

# The Downey Patriot



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

## Can Downey Theatre meet city's needs?

By CHRISTIAN BROWN

Amidst a battle over the future of the Avenue Theatre, Mayor Mario Guerra maintains that the Downey Theatre can meet the city's demand for a local entertainment and cultural venue.

Since the city council voted to purchase the Avenue Theatre, many residents have expressed interest in preserving the 77-year-old theatre for cultural gatherings and community activities.

For Guerra, revitalizing the theatre is not economically feasible.

"The forefathers of our city wanted theatre and culture to be a part of the city," said Guerra. "I understand people want to save the Avenue Theatre, but it would cost too much to restore it."

Purchased with housing funds, the Avenue Theatre is slated to become affordable condos in the coming years.

In an editorial published in the Downey Patriot on June 19, Guerra wrote that the Downey Theatre could facilitate such community gatherings and events as opposed to the Avenue Theatre.

"We are so blessed to have a beautiful Downey Theatre," Guerra wrote. "Our council is exploring ways to fully utilize it to its full potential."

With a deficit of \$300,000, the theatre's budget is balanced with profits made from other city facilities, Guerra said. The mayor hopes to revitalize the theatre by hiring a director or agency to promote the space for regular shows and performances.

Since 1970, the Downey Theatre has hosted a variety of events, from dance recitals and musicals to city meetings and beauty pageants.

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## Trombone concert at First Presbyterian

**DOWNEY** – Bass trombonist Steven Humenski will be joined by friends as he performs tomorrow at First Presbyterian Church of Downey at 7:15 p.m.

Various solo and ensemble works featuring the bass trombone will be performed, including Eric Ewazen's "Myths & Legends" trombone quartet.

Tickets are \$10 in advance or \$15 at the door. Tickets can be purchased at the church, located at 7th Street and Downey Avenue, or online at [www.brownpapertickets.com](http://www.brownpapertickets.com).

Proceeds will benefit Kidz Connection, the church's after-school music program.



The Answer, the official house band of Arrow 93 FM from 2001-05, will take the stage at Furman Park this Wednesday at 7 p.m. Courtesy photo

## Classic rock band taking the stage next

**DOWNEY** – The Answer, a classic rock band that has been entertaining California audiences since 1964, will perform at 7 p.m. Wednesday at Furman Park.

The free performance is part of the city's annual Summer Concert Series.

From 2001-2005, The Answer served as the official house band of Arrow 93 FM, Southern California's top-rated classic rock radio station. The Answer has opened for the likes of Pat Benatar,

George Thorogood, Blue Oyster Cult, Jefferson Starship, Journey, Foreigner and Cheap Trick, among others.

Their sound is influenced by the Beatles and Tom Jones, and is described as a fuse between "modern rockin' swing, country line dancing, a little classic disco and even some Ricky Martin salsa shaking."

The Answer has been performing in California since 1964. They have performed at Disneyland,

Knott's Berry Farm, Universal Studios, the L.A. County Fair and California Speedway.

Lead singer Van Mosley has starred on Broadway in "Phantom of the Opera" and is regularly tapped to sing the national anthem at professional sporting events.

Admission to the concert is free and residents are encouraged to bring lawn chairs and blankets. The Downey Rose Float Association will be selling food and drinks.



The Gas Company is testing new solar power technologies at the Energy Resource Center in Downey. Photo courtesy The Gas Company

## Gas Company tests solar power innovations in Downey

By HENRY VENERACION, STAFF WRITER

**DOWNEY** – The Gas Company on Tuesday showcased two innovative technologies, one developed in Honolulu, Hawaii by Sopogy, Inc. and the other in Cambridge, England by Heliodynamics Ltd., that use concentrated solar power to produce low-cost, green, cool air, as in air conditioning – definitely a hot topic these hot summer days.

"They are the only ones of their kind," said Sempra Energy utilities spokesperson Denise King, "and are the first of a number of different technologies [we] will test." The multi-year testing will be conducted at the utilities group's Energy Resource Center here in Downey.

Regarding the center's role, The Gas Company's manager of technology development David Berokoff has been quoted as saying: "The center showcases resource-efficient innovations, serving as a 'dynamic living lab'."

In this case, Sopogy uses parabolic trough solar collectors, while Heliodynamics uses flat reflecting mirror solar collectors, but both use mirrors and sensor-equipped tracking systems to capture the sun's energy and focus the sunlight onto a tube that contains water.

Here is how The Gas Company describes the rest of the process:

"The resulting hot water is piped to a storage tank and is used in the absorption air-conditioning process to provide cooling for the building. Absorption cooling systems use the solar-heated water in

place of electricity or natural gas to boil a salt-water solution. This boiling process takes place in a generator, similar to a compressor driven by an electric motor in a conventional air-conditioning process.

"The vapor generated from the boiled salt-water solution flows to a condenser. When the salt-water solution is condensed, it rejects heat and cools down. The solution then travels to a vacuum evaporator. When the salt-water solution is evaporated it absorbs heat from the water and thereby chills to provide cooling.

"Finally, the vapor turns to water, which is absorbed by the salt in an absorber. The salt-water solution returns to the generator to

See SOLAR POWER, page 2

## State budget may cost city \$5.2M

■ If passed, budget would allow state to raid local coffers.

By ERIC PIERCE, CITY EDITOR

**DOWNEY** – The city of Downey could be out approximately \$5.2 million if legislative leaders pass the proposed state budget plan, city and state officials announced this week.

The proposed budget, which is still awaiting passage by legislators, would allow the state to seize local funds, to the tune of \$4.7 billion from California cities.

Downey would be required to use property tax income to grant a \$1.96 million loan to the state. The city would also lose \$1.85 million in gas tax funds and approximately \$1.43 million in redevelopment funds, according to figures released by Downey Mayor Mario Guerra.

Downey has substantial reserves to fall back on, but the city's redevelopment agency may be forced to "make changes and 'this will hurt in fixing streets,'" Guerra acknowledged in an e-mail.

"We are so much better off (than) other cities, I cannot state

this often enough," Guerra said. "But this will hurt in fixing streets... We still are going forward with an optimistic plan to continue services as best as we can for our citizens. Many local cities will suffer much under this plan and it will be (very) noticeable in a short period of time to many."

"I am happy that a budget is finally getting done," Guerra continued, "but very sad that it had to come to hurting so many people because of the neglect and lack of fiscal responsibility in our state capital for so many years... very sad."

Meanwhile, the League of California Cities, an advocacy group for state municipalities, called the state budget deal "catastrophic for cities" and blasted it as a "Ponzi scheme" that relies on "Enron-style accounting gimmicks."

Raiding cities' redevelopment funds is unconstitutional, the League argued.

Also this week, Guerra released unemployment figures for the 17 local "gateway cities." Downey's unemployment rate stands at 9.1 percent, below the county (11.4), state (11.6) and state unemployment rates.



Photo courtesy Cal State Long Beach

## Warren grad lands scholarship

June. "This scholarship will definitely help me pay for a majority of my expenses at Cal State Long Beach. It will be nice to not have to worry about whether or not I can afford college."

Schaer is the daughter of Brenda Lively, also of Downey, a 13-year employee for Verizon who works as a directory assistance (411) operator in Long Beach. She, too, was excited when she found out about the award.

"I was very happy and proud, as I always am with Brianne," Lively said. "The scholarship will be a welcomed big help in paying for Brianne's college education."

Even before the academic year has begun, Schaar is already active on campus. She is working on the campus' student newspaper, *Summer 49er*, serving as an assistant news editor for the once-a-week publication.

"I applied (to work on) the newspaper a few months ago after perusing the *Daily 49er* at Cal State Long Beach's open house," said Schaar, a journalism major. "Writing is something that I have always been passionate about, and I didn't want to miss an opportunity to get started in college as soon as possible."

At the *Downey Patriot*, Schaar was a regular contributor to Student Life, a twice-monthly page written entirely by Downey students that publishes during the school year.

**DOWNEY** – Brianne Schaar, a Downey resident and former intern for the *Downey Patriot*, was among nine California students selected to receive a Verizon Foundation Scholarship for the 09-10 academic year.

Verizon's scholarship program is open to the children and dependents of its employees.

An incoming freshman at Cal State Long Beach, Schaar will receive \$5,000 to use toward college expenses next year. The award is renewable for three years, making the total value of the scholarship worth \$20,000.

Verizon's scholarship program selects recipients based on academic achievement, extracurricular activities and financial need. Recipients must be high school seniors who plan to attend an accredited four-year institution.

"I was very excited to be chosen for the scholarship. It means a lot to me to be recognized and rewarded for all the effort I put forth during high school," said Schaar, who graduated from Warren High School in





Barbara Briley-Beard will begin her fifth term as president of the Woman's Club of Downey. *Courtesy photo*

## Beard resumes club presidency

**DOWNEY** – Barbara Briley-Beard has been installed as president of the Woman's Club of Downey for 2009-10.

It is Beard's fifth term as president.

The Woman's Club, now in its 111th year of service, also installed new officers, including Barble Heiny, first vice president; Yvonne Swain, second vice president; Debbie Miller-Hernandez, third vice president; Cynthia Deack, recording secretary; Loretta Wagner, treasurer; Jean Barrera, corresponding secretary; Linda

Dong, financial secretary; Shirley MacDowell, rental director; Marina Amezcua, curator; and Marjorie Saling, parliamentarian.

The Woman's Club of Downey meets the first Wednesday of every month, October through June, from 11:30 a.m. to 1:15 p.m. at its clubhouse on Paramount Boulevard. Each gathering includes a streamlined business meeting, a \$12 lunch, and entertainment or guest speaker.

Annual dues are \$40. To join the club, call Barbara Briley-Beard at (562) 869-7618.

## Looking to escape the heat this summer?

BY STEPHANIE COBAU

**DOWNEY** – The air-conditioned Barbara J. Riley Community & Senior Center, located at 7810 Quill Dr., offers many different programs for seniors free of charge.

The different physical activities offered include Jazz and Tap classes as well as a Kaiser Permanente Fitness Center.

Aside from the physical activities offered, the Senior Center also offers weekly movies on Wednesdays and a social gathering known as the "Downey Seniors" every Tuesday night. These gatherings include dancing and board

games as well as an air conditioned place for seniors to come together, relax, and socialize.

The Downey Senior Center's most anticipated event is the monthly Café Quill, which allows seniors to have dinner while they experience an entertaining evening of raffles and shows. The next Café Quill will be Aug. 20.

For more details on this event or other events offered throughout the community, go online to [www.downeyca.org/city\\_csg.pdf](http://www.downeyca.org/city_csg.pdf) to see the entire Downey Community Service Guide.

*Stephanie Cobau is a journalism intern for the Downey Patriot.*



Chameleon Comedy, a local improv group, says fees charged by the Downey Theatre are cost-prohibitive. Their last show netted a \$42 profit, they say. *Photo courtesy Chameleon Comedy*

## Theatre: Groups say they're priced out of the Downey Theatre.

*Continued from page 1*

Today, the theatre serves primarily as a rental theatre, occupied most by the Downey Civic Light Opera Association, the Downey Symphony and the Downey Unified School District.

Director of Community Services, Thad Phillips, currently oversees operations of the Downey Theatre and agrees that the theatre could be utilized to better meet the needs of local residents.

"There is definitely availability at the theatre," said Phillips. "There are dates – if people are interested in booking the theatre, we're interested in hearing from them. The price points are excellent."

Jared Head, co-founder of Chameleon Comedy, a local improv group, believes the prices are unreasonable.

"The Downey Theatre is a wonderful theatre and a great facility," said Head, 20. "But when you start getting into four-figures a night, there's a reason why it's empty most of the time."

According to the city's website, renting the theatre for any six-hour period from 8 a.m. to 12 a.m. is \$650, Monday through Thursday, and \$750, Friday, Saturday and Sunday.

Groups using the theatre must also pay personnel charges for the staff needed to supervise the stage and operate the sound equipment. More fees may be added depending on the needs of the group.

After hosting a show in the Downey Theatre, Chameleon Comedy paid nearly \$5,000.

"We made \$42 off of that show," said Head sardonically. "It's not too much bank for your buck. It's simply too expensive."

Guerra stands by the rental rates established by the city council, but is open to adjusting personnel charges for groups willing to utilize the Downey Theatre in the future.

For one group in Downey, however, the struggle to save the historical and cultural aspects of the Avenue Theatre is far from over.

The Avenue Arts Foundation (AAF) is an organizing committee, seeking non-profit status, formed with the intent to advocate and promote the visual and performing arts to meet the cultural needs of Downey residents.

Currently, the AAF is raising money, collecting petition signatures and garnering support to save the Avenue Theatre.

AAF member and 50-year resident of Downey Harold Tsklenis remembers art being an intricate

part of Downey in the past and sees the Avenue Theatre as an opportunity to bring culture back into the surrounding area.

"Downey is centered around 2 million people who are being underserved," said Tsklenis. "If they could preserve a part of the space for us, it's a chance to revitalize the community."

Guerra is open to hearing any opinions on the matter, but maintains that the decision to close the Avenue Theatre is the right one.

"People have been talking about changing the downtown for 40 years," said Guerra with a chuckle. "We're not going too fast – we've been moving to slow. We're finally changing the downtown."

*Christian Brown is a journalism intern for the Downey Patriot.*

## Solar power: Savings could be significant.

*Continued from page 1*

repeat the process. This absorption cooling process is similar to the electric cooling process. The difference is that heat is used instead of electricity as the power source."

As a comparison, according to King, the process is capable of providing 10 tons of cooling to the Energy Resource Center, or enough air conditioning to cool three average-sized homes. What's more, the

solar/thermal process provides cooling in the middle of the day when it is most needed, helping reduce energy usage during hours when electric rates peak.

All told, total cost savings of at least 50 percent to a business is possible, King said.

Sopogy's estimate of its solar to thermal efficiency is in the 60 percent range, while losses through piping, pipe fittings, friction and heat exchanger equipment amount to about 10 percent.

Data of this sort will be monitored throughout the testing period, to see where further efficiencies can be effected vis-à-vis state standards.

Validation of the processes and confirmed system durability and

efficiencies will go a long way towards government approval and thus potential tax incentives, funding, etc.

According to HelioDynamics representative Ed Robertson, the company's prototype process has also already been installed in Athens, Greece, Albuquerque, N.M., and Phoenix, Ariz. "Places where there's a lot of sunlight will

benefit most from this," he said.

"In 2010," said King, "electric generation capability will be added to the test site," while noting "New advances in solar collector designs will become available in the future." The expected desired pay-offs will be the same: cost savings, greater efficiencies and reduced carbon footprint.

## Fail-Safe fundraising dinner

**DOWNEY** – A fundraiser to benefit Fail-Safe 4 Felines will be held tomorrow at the Downey Elks Lodge.

A beef stroganoff dinner will be served at 6:30 p.m. There will also be a 50/50 raffle.

Cost is \$20 per person. For reservations, call (562) 708-2672.

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Christafari, a Christian reggae group, will perform tonight at Desert Reign Church in Downey. *Courtesy photo*

## Reggae group spreads word of God

BY STEPHANIE COBAU

**DOWNEY** – Christafari, who describes themselves as “a group of people who collectively represent Christ”, will perform new songs from their latest album, “No Compromise,” tonight at the Desert Reign Church, located at 11610 Lakewood Blvd.

The reggae group, which formed in 1990 under lead vocalist Mark Mohr, has made it their mission to spread the word of God using music.

The group’s songs incorporate many different themes, ranging from life experiences to religion. So far Christafari has created 10 albums. Their newest recording,

“No Compromise”, was made available for free download this week.

Mohr, now an ordained pastor, explains that during his youth he strayed from his religious upbringing and turned to drugs and alcohol. It was not until he turned 18 that he had a shocking epiphany from God, which resulted in what Mohr calls his “Freedom Step Out of Addiction” at summer camp. “It was truly the spirit of God and faith of my parents that helped me,” Mohr said.

Today, Mohr believes that becoming a Christian has given him a purpose in life. Specifically, “Christianity is life and has given me life,” he said. In the context of

Christafari’s goal to proselytize Christianity, Mohr continues, “Christianity has given me more joy and love and peace to survive humanity”.

When asked about how living as a Christian has affected him personally, Mohr said, “Christianity is not a lifestyle but a relationship. God has blessed you and will not let you down like others will.”

The group has celebrated many music awards throughout the years. In 2006 alone Christafari received four Marlin Award nominations, five Urban Gospel Industry Award nominations and was nominated for Best Reggae Album by the En Sound Music Awards.

“To me the Marlin Award

means the most because our group was celebrated in the Caribbean as the best reggae group,” Mohr said. He added, “The award means a lot because my grandmother, who is 106, was so proud when I gave it to her.”

For more information on Christafari’s concert dates visit [www.christafari.com](http://www.christafari.com), and to download their new album, “No Compromise”, go to [www.gospel-reggae.com](http://www.gospel-reggae.com).

For information on tonight’s concert, call (562) 861-6011. *Stephanie Cobau is a journalism intern for the Downey Patriot.*

## Downey resident begins Peace Corps tour

■ Erik English will serve in the west part of Africa for two years.

BY SCOTT COBOS, STAFF WRITER

**DOWNEY** – The Peace Corps has accepted Downey resident Erik Richard English into its ranks and will assign him to start his service in Benin, Africa.

English, 22, departed to the west part of Africa on Tuesday to begin his pre-service training as an education Peace Corps volunteer. His training will end in October of this year.

He is the son of Sadie and Richard English, and a graduate of St. John Bosco High School in Bellflower. After high school, he attended the University of Oregon where he earned his bachelor’s degree in English and anthropology, graduating in 2009.

“The dedication and conviction of returned Peace Corps volunteers was so inspiring,” he said

of his decision to become a volunteer. “I hope to be as inspiring to those I come in contact with as they have been to me.

During the first few months of his service, English will live with a host family in Benin to become fully immersed in the country’s language and culture. After obtaining the proper language and cultural skills necessary to assist his assigned community, he will serve for two years, living in a manner similar to people in his host country.

English joins the 911 California residents currently serving in the Peace Corps. More than 26,000 California residents have served in the organization since 1961 according to a Peace Corps press release.

Over 1,600 volunteers have served in Benin since the program was established in 1968. Volunteers in this region work in the areas of education, environmental and agricultural conservation, health and HIV/AIDS awareness, business development, and

information technology. Through these sectors, volunteers respond to four of Benin’s development priorities, including improved quality of life, expanded

educational opportunities, increased food production, and reforestation. Currently, 103 volunteers are serving in the region.

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Thank you to **Anna-Marie Wood** for all your volunteer work and congratulations on receiving top honors and awards from Warren High School Class of 2009. Best Wishes for a promising future. **Mom & Dad**

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## Foreclosure prevention help available at fair

**DOWNEY** – A “foreclosure prevention fair” to help local residents save their homes is scheduled for Aug. 8 from 9 a.m. to 2 p.m. at Downey Adult School.

Credit counselors and lenders will be available for on-site assistance, one-on-one counseling, and information on viable options for your mortgage.

Presentations will also be given on topics including “Understanding Your Mortgage Options,” “Fraud Prevention and Awareness” and “Improving and Restoring Credit.”

Visitors should bring their loan and other relevant financial documents.

The fair is sponsored by Rep. Lucille Roybal-Allard, the Los Angeles Neighborhood Housing Services, L.A. County Neighborworks Center for Foreclosure Solutions, Downey Unified School District and the U.S. Department of Housing and Urban Development (HUD).

For more information, call (213) 628-9230.

## BJ’s ribbon-cutting Thursday

**DOWNEY** – BJ’s Restaurant & Brewhouse will host a ribbon-cutting ceremony Thursday at 10:45 a.m. for their new location at Stonewood Center.

BJ’s will officially open for business Aug. 1.

Will Haerer, general manager and shareholder of the Downey BJ’s, will be on hand for the ribbon-cutting, which is done in conjunction with the Downey Chamber of Commerce.

The restaurant is located at 121 Stonewood St., near Lakewood and Firestone boulevards.

## Credit union opens new location

**DOWNEY** – Southern California Postal Credit Union will celebrate their new location at 10411 Lakewood Blvd. with a ribbon-cutting ceremony July 31 at 11 a.m.

The credit union will share space with the City of Downey Federal Credit Union, located south of the post office on Lakewood Boulevard.

The Southern California Postal Credit Union serves employees, retirees and families of the United States Postal Service.

The Downey Chamber of Commerce will assist with the event.

## Small business conference Aug. 19

**DOWNEY** – Members of the Downey Chamber of Commerce are invited to a “Small Business Contracting Connections Workshop” Aug. 19 at the Grand Event Center in Long Beach, 4101 E. Willow St.

The workshop will be held from 8 a.m. to 12:30 p.m.

RSVP by calling Veronica Olmos or Alice Estrada at (323) 881-3964 or by e-mail to [dcabreira@isd.lacounty.gov](mailto:dcabreira@isd.lacounty.gov).

## Motorcycle ride to benefit animals

**DOWNEY** – The sixth annual Critter Run, a motorcycle ride benefiting the animals and programs at SEAACA (Southeast Area Animal Control Authority) will take place Sunday at the animal shelter, 9777 Seaca St.

The ride is organized by Mid Cities HOG Chapter and will include a 100-mile ride and an after-party at SEAACA, where there will be food, drinks, shelter tours, vendors, pet adoptions, live music and more.

The Laker Girls will also make an appearance. Thirteen-year-old Crystal Reyes will sing the national anthem.

The event will begin at approximately noon. Interested riders and vendors should call Sheila Vail at (562) 408-6088. For questions about the festivities at SEAACA, call Capt. Aaron Reyes at (562) 803-3301 ext. 223.

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## Audrey Meharg was church deacon

**DOWNEY** – Audrey W. Meharg passed away at her Downey home on July 12. She was 83.

Meharg was born to David and Elna White in Walnut Park.

She married her husband, Richard, on April 28, 1945 while he was serving in the Marine Corps. They moved to Downey in 1950.

Meharg was a longtime member of First Presbyterian Church of Downey, serving as an elder and a deacon. She was a member of WOLAPO for 50-plus years.

She is survived by her husband; daughter, Drue; and grandchildren, Brittany, Bridgette and Matthew.

Services were held at First Presbyterian Church of Downey on July 18 with Candice Blankman officiating. Internment was at Rose Hills Memorial Park in Whittier.



## Rita Breen was school nurse

**DOWNEY** – Rita A. Breen, a school nurse with Downey Unified School District, passed away July 15.

Breen was born in Ontario, Canada. She was 91.

A visitation will be held today from 2-4 p.m. at Miller-Mies Mortuary, with a funeral service to follow.

After cremation, her ashes will be sent home to Canada for an Aug. 18 memorial service. The service will take place at St. Michael's Catholic Church in Douglas, Ontario, Canada.

Burial will be at St. Michael's Catholic Cemetery. She is survived by a sister, Bernadine Breen.

## Anita Carvajal mourned by family

**DOWNEY** – Anita Carvajal, a homemaker and 18-year resident of Downey, passed away July 12. She was 88.

She was born in Mexico and belonged to Our Lady of Perpetual Help Church in Downey.

She is survived by her family, Fred Carvajal, of Downey; Carolyn (Mel) Brencius, of Hacienda Heights; Rudolph Carvajal, of Downey; Emilia (Louis) Martinez, of Whittier; 10 grandchildren; five great-grandchildren; and one sister.

A funeral Mass was held Wednesday. Burial was private.

## Martha Reynolds helped form NDLL

**DOWNEY** – Longtime Downey resident Martha Reynolds passed away July 20 at Artesia Christian Home. She was 89.

She and her husband, Russ, moved to Downey in 1950, raising two boys, Mike and Lucky, both of whom attended Downey High School.

Born in Whitehall, Mont., Martha Reynolds came to California in 1935 and graduated from Hollywood High School in 1937.

She helped establish North Downey Little League and was active in the Lions Club with her husband.

She was also a volunteer at the Downey City Library and belonged to Downey First Baptist Church.

She is survived by her two sons, seven grandchildren and 11 great-grandchildren.



## Downey resident named pre-doctoral scholar

**DOWNEY** – Jessica Arizaga, of Downey, was among nine students at Cal State Long Beach (CSULB) to be named a Sally Casanova Pre-Doctoral Scholar for the 2009-10 academic year.

The honor includes a \$3,000 cash award that each scholar will use for specific activities that will help him/her become strong candidates for doctoral programs.

Designed to increase the number of potential college faculty, the pre-doctoral program supports the doctoral aspirations of California State University (CSU) students who have experienced economic and educational disadvantages. Students chosen for this award are designated Sally Casanova Scholars as a tribute to Casanova, a CSU administrator who died in 1994.

Arizaga was one of just two undergraduate students among the nine CSULB recipients. The senior is planning to pursue a doctoral degree in clinical psychology.

"We are extremely proud of these scholars and their achievements. They all deserve to be part of this unique opportunity and receive the guidance and financial help that many students need in preparing for and applying to doctoral programs," said Cecile Lindsay, vice provost for academic affairs and dean of graduate studies. "Our hope is that when they complete their degrees that they return to The Beach or another CSU campus to teach."

As part of the application process, Arizaga has already worked closely with her faculty sponsor to develop an overall plan that she will follow starting this fall to increase her acceptance chances into a doctoral program. The plan is tailored to Arizaga's specific goals and educational objectives.

Activities the scholars will do in the program, which are specified in their respective plans and are undertaken during the award year, include the preparation of graduate school applications and visits, and attendance at professional conferences. Other activities include summer research internship programs at doctoral-granting institutions, travel to national symposia or professional meetings in their chosen field, as well as membership in professional organizations.

The pre-doctoral program places a special emphasis on increasing the number of CSU students who enter doctoral programs at University of California (UC) campuses. CSU and UC faculty members are an integral component of this program as they work closely with scholars to prepare them for graduate studies.

Announcements and application forms for the program are circulated in early December through the office of each CSU campus pre-doctoral program. Eligibility is limited to junior, senior and graduate students enrolled in a degree program at any one of the CSU campuses at the time of the application. Applicants must be U.S. citizens or permanent residents.

## POET'S CORNER

### A Hue for You

Beneath snow, white  
and crisp  
in an abyss, blackened  
with sorrow  
There dreamt a red  
inside his head  
in his bed  
inside his house  
near a yellow sled  
of a place so green  
just between two trees  
of leaves  
And a case of blue  
up a hill maroon  
where indeed he grew  
violet and orange too  
to the sight of something  
prune and new  
and a giant brown and prune  
he slew and bid adieu  
that is what it seems  
but of course hues cannot  
dream.

—James Hernandez,  
Downey

### Untitled

Of heart and tears  
Light in a murky cup  
and touching through shadows.

This is the instant  
this never happened  
in any dream  
ever before

This is the moment  
when all couplets  
of man and  
woman are one  
—John Quincy Adams

### Little Black Photo

#### Album

Little black photo album  
Where have you gone?  
Was it in the pile that says  
Give or Trash or Keep?

Little black photo album  
With your images of so long ago  
Little black and white slices  
Of where we once were

A handsome young man  
A lovely young wife  
The hopes and dreams  
Of all their years to come

An enameled basin  
Sparkling drops of water  
In a ray of winter sunshine  
A splashing baby  
A loving mama

Children with button up shoes  
Dogs and kitty cats  
Green gardens, snow men  
Old folks, no longer here

Where will I find you?  
My little black album?  
Your precious images  
Will always be  
In my memories  
—Leona Swanson  
Downey

## DINING-OUT DEALS IN DOWNEY

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We are an organization of men & women dedicated to the exchange of business referrals, where each category is represented by one person  
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ALL DIGITAL PRESENTATION  
\* G-FORCE IN DISNEY DIGITAL 3D PG (10:00, 12:15, 2:30, 4:50, 7:10, 9:30)  
\* ORPHAN R (11:15, 2:00, 4:55, 7:45, 10:35)  
\* THE UGLY TRUTH R (11:45, 2:20, 5:00, 7:30, 10:05)  
\* HARRY POTTER AND THE HALF-BLOOD PRINCE PG (11:30, 12:10, 12:50, 2:55, 3:45, 4:15, 6:20, 7:00, 7:40, 9:45, 10:25)  
\* ICE AGE: DAWN OF THE DINOSAURS 3D PG (11:30, 2:00, 4:30, 7:00, 9:35)  
\* PUBLIC ENEMIES R Fri to Mon (10:05, 1:10, 4:10, 7:25, 10:30, Tue (10:05, 4:10), 7:25, 10:30; Wed & Thu (10:05, 1:10, 4:10), 7:25, 10:30)  
\* TRANSFORMERS: REVENGE OF THE FALLEN PG-13 Fri to Mon (12:20, 3:40), 7:15, 10:20; Tue (3:40), 7:15, 10:20; Wed & Thu (12:20, 3:40), 7:15, 10:20)  
\* THE PROPOSAL PG-13 (10:50, 1:35, 4:15), 7:05, 9:50  
\* THE SPIDERWICK CHRONICLES PG Tue (10:00 AM, 12:30 PM)  
Times for Friday-Thursdays, July 24-30, 2009  
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Thursday Afternoon  
Games start at Noon  
~ many special programs ~  
Woman's Club of Downey  
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~ Proceeds benefit Rancho ~

DowneyConnect Presents  
**The Artist's Night**  
New Extended Exhibit Dates!  
July 17-31, 2009  
A Fine Art Exhibition Hosted at Granata's  
11032 Downey Ave., Downey CA 90241  
Exhibit Hours:  
Monday - Wednesdays, 11:30a.m.-9:30p.m.  
Fridays, 11:30a.m.-10p.m.  
Saturdays, 12:30p.m.-9:30p.m.  
Sundays, 12:30p.m.-9:00p.m.  
Event Sponsored by Granata's | Art & Frames | Minuteman Press®  
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## Sexy journalism

By Eric Pierce

File this under "It Was Bound to Happen."

A video purporting to show a nude Erin Andrews, the sexpot sideline reporter for ESPN, is being shopped to websites and gossip rags. The video is crude and appears to have been shot from behind a peep hole inside a hotel; clearly, Andrews has no idea she is being filmed.

The video is so creepy that even TMZ, the high ruler of celebrity sleaze, has said it will not purchase or publish it, calling the film "a clear invasion of privacy." (When did TMZ get ethical on us?) Not that TMZ's decision will make Andrews feel any better; the video has already been widely circulated online and is easily found through Internet search engines.

The notion that somebody would cut a hole in a wall and secretly videotape a woman as she undresses is disgusting. Whoever videotaped Andrews didn't just humiliate her, I must assume they also stole her sense of security. How can Andrews, who travels around the country for her work, ever be comfortable in a hotel room again?

But a part of me knows that a scandal like this was a long time coming. Today, most female television anchors (especially the new ones) are solely used as sex objects. It was only a matter of time before some deranged pervert took their lusty fantasies too far.

Last year, newspaper columnist Mike Nadel took Andrews to task for "sauntering around the visiting clubhouse" while covering a Chicago Cubs game. "Her skimpy outfit — designed to accentuate her, um, positives — had players leering at her," Nadel wrote. "Some made lewd comments under their breath. Others giggled like 12-year-olds."

Andrews isn't alone, of course. Former Fox Sports analyst Lisa Guerrero was ridiculed by sports fans for her clear ineptness and chastised the Times' T.J. Simers as a broadcaster who "liked to have her picture taken wearing blouses that she had forgotten to button." Guerrero didn't help her case when she stripped off her clothes for Playboy.

The only thing stopping Jillian Reynolds, weather gal for Fox's national NFL coverage, from a Playboy spread is her contract. But that didn't stop her from appearing on Howard Stern's radio show and sharing raunchy details of her love life.

In fact, Playboy.com is in the midst of conducting its annual "Sexiest Sportscaster" for 2009. Andrews won the "honor" last year.

The sexing up of female reporters isn't limited to sports. In Los Angeles, KCAL-9 weather lady Jackie Johnson resembles a walking, talking Barbie doll with her body-hugging outfits. Google the name of KNBC's scantily-clad weathercaster, Elita Loresca, and up pops steamy images of a photo shoot with FHM magazine. Ditto for FOX's Lauren Sanchez and CBS's Sharon Tay.

How about Channel 9's Mia Lee? Please don't make me describe her.

The worst part of it all is that these "reporters" demean the solid work of other female journalists. It's possible to be attractive and professional at the same time, and Christine Devine, Pat Harvey, Hannah Storm and Michelle Tafoya are prime examples.

I'm not saying Erin Andrews deserved to be secretly videotaped nude, but we shouldn't be surprised it happened either.

## Letters to the Editor:

### Sign language

Dear Editor:

I hope the people at Arthur's Restaurant read your story ("Gallatin Plaza Wins Right for New Sign," 7/17/09). Also, I don't know how the IHOP sign on Paramount Boulevard passed city ordinances.

— **Burt Claven,**  
Downey

## Proposed bill ensures 'no child left inside'

By Bill Schneider

When I was a kid, about all I ever did inside was sleep, eat, and torment my grade school teachers. Every other waking moment was spent outside — not just fishing, hunting, and camping, but doing all the little things I thought up myself, like catching nightcrawlers, investigating anthills, watching toads come out on a rainy night, or making my first backpack from wood scraps, wire and burlap (that was before they invented duct tape).

I never even thought about what was happening, nor did my parents. But during those critical, formative years, I was becoming an outdoor person, a conservationist, a person who'd never enjoy inside toys like TV, computers, or game stations as much as fly rods, bicycles or binoculars, still among my favorite toys.

Kids today aren't so lucky. Most are under a societal, parental, or self-imposed form of house arrest, with access to a wild world shrunk down to the size of a computer screen. Little wonder they've been called the Screen Generation.

Which is largely why one of every three U.S. kids are overweight and headed toward an adulthood likely dogged by diabetes, heart disease and other health problems. And things are getting worse, says the Institute of Medicine, which blames the problem on a junk food diet, too much TV/computer use, urban and suburban environments that discourage walking, and decreased opportunities for exercise in or out of school.

But for once, there is good news out of Washington: a bill meant to reverse this dire state of affairs. Senator Jack Reed (D-RI) and Congressman John Sarbanes (D-MD) have introduced Senate and House versions of the historic No Child Left Inside Act of 2009 (S. 866 and H.R. 2054). If passed, it would mark the first environmental education legislation to pass Congress in more than 25 years, and would begin to get kids

## Letters to the Editor:

### Seeing is believing

Dear Editor:

It has been 40 years since Apollo 11 landed on the moon. There have been three probes sent to the moon in the last few years by Japan, China and India but none of them took any photos of the six landers, flags, three rovers, or any of the other gear that should be there.

Did America ask them not to take a camera that could photograph them?

The Lunar Reconnaissance Orbiter (LRO) was sent up June 18 to map the lunar surface. NASA stated the LRO can take images with resolution down to 3.3 feet. With today's technology, NASA could have put a color video camera with a zoom lens so we could see the red, white and blue on our six American flags, not just an image camera that shows black and white.

We should have sent an orbiter that can do what our Google Earth zoom-in satellite camera can do. We could call it "Google Moon Orbiter."

I kept a "Look" magazine from 1969, and in it, Buzz Aldrin and Neil Armstrong stated they left behind cameras, walking boots, equipment boxes, an aluminum pole, two backpacks, urine bags and other equipment to lighten the load for take-off. Also, the plaque announcing man's arrival attached to the forward leg of the lunar module.

It's disappointing that NASA did not use a Google Earth Technology satellite camera that could zoom in, in such detail. Was this the government's intent to not use this type of camera?

On the www.nasa.gov website, images were sent to Goddard Space Flight Center at Arizona State University. The images have terrible resolution. There are six total. Five of them are of Apollo 11, 14, 15, 16 and 17 Lunar Modules, all of which needed to be pointed out with a blatant arrow, and was still very difficult to make out. The last picture very poorly showed the "scientific instruments, astronaut footpath, Lunar Module and Lunar Module shadow."

On the website, the article claims to receive pictures from a wide-angle camera that will show color images in the near future.

Seeing is believing. These pictures are not believable.

— **Mike Sandoval,**  
Downey

### Fireworks fan

Dear Editor:

Add my name to the list of residents who enjoyed the July 4th fireworks show at the new park. It saved my family a lot of money and the show was much better than anything we could have bought from a street booth.

I won't go as far as to say the city should "ban all fireworks," but I do hope the city finds the money to bring the show back next year.

— **Karen Laverde,**  
Downey

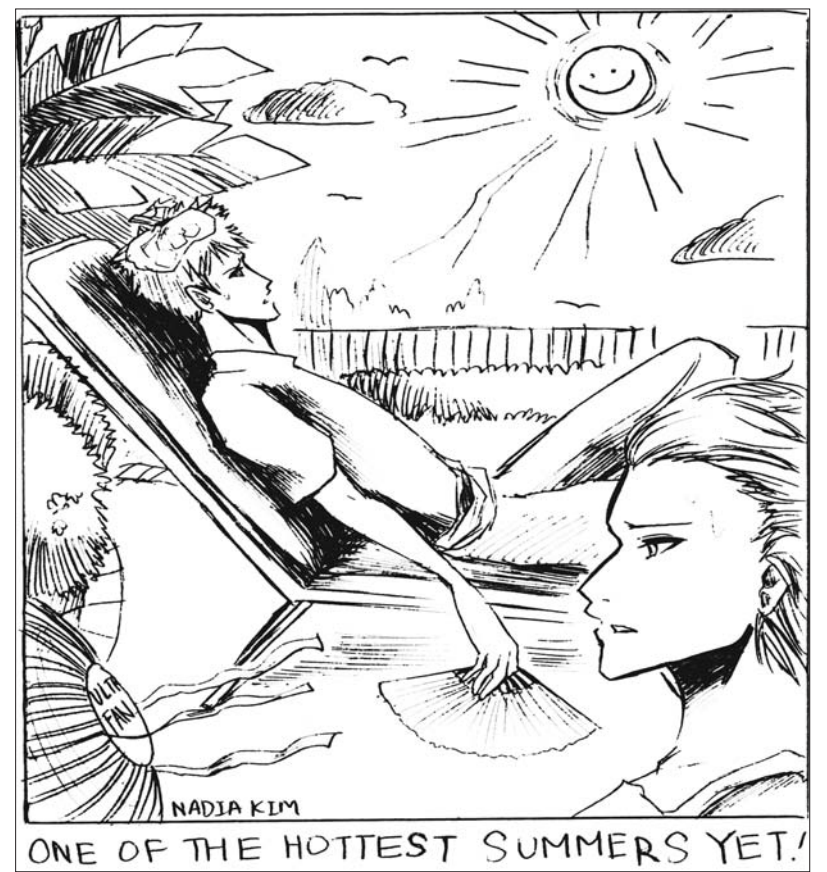
### Putting observation

Dear Editor:

Golfers who watched the British Open could have learned a valuable lesson: most putts finished on the low side away from the hole, and didn't allow enough for the break. If the caddies had noticed in early rounds, and had suggested allowing more for a high side break to the hole, depending on the distance, the scores would have been better.

The relatively easy 18th hole putt Tom Watson missed to the low side was an example that cost him the tournament.

— **James Hawkins,**  
Downey



## Letters to the Editor:

### Global warming nonsense

Dear Editor:

Regarding "climate bill" or "Wax-man-Markey" or "global warming" or "climate change" — the name is interchangeable so unsuspecting public won't know what disaster is planned for the American people. Bill Spetnagel's letter ("Climate Bill," 7/10/09) was excellent and true.

Be aware that those in the House of Representatives passed this bill without reading it. (Yes, Rep. Roybal-Allard voted for it.) This is becoming regular practice for Congress. I wonder if they need a grammar school remedial math course since they don't seem to understand that we can't pay for trillions of dollars of their ridiculous overspending.

Now I'm wondering if they need a remedial reading course also since they didn't read the TARP bill or the 1,600-page bill on climate change, actually inserting 300 pages in the last hour or so, which were to be spent for certain programs which would gain votes for them.

There are many scientists who aren't fearful of losing their jobs who report that global warming is not happening. When I spoke to one of Sen. Feinstein's aides and told him this, his replay was, "Well, you can't always believe what scientists say." So upon who are they basing their global warming beliefs if not scientists? Al Gore?

People, please be aware that this is the biggest tax increase and greatest power grab in U.S. history.

Yes, President Obama has called the U.S. to "lead by example." Does that mean that if we want to sign a bill, as he did, we must fly to another state to do it, as he did? If we go "out on the town" for a special date, do we take a plane to New York with all the entourage he had following him? Or have a plane that burns more fuel than any other, as Al Gore does?

Yes, we should work to keep a clean planet, but we shouldn't give up our resources and manufacturing base (which hasn't already been outsourced) and reduce the U.S. to a third-world country. China, India and Mexico are smart enough to know it will destroy their economy and won't go along with this nonsense.

— **Elsa Van Leuven,**  
Downey

### Graffiti's impact

Dear Editor:

We see less graffiti in Downey since our removal system is fast and effective. Crews, using two trucks, work seven days a week. Recently a new state-of-the-art truck was added to further enable crews to work faster. This truck has a large, highly-visible sign that can be raised or lowered to direct traffic right or left while crews work to remove illegal markings.

It is interesting to watch our workers keep Downey clean. Recently, Lisa Fox was seen in a work truck driving around looking for markings. She stopped immediately and removed the illegal markings. We often see her driving along looking for graffiti.

Quickly call the Graffiti Hotline at (562) 923-4484 since fast removal is essential. Add this hotline number to your cell phone. Graffiti left for long periods encourages more of this illegal activity. It is important to report the exact location when reporting graffiti so crews can go directly to the location and not spend valuable time searching.

Fortunately, we see less illegally-posted signs in Downey. Like graffiti, these signs degrade our city. Most are easy to remove so we can then place them in trash cans.

Why be concerned about graffiti and illegally-posted signs? All members of our community are impacted by these illegal activities. Removing graffiti and repairing the damage costs our community valuable tax dollars. Property can be devalued and business owners can lose customers from the negative image generated by these activities, which send the message that our community may be in decline or impacted with crime.

Our Keep Downey Beautiful coordinator, Carol Rowland, organizes groups to meet on a Saturday and go to locations in town that need sprucing up. She organizes church groups, scouts, civic and social groups, and service clubs to clean these areas.

These groups meet for one hour on a Saturday. If you want to have fun, meet interesting people, and do something for your city, contact Carol at (562) 904-7159.

— **Byron Dillon,**  
Downey

### Beating cancer

Dear Editor:

Cancer is a survivable disease but still needs a lot of research to find a cure.

I am a 10-year survivor this Oct. 12 and will celebrate this remarkable milestone by attempting a half-marathon in the Long Beach Marathon on Oct. 11. Participate with me in any way that you can to raise more awareness and funds for children's cancer research so they can have the same gift I was given.

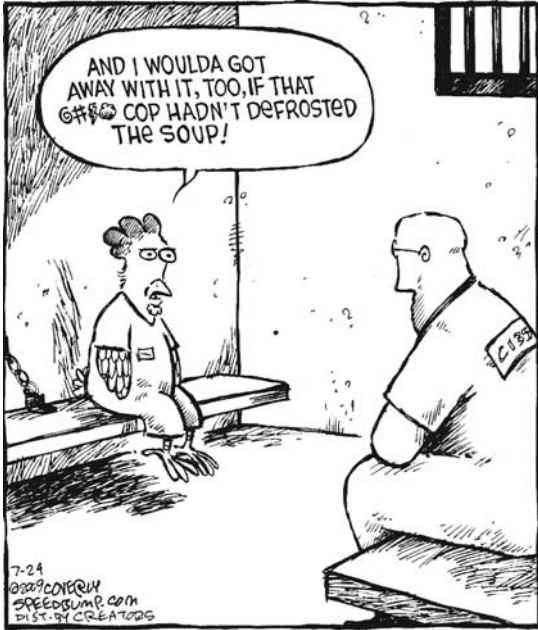
Please call me at (562) 862-2378.

— **Shirley Johnson,**  
Downey

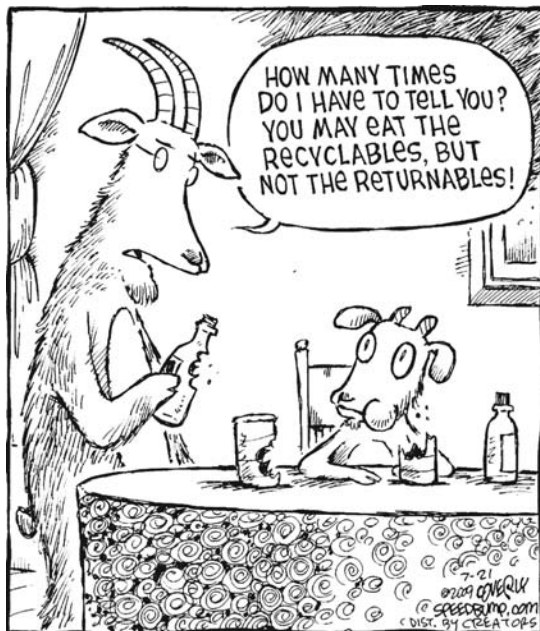
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## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### Events For July

- Fri. July 24: **Christafari reggae concert**, Desert Reign Church, 8 p.m.
- Sat. July 25: **Mile-long yard sale**, Pangborn Avenue, 7 a.m.
- Sat. July 25: **Fail-Safe 4 Felines dinner**, Downey Elks Lodge, 6:30 p.m.
- Sat. July 25: **Trombone concert**, First Presbyterian Church of Downey, 7:15 p.m.
- Sun. July 26: **Critter Run**, SEACA, noon
- Tues. July 28: **Rise 'N Shine Networking**, Downey Brewing Company, 7:30 a.m.
- Tues. July 28: **Money workshop**, DRMC, 4 p.m.
- Wed. July 29: **The Answer classic rock**, Furman Park, 7 p.m.
- Thurs. July 30: **BJ's Restaurant ribbon-cutting**, Stonewood Center, 10:45 a.m.

### City Meetings

- 1st Tuesdays, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 7:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
- 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.
- 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
- 3rd Thursday, 3:30 p.m.: **Parking Place Commission**, Second Floor Training Room at City Hall

### Regularly Scheduled Meetings

#### Mondays

- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

#### Tuesdays

- 9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Pat Rooney at 923-5352.
- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Brian Saylor at 927-2000.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call (562) 927-6438.
- 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
- 3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.

#### Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at Apollo Park.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 11:30 a.m.: **Downey AARP**, at Barbara J. Riley Senior Center, for info. call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.
- 4th Weds., 6:00 p.m.: **Emergency Preparedness Committee meeting**, Fire station 1, 12222 Paramount.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

#### Thursdays

- 7:30 a.m.: **Connections Networking**, at Cafe N Stuff, for information, call Sandy Esslinger, (310) 491-8989.
- 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

#### Fridays

- 7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Barbara Briley Beard at 869-7618
- 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

#### Saturdays

- 9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.

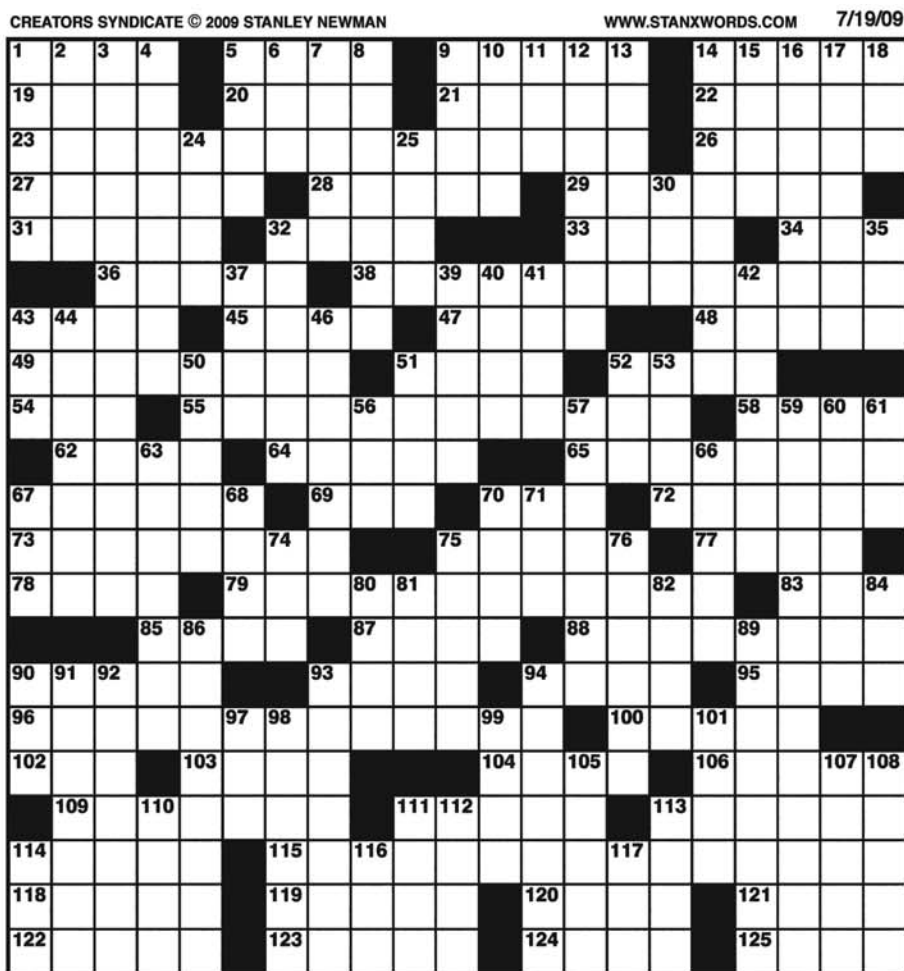
## On This Day...

- July 24, 1911:** Hiram Bingham III discovers Machu Picchu, "the Lost City of the Incas".
- 1948:** Looney Tunes character Marvin the Martian makes his first appearance.
- 1974:** The US Supreme Court rules on the Watergate Scandal, ordering the President to surrender the White House tapes because he did not have the authority to withhold them.
- 2002:** James Traficant is expelled from the United States House of Representatives on a vote of 420 to 1 due to his misuse of campaign funds.
- 2005:** Lance Armstrong wins his seventh consecutive Tour de France.
- Birthdays:** Actress Summer Glaw (28), professional basketball player Rafer Alston (33), actress and singer Jennifer Lopez (40), former professional baseball player Barry Bonds (45).

## THE NEWSDAY CROSSWORD

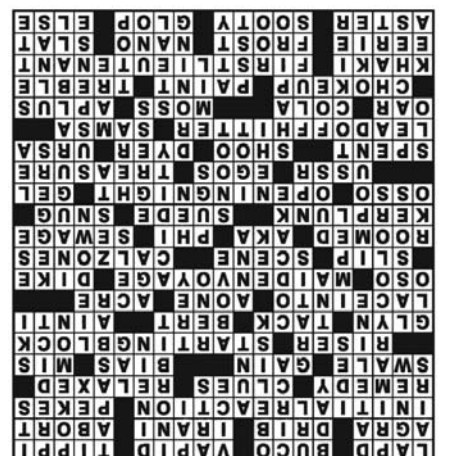
Edited by Stanley Newman (www.StanXwords.com)  
**FOR STARTERS: An introductory offer**  
 by Doug Peterson

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

Kafka's novella "The Metamorphosis" (10 Across) begins with traveling salesman Gregor Samsa turning into a giant insect. The Chinese gambling game Pai Gow (11 Down) is played with dominoes having white and red spots. Mauna KEA (14 Down) means "white mountain" in Hawaiian, referring to its snow-capped summit in winter.





## Paging Dr. Frischer...

By Dr. Alan Frischer



draining by your physician.

What factors contribute to bruising? Age causes our skin to become thinner and lose some of the protective fatty layer that helps to cushion the blood vessels against injury. The capillary walls become weaker, and as they become increasingly fragile, they become more prone to rupture. Excessive exposure to the sun also accelerates this aging process.

There it is again. Another unsightly mark on your leg. You don't even remember bumping yourself! Why do we bruise, and how can we prevent it?

A bruise occurs when tiny blood vessels are damaged or broken as the result of a blow to the skin. The raised and discolored area is the result of blood leaking from these injured blood vessels into the tissue, and from the inflammation that accompanies the injury.

Bruises change in appearance over time. In fact, you can tell the age of a bruise by examining its appearance. When it first appears, a bruise will look reddish, reflecting the color of the blood just under the skin. Within one or two days, the reddish iron from the blood changes and the bruise appears blue or purple. By day six, the color will change to green. By day eight or nine, the bruise will appear yellowish-brown. Within two to three weeks, the healing process will be complete and the skin will look normal once more.

When a bruise continues to get larger instead of going away, or becomes painful, it may be due to a large collection of blood forming under the skin or in the muscle. Instead of trying to clean up the area, the body may actually form a wall around the blood. This is called a hematoma, and it may require

A number of medications may contribute to bruising. Blood thinning medications such as aspirin, warfarin (Coumadin), clopidogrel (Plavix), ibuprofen (Motrin, Advil), naproxin (Aleve), or any other non-steroidal anti-inflammatory medication, can all increase the bleeding from capillaries. Bruising may be the result of getting too high a dose of one of these medications; check with your doctor regarding this possibility. Steroids cause your skin to thin, making it easier to bruise. Some dietary supplements such as fish oil, glucosamine chondroitin, Vitamin E, and ginkgo may increase bruising, as they have a blood thinning effect.

When should you worry about a bruise? There are certain diseases that affect blood-clotting. Be more concerned about bruising if:

- you have unusually large or painful bruises
- they develop for no apparent reason
- you are bruising easily and experiencing abnormal bleeding from other places, such as your nose and gums, or notice blood in your bowel movements
- you have no previous history of bruising but are suddenly experiencing them.

Any of these may indicate that you have low levels or abnormal functioning of

platelets, or other components of blood clotting. Specific blood tests can help you and your doctor reach the correct diagnosis.

Finally, let's not forget a tragic cause of bruising if they appear suddenly in a loved one: domestic violence. If you have a loved one who has suddenly developed bruising, especially around the eyes or face, or other areas of the body not likely to receive routine bumps, consider the possibility of abuse. Also, someone who repeatedly falls with subsequent bruising may have a drug or alcohol problem.

After the bruise has occurred, time will heal it. But what can you do to avoid bruising?

•If advisable, your doctor may wish to lower the dose of one of your medications.

•If there is swelling at the site of an injury, apply ice compresses for 20 minutes at a time. Once the swelling is gone, warm compresses will speed removal of the pooled blood.

•Safety-proof your home to help eliminate sources of bumps and falls.

•Wear long-sleeved shirts and pants to help provide an extra layer of protection for your skin.

•Avoid prolonged exposure to the sun, in order to slow the aging process of your skin.

Finally, if you're unhappy about the appearance of a bruise, cover it up until it has healed. I wish good health – and caution – to you all.

*Dr. Alan Frischer is former chief of staff and current 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.*

## Help for summer diabetes management

Summer is a time for outdoor picnics, amusement parks, road trips and vacations. For the 24 million people living with diabetes in the United States, these fun summer events can pose some of the greatest challenges to testing regimens and diet.

Diabetic Care Services, a leading national mail order diabetic supply and pharmacy, has partnered with the nutrition department at Kent State University to offer testing and nutrition tips for maintaining effective diabetes self-management this summer.

### Protecting testing supplies and insulin

Keep meters, test strips and insulin out of direct sunlight. If supplies and medications are outside at a picnic, on the beach or in a locked car, be sure to pack supplies in a dark protective carrying case with a gel ice pack to prevent damage from extreme temperatures.

Keep carrying case and testing supplies dry. Testing supplies exposed to humidity can provide altered blood glucose test results.

Always travel with an extra set of supplies stored in a separate carrying case so there is a backup if the first set is damaged. Never use test strips stored in cracked or damaged bottles. When flying, pack supplies and medications in carry-on luggage to avoid having them damaged or exposed to extreme temperatures in the plane's cargo hold.

### Management while traveling

Access to proper meals at usual times may be limited while traveling. Always travel with snacks in pre-measured serving sizes just in case. Glucerna and Extend both make travel bars for diabetics.

Continuing to monitor blood glucose on a regular schedule is imperative. When traveling across time zones, carry a second watch or clock set to your home time for the first few days until you adjust to the new schedule.

Always bring extra supplies. It is a good idea to test more often when traveling because routines

will inevitably be disrupted.

If an insulin injection will be needed on an airplane, contact your insulin manufacturer for any special instructions to accommodate the pressure inside the plane.

Pack several pairs of comfortable, closed-toe shoes and plenty of clean socks that you can change often to prevent soreness and blisters on feet if doing a lot of walking. Invest in special diabetic socks, like DiaSox, which are made to keep feet dry, cool and promote good blood flow.

### Navigating the buffet table

Focus on piling your plate with colorful vegetables rather than white refined carbohydrates, like bread, chips or pasta. Always choose whole grains when possible.

Eating too much red meat can lead to heart disease. Rather than a burger, ribs or steak, opt for grilled chicken or fish. Warning: avoid foods with heavy black charring from the grill. It may add flavor, but some recent studies suggest those black marks may be carcinogenic.

Research indicates that diabetics with a higher intake of soy protein have a lower risk of kidney failure. To include more soy in your picnic diet, opt for veggie burgers, add edamame to salads or try making "egg" salad with tofu instead.

If you feel like indulging or do not have access to a healthier option, compensate instead. For example, use a small plate when selecting a dessert, or opt for fresh fruit.

Take your time and socialize while you are eating. It removes the focus from the food and allows you to get fuller faster and consume fewer calories.

### Staying hydrated

The average person should consume 64 fluid ounces of water per day. For people with diabetes, this is particularly important because dehydration can cause false high readings. If you are perspiring from heat or exercise, be sure to drink extra water.

Even when opting for diet soda, only drink one per day. If you will not have access to water, or if you are looking for a little more flavor, brew homemade drinks and carry them in a thermos. Unsweetened iced tea and lemonade made from water, fresh-squeezed lemons and mint are full of flavor and will keep you hydrated without the added sugar.

Consuming alcohol on an empty stomach can cause a spike in sugar, so always drink alcohol with a meal. Women should have no more than one serving per day and men should have no more than two servings per day.

## UCLA researchers seek 25 volunteers for cancer study

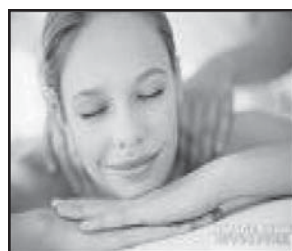
**LOS ANGELES** – Researchers at UCLA's Jonsson Comprehensive Cancer Center are seeking volunteers recently treated for breast cancer who may be experiencing cognitive difficulties, a condition often referred to as "chemo brain."

The pilot study aims to develop and evaluate a rehabilitation program for breast cancer survivors who believe they are having trouble thinking and concentrating after receiving treatment.

Volunteers will be asked to come to UCLA for a 90-minute initial visit, then return once a week for six weeks to participate in group intervention sessions. Volunteers will also need to return to UCLA for one-hour follow-up visits two months and six months after the intervention.

Twenty-five volunteers are being sought for the study, which is funded by the Breast Cancer Research Foundation. For more information, call (310) 825-2520.

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**Word of MOUTH**  
by Soheir S. Azer, D.D.S.

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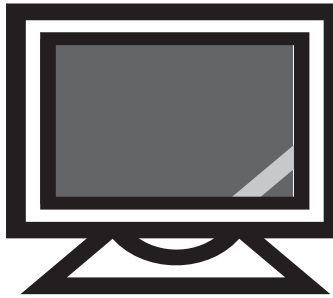
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Downey resident Caroline Lindgren celebrated her 100th birthday last Friday. She was born July 17, 1909 in Ely, Minn. She married Erik Lindgren in Chicago in 1933 and they moved to California in 1946. Caroline's mother, Ester Lund, immigrated from Sweden with her cousin, Selma, in 1903. Selma is the mother of Nobel Prize winner Glen T. Seaborg, who is the co-discoverer of plutonium. Caroline's older brother, Lawrence Risem, was a barber in Chicago who had the occasion to cut the hair of Al Capone.

## Aspiring scientists invited to camp

**LONG BEACH** – Third- and fourth-grade students can have fun learning about science this summer during the Young Scientists' Camp offered by Cal State Long Beach's Department of Science Education.

The two-week camp meets from 8:30 a.m. to noon, Monday through Friday, Aug. 10-21, at the CSULB campus. This year's camp focuses on physical science.

Third-graders will study "Is it Magic? No, it's Science!" Students will figure out the science behind intriguing phenomena and learn science demonstrations that will amaze those around them.

Fourth-graders will have fun "Toying Around with Science" by taking a closer look at some popular and classic toys and games using chemical and physical sciences.

Students take part in hands-on classroom and lab experiences taught by experienced school science teachers, CSULB students studying for science education teaching credentials, and other science specialists in a ratio of one teacher for every seven students.

"You will solve mysteries, investigate the world and discover new things," said Laura Henriques, chair of the Department of Science. "Science opens doors to your future. Come to a college campus and do real science in real science labs."

The cost of the camp is \$275 per student, with a \$25 sibling discount. Limited financial aid is available.

Students can also register for other CSULB afternoon sports and academic camps for an additional fee. This year's science camp sessions for fifth- through eighth-graders are full.

For more information about the Young Scientists' Camp, call (562) 985-4801 or visit [www.youngscientistscamp.com](http://www.youngscientistscamp.com).

## Schmidt forced to reinvent himself as a pitcher

By SCOTT COBOS,  
STAFF WRITER

On the Los Angeles Dodgers' website, the highlight reel they had for pitcher Jason Schmidt was dated from the 2007 season. Now they'll have new material after Schmidt pitched five innings in a 6-3 victory over the Cincinnati Reds.

It was an interesting night, not to mention an experimental one for Schmidt and the Dodgers just because it wasn't the dominating Schmidt of old that was on the mound.

During his time with the Giants, the former Cy Young award winner would reach back and blow hitters away with a 95 mph fastball. Two shoulder surgeries and two years of rehab assignments later, after signing a \$47 million contract with the Dodgers, Schmidt was clocked as high as 89 mph.

Instead of schooling hitters on pure talent from a gifted right arm, Schmidt had to reinvent himself with the guile and experience he had obtained through his years in the major leagues.

Before starting on Monday, Schmidt had a 1-4 record with a 6.31 ERA for the Dodgers after only six starts. After the game, he could finally claim a second win with the Dodgers as a starting pitcher.

When you look at it, each one of Schmidt's win, assuming he doesn't win another game for the rest of the season, is worth 23.5 million dollars each.

"This is the whole remaking of a guy really," said Dodgers manager Joe Torre before the game.

And there's a lot of truth behind that statement. Not only does Schmidt have to relearn how to pitch with what stuff he has left, he has to prove to the team that he can be effective with that sort of repertoire.

After the game, Schmidt said that he actually had plenty more in the tank, but a problem he's having is his control when he really cuts loose. But, the Dodgers are willing to give him a chance because they desperately need a fifth starter to fill the hole that James McDonald left when he proved ineffective as a fifth starter at the beginning of the season.

After McDonald, there was lefty Eric Milton who is now injured, and then there was Jeff Weaver who is a little too shaky for the Dodgers' liking.

It is rather amazing that Schmidt even made it back to the team considering the extent of the injury suffered by him. A frayed labrum, tons of scar tissue, and shoulder bursitis sidelined him for two seasons. Doctors used the term "major shoulder surgery" to describe the procedures on Schmidt.

But the return of Schmidt proves to be a very important addition to the Dodgers, not only for the fifth starter spot, but for other uses such as trade bait.

It was implied on ESPN that the Dodgers would be willing to part ways with Schmidt's contract and a possible organization prospect to get themselves another starting pitcher.

Names like Roy Halladay from the Toronto Blue Jays have landed on the Dodgers radar for pitchers they would like to add to a roster, but it would take more than just a prospect to make that happen. Schmidt's contract is over after this year and it could be enough along with a couple prospects to land themselves a whale like Halladay.

If that's not possible though, the Dodgers are hoping that Schmidt will prove to be a filler every fifth day to give a pitching staff a much needed break. The Dodgers bullpen is ranked in the top five for innings pitched which could become a great concern to Torre if relief pitcher Ronald Belisario doesn't get healthy soon and if closer Jonathan Broxton's toe doesn't get better.

With those two out, it puts more pressure on Weaver, and other long relievers the Dodgers have. And with the innings piling up, that's the last thing the Dodgers want.

Schmidt had made five rehab starts in the minor leagues, all on regular days rest and there haven't been any reported problems with his shoulder. The Dodgers are hoping that this little streak of rare health that Schmidt has will continue to help the team.

## New Titles at the Downey City Library

### Fiction

- **"The Best of Times"** by Penny Vincenzi. On an ordinary Friday afternoon, on a major motorway outside of London, a trailer truck suddenly swerves across five lanes of traffic, leaving a trail of chaos and confusion. Within the space of a minute, an astounding mile-long pileup has amassed, and, as the survivors await help, their stories unfold.
- **"Cherry Bomb"** by J. A. Konrath. The sixth book in the Jacqueline "Jack" Daniels mystery series blends equal parts murder, mayhem and humor as the Chicago cop aims to keep the city safe from a killer.
- **"Exiles in the Garden"** by Ward Just. From one of America's best novelists, this is an intelligent, well-crafted novel about a senator's son who rejects the family business for a career as a newspaper photographer.
- **"Game of Opposites"** by Norman Lebrecht. After escaping a concentration camp, Paul Miller becomes the mayor of a small European village and tries to bury his past until the return of his former prison commandant.
- **"Lime Tree Can't Bear Orange"** by Amanda Smyth. In Black Rock, Tobago, young Celia searches for traces of her absent lineage: her mother who died in childbirth and her white father reputed to live in England. Then Celia is given a prophetic glimpse into her future by the village seer.

### Non-Fiction

- **"The Book Whisperer: Awakening the Inner Reader in Every Child"** by Donalyn Miller. The author says she has yet to meet a child she couldn't turn into a reader. No matter how far behind Miller's students might be when they reach her 6th grade classroom, they end up reading an average of 40 to 50 books a year.
- **"Cuba: What Everyone Needs to Know"** by Julia E. Sweig. A compact reference on Cuba's internal politics, its relationship with the United States, and its shifting relationship with the global community.
- **"Martha Stewart's Cupcakes: 175 Inspired Ideas for Everyone's Favorite Treat"** by Martha Stewart. Featuring cupcake ideas and recipes, frostings, fillings, and toppings, this guide includes templates for stencils and other decorating techniques.
- **"100 Best Loved Poems of All Time"** by Leslie Pockell, editor. In one compact volume, a collection of the best loved poetry ever written.
- **"Taking Woodstock: A True Story of a Riot, a Concert, and a Life"** by Elliot Tiber. The movie tie-in book about the life of "the father of Woodstock" and the festival that made history.

Visit [www.downeylibrary.org](http://www.downeylibrary.org) and click on "New and Notable Books" to browse more titles

## DVD RELEASES FOR JULY 28

- Dragonball: Evolution
- Fast & Furious
- Miss March
- Bart Got a Room
- Green Lantern: First Flight
- Necessary Evil
- Streets of Blood
- Battlestar Galactica: The Complete Series
- Battlestar Galactica: Season 4.5
- Dollhouse: Season 1
- Early Edition: Season 2



Source: [www.comingsoon.net](http://www.comingsoon.net)



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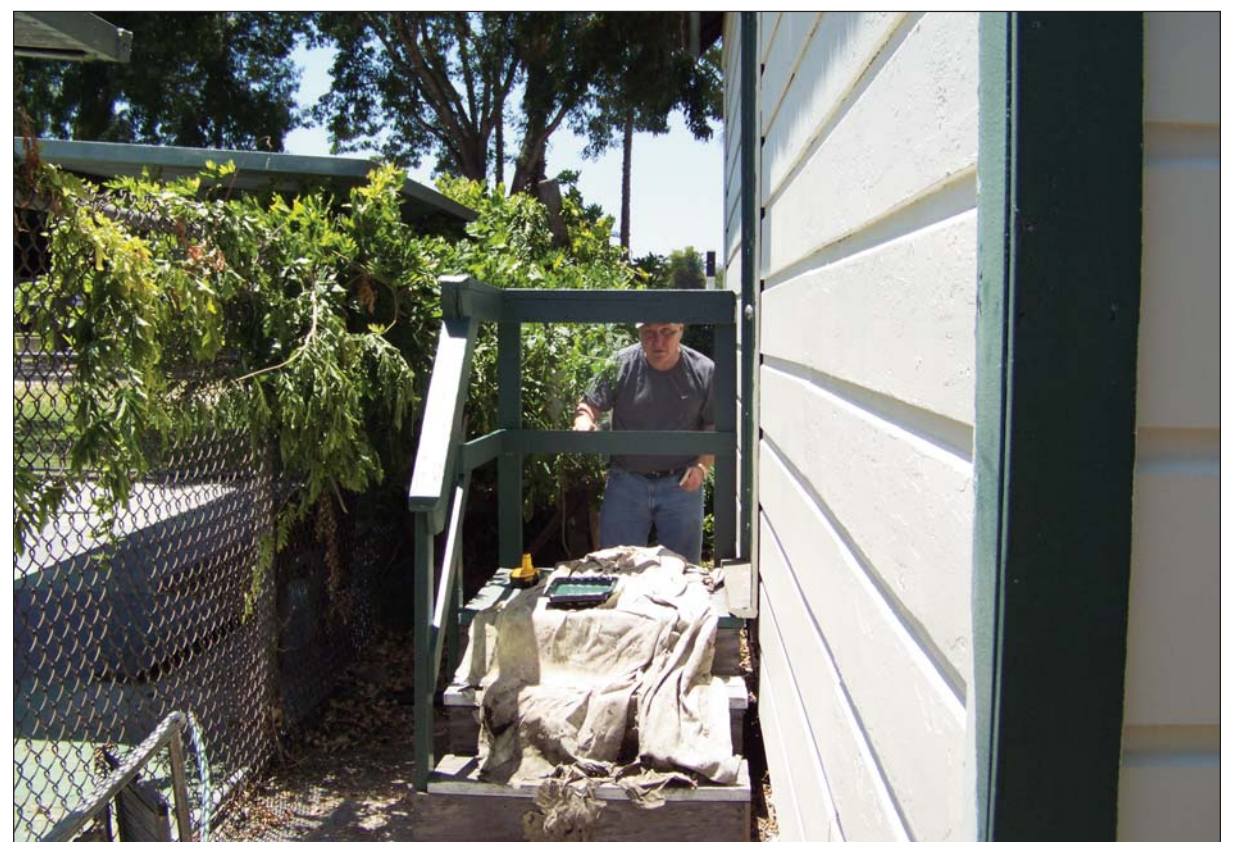
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<p><b>FREE</b> Buyer or Seller Consultation! <b>Call Carrie Today</b> <b>562-382-1252</b></p>	 <p><b>NORTH EAST DOWNEY!</b> 8 BD, 7 BA, 3 car garage, pool/ spa, 7,352 sq. ft., 10,440 sq. ft. lot. <b>Call for Price!</b> <b>Call Marie Picarelli (562) 618-0033</b></p>	 <p><b>DOWNEY'S ORANGE ESTATES!</b> Huge Master Suite. Glorious kitchen &amp; Family room 4 BD, 3BA, 3000 + Sq ft. Remodeled. MAKE OFFER!! A MUST SEE! <b>Virtual tour at www.MARIOPERSICO.COM</b></p>
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<p><b>RENTALS AVAILABLE!</b></p> <ul style="list-style-type: none"> <li>• 7150 Luxor ~ Downey 1 BD, 1 BA home \$1000</li> <li>• 8951 Atlantic ~ South Gate 640 sq. ft. commercial space \$600</li> <li>• 8953 Atlantic ~ South Gate 985 sq. ft. commercial space \$900</li> <li>• 11738 Tristan ~ Downey 2 BD, 1 BA home \$1,300</li> </ul>	 <p><b>OPPORTUNITY KNOCKS!</b> 3 BD, 1 BA, kitchen w/ island, Jacuzzi tub, Large Lot. Priced at: \$349,999 <b>Call Sonia Banuelos (562) 972-7115</b></p>	 <p><b>9320 MANDALE BELLFLOWER</b> HUGE 3 BD, 3BA Amazing Floor plan, Vacant &amp; Move in Ready! <a href="http://www.MarioPersico.com">www.MarioPersico.com</a> <b>LET MARIO DO IT FOR YOU TOO!</b></p>
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## Dismukes House given a new coat of paint

BY HENRY VENERACION,  
STAFF WRITER

**DOWNEY** – The 1887-vintage Dismukes House, said to typify the early settlement houses of early Downey and which has stood as a historical fixture for a number of years behind the Downey Historical Society in Apollo Park, needed a new coat of paint and, last week, it got one.

A group of Rotarians, led by community service committee co-

chairs (contractor) Larry McGrew and (retired contractor) Dale Self, on Saturday and Sunday sanded the 400-sq.-ft. peeling woodframe house, scraped it, primed it, and otherwise restored its beige-green shine. It was the Rotary committee's first official project of the year.

They were assisted by volunteers Jim Boyd, Roger Brossmer, Rich Strayer, and Willie Medina (who was joined by his wife). All American Home Center's Ray

Brown provided the materials, Self supplied the hand tools and the ladders, etc., Nick Adams brought the lunch, while Ingrid Martin documented the effort with before-and-after photos.

The project was welcomed by an appreciative John Vincent, DHS president, who gave the green light a month ago. Total project time: thirteen hours. Project impact: priceless.

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