs sticking out and being careful not to trip over them. I was amazed at the amount of food they could consume, starting a meal off with a couple of milk shakes.

Once, because I could not find a baby sitter, the manager said, "Bring the kids with you – we really need you here for a big banquet." A huge aviary with large parrots and several large fish tanks containing koi was in the center of the dining area. My three kids were entertained for a very short time watching the birds and fish.

The manager then said, "We'll take them to an empty room and let them watch TV." I was exhausted by the end of my shift from running back and forth from the room checking on the kids and running to the banquet room.

Providing a meal to food service employees is a benefit. At the Chef's Table, employees were required to eat their meals on the premises. I worked the morning shift so that I could return home in time for my husband to leave for his work at Norris Industries in Vernon making cartridge cases for the Viet Nam War. He worked the Swing Shift (leaving for work at approximately 3:30 for a 4:00 start time).

The cooks were so kind and knew that I had to leave without eating so I could get home in time. They broke the rule and made me a sandwich, threw it in a lunch sack, and told me to run on. Little did they know that the lunch they made for me ended up being lunch for my husband.

Magic Mountain opened on Memorial Day weekend on May 30, 1971, but prior to the public coming to the amusement park, there was a huge party for celebrities. Many of the workers from the union hall were asked to work in a huge warehouse to prepare the pretty lunch box meals to be served.

There were so many guests expected at such a large venue that the union could not provide enough workers and we were asked to bring family members to help out – especially bartenders. Every man in the family was happy to work the event.

My last waitress memory is when I was robbed. I worked the late shift at a small truck stop on Alameda Street in Los Angeles. The instructions were that at the end of the shift I was to take the cash out of the register, put it in the moneybag, and take it next door to the gas station. They never suggested I not do it alone.

As I walked from the restaurant to the gas station, someone stuck something in my back, presumably a gun, and told me to turn the money over. It took a minute for my brain to comprehend what was happening. When I finally dropped the money to the ground, the assailant grabbed and tore my coat as he ran off with the money.

Whatever transpired thereafter has escaped my memory. The questioning by the police and the reprimand: "What were you thinking – walking alone with all that cash?" still rings in my ear. The ignorance of youth is all I can come up with as an answer.

That incident ended my waitressing career.

Police announce end-of-summer DUI crackdown

DOWNEY – As we enter the final stretch of summer the Downey Police Department is driving home the importance of celebrating responsibly by not driving, or riding a motorcycle, impaired.

From Aug. 17 through Sept. 3, the Downey Police Department is participating in a high-visibility national enforcement campaign, Drive Sober or Get Pulled Over.

During this period, Police and Sheriff's Departments statewide, along with the California Highway Patrol, will increase the number of officers on the road to stop suspected drunk or drug impaired drivers and motorcyclists.

The Downey Police Department will have a special emphasis during this 18-day mobilization to enforce all traffic violations by deploying DUI Saturation Patrols on the following dates: August 17, August 24 and August 31.

The Downey Police Department Traffic Unit will also be conducting a DUI/Driver's License Checkpoint on August 24 at an undisclosed location within the city limits between the hours of 8 p.m. to 2:30 a.m.

The enforcement campaign runs through the Labor Day holiday weekend, which is one of the deadliest times of year in terms of alcohol-involved traffic deaths. According to the National Highway Traffic Safety Administration (NHTSA), 10,497 people were killed in alcohol-involved crashes or one person every 50 minutes.

The Downey Police Department will show zero tolerance for impaired driving or riding and joins efforts by the California Office of Traffic Safety (OTS) to educate drivers that "DUI Doesn't Just Mean Booze."

If you take prescription drugs, particularly those with a driving or operating machinery warning label, you may be impaired enough to get a DUI. Marijuana can also be impairing and result in a DUI, especially in combination with alcohol or other drugs.

In the 10 years from 2005-2015, the percentage of drivers in fatal crashes with an impairing drug other than alcohol in their system has risen from 26.2 percent to 42.6 percent.

As far back as 2012, a roadside survey in California showed more drivers tested positive for drugs that may impair driving (14 percent) than did for alcohol (7.3 percent).

During this national enforcement campaign, there will also be increased state and national messages about the dangers of riding impaired, which combined with enforcement, aims to drastically reduce drunk or drug impaired riding on our nation's roadways.

To avoid a DUI and putting others, and yourself, at risk, the Downey Police Department has a few tips to stay safe on the roads:

- Always designate a sober driver.
- Use public transportation or a ride sharing service to get home.
- Have a friend or family member who is about to drive buzzed or impaired? Take the keys away and make arrangements to get them home safely.
- Report drunk drivers – call 911.

Funding for this DUI operation is provided to the Downey Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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Downey Unified announces new principals for 2018-19

► **PROMOTIONS:** New school year brings new principals at Stauffer Middle School and Williams Elementary.

DOWNEY – The Downey Unified Board of Education would like to proudly announce the appointment of two new principals as well as a new director of Secondary Education and a new administrator of Instructional Support Services.

Over the summer, Downey Unified appointed two members of the Downey Unified family who are transitioning from school sites to the district office.

Alyda Mir has taken the role as Director of Secondary Education and Terri Medina has joined the Instructional Support Services team.

Also approved over the summer, Darryl Browning and Cary Calvo will embark on their respective journeys as principals for the upcoming 2018-19 school year at Stauffer Middle and Williams Elementary schools.

Filling the director position vacancy created after the retirement of long-time administrator Phil Davis, Alyda Mir will be transitioning from principal of Stauffer Middle School to the director of Secondary Education.

An employee of Downey Unified since 1998, where she started her career as a teacher at Carpenter Elementary School, Mir has served as the principal at Stauffer Middle School since 2011.

Also transitioning to the district office to assist in the efforts of increasing student enrollment, Terri Medina will be leaving Williams Elementary School to join the Instructional Support Services team.

As a product of Downey Unified, attending Gallatin Elementary School and graduating from Warren High School, Darryl Browning joined the district as a teacher at Sussman Middle School in 2001.

In 2010, Browning transitioned into the position as vice principal at Sussman, then moved on to the high school level in 2014 where he became an assistant principal at Warren High School.

Staying in this position until receiving the role of principal at Stauffer, Browning oversaw the instruction and facilities for Warren High and has a vast knowledge of student and staff support.

Growing up around the corner from Downey Unified, Cary Calvo is a graduate of South Gate High School and has



Downey Unified appointed two new elementary school principals as well as new director of Secondary Education and a new administrator of Instructional Support Services.

Alyda Mir (left) will be the new the director of Secondary Education and Darryl Browning (middle) will be the new principal at Stauffer Middle School. Cary Calvo (right) is the new principal at William Elementary.

Not pictured is Terri Medina, who joined the Instructional Support Services team at the district office.

been a member of the Downey Unified family since 1990.

Beginning her career as a teacher at Imperial Elementary School, Calvo stayed in this capacity until being appointed

as vice principal of Gauldin Elementary School in 2014.

She then split her time as vice principals at various elementary schools over the years.

Calvo will be saying farewell to Lewis Elementary School as she moves in to the principal position at Williams Elementary School.

DUSD creates activity pass for seniors

DOWNEY – Downey Unified has announced the creation of a “Senior Activity Pass” that will grant Downey seniors free admission to most athletic events, musicals and plays at DUSD schools.

The pass, which has no expiration date and no cost to the pass holder, would allow free access to most events with the exception of away games, Downey v. Warren rivalry games, tournaments, CIF events and any outside provider events.

While the admittance is free, there may be times when the pass holder would need to pick up tickets ahead of time to guarantee a seat.

Senior citizens interested in obtaining a pass should call Downey Unified at (562) 469-6511 or (562) 469-6513 to arrange an appointment to have your photo taken for a custom pass.

Downey Unified is in the initial phases of creating additional passes which will include a Downey Unified Employee Pass and an Alumni Pass, which will be offered to graduates or former attendees of Downey Unified schools.

More details will be shared once these items become available.

Symphony season tickets now on sale

DOWNEY – Season tickets are now available for the Downey Symphony’s 60th anniversary season, which kicks off this October.

The 60th season includes three concerts, all at the Downey Theatre.

Kicking off the season Oct. 20 is the return of composer Oscar Navarro, who wrote the internationally renowned “Downey Overture.” Titled “Viva la Musica!”, the concert includes a performance by clarinetist David van Maele.

The next concert, “Stories in Song,” is Jan. 19, 2019.

This concert bring back Downey resident Lars Clutterham as a featured composer and Anthony Moreno as narrator. This will mark the world premiere of Clutterham’s latest work, “The Arc of My Life.” Music by Mozart also will be performed.

The season wraps April 6 with a special solo by pianist Bernadene Blaha.

Titled “Gershwin!”, this concert features performances of Gershwin’s most noted works, plus Gershwin favorites sung by Rachel Lorenzetti.

The opening piece will be conducted by Christopher Parks, winner of the symphony’s 2018 baton auction.

Season tickets to all three concerts are \$25 for students and \$85-\$95 for everyone else. Individual tickets are also available.

To purchase tickets, call the Downey Theatre box office at (562) 861-8211 or go to downeysymphony.org.

‘Havana Nights’ fundraiser for Rose Float

DOWNEY – Tickets are still on sale for the Downey Rose Float Association’s “Havana Nights” fundraiser taking place Saturday, Aug. 18, at the Downey Elks Lodge.

Not to be confused with the city of Downey’s rooftop concert of the same name, this “Havana Nights” event is a fundraiser for the Downey Rose Float, which constructs Downey’s annual entry in the Tournament of Roses Parade.

Tickets are \$30 and include dinner and an opportunity ticket. VIP tickets are \$40 and include dinner, two opportunity tickets, and a complimentary hand-rolled cigar.

For tickets or information, call Jennifer DeKay at (562) 714-5658 or Jose Hernandez at (562) 857-2752.



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For Tickets & More Info Contact

Jennifer at 562.714.5658 / Jose at 562.857.2752

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Paramount opens new STEM high school

PARAMOUNT – Five incoming freshmen joined Paramount Unified Board members and community leaders in cutting a ceremonial red ribbon on Aug. 1 to launch the district's new science, technology, engineering and mathematics (STEM) high school as nearly 100 attendees cheered in celebration.

Odyssey Principal Keith Nuthall and Academic Dean Becky Perez welcomed Superintendent Ruth Pérez, Paramount Mayor Diane Martinez and others to Odyssey STEM Academy, which will open its doors to a freshman class of 144 students on Aug. 22.

The school will add a grade level each year until all grades are fully enrolled.

"We are so excited to

be launching Odyssey and instilling a new group of students with 'Strong Mind, Strong Heart and Strong Will,' " Nuthall said. "As we start the Odyssey journey today, I am reminded of all the students we encounter through the years who leave such an impact on our lives."

Nuthall encouraged the audience to share their memories of special students.

Incoming freshman Blue Phillips spoke about his journey to Odyssey as a student who nearly failed third grade but learned to give his best effort through the encouragement of educators.

"Life is a lot like a backflip – sometimes you try things and fall on your face," Phillips said. "But you have to give your all. Odyssey is great for me and my

family and gives me the chance to be the best I can."

Elliot Washor, co-founder of Big Picture Learning, gave a keynote speech that advised educators to listen to the passions of their students. Lakewood City Councilmember Jeff Wood presented the school with a certificate of recognition.

Nuthall and Perez led a tour of the remodeled campus in Lakewood, which will empower students to pursue science and technology. The campus features a video conference production room, labs, 3-D printers and is planning to add a greenhouse.

"We have created an environment that we feel will challenge our students and allow them to flourish in a growing technological

society," Paramount Superintendent Ruth Pérez said. "I cannot wait to open the doors and begin inspiring our young people."

Odyssey is the culmination of a three-year District project to create an innovative, new learning environment for students. The school's name was selected in fall 2017 after a community and Board of Education vote. A lottery was held for prospective students in February.

The new high school will offer engineering and biomedical pathways through Project Lead The Way (PLTW), the nation's leading provider of STEM curriculum, and use project-based learning to teach students to identify and solve real-world problems.



Odyssey STEM Academy incoming students and Paramount community leaders celebrate the school with a ribbon-cutting on Aug. 1

Hahn pushes for 'good food' policy in L.A. County

LOS ANGELES – Supervisor Janice Hahn wants to make Los Angeles County the largest county in the nation to adopt the Good Food Purchasing Policy -- thereby lending the county's enormous purchasing power to support a local, sustainable, healthy, and humane food system.

On Tuesday, the Board of Supervisors voted to support a plan authored by Hahn and co-authored by Supervisor Mark Ridley-Thomas to examine the feasibility of implementing a Good Food Purchasing Policy for all county departments and implementing a pilot program with at least one county department.

"Our budgets reflect our values and we should use LA County's massive purchasing power to support a principled food system that gives back to our local economy" said Hahn.

"This is about more than just food-- this is about using food as a tool to invest in good local jobs, environmental sustainability, and the health of our children."

The Good Food Purchasing Policy is a commitment by a food serving institution to improve the regional food system by implementing meaningful purchasing standards in five "key value" categories: (1) local economies, (2) environmental sustainability, (3) valued workforce, (4) animal welfare, and (5) nutrition.

"Expanding healthy food options within our County facilities is about putting into practice what we preach," said Supervisor Mark Ridley-Thomas, co-author of the motion. "Our County should be a model for how workplaces can lead the charge in promoting a more healthy society."

The county purchases 37 million snacks and meals a year for youth lunch programs, senior meal services, food at our LA County jails, as well as for staff cafeterias.

By implementing a Good Food Purchasing Policy, LA County could drastically influence the local food system as a whole by supporting food

sources that are healthy, locally grown, and sustainable, officials said.

"All communities deserve access to good food, grown with respect for people and the planet," said Clare Fox, Executive Director of the Los Angeles Food Policy Council.

"The Good Food Purchasing Policy puts government food dollars to work by investing in healthy, local food options produced in a fair and sustainable way. This policy creates new market opportunities across our region while fighting hunger and unequal access to healthy food that we see in underserved communities."

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District Attorney honors citizens for bravery

BELFLOWER – Los Angeles County District Attorney Jackie Lacey on Wednesday recognized two brave individuals who intervened in violent attacks, one against a peace officer, and a third person whose quick thinking helped capture a serial home invasion robber.

“I am encouraged by the actions of these selfless honorees who, in some instances, put themselves in harm’s way for strangers,” Lacey said. “Any of these cases could have had deadly outcomes if not for the courageous actions of these local heroes.”

The honorees were a Bellflower woman who saw a man getting attacked with a golf club and jumped in the middle; a Detroit retiree who stopped a criminal who was viciously beating a sheriff’s deputy outside a Lakewood mall; and a Redlands man who put his fear aside in the middle of a home invasion robbery and did not rest until the defendant was held to answer for all of his crimes.

Lacey recognized the honorees Aug. 8 at a Courageous Citizen Awards ceremony hosted by the Rotary Club of Long Beach.

The Los Angeles County District Attorney’s Office presents these awards several times a year to people who have performed extraordinary acts of valor and selflessness in assisting in criminal prosecutions, aiding victims, preventing crimes or even capturing suspects.

Awards were presented to:

James Gutierrez, 34, of Redlands

During the 2013 holiday season, a man was responsible for a series of violent, deadly home invasion robberies in Long Beach, Torrance, Westchester, Covina, Los Angeles and Sylmar.

His last home invasion robbery was in Riverside. In that robbery, the defendant rang the doorbell and when James Gutierrez answered, the man forced himself into the home at gunpoint. Gutierrez yelled to his wife who was in their bedroom to call police and lock herself inside.

Gutierrez continued warning his wife while he was struck several times with the gun. As the wife was on the phone with police, the defendant kicked down the door and forced both victims to the ground. Gutierrez jumped on top of his wife to protect her and was pistol-whipped again.

The defendant fled as police arrived and was quickly captured, ending his crime spree.

On April 5, 2018, the defendant was sentenced to life in prison without the possibility of parole.

Richard Fredrick, 70, of Detroit

A Los Angeles County sheriff’s deputy was escorting a man involved in a domestic dispute out of the Lakewood Mall on Aug. 15, 2014. The man, who was not under arrest, suddenly sucker-punched the deputy and knocked him unconscious.

The defendant kicked and stomped the deputy on his head and neck. Richard Fredrick was sitting at a table when he saw the attack.

He immediately got up, ran toward the defendant and tackled him. The deputy’s partner, who had been with the defendant’s girlfriend, responded and took the defendant into custody.

On Aug. 3, 2017, the defendant pleaded no contest to assault on a peace officer, attempted murder and other charges. He was sentenced to 14 years and eight months in prison and waived credit for three years in custody.

Luz Arias, 65, of Bellflower

On Oct. 16, 2016, a woman went to her ex-boyfriend’s house in Bellflower with a male friend to retrieve her property. The friend and the ex-boyfriend got into an argument that turned into a violent attack on the friend, who was struck in the head with a golf club.

Luz Arias was driving through the area when she saw the attack. Even though both men were younger, Arias stopped her vehicle, yelled at them to stop fighting and physically intervened when the attack continued.

Arias was pushed to the ground, but she once again got between the victim and assailant until the violence ended.

The defendant pleaded no contest to assault with a deadly weapon, a golf club. He was sentenced on May 17, 2017, to two years in state prison.

POETRY MATTERS

Digging for China

“Far enough down is China,” somebody said.
“Dig deep enough and you might see the sky
As clear as at the bottom of a well.
Except it would be real—a different sky.
Then you could burrow down until you came
To China! Oh, it’s nothing like New Jersey.
There’s people, trees, and houses, and all that,
But much, much different. Nothing looks the same.”

I went and got the trowel out of the shed
And sweated like a coolie all that morning,
Digging a hole beside the lilac-bush,
Down on my hands and knees. It was a sort
Of praying, I suspect. I watched my hand
Dig deep and darker, and I tried and tried
To dream a place where nothing was the same.
The trowel never did break through to blue.

Before the dream could weary of itself
My eyes were tired of looking into darkness,
My sunbaked head of hanging down a hole.
I stood up in a place I had forgotten,
Blinking and staggering while the earth went round
And showed me silver barns, the fields dozing
In palls of brightness, patens growing and gone
In the tides of leaves, and the whole sky china blue.
Until I got my balance back again
All that I saw was China, China, China.

-Richard Wilbur, Things of This World, Hacourt Brace, 1956

Do children still dig for China today? Poet Laureate Wilbur gives us the innocence of childhood, capturing the brief, evanescent quality of the boy’s vision. When the boy regains his “balance,” the moment vanishes. Poetry Matters is curated by Lorine Parks.

CHOC opens children’s facility at PIH Whittier

WHITTIER – PIH Health and Children’s Hospital Orange County have formed a new affiliation that advances pediatric clinical care for children in the communities of Los Angeles and Orange counties.

As a part of this affiliation, a CHOC Children’s Health Center opened Wednesday in PIH Health’s Whittier Medical Office Building located in Whittier at 15725 E. Whittier Blvd., suite 300.

CHOC’s Health Center will provide pediatric neurology, gastroenterology and cardiology services with more specialties to be added in the future to meet the community’s pediatric care needs.

The need for pediatric healthcare expertise is significant in the PIH Health communities. PIH Health Physicians currently see more than 45,000 pediatric patients annually, with nearly 30,000 pediatric visits in the emergency departments at PIH

Health hospitals in Whittier and Downey. This affiliation will ensure that newborns and children living in the areas served by PIH Health will have access to some of the highest-quality pediatric specialty care available anywhere.

Later this year, a CHOC board-certified pediatrician will staff PIH Health’s Whittier Urgent Care Center at 15733 Whittier Blvd., to provide dedicated pediatric care for children in need of urgent medical attention.

“We are pleased to be expanding our long-standing relationship with CHOC Children’s to better serve our community. While PIH Health already provides outstanding primary care pediatric services for children, CHOC’s exceptional reputation, physicians and staff will elevate the level of care by now offering pediatric specialty services here in our community,” said PIH Health President and CEO Jim West.

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The Downey Patriot
Thursday, May 25, 2017
Vol. 16 No. 7

HEALTH: Taking tetanus serious
NEWS: Commencement speaker
NEWS: Gang member sentenced

City Council agrees to continue Stay Gallery financial support

Weekend at a Glance
Friday: 70°
Saturday: 71°
Sunday: 76°

THINGS TO DO
Memorial Day Ceremony

FROM OUR FACEBOOK
City continues financial support of Stay Gallery

Downey Patriot wins 5 journalism awards

OBITUARIES: Charlotte Rae starred in 'Facts of Life'

LOS ANGELES – Actress Charlotte Rae, known best for her roles on the sitcoms "Diff'rent Strokes" and "The Facts of Life," died Aug. 5 at the age of 92.

Her publicist, Harlan Boll, reported her passing. No cause of death was given.

Rae's signature character, housekeeper Edna Garrett, got her start in 1978 on the Norman Lear sitcom "Diff'rent Strokes," specifically because Lear had loved her previous work.

Rae stayed with the hit sitcom for its first season and part of its second – but she was as much a hit as the show's other characters, so she was tapped for a spinoff.

"The Facts of Life" debuted in 1979, starring Rae as housemother at the Eastland School for girls. Rae helped make the show a ratings powerhouse throughout her seven seasons as its star.

Though she was nominated for a Primetime Emmy Award in 1982, she never won for her longtime role.

Born April 22, 1926, in Milwaukee, Wisconsin, Rae was a singer as well as an actress on both stage and screen. She performed in stage musicals such as "The Threepenny Opera" and "Li'l Abner," and in 1955, she released a solo album, "Songs I Taught My Mother."

She was nominated for Tony awards for her performances in "Pickwick" and "Morning, Noon and Night."

Rae's other television shows included "Car 54, Where Are You?" and "Hot L Baltimore," as well as early seasons on "Sesame Street," playing Molly the Mail Lady. In later years, she guest-starred on many shows, including "The King of Queens," "ER," "Pretty Little Liars" and "Girl Meets World." Rae also appeared in several movies, among them "Hair," "You Don't Mess With the Zohan" and "Ricki and the Flash."

Many of her castmates on "Diff'rent Strokes" and "The Facts of Life" paid tribute to Charlotte Rae on social media.

Actor Todd Bridges, who played Willis on "Diff'rent Strokes": "You were loved by everyone on our show and you were loved by everyone on the facts of life will miss you 'My heart is full of Pain' Rest in peace my friend."

Mindy Cohn, who played Natalie on "The Facts of Life," paid tribute on Instagram: "She was my champion, a teacher, a proud example of the tenacity and perseverance needed to live an actor's life. I love you char. I will continue to make you proud. and, as I send sympathies to Larry and the rest of the family, I wish you the happiest of homecomings. #ripcharlotterae"

Kim Fields, who played Tootie on "The Facts of Life" said, "You all already know my heart is heavy yet.... sorry, no words at the moment just love and tears... and yeah, smiles."

Stan Mikita

Stan Mikita, a member of the Hockey Hall of Fame and the leading scorer in Chicago Blackhawks history, died Tuesday at age 78, according to a statement from his family.

Mikita played 1,396 games in the NHL from 1958 to 1980, all of them with the Blackhawks, to lead the franchise in that

category. He won the Stanley Cup with Chicago in 1961.

Mikita amassed 1,467 points (541 goals and 926 assists), which ranks 14th in NHL history. Mikita won the Hart Trophy twice as league MVP, four Art Ross trophies as the league's leading scorer and the Lady Byng twice as the most gentlemanly player. He was inducted into the Hockey Hall of Fame in 1983.

NHL commissioner Gary Bettman issued a statement Tuesday.

"Stan Mikita lived a remarkable life and was a wonderful man, respected and revered by so many," he said. "One of the greatest players in NHL history and a Chicago icon, he was a pioneer of the game in so many ways."

"He designed the distinctive helmet he donned later in his career, when that still was a rarity. He curved his stick blade to an extent previously unthinkable, causing his shot to do tricks. He utterly transformed his playing style in his prime, going from one of the League's most penalized players to one of its most gentlemanly."

"Stan Mikita will be always remembered as a champion, an innovator and a master of the game. He embodied the Chicago Blackhawks. His excellence is illustrated by the team records he still holds today. His passion for the game was proved by the longevity of his playing career. The impact he had on the franchise is proved by fact that Blackhawks fans still wear his jersey to the United Center," John McDonough, the Blackhawks' president and CEO, said in a statement.

In 2015, Mikita was diagnosed with suspected dementia with Lewy bodies, a brain disorder that causes memory loss. "His mind is completely gone," his wife, Jill, told the Chicago Tribune in June 2015. "I don't like to use that term, but there's no other way to describe it."

Mikita had requested that his brain be donated for chronic traumatic encephalopathy (CTE) research after his death.

"There are no words to describe our sadness over Stan's passing. He meant so much to the Chicago Blackhawks, to the game of hockey, and to all of Chicago. He left an imprint that will forever be etched in the hearts of fans -- past, present and future," Blackhawks owner Rocky Wirtz said in a statement. "Stan made everyone he touched a better person. My wife Marilyn and I, joined by the entire Wirtz family, extend our prayers and thoughts to Jill and the Mikita family. 'Stosh' will be deeply missed, but never, ever forgotten."

Mikita worked as an ambassador for the Blackhawks during Wirtz's tenure as owner, and in 2011 the team raised a statue in his honor at United Center. But it was another statue that put Mikita back in the spotlight just over a decade after his retirement.

A model of Mikita adorned the roof of "Stan Mikita's Donuts," a spoof of Tim Horton's that was featured in the hit comedy "Wayne's World" in 1992. It was later recreated both as an amusement park attraction and at the NHL All-Star Game in 2017.

"Just a dream come true to have Stan Mikita be part of it, part of my life," said "Wayne's World" star Mike Myers, in an interview with Sports Illustrated in 2017. "He just looked like a hockey player, you know what I mean? Just an awesome,

awesome hockey player."

H.F. "Gerry" Lenfest

H.F. "Gerry" Lenfest, who made a \$1 billion fortune in the cable industry and gave almost all of it away, supporting schools, museums, journalism and the arts in Philadelphia and beyond, died Sunday, a family spokesman said.

Gerry Lenfest was 88. He was taken Sunday from his Rittenhouse Square home to Penn Presbyterian Medical Center, where he was pronounced dead of complications from chronic illness, said Fred Stein. Stein will handle a memorial service planned in Philadelphia in September.

"There is likely not an organization or charity in Philadelphia that didn't benefit from the Lenfest family's generosity in some way," said Pennsylvania Gov. Tom Wolf. "Gerry was a great human being and an even better citizen."

Lenfest and his wife, Marguerite, made about \$1.2 billion when they sold Suburban Cable to Comcast Corp. in 2000. The Lenests immediately set out to give away the fortune. By 2014, as he stepped in to help Philadelphia's ailing newspapers, Gerry Lenfest estimated he had given away \$1.1 billion.

"Money is a responsibility when you have that kind of wealth. I've tried to do right by it. Perhaps the greatest opportunity came with the ownership of these newspapers," Lenfest said in 2016 when he donated the newspapers to a newly created nonprofit. "What would this city be without the Inquirer and Daily News?"

Elaine Pardlow-Bowls services Saturday

DOWNEY – Elaine Pardlow-Bowls, born May 6, 1957, died peacefully at Kaiser Permanente Medical Center in Downey on July 27 at the age of 61.

She was a longtime resident of Downey and a member of Breath of God Christian Fellowship Church of Downey.

Elaine worked for over 37 years for Los Angeles County, holding positions as clerk, social worker and, her most recent position at retirement, a fraud investigator.

She is survived by her husband Curtis Bowls, father Marion Pardlow, sister Jeania Thomas (Mark), two step children, four grandchildren, nieces, nephews, friends and a church family.

She was preceded in death by her mother, Cleta Ann Pardlow.

A memorial service will be held Saturday, Aug. 11, at 11 am at the Embassy Suites in Downey.



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1. Special interest rate and Annual Percentage Yield (APY) of 0.31% is available for Platinum Savings accounts opened in CA and MT. Interest rates and APYs are available from 7/9/2018 to 8/31/2018; subject to change at any time without notice. Special Interest Rates require \$25,000 deposited to the account from sources outside of Wells Fargo Bank, N.A., or its affiliates. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Annual Percentage Yield (APY) is a blended APY which is based on the Special Interest Rate for the initial three (3) month promotional period and the Standard Interest Rate for remaining nine (9) months. Minimum daily account balance of \$25,000 must be maintained to earn the shown Special Interest Rate and blended APY. The account will revert to the Standard Interest Rate for any day the balance falls below the \$25,000 minimum daily balance. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. As of 6/13/2018 the standard APYs for a Platinum Savings account in CA with \$0.01 to \$249,999.99 is 0.01% and with \$250,000 and above is 0.05%; for a Platinum Savings account in MT with \$0.01 and above is 0.01%. Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Minimum to open a Platinum Savings account is \$25. Platinum Savings' monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. 2. Annual Percentage Yield (APY) is effective for accounts opened between 7/9/2018 to 8/31/2018 and is subject to change at any time without notice. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on terms: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the special rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. APY shown offered at Wells Fargo Bank locations in CA, MS, MT, NC, and SC. Due to the new money requirement, accounts may only be opened at your local branch. Offer cannot be: - Combined with any other consumer deposit offer. - Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other consumer deposit offer. - If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. - Reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

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Buying and selling a home at the same time is tough but not impossible

Ah, to be a first-time home buyer again: How easy it was to buy a home when you weren't carrying another mortgage on your back!

If you're looking to graduate from first-timer to repeat buyer, you know things are about to get much trickier. Unless you're a bona fide house collector, you'll have to sell your home in order to buy anew—adding a whole separate layer of anxiety to what you already know is a stressful home-buying process.

In an ideal world, you'd buy a new home, move, and then, and when all the dust settles, deal with the turmoil of selling. But for most people, that's totally unrealistic. Not only does it cost significantly more, since you'll be paying two mortgages, but sellers might be quick to judge if you're holding on to your current home.

Drew Snyder, a Realtor® with Snyder Sutton Real Estate in Topanga, CA, says one of his clients had difficulty getting sellers to "take them seriously unless the house was on the market or in escrow. As soon as we put it on [the market], they were considered as serious buyers."

You can do this! If selling and buying simultaneously is the only way to go, here's what you need to know to make sure both processes go as smoothly as possible.

Know the market first

Before you start seriously searching for a new home—or put your current home on the market—make sure you have

a solid understanding of the housing market in your area (and the area where you're planning to buy). Is the market weighted toward buyers or sellers?

Only then will you be able to fully strategize. As is so often the case, the best plan of action may differ depending on exactly who has the power.

That doesn't mean to find one house you like and call it a day: Find multiple suitable options. That way, you're less likely to find yourself in trouble if your purchase falls through—your newly sold home won't leave you stranded.

Similarly, make sure to hire an appraiser and price your old home fairly. Now is decidedly not the time for delusions of grandeur: Two extra months on the market because you couldn't humble yourself to lower the price means two months you'll be paying double mortgages. Two very long months...

Plan your schedule carefully...

Should you buy first, then sell—or vice versa? Both have their risks and rewards. Selling first makes getting a mortgage easier, but it also means you'll need to find a temporary place to live. Buying first means moving will be easier, but it also skews your debt-to-income ratio, making it harder to qualify for a new mortgage—not to mention the difficulty of juggling two monthly house payments.

"It's walking a tightrope," says Gary DiMauro, a Realtor

in New York's Hudson Valley. And he's not just talking about scheduling: Your finances will be on the highwire, too. When determining whether you should sell or buy first, think beyond "How can I make the move as easy as possible?" Instead ask: "Can I handle two mortgages? What if my home sells for less than its listing?"

Whichever option you choose, make sure you're prepared to accept the consequences: having to store your stuff and rent temporarily, or undergoing the financial burdens of dual mortgages.

... but don't rely on timing

When buying and selling a home simultaneously, "there are so many external circumstances," says DiMauro. "I've yet to see it really work smoothly and efficiently."

Remember: You're not the only party in this equation. For every seller there's a buyer, for every buyer a seller. While things might appear to be working smoothly when viewing your master plan from above, that doesn't take into account the variabilities of other people.

Closings are rife with delays. Your buyers might have difficulty securing their mortgage; your home inspector may bring up issues that need to be fixed before you can move in.

"You're relying on the seller of the place that you're buying to be ready to move in concert with the buyer of your house," DiMauro says.

So even if you've planned

to sell your home first and are prepared to rent while buying, know that even the best-laid plans go awry—and you might end up juggling both mortgages. Preparing yourself for this (however remote) possibility ahead of time will ensure a smooth transition.

Know your financial solutions

For those who choose to sell first, the process is relatively straightforward other than the additional cost of a rental between homes. However, there is the option of a rent-back agreement, where you negotiate with the lenders and buyers to be able to remain in the property for a maximum of 60 to 90 days—often in exchange for a lower selling price or rent paid to the buyers. This can relieve some of the pressure of finding a new home, giving you additional time to house hunt.

But if you're buying first, talk to your Realtor about ways to decrease your financial burden and risk. Here are the two most popular options for

buyers:

Contract contingency: Buyers can request that their new home purchase be dependent on the successful sale of their old home.

If you're looking in a competitive market, this may not be a good option; however, if the seller of your intended home has had difficulty attracting interest, this may be a good deal for all parties involved—assuming you can convince them that your home will sell quickly.

Bridge loans: Bridge financing allows you to own two homes simultaneously if you don't have deep pockets for a second down payment.

This option is especially attractive if you'd planned to sell your home first and use the proceeds to buy the second. It functions as a short-term loan, intended to be repaid upon the sale of your original house.

Don't let fear rush you

If your home has sold but you haven't found a new place

to live, don't let anxiety push you toward a bad decision.

DiMauro usually recommends that his clients pre-emptively plan on a short-term rental "so they don't feel stressed or pushed into something that they would not normally be interested in," he says. "They shouldn't make a purchase because they felt like they were pressured from the time constraints."

Found the perfect home right on schedule? That's great. But don't feel like you have to compromise on things that are important to you just because you need to find a home.

Conversely, don't accept a bid that you feel is too low just because your finances are strained by two mortgages. If you have a temporary apartment set up, you're less likely to compromise.

Certainly, selling and buying a house simultaneously will be stressful—but carefully considering and planning for the risks and hurdles can mitigate the stress.

Courtesy Zillow

HGTV buys 'Brady Bunch' house, plans full restoration

NORTH HOLLYWOOD -- HGTV won the bidding rights for the home featured in The Brady Bunch, and plans to restore the Southern California split-level to its former TV glory, parent company Discovery announced Tuesday.

"I am excited to share that HGTV is the winning bidder and will restore the Brady Bunch home to its 1970s glory as only HGTV can," said Chief Executive David Zaslav.

"More details to come over the next few months, but we will bring all the resources to bear to tell safe, fun stories with this beloved piece of

American TV history."

"This iconic residence is reportedly the 2nd most photographed home in the United States after the White House," the description read on selling agent Ernie Carswell's site.

"Featuring perfectly preserved 1970's décor, it boasts one of the largest lots in the neighborhood -- over 12,500 sq. ft. Enormous, lush backyard gardens & lawn, completely private & serene. Located on a quiet residential block, property also borders the Los Angeles River, which is a unique street-to-river

orientation."

The Hollywood Reporter says the price paid for the 2,500-square-foot home is still unknown, but that HGTV beat out NSYNC star Lance Bass.

Bass took to Instagram on Sunday to express his disappointment, noting that he'd been told he had the winning bid—before learning that "there's another corporate buyer (Hollywood studio) who wants the house at any cost."

INNOVATION

IT'S THE SPARK OF CREATIVITY that fuels Dale Jervis in his real estate career. He knows what was effective in selling homes yesterday is old news today. Today's home buyers and sellers are more educated and sophisticated than in years past. So Dale is driven to provide the level of service that you demand. His desire to stay ahead of this constantly changing industry finds him searching for better, faster and smarter methods to get the job done.

WHEN THOMAS EDISON was developing the light bulb, the idea of using a filament didn't just pop into his head one day. He researched his plans for years, tested different elements and eventually discovered the parts that turned the lights on. Dale Jervis works the same way. His years of real estate experience provide a solid foundation that gives him an understanding of market trends. Couple that with his practices of utilizing state-of-the-art computer programs, attending every new real estate course, producing high-impact marketing and advertising on the Internet, and you have an agent ready for the next century.

WHEN YOU NEED to buy or sell a home, call the professional who treats this business like the sophisticated industry it has become. Give Dale Jervis a call and get ready to move over to the fast lane.

"If there's a better way to do it...find it."
Thomas Edison

"My commitment to my clients is to stay on top of all innovations to provide every advantage when they buy or sell their home."
—Dale Jervis

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Time To Buy!

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Great Potential!

Very nice 3 bedrooms, 2 bathrooms. Garage has been converted to a living area. Newer windows, newer wood floor (partial), and granite counters. Excellent location. Call Today!!!

Entertainers Delight!

Nice 4 bedroom, 2 bathroom home. This spacious home is great for entertaining with a large front and backyard. Cute home on a quiet street near shopping and schools. Call Today!!!

Opportunity Knocks!

Make this your new home! 3 spacious bedrooms, 2 bathrooms, a separate dining room, and plenty of private outdoor spaces make this the perfect place for you and our family. Call Today!!!

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Great opportunity. Front unit has one level, 2 bedrooms, 1 bathroom with a bonus room, inside laundry, central AC, 1 car garage, plus additional parking space. Rear unit is a two story, 3 bedroom, 1.5 bathroom, inside laundry, central AC, and a 2 car garage. Good condition. Call Today!!!

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