

# The Downey Patriot



Calling all exercise nuts
See Page 7



Former teacher
passes away
See Page 11



Cuban band to perform See Page 7

Friday, August 14, 2009

Vol. 8 No. 17

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

# Just dropping by in Downey, Idaho

■ About 800 miles northeast of here sits a sleepy little town of about 650, and its name is Downey.

#### By Paula Mayfield

nterstate 15 in Idaho cuts through miles and miles of farmland and rolling hills with towns few and far between. The sky can be full of looming thunderheads, heralding the imminent arrival of an approaching storm. On other days the sky is a dazzling blue.

There are no malls or chain grocery stores, few McDonald's or Denny's restaurants. We haven't observed any road rage, although getting stuck behind a local farmer lumbering down a local access road atop his tractor can be frustrating at times!

A particular sign along the interstate has always intrigued me. The sign indicates that the little town of Downey, Idaho is just beyond sight, a few miles off the interstate. Since is isn't possible to catch a glimpse of the town as we speed north to my parent's home in Montana, one day my husband, Greg, and I turned off the main highway and headed east to investigate this little rural town with the same name as our hometown of Downey, Calif.

The nearest city to Downey, Idaho with a population of 50,000 or more in Pocatello, some 38 miles away. Las Vegas, 480 miles away, is the closest city with a population of 200,000 or more.

Downey, Idaho is situated in the Marsh Valley in southeastern Idaho at an elevation of 4,860 feet. Marsh Valley is about 30 miles in length and 5-20 miles in width. It is filled with small family farms and is surrounded by four mountain

ranges.

The formation of Marsh Valley was a cataclysmic event – one described as one of the greatest floods in earth's history. Red Rock Pass (five miles south of Downey, Idaho) was cut through Paleozoic shale and limestone and formed a

holding a copy of the Downey (CA) *Patriot* in front of the Downey, Idaho post office. *Courtesy photo*narrow 2-mile gap. The Pass was at the shoreline of Pleistocene Lake

The settlement of Downey, and expects to be the county to be created a new county to be created.

Bonneville, 300 feet higher.

At its largest, Lake Bonneville covered about 20,000 square miles, was 325 miles long, 135 miles wide and more than 1,000 feet deep.

Lava flows in the Pocatello vicinity diverted the Bear River through Lake Thatcher into Lake Bonneville. The sudden influx caused Bonneville to overflow through Red Rock Pass, flooding Marsh Creek Valley immediately downstream with wall-to-wall water. The rapid discharge probably lasted less than a year but eroded the pass to its present level. (The Great Salt Lake is the largest remaining remnant of Lake

Bonneville.)

The Bonneville Flood was catastrophic and radio carbon dating of fossils indicates that the event occurred 16,800 years ago. In the water-worn caves in Red Rock Pass and around a natural hot springs, many Indian arrowheads have been found, indicating that this section of Marsh Valley was often frequented by Indians years before white man traveled west of the Rockies.

The settlement of Downey, Idaho began before 1866, when a cabin was built by William Jackson and Cyrus Coffin. Downey's permanence was established when the railroad built a depot there. The town reportedly secured its name from one of the railroad directors who helped put the railroad through there. Downey's streets were built wide enough to turn a six-hitch wagon and for the twice-a-year cattle drives that went through town.

Paula Mayfield, a 35-year resident of Downey, Calif., travelled to Downey, Idaho recently. She is shown

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DOWNEY IDAHO 83234

In 1912, the Downey Improvement Company was organized to entice eastern Americans to come west – especially to Downey, Idaho. The following is quoted from their printed booklet: "The natural and scenic advantages of Downey are unsurpassed. Encircled by the sheltering panorama of light and shadow is beautiful beyond description. Two miles south of Downey – a thriving town with the largest grain elevator in Idaho – are located warm springs, which are used very extensively for bathing. With the advantages of irrigation, Downey should grow to a city of 5,000 people within the next three years. It is already the second largest town in the county,

and expects to be the county seat of a new county to be created by the next legislature. On a dry farm one family to 160 acres can easily be supported and on irrigated land, one family to 20 acres, which will provide homes in the valley for about 15,000 people. Downey is the heart of this tract, where all the farmers will not only trade but will bring their products to be worked over and shipped."

The present day growth for the whole valley has not reached the estimates that the enthusiastic Downey Improvement Company made. Downey's current population is about 680 and the Bannock County seat is Pocatello.

There are no busy streets in this isolated town. The day we visited, we saw three cars parked along Main Street, one in front of the Downey Post Office and two parked in front of the grocery store, the Downey Food Center. I loved the original Coca-Cola sign on the side of the brick grocery store.

The owner of the Old Downey Theater has refurbished the property which has a seating capacity of

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Marine Lance Cpl. Miguel J. Denis, born and raised in Downey, has returned home safely after serving with the Marines Golf Company 3rd Platoon. Denis attended Price Elementary, East Middle School and graduated from Downey High School in 2006. He is also an Eagle Scout from Troop 441. After graduating high school, Denis postponed his college education to join the Marines and serve his country.

### Military members to get street banners

■ Program will honor Downey service members currently overseas.

> By Eric Pierce, City Editor

**DOWNEY** – The city is finalizing plans to honor more than a dozen active-duty military service members from Downey with street banners bearing their names.

The banners, which will be strung along Firestone Boulevard between Brookshire Avenue and Paramount Boulevard, will list the service member's name and branch of service.

The program's intent, city officials said, is to "support, recognize, and express appreciation to individuals and their families."

Scott Pomrehn, an assistant deputy city manager, told the City Council on Tuesday that he received 16 applications seeking participation in the program. Of the 16 applications, 13 were approved.

To qualify for the program, honorees must be a Downey resident, or a relative of a Downey resident, and a veteran of "recent wars." Former residents who lived in Downey before they turned 21 also qualify.

Councilman Roger Brossmer, who initiated work on the program, said a separate memorial is being planned to honor fallen soldiers.

The Council earmarked \$4,500 for the banners' initial design and fabrication, but asked for community donations to cover maintenance costs. A total of \$1,300 in donations has been received, Pomrehn said, including \$1,000 from Downey-based Elite Concrete Restoration.

To donate to the program, call (562) 904-1895.

### 3 on school board to run unopposed

By Henry Veneracion, Staff Writer

**DOWNEY** – When they first ran for the Downey Unified School District board in 2005, Martha Sodetani (Area 1) and Nancy Swenson (Area 5), each with her own vision and reasons to help propel the district forward, had to contend with other well-qualified candidates.

Sodetani and Swenson worked themselves to a frenzy and rode a wave of popular support from the educational community, and won. Barbara Samperi, who first ran in 1993 for the Area 7 trustee seat and was the veteran trustee of the three, ran unopposed in that same year.

This year, no one came out of the woodwork by the filing deadline of Aug. 7 to challenge the three incumbents, who had filed early for the Nov. 3 election.

No one was more thrilled by this nice turn of events than those in the know in the district. But first they had to hold their collective breath: had anyone challenged, the district would have had to spend a cool \$120,000 that had already

See ELECTION, page 2

### **Construction begins on Fresh & Easy**

■ No opening date set, but construction should be complete by year's end.

By Christian Brown

**DOWNEY** – After years of anticipation, construction has begun on a 15,000-square-foot Fresh & Easy Neighborhood Market, which will occupy the former Albertson's building on Firestone Boulevard.

"The delay was on their part," said Steve Yee, economic development manager for the city of Downey. "The economy started slowing down and they had some entitlements to go through before they could begin construction."

No date has been set for when the store will open, but Yee estimates that the new Fresh & Easy store will be completed by year's end.

"From an economic standpoint, Fresh & Easy adds choice for our constituents," said Yee over the phone. "It's an organic-flavored market with British backing."

Owned by the Britain-based Tesco, the third largest retailer in the world, Fresh & Easy currently operates 124 stores in California, Arizona and Nevada and is in the midst of a large expansion.

Just last month, Fresh & Easy opened four new stores, one in Pasadena and Oxnard, and two in San Bernardino County.

"We spend a lot of time looking at potential store sites," said Brendan Wonnacott, corporate spokesman for Fresh & Easy stores. "We want to bring Fresh & Easy to every neighborhood."

According to their website, Fresh & Easy was designed to be a local, neighborhood market providing fresh, high-quality, wholesome food to everyone at budget prices. Typically smaller than most grocery stores, Fresh & Easy boasts its easy-to-shop aisles and faster, easier shopping experience.

"There's a need for what we provide," said Wonnacott, in a phone interview. "We truly are your one-stop shop in a smaller format."

Shoppers can expect to find national brand products, found in most supermarkets, as well as Fresh & Easy brand products, said Wonnacott.

Fresh & Easy also offers precooked entrees of various soups, pastas and pizzas, which customers

can purchase and warm up later.

"They're kind of like what you would make at home – only with ingradients, you can propounce."

ingredients you can pronounce," said Wonnacott with a laugh.

Once completed, the new Fresh

& Easy store will use only 15,000 sq. ft. of the 32,000 sq. ft. building and lease the remaining space to another vendor. In March, Fresh & Easy was granted use of the cityowned parking lot on Firestone Boulevard after an agreement was approved by the City Council.

For Downey resident Paulina Garcia, 20, the Fresh & Easy will bring some much needed change to the city.

"I'm glad they're putting something there, that building was looking like a dump," said Garcia. "Their food is pretty cheap. I think it will be good business for the city – a breath of fresh air."

David Caceres, 23, of Downey expressed similar feelings.

"I'm all for it," he said. "I think it will go well, tons of people are interested in eating healthy these days. It's a good change."

Macshane, son of Mr. and Mrs. David Macshane, of Placentia. Kristin is a 2003 graduate of Warren High School. She went on to receive her B.A. and teaching credential from USC in 2007 and has taught third grade for the past two years in Downey. Michael is a 2002 graduate of Sunny Hills High School. He currently works as a firefighter for the Orange County Fire Authority. The couple plans to bring in the New Year with a January wedding.

### Stonewood collecting jeans

**DOWNEY** - Now through Aug. 23, Stonewood Center is collecting new or gently used jeans to donate to the Long Beach Rescue

All who donate will receive a gift and discounts from participating Stonewood retailers.

Donations are accepted at the Guest Services desk.

### Car wash grand opening

**DOWNEY** — A ribbon-cutting ceremony for Pro Hand Car Wash, located at 10030 Lakewood Blvd. (next to the Valero gas station), will be held Aug. 21 at noon.

The Downey Chamber of Commerce will assist with the

The community is welcome.

### L.A. County raises fees for animal adoptions

**DOWNEY** – As of July 28, it now costs more money to adopt a dog or cat from a county animal

The L.A. County Department of Animal Care and Control (DACC) have raised their adoption

\$40 for any cat. Previously, fees ranged from \$30-\$100 depending on the weight and gender of the animal

for less than 10 days. Animals sheltered for more than 10 days can be adopted for \$30, and spay and neutering are free.

"This new incentive will not only encourage potential adopters to adopt animals less likely to be adopted, but will also help decrease the risk of those animals being euthanized because of overcrowding," the DACC said in a statement.

shelters, including one in Downey. For more information on adoption, and a complete list of fees, visit http://animalcare.lacounty.gov.

### Corporate planner to speak

DOWNEY - Leroy Gaines, corporate event planner for Business Network International, will be the guest speaker when the American Business Women's Association (El Dorado Chapter) meets Wednesday at the Rio Hondo Event Center.

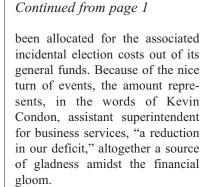
Social hour begins at 5:30 p.m. and is followed by dinner at 6:30.

Reservations can be made by ealling Debbie Stuver at (562) 884-

fees for most animals from \$10 to \$50. But unlike before, the adoption fees now include the animal's initial vaccinations, microchip implantation and national registra-Spay and neuter fees have also changed to \$50 for any dog and

The new fees only apply to animals that have been at the shelter

The county operates six animal



The incumbents were unanimous in their angst over the ramifications of the tight district budget, exacerbated by the still messy condition of the state budget; they regard it as their No. 1 concern for these past few years. Samperi vented her frustrations thus: "I'm disappointed at how the state has been so insensitive to the needs of our students, as if the people in Sacramento were aiming to penalize the schools with their cuts. California is supposed to be among those with the greatest resources, and yet...how could they mismanage them so badly?"

For Samperi, this will be her fifth 4-year term on the board. Among her accumulated perspectives: "I'm very pleased with the community's vote of confidence in us"; "The financial services people, superintendent Wendy Doty, the board, everybody saw the financial meltdown coming, so they pulled back and dug in...Wendy went to the schools and consulted with teachers on how to attain efficiencies and reduce costs all around. The community understood what we were trying to

do...In any case, the district's conservative approach has paid huge dividends. The result? Downey has been very lucky. Some districts have floundered"; "Our students' test results are coming in, and the scores have improved...Our teachers, the whole district, have worked very, very hard to benefit our kids. I hope by next year there will be an easing of some of our problems, such as a halt in our slightly declining enrollment."

Dr. Mary Stauffer, center, is pictured with some of the 30 kids she helped send to the Downey YMCA

overnight camp in Big Bear last week. Also in the picture are YMCA board members Dr. Wayne Wilcox

and Dorothy Pemberton, and camp director Eddie Revelo and YMCA executive director John Swift.

Election: Swenson, Sodetani and

Samperi face easy re-election.

Dr. Stauffer

takes kids to camp

Meanwhile, she says she is cited by the school construction going on: "Downey High's new theater is very nice. And the DHS cafeteria, when completed, will provide a much better atmosphere for our students; much, much better than when we were students."

Swenson, who mentioned her recent promotion at her day job to supervisor of Raytheon's S (Space) A (& Airborne) S (Systems) - IT, said: "It was a great feeling to save \$120,000 because we ran unopposed"; "The bond and camaraderie we have forged in our district among board members and district administrators, so that we share the same focus, is in sharp contrast to the situation in many other school districts. This fact emerged when we took our Masters of Governance course (to prepare them better for their board duties and responsibilities). We realized the other participants didn't enjoy the same camaraderie that we enjoy here at DUSD. I'd be nervous if we didn't"; "It's a shame the

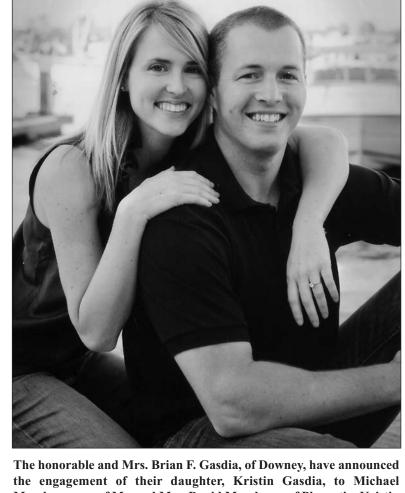
people in Sacramento don't seem to care about the kids. All they do is play politics. They want us to produce more with less"; and "If we didn't have such a fantastic team here, starting with the custodian up to the top, we won't be nearly as successful."

Sodetani, who continues her

multi-faceted volunteer work in the

community, had a lot of things to

say about her four years and her also running unopposed: "I think the community knows that the school board has been doing good work, that it has been steering the district in the right direction. If bad decisions had been made, there would have been an outcry"; "Our academic standards have been set very high, so that when our students apply for college, they get admitted readily. The community has seen this, and when we had to make budget cuts, a number of people stepped up to the plate to help...people such as Dr. Mary Stauffer, and a couple of people from OASIS, as well as from TLC, and so on as volunteers, as well as work by AVID and ASPIRE, all to help our kids succeed"; "I share Don La Plante's observation that the state budget has never been this bad"; "Bobbi Samperi once told me that it takes four years to get a grip on what the board is about. I've got a better sense now of where the responsibilities lie, and so I can respond more quickly. I'm eager to put what I've learned in the Masters of Governance program to good use, setting priorities, focusing on goals, interfacing with administrators and members of the community"; "I'm more tolerant now of giving a student a second chance rather than taking a punitive approach when he/she, say, is caught doing something wrong, or again, I realize now that there's nothing wrong with a student wishing to attend his school of choice rather than restricting his attendance in the area where he resides"; "In any case, we have such good students, they donate blood, they hold food drives, and so on. Our Character Counts program has something to do with this, I'm sure"; and "Just as my predecessors on the board have set high standards in place, my hope is that the same will be said of me, that we will have maintained a high level of quality in the district."



Library

**DOWNEY** - The Friends of the Downey City Library has announced their silent auction items for the month of August.

auction open

for bidding

Items are on display in the library's foyer and include "The Children of Hurin" by J.R.R. Tolkien, tales from middle-earth from times long before 'Lord of the Rings,'; "The Red House Mystery" by A.A. Milne, from the creator of Winnie the Pooh comes a lovely English-style mystery complete with locked rooms and a missing suspect; "100 Years of Oz" by John Fricke is a century of classic images from the 'Wizard of Oz' collection of Willard Carroll.

Bids can be placed in the Friends Book Store located inside the library until Aug. 29.



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# Community Page 3 Friday, Aug. 14, 2009

### Downey to help in effort to clean L.A. River

■ Local cities aim to reduce metal pollutants in Los Angeles River.

> By HENRY VENERACION. STAFF WRITER

**DOWNEY** – The City Council Tuesday approved a Memorandum of Agreement with the San Gabriel Council of Governments for the preparation of a coordinated implementation plan to reduce the amount of metal pollutants in the Los Angeles River and its tributar-

The plan will include a Metals Total Maximum Daily Load (TMDL) requirement for the cities along the waterway.

According to Deputy City Manager Desi Alvarez, several segments of the Los Angeles River have been identified by the California Regional Water Quality Control Board as having "exceeded water quality objectives for a variety of metals."

To offset this, the Clean Water Act mandates that a TMDL be developed to "restore the impaired waterbodies to their full beneficial uses." This means limiting the amount of heavy metals such as copper, lead, zinc and cadmium that can be carried by runoff into the Los Angeles River.

The Control Board has previously divided the Los Angeles River into six different jurisdictional groups, or reaches. The city of Downey is located within Reach 2, which also includes Alhambra, Arcadia, Bell, Bell Gardens, Bradbury, Commerce, Compton., Cudahy, Duarte, El Monte, Huntington Park, Irwindale, La Canada-Flintridge, Long Beach, Lynwood, Maywood, Monrovia, Montebello, Monterey Park, Paramount, Pasadena, Pico Rivera, Rosemead, San Gabriel, San Marino, Sierra Madre, South El Monte, South Pasadena, South Gate, Temple City, Vernon, as well as Los Angeles, unincorporated Los Angeles County and Cal Trans.

To comply with the above requirements, Reach 2 cities, with the exception of Los Angeles County which has chosen to develop its own separate plan, have contracted with the San Gabriel Council of Governments to help them develop the required coordinated plan. Total estimated cost is \$260,000 which will be apportioned according to drainage area. Downey's cost amounts to \$13,000.

A draft implementation plan is due by Jan. 11, 2010, with final report submittal by July 11, 2010.

In other action, the Council:

•Approved the contract with the Fair Housing Foundation (FHF) in the amount of \$15,600 to provide fair housing services to city residents and property owners for FY2009-10.

The city has been providing these services since 1990 through a contract with nonprofit FHF, using Community Development Block Grant (CDBG) funds, on condition that it further the objectives of the Fair Housing Act (42 U.S.C. 3601-20) and Executive Order 11063.

Among the services provided: 1) counseling, mediation, and dispute resolution service (for landlords, tenants and home seekers); 2) responding to complaints and inquiries on housing discrimination (including "providing referral services to low and moderate income housing consumers, giving priority to handicapped persons, members of minority groups, elderly persons and other persons who are or have been unable to find suitable, safe, decent, and sanitary dwelling units"); 3) providing education and community outreach on fair housing issues, as well as conducting community workshops and seminars (for the benefit of landlords, apartment managers and tenants); to further these objectives, FHF distributes fair housing-related educational materials, brochures and videos; and FHF agrees to provide monthly, quarterly and annual status reports on these activities;

•Approved the agreement with the County of Los Angeles for the disbursement of 2008 State Homeland Security (HSGP) grant funds totaling \$179,881 earmarked for the purchase of self-contained breathing apparatus (SCBA), which completes the replacement of DFD's SCBA inventory that was started in 2006.

Such funds are generally channeled by the U.S. Department of Homeland Security for local training, exercise and planning, in addition to equipment purchase. In this case, the reimbursed amount includes \$56,043 for terrorism/hazardous materials training: the funding will at the same time support interoperability between fire departments throughout the region;

•Approved the improvements and maintenance responsibility for the Old River School Road Improvements Project (cash contract No. S.S. 604), and approved the final construction amount of \$695,310.65—the project included construction of various pedestrianrelated improvements along Old River School Road (ORSR), and involved "a variety of additional work, unforeseen site conditions, upgrades, and credits for deleted work."

take advantage of To economies of scale, DPW combined the ORSR at Muller Street/Rio Hondo Golf Club Traffic Signal Project, the ORSR Pavement Rehabilitation/Arnette to

Dinwiddie Project, and the S.S. 604 Project. The Council also reallocated \$139,544.09 from S.S. 601 (the Paramount Blvd. at Firestone Blvd. Intersection Improvement Project) and \$8,846.05 from the same S.S. 601 to the Old River School Road at Muller Street/Rio Hondo Golf Club Traffic Signal Project (S.S. 578);

•Approved the Green Task Force's recommendation to sponsor a "Gardening with Blue" drought-tolerant gardening workshop, absent the Central Basin Municipal Water District which had originally scheduled to conduct it yesterday (Aug. 13) at the Barbara J. Riley Community & Senior Center but was unable to do so because of financial difficulties. (According to Desi Alvarez, the MWD has an educational outreach program that focuses on making the public aware of the importance of reducing water consumption in its service region).

In assuming the onus of conducting the workshop, Downey's Green Task Force also takes over responsibility for funding it. At last count, some 35 residents had already signed up for the workshop. The workshop covers: low water-use native plants, landscape design considerations for a drought tolerant yard, sprinkler system basics for homeowners, and irrigation scheduling;

•Adopted a resolution providing the destruction of certain obsolete records of the City Clerk's department. These include: statements of economic interests (retention period for originals—7 years, and for copies, 4 years); miscellaneous correspondence/requests for

See COUNCIL, page 4



Postal carrier Eugene Dalugdug has started five neighborhood watch groups in the city. He also helped in the arrest of daytime burglars by reporting suspicious activity. Dalugdug was honored with the mayor's Diakonia Award on Tuesday. Photo by Eric Pierce

### Postal carrier goes above and beyond

**DOWNEY** – Eugene "Gene" Dalugdug, a postal worker in Downey, was presented with the sixth Diakonia Award from Mayor Mario Guerra on Tuesday.

Dalugdug refers to the residents on his route as "customers" and watches out for residents throughout the day when homes are empty. He has helped start five neighborhood watch groups in Downey.

"He has done many small things with great love," Guerra said in a statement. "He helped capture daytime burglars last year by

reporting suspicious activity in one our of Downey neighborhoods. He cares and it shows.'

Dalugdug has also started sev-

eral bible study groups in Downey. He teaches the Purpose Driven Life series and is a member of Praise Chapel Church in Downey.

A former Marine, he has eight children and two grandchildren.

"Diakonia" means servant in Greek. To nominate a resident for the Diakonia Award, call the City Council office at (562) 904-7274.

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# Page 4 Friday, Aug. 14, 2009 Community.

### Downey: Potential as a future sister city? Some think so.

Continued from page 1

125. Local theater groups put on plays at the theater. The owner has a license to show movies and when he does, there is no charge - they are free!

City Hall is also on Main Street; office hours are Monday through Thursday, 8 a.m. to 2 p.m., and Fridays, 9 a.m. to 2 p.m. The city employs a full-time crew of two men.

Further down Main Street is the Downey Public Library (operating income: \$127,024). The library conducts a book fair at the elementary school every year.

The Church of Jesus Christ of Latter-day Saints, as well as the non-denominational Church of Jesus Christ, offer religious services for Downey residents. There is, at this time, no local newspaper. Downey residents have the Idaho State Journal delivered to them to keep them abreast of local and world events.

We drove up and down the few residential streets and found a modern brick building housing Downey Elementary School, built about 10 years ago. Approximately 111 students attend during the August-May school year. The approximate size of the classes range from 11 to 19 students.

Downata Hot Springs, a few miles out of town, offers tourists swimming, water slides, and a nat-

urally-heated (109 degrees) hot tub. There is a large campground, a bed and breakfast, and Indian teepees for overnight stays and family reunions.

The hot springs offer horse shoes, volleyball, basketball and a playground. I would like to explore the hot springs the next time we head north. Pictures hold the promise of a nice way to unwind from the rush of everyday life! The County Fair arrives in August with a parade, rodeo, livestock and exhibits.

In 2006, the estimated median income for Downey, Idaho was \$28,900, and the median Downey house/condo value was \$87,800. The average summer temperature is about 70 degrees but can reach up to 90 degrees. The greatest amount of snowfall Downey experiences is about 10 inches in December November, January.

The most common industries for males are in agriculture, forestry, fishing and hunting, construction and gasoline stations. For women, the most common industries are gas stations, healthcare, food and beverage stores.

The Downey government and payroll as of March 2007 consisted of two full-time employees in the Water Department (groundwater) with a monthly full-time payroll of \$5,259 (yearly: \$31,554 each); two part-time financial administration employees at \$1,928 per month; and five parttime government administrators at \$450 per month.

A few of the Downey, Idaho government finances in 2002 consisted of \$60,000 for water utilities, \$28,000 for police protection, \$17,000 for fire protection and \$12,000 for parks and recreation. What a difference between the two Downeys' budgets and costs!

In Downey, Idaho, about 68 percent of adults are married. Retired and elderly people are a common sight. According to research, there were no registered sex offenders living in Downey, Idaho in 2009.

Because of time constraints, we were not able to spend a lot of time exploring the town and its environs, but I managed to take a few pictures that I think you might enjoy. I gotta say, I enjoyed my short visit to beautiful, peaceful, little Downey, Idaho, but wouldn't want to live there.

As much as I like getting away to the country, the thought of living year-round in a little burg does not appeal to me at this time (unless I was hiding from the FBI!) because I always need to be busy. It is nice to dream about one day, just relaxing and not hurrying with a never-ending to-do list, but I would miss my Curves! Southern California (the laughing stock of the nation right now) has so much to offer. If I want to get away from it all in So Cal, I'll just head to Death Valley – in the summertime!

It seems that the city of Downey, Calif. is acquiring yet another sister city in Mexico. Perhaps we should consider looking a little closer to home, to little Downey, Idaho. Only the failure of imagination and creativity could limit the exchange and relationship between the two Downeys.

I am challenging the city of Downey, Calif., its schools, churches, businesses and, most importantly, its citizens, to recognize the incalculable opportunities that are possible.

I would like to thank Marcy Price, director of the Downey, Idaho public library, for helping to fill in some gaps in my informa-

Although our own John Gately Downey had a large hand in procuring a railroad here in Southern California, my research did not find any connection between our own John G. Downey and the railroad man named Downey in Idaho. Perhaps a distant relative?

For more information on Idaho, Downey, www.downeyidaho.com.

#### POET'S CORNER Untitled Comprende? Stingy brim back black Casanovess I think I saw you leaving through the transom It was summer, city summer old ladies and dogs died in the heat All the beer in the Mexican States couldn't change me "I'll never, ever, understand you," She said Stingy brim black Casanovess It's just that I'm too difficult or diabolic depending on the heat I've seen and spoken to the unicorn Dos Equis wisdom tell me tell the other liars "kiss the sun" And always ask for something someone more than silver nightdeath -John Q. Adams, Downey Fading Ear Steam 100 years ago self esteem didn't exist They properly wore esteem on the wrist With watches and diamonds like this The word didn't exist Bet nobody thought it would be number one on the list They've fallen for a sermon Somebody pick up their brains Before their minds start yearning Worst case scenario Year three thousand on the stereo They tell me walking too fast is a disease Pretty please Is what I might plead Let go the creeds Is it Mickey D's Or stuffing his burgers with cheese that's got you fat on your knees Begging for the quickest way to slim fast Excluding the work and pain at hand

### Council: Sex offender ordinance now official.

Continued from page 3

(originals—3 years, copies—2 years); agenda memos—5 years; and receipts—5

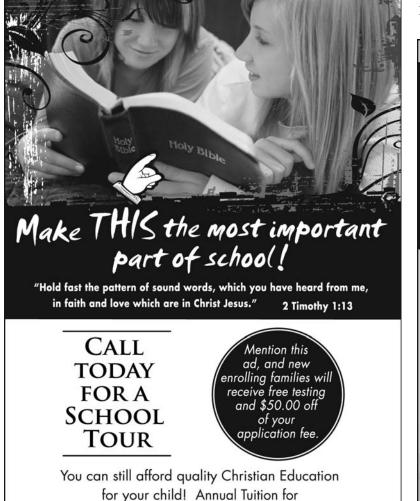
•Adopted an ordinance amending the Downey Municipal Code by adding Ch. 9 to Article III, relating to residency restrictions for sex offenders. Modeling the amendments to the ordinances passed by the cities of Los Angeles and Long Beach, the city attorney's office emphasized that the Downey ordinance "forbids sex offenders from living in a 'residential exclusion zone' (an area located within 2,000 feet from a child care center, public or private school, park, or public library), as well as preventing them

from living in the same residence or multi-family dwelling as other registered sex offenders, unless

amendment of lease (this was discussed in the last Council meeting

for the establishment of several Neighborhood Watch groups along





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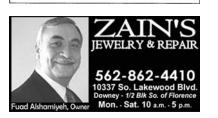


Stages Of Life

**Connections Networking** Join us Thursdays at 7:30am 9306 Firestone Blvd., **Downey, CA 90241** 









# Editorial Page 5 Friday, Aug. 14, 2009

### He said, she said

**By Eric Pierce** 

rom the start, the allegations of toxic conditions at Downey Studios has been a case of 'He said, She said.'

Nearly three-dozen people who previously worked at Downey Studios claim the place is a toxic dump. They suffer from various ailments, which they blame on improper and insufficient clean-up of the former NASA site.

City and studio officials strongly disagree, and as the mayor put it, "The facts just don't support the claims made by these workers."

On Aug. 4, two days after the Los Angeles Times published its expose, the city of Downey issued a press release denouncing the allegations. The press release carried the title "Slow News Day Brings Up Old Issue."

I have no way of knowing who's right and who's wrong, but a few obvious questions do come to mind:

•If the former NASA site is making people sick, why would Kaiser Permanente build a \$700 million hospital there?

•Have any Downey Landing employees complained of similar

•Why are we not hearing from former Boeing employees, who worked full-time at the site?

•Why did the workers complaining of illness hold a press conference Wednesday at, of all places, the L.A. Press Club?

We may or may not already know the answers.

### **Letters to the Editor:**

### Contamination documents

Dear Editor:

I read with great interest the Los Angeles Times article and your follow-up story concerning the Downey Studios contamination issue. I would caution the Alcalde and his minions to refrain from idiotic statements such as "there's probably not a site in America that has been more thoroughly evaluated from an environmental point of view."

There are hundreds of thousands of sites in the United States that are just as thoroughly investigated and remediated, just as there are hundreds of thousands of sites that have not been investigated yet.

I checked the Geotracker database (administered by the Water Resources Control Board) for the site in question and found the usual monitoring reports, letters from regulators and laboratory results. But just as important, I did not find any of the initial soil and groundwater investigations posted. As such, I can not say in good conscience that the site is the most thoroughly documented or, for that matter, even completely documented.

The fact of the matter is people are getting sick. This in itself should warrant further investigation, not a bunch of blowhards passing gas and blustering nonsense. I say to the mayor: produce the documents and make them available to the public.

But even more important, the site has also been developed into a park and hospital. I, for one, will avoid visiting these sites and I will not allow my kids to play at the park until a full accounting is made to the citizens of Downey.

— Thomas D. Smith,

**Downey** 

### Glowing dirt

I wanted to get a job at Downey Studios. About 2-3 years ago, I happened to meet this fellow in a bar in Woodland Hills and mentioned it to him.

He stated that he had worked there and one day he came upon these guys dressed in Haz-Mat outfits pushing a cart with some object that was glowing and swore him to secrecy. He also mentioned that there was this pile of dirt that just glowed. He said these were common things on the lot that everyone knew about.

— Dian Gibbons, **Downey** 

### Aloof representative

Apparently, Rep. Lucille Roybal-Allard is not really interested in her constituency's problems.

This morning (Aug. 6) I spoke to an aide and told her about a very serious elder abuse problem affecting a long-term citizen who has lived in the same Downey house since 1958. He is 86 and unable to comprehend what happened

She told me that "Congresswoman Allard is only interested in federal matters."

I replied that this elder abuse was concerning a citizen who lives in her district. She repeated her assertion and said, "Hire a lawyer."

What planet did I come from? I thought that a member of the House is supposed to be concerned with potentially major problems that, believe it or not, other members of the House seem to take an interest in – elder abuse.

Roybal-Allard, like many House members, is apparently only interested in being re-elected over and over again.

This is the tip of an iceberg that sends chills down my spine, but I will sure tell my friends in Downey how aloof and uncaring the office of Congresswoman Roybal-Allard really is.

The Downey Patriot

- Mike Parkhurst,

**Downey** 

#### Jennifer DeKay-Givens Publisher/Adv. Director Eric Pierce City Editor Staff Writer Henry Veneracion Scott Cobos Staff Writer Dorothy Michael Display Advertising MaryAnn Sourial Display Advertising Classified Advertising Linda Larson Production Jonathan Fox TEL (562) 904-3668 | FAX (562) 904-3124 | Hours Monday-Friday 9a.m. - 3p.m. The Downey Patriot is published weekly by Jennifer DeKay-Givens. Controlled Distribution, 25,000

### Letters to the Editor:

### Down the drain

Dear Editor:

A recent article concerning L.A. County allocating funds to certain cities for storm drain cleaning is a great idea. Downey is one of the cities that will receive some of those funds.

Walking along the streets of our city we often see many storm drain openings and a notice over these drains, "No Dumping: This Drains to Ocean." This means that every scrap of paper, every cigarette butt, animal droppings, chewing gum wrappers, plastic items etc. all go directly to the ocean via storm drains.

Particularly troublesome are discarded cigarette butts, which are lightweight that readily float to the surface of rainwater or irrigation water then directly to the ocean. Occasionally, after heavy rains, we see photos of huge, tightly-packed non-biodegradable cigarette butts floating on the surface of the water. Disgusting.

We spend millions of dollars cleaning our storm drains but it is an exercise in futility unless we radically change our wanton habit of throwing debris on the streets. Remember the old expression: "It will be money down the drain."

— Byron Dillon, **Downey** 

### Car thefts

Dear Editor:

Because we're confronting some very difficult and scary times, and I believe it will only get worse, I decided to share some troubling information with you which has to do with my son's pick-up truck.

We discovered this morning that his truck was broken into (driver's side window). Stuff was stolen, including his stereo, and lots of stuff was simply demolished.

When my husband and I were married, and even afterward, his Toyota was stolen at least three times – a couple of times, it was parked in the driveway. The criminals then drove his vehicle away from the property, removed everything inside the car and trunk, then abandoned the vehicle (in one case, the car was found behind us on Muller Street).

As I said, this has happened on at least three occasions while the car was parked on the drive and/or on the street in front of my house. So it must be someone who is targeting our street.

I have an ADT security system, but I plan to install a camera security system soon. I placed a call today to have someone provide me an estimate of the costs. The person with whom I spoke with said, "It's really getting bad in Downey." Oh, just what I wanted to hear! But I believe it's every-

I simply wanted to share this criminal incident with all of you, inasmuch as I would certainly welcome this type of information from you.

- Bernice Stumps,

**Downey** 

### Unsafe streets

Dear Editor:

On Aug. 5, when I got home at 7 p.m., I checked the messages on my phone. My next door neighbor had left a message that my outside cat was lying in front of her porch as she did every day when two dogs mauled her and killed her. One was a pit bull or pit bull mix and the other was a small-

Upon hearing the noise my neighbor went out and turned her water hose on the dogs, chasing them away. My neighbor then called SEAACA to pick up the bloody body. While waiting for SEAACA the dogs returned and were trying to rip the dead cat apart. She again chased them away with the water hose.

At that time the owners showed up trying to round up the dogs. After a while they did get them. The people, a man and woman, tried to pay my neighbor off for the loss of the cat. Sounds like this has happened before

My neighbor told them the cat belonged to next door. They said they would leave a note, which they did not do. My neighbor told them the dogs were vicious and the woman agreed with her.

This happened near Furman Park, where people with and without dogs walk every day. You can count on it that this won't be the last time these dogs will attack. Who, or what, will be next? These dogs now have the thrill of the kill. The only way to stop them is for them to be destroyed.

I have given the police and SEAACA more information on the owners

I gave up long ago walking my own dogs because they have been attacked twice. It's time to stand up for the right to safely walk on the streets of Downey.

— Helen Burns,

**Downey** 



### Health care complaints

Dear Editor:

This is the most difficult letter I have ever written. I'm writing to fulfill a promise made to my son who passed away a year ago.

"DIDN'T THIS GUY USED TO WORK FOR US?

I received a call from my son saying his doctor had told him to go to the Emergency Room at Downey Regional Medical Center. My son wanted me to take him because he was dizzy and sick to his stomach. I rushed to take him, not realizing that a walk-in isn't necessarily considered an emergency.

They took him in a wheelchair, his head hanging down and he appeared to be out of it. I begged them to get a doctor and admit him right away. I was told he had to wait his turn, though it was very obvious that many waiting were not emergency cases.

After about an hour, the man at the desk advised I take him home and call 911, then they would take him right away. My son was a large man and I knew there would be problems moving him, so I chose to wait a little longer, hoping he would be admitted.

Feeling desperate, I went to the desk and told the man I was taking him home and would call 911. The shift had changed and the new man told me if I did, they wouldn't admit him. So we waited three hours to talk to a nurse to take the information. My son spent two hours on a gurney, then was put in a bed with IVs, etc. I left about 11:30 p.m., thinking he was in good hands.

I learned later that he was put in a hospital bed at 8 a.m. the next day. He had had a stroke.

The first weekend my son was there the doctor told me he was the only doctor in charge of five hospitals. I asked why and he said the others had gone on a fishing trip. Thanks to the efforts of Dr. Mansoor, we were able to get my son to the Ronald Reagan Center at UCLA. He received excellent care there.

When he was released for rehab, we chose Lakewood Regional Medical Center because they had some kind of electrical treatment to help him swallow. We were very hopeful. He had one treatment and was supposed to have more, but the only person who administered the treatment went on vacation. During rehab, my son choked and passed away.

When my son was at Downey Regional, he asked I write to The Downey Patriot and tell the readers what happened. Now, I've fulfilled

All this happened when he had good health insurance. I shudder to think what could have happened if we had federal health care.

I hope this will help someone else in case they have an emergency. Call 911 - don't go to the emergency room. Also, stay with the patient if possible. Don't count on good health care otherwise.

— Elsa Van Leuven,

### Street repairs

Dear Editor:

Can you tell me who to contact regarding roads in disrepair? The worst offenders are Downey Avenue north of Florence, and Studebaker Road, exiting the 605 Freeway.

 Daniel Mitsap. Downey

Editor's note: We recommend calling City Hall at (562) 904-7246.

Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

## Time is now to prepare for flu season

### By Rep. Lucille Roybal-Allard (D-34)

ight now, parents everywhere are preparing for a new school year, finding out who their children's teachers will be, buying school supplies, and seeing the doctor to make sure their kids are healthy and ready to learn.

But if you're a parent, you need to add one more item to that back-toschool checklist: what to do if someone in your family gets the flu. This fall—as every fall—we not only have to plan for a new version of seasonal influenza, but in addition, another potentially serious strain, the

We first saw the new H1N1 virus in the U.S. last April, but the Centers for Disease Control and Prevention (CDC) continue to report higher than normal levels of flu-like illness and actual H1N1 outbreaks in some parts of the country. That's very unusual at this time of year.

CDC estimates so far we've had more than 1 million cases of H1N1 in the United States. Similar to seasonal flu, with H1N1 you'll get a fever, cough, sore throat, stuffy nose, achiness, headache, chills and fatigue. Sometimes H1N1 causes diarrhea and vomiting. Just like seasonal flu, it can be severe and potentially deadly.

H1N1 can be dangerous for a person with an underlying medical condition—such as asthma or diabetes—or if you're pregnant. So far, it's been most contagious among children and young adults age six months to 24 years. Health care workers, emergency responders, and people caring for infants should be on guard.

Scientists believe this virus could worsen with the arrival of school. But if we prepare for the virus now, it does not have to. Some of these precautions are simple and personal. Make it a routine

to wash your hands often with soap and water. Cough into your elbow or into a tissue, not in your hands.

Stay home if you're sick, and start planning now in the event that one

of your kids gets the flu. And ask yourself these questions: If you work, have you made arrangements for child care? Have you talked with your employer about what to do in case you need to be out?

Some preparation is community-wide. If you're an employer, now is the time to plan to meet your objectives with a reduced staff. You do not want an employee who is ill to spread flu in the workplace. If you're a medical provider, don't risk being overloaded and overbur-

dened. An outbreak will not only bring people who have H1N1 into hospitals and doctors' offices—you'll also see the "worried well." Plan now to deal with the influx of patients that could come with an outbreak.

At the national level, scientists at the National Institutes of Health, the CDC, and the Food and Drug Administration are working with vaccine manufacturers to make sure that an H1N1 vaccine is not only safe, but that the virus is not changing in ways that would reduce a vaccine's impact. They expect to have a vaccine ready this fall.

If you want more information, please visit www.flu.gov. The site provides guidance to prepare for, prevent, and respond to an outbreak. It includes checklists and fact sheets that will help families and others make sure they are prepared.

Right now, flu.gov is posting a contest. Create a public service announcement to get the word out on flu prevention and post it to YouTube; you may win a \$2,500 cash prize. The contest is open to people age 14 and older. The deadline for submissions is August 17 at 11:59

To wrap up: a reminder. Wash your hands, cough in your sleeve, and stay home when you're sick. Get the vaccine when it's available. No one knows what the impact of the fall flu season will be until we're in the middle of it. But how severe the flu becomes this fall will depend on how seriously each of us takes action to reduce the risk now.

# Page 6 Friday, Aug. 14, 2009 Comics/Crossword

### SPEED BUMP

### DAVE COVERLY













### On This Day.

**Aug. 14, 1893:** France introduces motor vehicle registration.

**1908:** The first beauty contest is held in Folkestone, England.

**1935:** United States Social Security Act passes, creating a government pension system for the retired.

**1936:** Rainey Bethea is hanged in Owensboro, Kentucky in the last public execution in the United States.

**1947:** Pakistan gains Independence from the British Indian Empire.

**2003:** Widescale power blackout in the northeast United States and Canada.

Birthdays: NFL player Roy Williams (29), astronaut Tracy Caldwell, (40), actress Catherine Bell (41), actress

Halle Berry (42), and basketball player Magic Johnson (50).

### **Downey Community Calendar**

#### Events For August

Sun. Aug. 16: Bingo luncheon. St. Raymond's Church, 1 p.m.

Tues. Aug. 18: Ezra meeting, Temple Ner Tamid, 10 a.m.

Wed. Aug. 19: ABWA meeting, Rio Hondo Event Center, 5:30 p.m.

Wed. Aug. 19: Orgesta Charangoa concert, Furman Park, 7 p.m.

Thurs. Aug. 20: Blood drive, GDowney Regional Medical Center, noon

#### 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 Saylors 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.

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.

8/9/09

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### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) SEE 107 ACROSS: VIPs with something in common by Billie Truitt

### **ACROSS**

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- Pew books
- Down Under denizen GB Shaw title character
- Razor-sharp Sunscreen letters

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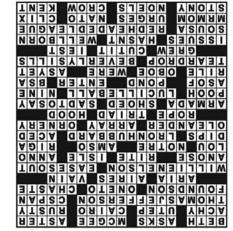
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

> from 2005 through early 2009. Democratic National Committee (108 Down) was Chairman of the Vermont governor Howard Dean his role in "The Pianist." Former winner of a Best Actor Oscar, for Down) became the youngest At age 29, ADRIEN Brody (24 Alcohol, Tobacco and Firearms. Justice Department's Bureau of BATF (1 Down) stands for the



### Paging Dr. Frischer...

Ry Dr. Alan Frischer



alling all exercise nuts...and everyone else who works out! (You can assign me to the "exercise nut" category.) What should we eat *before* we exercise, and what should we eat *after*? For those who exercise for extended periods, just how do we refuel *during* our workout?

Generally, in order to benefit the most from cardiovascular exercise (exercise that speeds up the heart and respiration), eat lightly about one hour before. This allows some time for digestion, and will provide the energy you need for your workout.

It is not generally true that eating immediately prior to exercise will give the muscles instant energy, because in order to provide nutrients and energy, food must be digested. The digestive process breaks food down into smaller compounds, yielding amino acids, fatty acids, and glucose. These nutrients are then transported to the body's tissue through the circulatory system.

The problem is that during digestion, blood flow is shifted *away* from the brain and muscles and *to* the internal organs, for digestion and elimination. This shift in blood flow has a significant negative impact on the brain and muscle tissues, and lowers athletic performance.

What about consuming foods efore exercise that require little or no digestion? These include fast-digesting carbohydrates and proteins. Fast-digesting carbs are highly processed foods such as white bread, white rice, mashed potatoes, cold cereals, fruit juices, foods with glucose (table sugar), fructose (fruit sugar), and the ever-present power/protein bars consumed by most serious athletes. Whey protein tends to be the fastest digesting protein, and is available in protein bars as well as in a powder form that is commonly added to shakes or other drinks.

Most athletes use these types of snacks for instant energy to the muscles. In fact, every marathon runner I know consumes them during the 26.2-mile race. However, recent studies reveal a potential problem: Consuming either carbs or fastreleasing protein prior to or during exercise elevates plasma cortisol levels. Consistently elevated cortisol levels are associated with muscle wasting and fat gain! However, occasionally elevated cortisol levels during that occasional race are probably not going to pose a long-term health issue.

So, eating immediately before exercise tends to rob the brain and muscle of energy due to the digestive process, but when fast-releasing foods are consumed before exercise on a regular basis, the problem only becomes worse, due to elevated cortisol levels which may severely compromise ones ability to build muscle and burn fat. Do not make a habit of eating just before or during exercise.

Immediately after exercise, however, eating fast-releasing proteins and carbs is ideal. The ideal snack during the 30-60 minutes following your workout is light and nutritious, containing

mainly carbohydrates and protein in a ratio of about 2:1. This might be one cup of fruit with protein powder, one cup of one percent milk, fat-free ice cream or nonfat yogurt, one apple with one-inch cube of low-fat cheese, or two slices of whole wheat bread with two thin slices of turkey or

Always make sure you are well hydrated before exercise. Exercise performance suffers with as little as two percent loss of body weight due to dehydration. Try to drink at least two cups of water two hours before the workout, and drink another two cups 20 minutes before.

For athletes entering a race or other competition where a bathroom stop just isn't practical, drink lightly before the competition and replace fluids during. After your workout, drink more water than you feel like drinking; exercise actually blunts the sense of thirst. If you wait until you notice it, you're already dehydrated. It's a myth that drinking will cause an upset stomach or muscle cramps; in fact, muscle cramps are actually caused by water loss. Salt tablets will only aggravate the situation by drawing fluids into the stomach. The best way to prevent muscle cramps during exercise is by keeping well hydrated.

Did you know that almost all weight lost during exercise is due to water loss? (Sorry about that!) However, a long-term exercise program can certainly lead to weight loss.

For those who exercise up to an hour in moderate conditions, the most appropriate fluid is cool water. The typical American diet already contains adequate electrolytes (sodium, potassium, chloride, and magnesium) to replace what is lost by sweat. However, if you exercise for more than an hour in moderate conditions, or for less than an hour in extreme conditions, you may benefit from a sports beverage containing carbohydrates and electrolytes.

The ideal time for fitness activity is:

•1/2 hour after a light snack

•One hour after a light meal, heavy snack, or meal replacement drink

•Two hours after a regular meal

•Three hours after a Thanksgiving-type feast

•During an extended and vigorous sports event or race, but not on a regular basis.

I wish you healthy eating and exercising!

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.

# DRMC hosting blood drive

**DOWNEY** – Downey Regional Medical Center will host a blood drive Aug. 20 from 12-6 p.m. to benefit the American Red Cross.

Donors must be in good health, at least 17 years old (16 with parental consent), and weight at least 110 pounds. People may be turned away if they are pregnant, have traveled to certain parts of the world, have health conditions, or are taking certain medications.

A healthy donor may donate red blood cells every 56 days.

All donors will receive a gift certificate for a free ice cream at Cold Stone Creamery.

To schedule an appointment, call the DRMC Volunteer Office at (562) 904-5321 or go to www.givelife.org and use sponsor code DOWREG. Donors will be required to show identification.

# LRMC earns cardiac designations

LAKEWOOD – Lakewood Regional Medical Center has received two UnitedHealth Premium Specialty Care designations for its cardiovascular services, the hospital announced this week.

Hospitals must meet or exceed UnitedHealth's rigorous quality criteria based on nationally recognized medical standards, including programmatic structure, patient care processes and clinical outcomes.

Lakewood Regional received designations in Cardiac Care and Cardiac Surgery.

"We are pleased that our hospital has been recognized by UnitedHealth for the high quality care that we provide," said Mark Korth, chief executive officer of Lakewood Regional. "Our physicians and staff work hard to provide quality patient care and these designations demonstrate the high standard of care we deliver every day."

### Golf tourney to bring cancer awareness

**DOWNEY** – The third annual Elizabeth Miller Memorial Golf Tournament will tee off Sept. 15 at the Rio Hondo Golf Club.

The tournament is a fundraiser for the Ovarian Cancer Orange County Alliance, which promotes ovarian cancer awareness.

The tournament will be limited to 144 golfers in a 4-person scramble format. The event will also include numerous long drive and putting contests.

Cost is \$150 for 18-holes of golf and an awards dinner. Dinner only is \$30. Sponsorships are available for \$100-\$6,000.

Registration deadline is Sept. 7. To register, call Gene Miller at (562) 896-5481.

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### 5 ways to help prevent cancer

In today's troubled economy, saving money is a hot topic. No matter what gets cut from your budget, however, experts at The University of Texas M. D. Anderson Cancer Center believe that healthy choices to prevent cancer shouldn't be on the list.

"Cancer is a disease that is cheaper to prevent than treat," says Michele Forman, Ph.D., a professor in M.D. Anderson's Department of Epidemiology. "If we eat healthier meals and increase daily exercise, we could avoid about one-third or 186,000 cancer deaths this year."

Five budget friendly activities that can reduce your chances of getting cancer are:

1. Exercise daily. Forman suggests you do at least 30 minutes of low to high-intensity exercise on five or more days a week, depending on your fitness level. Forty-five to 60 minutes of exercise is even better. Children and teens should do at least 60 minutes a day of moderate to high-intensity exercise at least five days a week.

"It's OK to gradually increase your exercise to 30 minutes a day if you currently aren't exercising," Forman says.

Can't afford a gym membership? Look at these low cost exercise options:

Local city parks and recreation centers offer a variety of costfriendly options to keep you fit. This includes free or low cost gym memberships and s

2. Eat more fruits and veggies. Vegetables and fruits have lots of vitamins, minerals and fiber found to help prevent cancer. Eating five fruit and vegetable servings every day also is a great way to keep a healthy weight. Remember to include a colorful variety in your weekly menu.

Buying enough fruits and vegetables to meet your five-a-day serving can get costly. Your local farmer's market may offer fresh produce at a cheaper price.

**3. Avoid tobacco.** Tobacco use is the single largest preventable cause of death in the United States. Each year, it causes about 169,000 cancer-related deaths, says the American Cancer Society. Another great reason to quit is that you could save up to \$4,000 a year.

The National Cancer Institute offers free information and support to help you quit. Learn about their

services at www.smokfree.gov.

4. Practice sun-safety. More than one million cases of skin cancer are expected in 2009. Unprotected exposure to too much ultraviolet (UV) radiation from the sun is the number one cause of skin cancer.

Sun-Protection Factor (SPF) 15 sunscreen is just as good as SPF 70, if applied and reapplied properly, and it is usually more affordable. Sunglasses are a must to protect the eyes. You don't have to buy costly, designer shades to get good ultraviolet (UV) protection.

5. Get regular check-ups. Wellness exams, or cancer screening exams, are medical tests done when you are healthy, and you don't have any signs of illness. They make sure that cancer is found at its earliest, most treatable stages. The chances of surviving colorectal, breast and cervical cancers are higher if found early.

In addition to finding cancer early, screening exams for colorectal and cervical cancers also can remove abnormal cells that may turn into cancer. Doing this prevents cancer altogether.

### Back-to-school safety tips for kids

**Contributed by ADT Security** 

More than 50 million kindergarten through 12th grade students will soon return to classrooms with backpacks full of new pencils and books. But one more must-have item should be checked off the back-to-school list – school safety.

According to the most recent statistics from the U.S. Department of Education, an estimated 2.2 million crimes were reported on public school campuses nationwide during the 2005-06 school year alone and 78 percent of schools reported violent incidents.

Patrick Fiel, public safety advisor for ADT Security Services and former head of security for Washington, D.C. Public Schools says, "Parents who are actively involved in their student's school security can improve their child's safety and success on campus. Bullies, gangs, drugs, weapons and sex predators are on the streets every day."

To help parents prepare for a safe school year, Fiel and ADT have developed a list of safety tips to help parents keep kids safe before, during and after school:

Before school: If your child walks or rides a bicycle to school, help him or her choose the safest possible route with the fewest street crossings and walk or ride with him or her if possible. According to a child safety organization, pedestrian injury is the second leading cause of accidental

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injury-related death among children ages 5 to 14. Talking with children about biking and walking safety can help to reduce their risk of injury.

•Be sure there is at least one parent with children waiting at a school bus stop. This is a time when potentially risky activity, such as bullying and fighting, can take place.

During school: Educate your-

self about school safety and security. Talk to your children about their safety concerns and visit their campus to talk with an administrator about the school's security plan. Find out whether your child's school uses technology like access control and visitor management systems to protect students from potential sex offenders and criminals who may try to gain access to the campus. If a parent can walk into a school unchallenged, so can unwanted visitors.

•Get to know the law enforcement officials or other security personnel assigned to your child's school. Find out when they are on campus and what their responsibilities include. If your child's school does not have regularly assigned law enforcement or security presence, work with school administrators and other parents to get it done.

After school: If kids are alone in the afternoons, teach them to go straight home, keep doors locked

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and not answer the door for anyone.

•Do not keep firearms easily accessible in your home and talk to kids about the potential dangers of guns and what to do if they find one. If you do have a gun in the house, it is vital to keep it unloaded and in a locked area with the ammunition stored separately. Parents should check their weapons periodically.

"Keeping kids safe is one of the most important things parents, teachers, administrators and the surrounding community can help to accomplish this year," Fidel said. "We hope that these tips will remind parents to make school safety a priority so they are able to send their students off to school with confidence."





One problem that can arise from the ailure to replace lost teeth is a condition "angular cheilitis," as inflammation of the corners of the mouth caused primarily by a reduction in the vertical dimension of the bite. As the lips overlap more at the corners of the mouth and leak saliva, the stage is set for irritation and inflammation. While the fungal and bacterial growth that leads to skin irritation and cracking may be stemmed with medications such as anti-fungal, antibiotic, and steroid creams, the root cause of the problem must be addressed. Treatment usually entails replacement of lost teeth. If dentures are already in place, adjustment of denture fit and/or better adherence to denture-cleaning guidelines may be

Are you missing some teeth? Do you wear dentures that need adjustment? We welcome the entire family for quality dental treatment. The comfort of our patients is very important to us, which is why we strive to offer the best in dental care. When was the last time you had a comprehensive dental examination? We make every effort to see you promptly and listen to your concerns and needs. We will let you know about new procedures and technologies and what they can do for you. Please call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307.

P.S. Loss of vertical dimension of the mouth due to lost teeth that are not replaced also conspires to make faces look older.

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Warren High School's band, shown performing last week at the Downey farmers market, will make a second visit tomorrow. Courtesy

### Warren adds flavor to farmers market

**DOWNEY** – Warren High School's award-winning band entertained vendors and patrons alike with a surprise performance last Saturday at the farmers market.

Led by director David Niemeyer and assistant director Aaron Zeilinger, the band marched down 2nd Street, playing their fight song, as surprised patrons cheered, clapped and chanted along.

The band played familiar songs such as "Brick House," "Jungle Boogie," and the "Hey Song."

Band members also promoted their upcoming car wash marathon (Aug. 22) and their Annual Preview Night on Aug. 28, where they will showcase their 2009 field show, Groove, at Warren High School from 6-8

The band will return to the farmers market tomorrow and the community is invited to attend.

### DINING-OUT **DEALS IN DOWNEY** 10822 Lakewood Next to Stonewood Mall 862-0223 Senior Citizens Dinner Specials Daily 3pm - 6pm **Choose From Daily Specials** All Entrees include soup or salad Mashed Potatoes and Gravy, Cornbread or Garlic Cheese Bread Free Slice " Complete Dinners Featuring Daily Specials by **OPEN** Lunch **Executive Chef Zaya** and Bring this coupon to receive 15% off entire check. Dinner Exp. 8/31/09 (excludes alcohol) 8425 Firestone Blvd., Downey





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Cuban band up next at Furman

**DOWNEY** Charangoa, one of the top Cuban music orchestras in the Los Angeles area, will perform a free concert Wednesday night at Furman Park.

The performance begins at 7 p.m. and is part of the regular concert series produced by the city of

L.A. Weekly has called Orgesta Charangoa "the keeper of the flame for traditional Cuban charanga." The band is led by flutist and bandleader Fay Roberts.

Timbalas, guiro, contrabass, cellos, violins and flutes are used to reproduce the sounds of 40s and 50s Cuba.

Since 1997 Charangoa has performed at many Southern California venues, including the Dorothy Chandler Pavillion, the Palladium, the Palace and the Conga Room.

Charangoa has opened for Cuban band Los Van Van and has backed up Israelt Lopez Cachao.

Television appearances include KCET's "Holiday Celebration" and KTTV's "Good Day L.A."

Charangoa has also performed at many festivals, including the Watts Towers Jazz Festival, L.A. Cuban Festival, African Marketplace and the L.A. Salsa Festival.

The Downey Rose Float Association will be selling food and drinks before and during the concert. Residents are encouraged to bring lawn chairs.

### Shop, save and support a cause

**DOWNEY** – The Women's Guild of Our Lady of Perpetual Help Church will host its fourth annual "Shopping Extravaganza" Oct. 10 at the Citadel Factory Outlets in Commerce.

Residents who purchase a \$20 ticket from the Guild will enjoy steep discounts at the outlets on Oct. 10 from 9 a.m. to 8 p.m. Ticket-holders will also receive three raffle tickets, wine tasting, lunch from Ruby's Diner, and a goody bag.

Proceeds from ticket sales will help fund the Guild's scholarship fund and its work with local organ-

To purchase tickets, or for more information, call Sally Johnson at (562) 861-8370.





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Orgesta Charongoa, a popular Cuban band, will perform a free concert Wednesday at Furman Park, beginning at 7 p.m. Courtesy photo

### The OC Fair, by the numbers

COSTA MESA – After 23 days and nights, the Orange County Fair has turned off the deep fryers, taken down the carnival rides and given out all the blue ribbons for its 119th year, which saw more than 1 million in attendance for the fourth time in five years.

More than 9,400 people purchased the first-ever OC Fair Super Pass, a season pass which granted 23 days of admission plus other discounts, coupons and front-ofline access.

Fair visitors enjoyed some 11,000 boxes of chocolate-covered bacon and 12,000 deep-friend zucchini weenies. More than 250,000 guests took a tour through the human brain with the world premiere of "Al's Brain: A 3D Journey Through the Human Brain starring 'Weird Al' Yankovic."

Yankovic, incidentally, was born in Downey.

Other numbers from the fair:

•700 multi-layered jumbo Mexican funnel cakes were eaten and only two people met the challenge to consume one alone.

•4,400 feet of jumbo pretzels were consumed while 13,200 giant



Only two people ate an entire jumbo Mexican funnel cake in a single sitting. Courtesy OC Fair

blooming onions and 20,000 orders of Tasti Chips were devoured.

•4,256 entrants submitted 13,925 entries which received 2,949 first place ribbons and more than \$105,000 in cash awards.

•258 livestock entries were sold at the Junior Livestock Auction, earning local youth more than \$168,000.

•38,096 people donated 32.6 tons of food, 17,166 new children's

books, 3,884 new children's toys and thousands of school supplies for a community donation drive.

•Born into the Centennial Farm this year were 24 piglets and two kids (goats).

•Survey results showed that, on average, fairgoers made 2.7 visits to the Fair and averaged 5.5 hours per visit.

### Cumming to make local debut

**COSTA MESA** – Tickets are now on sale for the West Coast premiere of "Alan Cumming: I Bought a Blue Car Today," playing at the Orange County Performing Arts Center on Sept. 26.

Accompanied by his musical director, Lance Horne, Cumming will unleash his favorite tunes, belt out celebrates hits alongside littleknown gems, and entertain with anecdotes from his colorful past.

The show is peppered with material by Frank Sinatra, Dory Previn, Kander & Ebb and Cyndi

Cumming trained at the Royal Scottish Academy of Music and Drama and quickly found fame in

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his homeland for both his television work and stand-up comedy. The theater gave him his biggest break when he appeared in Manfred Karge's "A Conquest of the South Pole" in Edinburgh.

The play transferred to the Royal Court in London's West End and Cumming was nominated for the Most Promising Newcomer Olivier Award.

U.S. film audiences were first introduced to Cumming in "Circle of Friends" and he went on to appear in many films, including "X2: X Men United," "Spy Kids," "Romy and Michele's High School Reunion," "Goldeneye," "Eyes Wide Shut," "Titus," "Emma" and "Sweet Land," for which he received an Independent Spirit Award for producing.

With Jennifer Jason Leigh he www.ocpac.org.

wrote, produced, directed and starred in the acclaimed "The Anniversary Party," which won a National Board Review award. In 1998, "Cabaret" opened on Broadway and Cumming was heralded for his performance.

He has continued to earn accolades on Broadway in "The Threepenny Opera," "Design for Living," and Off-Broadway in "Elle and "The Seagull."

On television he has appeared in "Sex and the City," "Frasier," "Third Rock from the Sun," "The L Word," "Reefer Madness" and, most recently, in Sci-Fi Channel's "Tin Man." He is also the host of PBS' "Masterpiece Mystery."

Tickets to see Alan Cumming are \$58 and are available by calling (714) 556-2787 or online at





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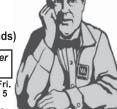
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### Jane Walta, 97, was Downey High teacher

DOWNEY - Longtime Downey resident Jane Davy Gray Walta passed away in her sleep during the early morning hours of Aug. 8. She was 97.

Born in Huntington Park in 1912, she was the daughter of the Rev. Harry and Jenny Gray. The family built their home at 7903 E. 4th Place in Downey, where Walta lived until recently selling the home.

Walta taught English and music at Downey High School for more than 30 years and was an active

member of the JK Chapter of PEO Sorority. She was also a member of the Downey Symphony Guild, and was a longtime organist at St. Mark's Episcopal Church.

A graduate of Mills College, Walta attained multiple degrees, including her masters of art in Music, a bachelors in both English and Music, and

She was married 53 years to John C. Walta, an electrical engineer, and together they had one child, Patricia Jean Walta Shirley. Both have passed

Jane Walta is survived by her grandchildren, John and Sandra Shirley, and David and Holly Johnson; great-grandchildren, Mallory and Trevor; and son-in-law David (Georgette) Shirley.

Services will be held today at 10 a.m. at St. Mark's Episcopal Church in Downey. Graveside services will follow at Rose Hills Memorial Park.

### Marcelle Harman was DRMC volunteer

**DOWNEY** – Marcelle Harman, a Downey resident for more than 25 years, passed away Aug. 5 in Modesto. She was 89.

She was born Marcelle Josephine Sarlin on May 12, 1920 in Huntington Park. She was an alumnus of Bell High School and Compton

Harman was a longtime parishioner of Our Lady of Perpetual Help Church in Downey and was active in the Women's Guild until her move to Modesto almost eight years ago.

She also volunteered in the gift shop at Downey Regional Medical Center, with more than 16,500 hours of service to her credit.

She is survived by her daughters, Patricia and Teresa; son, Roger; grandchildren, Philip, Susan, Danny, Heather and Dominique; greatgrandchildren, Nicholas, Megan and Ryland; and their extended families. She was preceded in death by her husband, Bill, in 1986.

A viewing will be held Monday from 5-8 p.m., with a Rosary at 7 p.m., at Downey Zrelak Family Mortuary. A funeral Mass is scheduled for 11 a.m. on Tuesday at Our Lady of Perpetual Help Church. A private burial will follow at Calvary Cemetery.

In lieu of flowers, the family has requested donations to the Alzheimer's Association.

### Council wants solar fees to go even lower

By Eric Pierce. CITY EDITOR

**DOWNEY** – A plan to encourage energy conservation by cutting the cost of solar panel permit fees in half did not go far enough for the City Council, who punted the issue back to staff for retooling on Tuesday.

A survey by the Sierra Club earlier this year found that Downey charged an average of \$1,164 for solar permits, one of the steepest rates in Southern California.

City officials responded with a plan to cut the fees by 50 percent. While the proposed fees would not have covered the city's cost in reviewing and inspecting solar panel installations, it would have promoted solar energy use in

Downey, deputy city manager Gilbert Livas wrote in a staff report.

Mayor Mario Guerra and Councilman Luis Marquez, however, proposed cutting fees even further with a flat fee of \$200.

"If we really want to encourage green, we need to take a bold step forward," said Marquez, who, like Guerra, is a member of the city's Green Task Force.

The issue is expected to be brought back at a later date for consideration from the rest of the Council.

Last year, the city issued eight permits for solar panel installations. Of the eight, the highest fee was \$4,939, paid by Staples at Downey Landing.

### BJ's Brewery announces sales record

**DOWNEY** – BJ's Brewery & Restaurant at Stonewood Center recorded first-day sales of \$25,000 on Aug. 3, a franchise record, company officials have announced.

The news came as BJ's announced a revenue increase of 17 percent from last year, beating analysts' estimates by one

BJ's opened 15 restaurants last year and will open up to 11 more this year. The company, based in Huntington Beach, currently operates 84 restaurants but previously announced a goal of 300

### Supermarkets hosting free entertainment

**DOWNEY** – Two local supermarkets will offer free entertainment later this month in celebration of a new campaign by Dole

Ralph's supermarket at 8626 Firestone Blvd. and Food 4Less at 13525 Lakewood Blvd. will host live entertainment and contests to win prizes on Aug. 22-23.

Free samples of Dole Juices will also be available.

The event is free and the community is invited.

### Police gains approval for new chairs

**DOWNEY** – The Downey Police Department will purchase eight new chairs for their Report Room using money from the city's Asset Forfeiture Fund.

The City Council approved the request on Tuesday and appropriated \$2,101 for the purchase.

The Report Room is where police officers write their reports, book evidence and interview juveniles who have been arrested, Police Chief Roy Campos wrote in a report for the Council.

As other divisions of the department received new chairs, the Report Room received handme-downs.

According to Campos, "the chairs are beginning to break down, and many of the adjustment features are no longer working properly."

The chairs will be purchased from Consolidated Office Systems of Fullerton. Code Enforcement currently uses the same type of chairs and has reported no problems, Campos said.

According to Campos, the Asset Forfeiture Fund currently stands at about \$5 million.

### --Eric Pierce

### St. Raymond's bingo luncheon

**DOWNEY** – The Italian Catholic Federation of St. Raymond's Catholic Church will host a bingo luncheon Aug. 16 at 1 p.m. inside the Msgr. Robert Gipson Hall, 12349 Paramount

Cost is \$10 and includes lunch, a door prize, and one free bingo card. A \$25 money tree and other prizes will be raffled.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-

### Search for Jewish culture

DOWNEY - "Pepper, Silk and Ivory: Seeing the Orient Through Jewish Eyes," is the topic of the Aug. 18 meeting of the Ezra Center for Mature Adults at Temple Ner Tamid in Downey.

Jean Franklin and Ed and Polly Schecter will tell of their travel to China and Japan with Rabbi Marvin Tokayer.

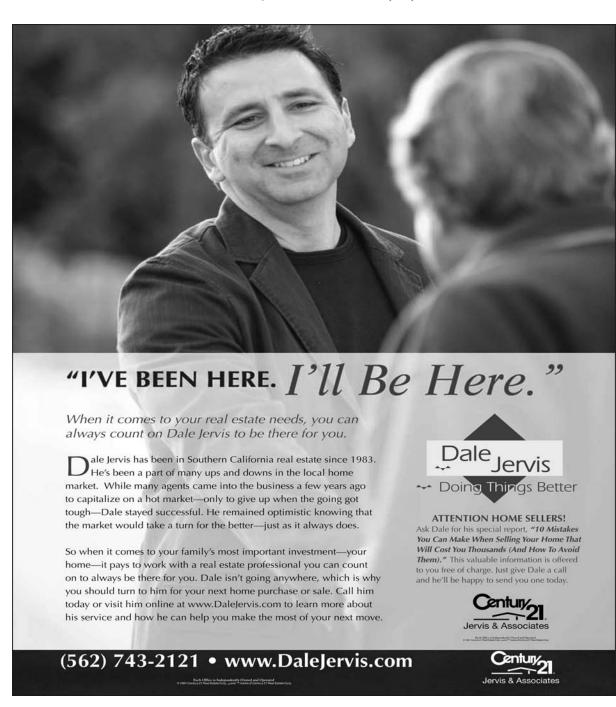
The speakers will share pictures and memories of their trip, in which they searched for Jewish culture and history.

The meeting is free and begins at 10 a.m. A catered kosher lunch will be served afterwards at a cost of \$6 for Ezra members and \$7 for non-members.

For more information, call Miriam Brookfield at (562) 943-3170.



Rep. Lucille Roybal-Allard (D-34) thanked Shantal Voorwinden, of Downey, for her assistance in her Los Angeles district office during her 9-week summer internship that ends today. Voorwinden is currently attending Cerritos College where she is majoring in English and Communications. She is president of the Speech and Debate Club and was awarded the bronze medal in this year's Southern California Lincoln Douglas Debate Championships. She plans on completing her bachelor's at Cal State Long Beach and would like to one day enter public service. For information on an internship with the congresswoman, call Diana Porras at (213) 628-9230.





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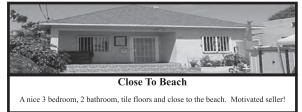




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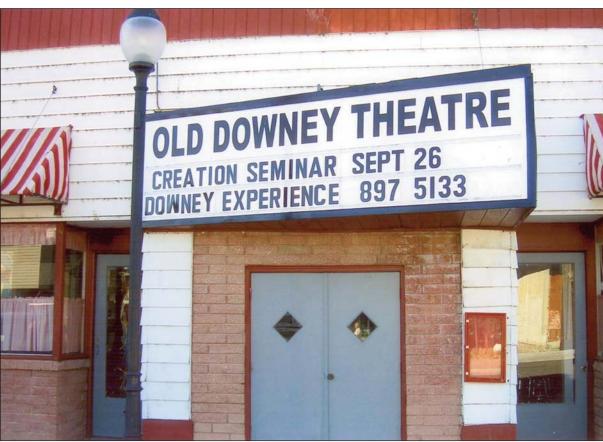
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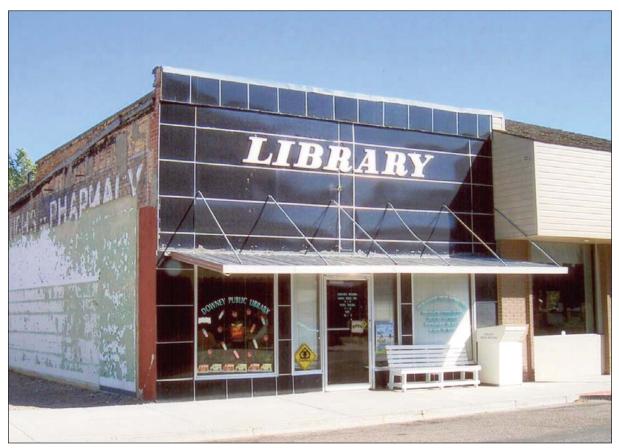
View these homes at: www.MichaelBerdelis.com

### More pictures from Downey, Idaho

Photos and captions by Paula Mayfield



The refurbished Old Downey Theater, available to local theater groups and offering free admission when movies are shown.



The Downey Public Library manages a book fair every year at the elementary school.



Downey City Hall, located on Main Street.