

The Downey Patriot

Celebrating Breast Cancer Awareness Month

Interning at the White House
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Symphony in concert
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Friday, October 23, 2009 Vol. 8 No. 27 8301 E. Florence Ave., Suite 100, Downey, CA 90240

Marquez will run for state Assembly

■ Marquez says the district needs 'local representation' in Sacramento.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Luis Marquez is not one to name names, but when he speaks of candidates moving into town and running for state office “just to be a part of an elite political club,” it’s not difficult to figure out who he’s talking about.

Marquez, the current councilman for Downey, confirmed this week his intention to run for the California State Assembly. Marquez will attempt to replace Hector De La Torre (D-50), who is being termed out of office.

Primary elections are in June. Marquez joins a field of four confirmed candidates, one being Ricardo Lara, a former planning commissioner for the City of Los Angeles. Lara was a Boyle Heights resident until recently when he said he would relocate to the 50th District to run for state office.

“This is why people are so fed up with politics and politicians,” De La Torre told the *Los Angeles Times* in April. “We’re not a colony of Los Angeles or anywhere else. This is a community that has...its own character and has its own needs.”

The 50th District includes eight blue-collar cities in Southeast Los Angeles County, including the southern parts of Downey.

While Marquez did not refer to any particular candidate by name in an interview this week, he did call the prospect of an outsider representing Downey in the state Assembly (much less the former district director for former embattled Assembly Speaker Fabian Nunez) “a little scary.”

“Voters are paying attention. They don’t want partisan bickering, or someone who comes from a political machine, they just want someone to represent them,” Marquez said, before adding, “You don’t have to live here forever, but at least be from the area.”

According to Marquez, chief among the needs pressing Southeast Los Angeles County is a decline in quality jobs.

“The biggest challenge we face is unemployment,” he said. “In Downey, we don’t have Tesla yet, but we’re not just sitting back. We need to be proactive and try to retain and attract businesses with tax incentives. That’s what I want to bring to the 50th District.”

Marquez has amassed a list of endorsements that includes his boss, state Sen. Alan Lowenthal (D-27), former senator Betty Karnette and Assembly members Bonnie Lowenthal and Charles Calderon.

Locally, he is receiving support from Downey council members Roger Brossmer and David Gafin, Mayor Mario Guerra and the

See MARQUEZ, page 12

All Systems Are Go!



The Columbia Memorial Space Center opens to the public this weekend. Tickets are free this weekend but must be picked up on the third floor of City Hall.

PHOTO BY JERRY BLACKBURN/AEROSPACE LEGACY FOUNDATION

Space Center opens this weekend

■ Free tickets for grand opening weekend available at City Hall.

DOWNEY – All systems are go, the Columbia Memorial Space Center is ready for liftoff.

The Space Center at 12400 Clark Ave. will open to the general public this weekend.

The 20,000 sq. ft. center honors Downey’s expansive aerospace history as well as the fallen crew of STS-107 and the Space Shuttle Columbia.

City officials are hoping the center, which cost about \$10 million to build, will inspire children to seek careers in space exploration.

The center is two stories, with an 18-ft. tall “Columbia Memorial Mosaic” in the lobby.

On the ground floor visitors will find a rocket launcher exhibit, a soft landing exhibit, a flight simulator, a NASA gallery, a robotics lab featuring “dozens of programmable Lego Mindstorms robots,” and an outdoor classroom for programs and presentations.

A space-themed exploration area is on the second floor, along with a padded mini shuttle, a soft Mars crater, a space suit exhibit, planet and moons exhibit, a space shuttle and space station exhibit, an Earth from Space exhibit, and a space mission simulator created by the Challenger Center for Space Science Education.

“At the site where the Apollo space capsules and the Space Shuttle Orbiters were designed and largely fabricated, a new hands-on center for learning and career development has been built by the

City of Downey,” Jon Betthaus, executive director of the center, wrote in an information packet. “The Columbia Memorial Space Center also provides engaging programs and introductory instruction in engineering, science and technology while acknowledging some of the most important aerospace achievements in the 20th century.”

“Downey has been a center of aerospace innovation since 1929 when passenger and commuter airplanes were made here,” Betthaus continued. “Since then, Vultee Aircraft Corporation, North American Aviation, Rockwell International and the Boeing Company have all made aviation and aerospace history in Downey. The Columbia Memorial Space Center will present an overview of this legacy, from Downey’s crucial role in World War II, and the devel-

opment of the first cruise missile in the 50s, to the engineering and building of the Apollo Command Modules and the Space Shuttle Orbiters.”

Tickets to the grand opening this weekend are free and available at the City Manager’s Office located on the third floor of City Hall.

Tickets are good for a one-hour time slot either Saturday or Sunday between noon and 6 p.m.

Tickets are limited to four per person; people can pick whatever time slot they choose.

During the one hour, the public can tour the Space Center and experience many of the exhibits, labs and programs.

For more information, call the City Manager’s Office at (562) 904-1895 or (562) 904-7286.

Clark Avenue is renamed

■ Entire street is renamed ‘Columbia Way.’

BY ERIC PIERCE, CITY EDITOR

DOWNEY – On a 3-2 vote, the City Council on Tuesday renamed Clark Avenue to Columbia Way, a posthumous recognition to the seven astronauts who died on the Space Shuttle Columbia.

Columbia Way will stretch from Lakewood Boulevard south to the city’s border at Foster Road.

Councilman Roger Brossmer and Mayor Pro Tem Anne Bayer cast dissenting votes.

Brossmer cited the “hassle-factor” involved to citizens.

“With the naming of the building (Columbia Memorial Space Center) we’ve done a lot as far as honoring the astronauts lost in the tragedy,” he said.

Bayer did not comment on her vote.

According to a report prepared by deputy city manager Desi Alvarez, 57 properties with Clark Avenue addresses will be directly impacted by the name change. Of those properties, 47 are residential and the rest are commercial, places of worship or public spaces.

Forty-six properties participated in a survey last week, and 18 property and business owners (or 62 percent) declared their support for the name change, according to the results of a city survey. Eleven properties and businesses were against it.

“As a representative government, we need to look after what our residents want,” said Councilman David Gafin.

Mayor Mario Guerra said he likes that the Clark Avenue street name will change as motorists enter Downey from Bellflower.

“It distinguishes that you’re now in Downey,” Guerra said, adding that the name-change was “not PR, it’s part of our roots.”

Three residents spoke out against the name-change Tuesday, including a woman who said she was a 38-year resident on Clark Avenue. She said it would be an inconvenience to have to change her personal information, including her driver’s license and billing information.

Gafin lobbied for the city to create an “outreach program” to assist residents with the transition.

The cost to replace the street signs is estimated at about \$3,500.

H1N1 (swine flu) clinic Tuesday

■ Residents should not arrive excessively early to receive a shot.

BY MARK SAUTER, DEPUTY CITY MANAGER, EMERGENCY PREPAREDNESS

DOWNEY – The City of Downey and the L.A. County Department of Public Health will host a free H1N1 flu-shot clinic on Tuesday at the Downey Theatre.

The clinic hours of operation are from 1 p.m. to 9 p.m. The clinic layout will be similar to the seasonal flu-shot clinic held last month in the same location.

Please see the location map at right for traffic flow and parking instructions. Traffic will be controlled by the Downey Police Department.

Clinic attendees should enter the clinic operational area from Brookshire Avenue and Civic Center Drive. There will be handicap parking in the library area. Numerous directional signs will be placed throughout the Civic Center area to assist clinic attendees. Drivers and pedestrians are expected to use great caution while in the area.

The H1N1 vaccine will be available as an injection and a nose

spray. The availability of the H1N1 vaccine for this clinic was confirmed with the L.A. County Department of Public Health on Wednesday.

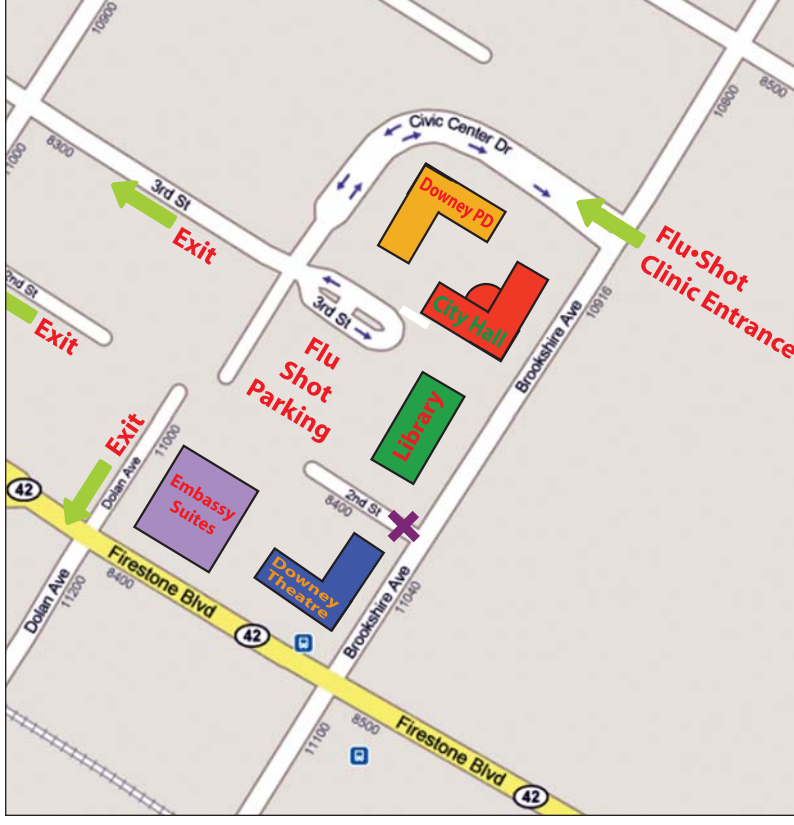
The targeted groups for the H1N1 clinic are:

- Young people ages 6 months to 24 years
- People living with or giving care to children under 6 months of age
- Emergency Medical Services personnel and health care workers
- People ages 25-64 with chronic heart, respiratory, diabetes and other health problems
- Pregnant women

Important note: at this time, health care professionals recommend children under the age of 11 receive two vaccinations over the course of three weeks. Please see future flu-shot clinic dates at the bottom of this article for future flu vaccination clinic dates.

The clinic is open to those who live throughout the Downey area. Community members from the surrounding cities are welcome. The clinic will not open early, so attendees are *not* encouraged to arrive excessively early. Attendees should know there may be waits for their vaccinations and be prepared to stand in line for a period of time.

There will be congestion in the



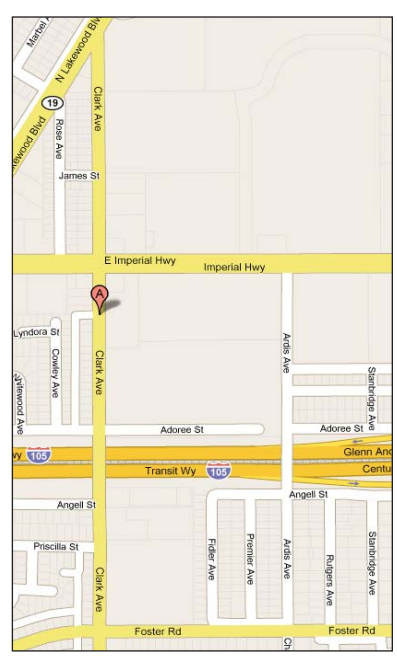
Civic Center area on the afternoon and evening of this event. Residents are encouraged to avoid the area if you will not be getting a vaccination or have business in the Civic Center area.

Downey High School students will not be allowed to use the Library and Civic Center turnaround for loading and unloading on Tuesday.

Additional H1N1 flu-shot clinics will be held in Downey on Nov. 14 and Dec. 5.

Further information on the H1N1 flu vaccine and virus can be found on www.cdc.gov and www.flu.gov.

Questions about the Downey H1N1 free flu shot clinic may be directed to ready@downeyca.org.



GOOGLE MAPS

Bob's Big Boy is now open

Photo by Art Montoya

Bob's Big Boy in Downey opened on Monday with a gala ribbon-cutting ceremony and car show. The building followed the original floorplans of the former Johnie's/Harvey's Broiler and even uses some the same stone walls.

Car hop service is available daily from 4 to 10 p.m.



Bob's Classics		Burgers / Sandwiches		Kids Meals	
1. Big Boy Burger	\$6.29	1. Double Bacon Cheeseburger	\$6.49	1. Kiddie Burger	\$3.49
2. Big Boy Mega	\$7.99	2. Double Blue Cheeseburger	\$6.49	2. Kiddie Hot Dog	\$3.49
3. Pappy Parker Fried Chicken		3. Double Car Hop Burger	\$6.49	3. Kiddie Chicken Tenders	\$4.49
2 Piece (with fries and slaw)	\$7.99	4. Double Guacamole Bacon Burger	\$6.49	4. Kiddie Grilled Cheese	\$4.49
3 Piece (with fries and slaw)	\$8.99	5. Double BBQ Jack Burger	\$6.49	Desserts	
4. Chili Spaghetti	\$6.99	6. Turkey Club Sub	\$6.99	1. Hot Fudge Cake	\$3.99
5. Fish and Chips	\$7.99	7. Grilled Chicken Sandwich	\$6.99	2. Famous Shakes	\$3.99
Soft Drinks * \$1.79		8. Reuben Sandwich	\$6.99	3. Root Beer Float	\$3.99
Coffee * \$1.49		* Make any Burger a Mega for \$1.49 extra		4. Slice of Pie	\$3.99
		* Sub Onion Rings for Fries for .99c		5. Cookie	\$1.99



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PHOTO COURTESY DOWNEY SYMPHONY

Violinist Roger Wilkie, who last appeared in Downey in spring 2007 as a soloist, will return to the Downey Theatre tomorrow night. Wilkie is concertmaster of the Long Beach Symphony.

Something special awaits tomorrow

■ Composer Daniel James Chan will premiere his new work tomorrow.

BY JOYCE SHERWIN,
DOWNEY SYMPHONY

DOWNEY – A world premiere will be heard tomorrow evening, Oct. 24, in Downey's Civic Theatre, a work entitled "Generations: Concerto for Violin and Orchestra," by the young composer Daniel James Chan, who dedicates it to his late grandfather as "a metaphoric link between his and my music worlds."

Performed by the Downey Symphony under Music Director Sharon Lavery, with the incomparable violinist Roger Wilkie, this premiere is in very good hands.

We applauded Wilkie's appearance as guest soloist in the spring of 2007 when he performed the Tchaikovsky concerto and are delighted he is returning for this special occasion.

Wilkie's career covers 26 years as a chamber musician and soloist. Since 1990 he has served as concertmaster of the Long Beach

Symphony, and he made three recent European tours concretizing with the Pacific Trio. Somehow, amid all that, he participated in hundreds of soundtracks on Hollywood films.

Good hands.

The Saturday concert opens with Dvorak's Carnival Overture, and the second half bring us distinctly different moods from American composer Aaron Copland, with his thoughtful and tender "Appalachian Spring," followed by the exuberance of two scenes from "Rodeo."

The orchestra performs in the Downey Theatre, 8425 Firestone Blvd. Concert time is 8 p.m., preceded by a preview discussion at 7:15.

Tickets priced at \$30 and \$25, \$10 for students, are available at the theater box office prior to performance. Free parking surrounds the theater, and inside the theater awaits a memorable evening.

For your calendars, the next concert dates by the Downey Symphony are Jan. 23 and April 10, 2010. Our website is www.downeysymphony.org.

Downey grad is White House intern

■ Enrique Ramirez was chosen for fall internship with the First Lady.

WASHINGTON, D.C. – Enrique Ramirez, a 2005 graduate of Downey High School, is in the middle of a three-month stay in Washington, D.C. as a participant in the fall 2009 White House internship program.

Ramirez was one of just 100 interns selected for the fall program.

Interns work in one of several White House departments, including the Office of Cabinet Affairs, the Office of the Chief of Staff, the Office of the Vice President and the Office of Legislative Affairs, among others.

Ramirez, who earned his bachelor's of arts degree in communication studies at Cal State Long Beach this past spring, has been assigned as the press intern in the Communications Department in the Office of the First Lady.

"I have the pleasure of working alongside some of the best people and get to see and learn how the Communications Department operates here at the White House," Ramirez wrote in a recent e-mail interview. "As for my day to day duties, it can be described as a bit hectic and nonstop, and it really depends on what is going on that day or that week. When there are events going on, my day gets a little more interesting."

Ramirez said his first big project as an intern came during his third day on the job. He got a chance to meet the First Lady, Michelle Obama, and watch her record a public service announcement, experiencing the process and seeing how the Communication Department staff facilitate it.

Prior to his internship experience, Ramirez worked in the retail industry most of his life, but he wanted a change. That, in addition to this various campus activities to help others and the community, led him to apply for the White House internship program.

"As graduation approached I realized I wanted to put myself out there and attempt to utilize my degree in something other than retail. I wanted to have an opportunity to use the skills and knowledge obtained in classes to better those around me. That's one factor of course," Ramirez explained.

"The second factor was all the activities I became involved with during my senior year at CSULB. I became involved in a recycling project on campus to beautify the campus and city, worked on raising

money and awareness for Nourish the Children, and got a rewarding feeling by having the privilege of volunteering my time to Long Beach BLAST (Better Learning After School Today).

"Being able to assist the citizens of the community was a rewarding experience and gave me more motivation to apply somewhere where public service is the priority," he continued, "which leads me to my last reason for applying; I applied because I wanted to have an opportunity to work for the Obama Administration, an administration that dedicates itself for positive change. To have a chance to work with this historic administration is truly an honor."

Being selected as an intern caught Ramirez off guard. He readily admits that he wasn't sure if he had the resume to be accepted into the program, and he wasn't sure if he was "White House material." In fact, when he first saw the acceptance letter, he honestly believed he had been rejected.

With the initial words, "Thank you for applying to the White House..." he thought they were letting him down nicely and thanking him for applying. As he read the rest of the way, however, he found he had been selected for the program.

More than a month into the internship, which ends Dec. 18, Ramirez is finding the experience to be both memorable and educational.

"To me, there is no better place to work and learn from than the White House. The people you see and meet here are incredible," he said. "The people I work with have accomplished careers or have something incredible to offer. The



PHOTO COURTESY CAL STATE LONG BEACH

Enrique Ramirez graduated from Downey High School in 2005. Following his internship, he plans to pursue a master's degree at Cal State Long Beach.

people I get to see and meet have something great to offer, and the people I work with always have something to teach me.

"I hope that by the end of this program I can go home and share this same knowledge with those around me," he added. "I hope to be a catalyst for change and continue to assist the citizens of Long Beach. I hope with this experience I will have a more profound appreciation for public service to moti-

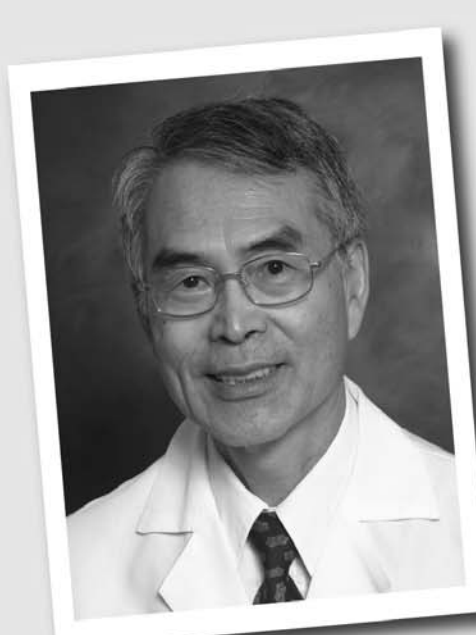
vate others to volunteer and help out, and I hope this experience will guide me in the right direction, both academically and in my career."

After the internship, Ramirez said he intends to pursue a master's degree at Cal State Long Beach, either in communication studies or public policy administration. He is hoping to begin grad school in fall 2010.

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PHOTO COURTESY CITY OF DOWNEY
Downey resident Luann Parker, pictured with Mayor Mario Guerra, was honored with the mayor's Diakonia Award at the Oct. 13 City Council meeting.

Parker receives Diakonia Award

DOWNEY – Luann Parker, president of the Unity in the Community group, was the eighth recipient of the mayor's Diakonia Award, presented during the Oct. 13 City Council meeting.

In addition to Unity in the Community, Parker is involved with several local organizations, including Citizens for Downey, Keep Downey Beautiful and Downey Coordinating Council.

Parker also contributes to the Home of the Brave Quilt Project, which sends quilts to the families of military service members who have been killed in action. Parker has sent more than 120 quilts to families in Los Angeles County.

"I couldn't be more proud to present Luann with this award," said Mayor Mario Guerra. "She serves this community with great commitment and great love."

Parker is married with four children.

To nominate a resident for the Diakonia (service) Award, call the City Council office at (562) 904-7274 or e-mail Guerra at mguerra@downey-ca.org.

Ronny & the Classics tapped for concert

DOWNEY – Ronny & the Classics, a five-member band playing music from the 1950s, will headline the Oldies but Goodies benefit concert Nov. 7 at the Downey Theatre.

The concert, now in its sixth year, is produced by the Downey Chamber of Commerce in partnership with Century 21 My Real Estate. Half of the proceeds are donated to Easter Seals.

Tickets to the concert are \$25 and available by calling the Chamber at (562) 923-2191.

Event sponsors include My Real Estate, L'Abri Management and Stonewood Center; and Americas United Bank, Jesse Blessings Promotional Solutions, My Mortgage Co., Porto's Bakery and Wescom Insurance Services (Bronze).

Philippine artist at Furman Park

DOWNEY – Local artist Rafael Maniago will be the guest demonstrator when Downey Art League and the Traditional Artist's Guild of Paramount meet Tuesday at Furman Park at 7:30 p.m.

Maniago studied fine art and commercial advertising at the University of the East in Manila. He owned and operated an art gallery in Manila for 20 years before coming to the United States in 1985.

Maniago continued his studies at the Pasadena Art Center. He now specializes in portraits, and has completed more than 1,000 portraits of Philippine leaders.

More recently, Maniago has dabbled in outdoor paintings and teaching art.

Maniago's demonstration Tuesday is free and open to the public.

Halloween fun at Messiah

DOWNEY – Messiah Lutheran Church will host its second annual Halloween Fun Fest on Halloween night, Oct. 31, from 6-8 p.m.

The free event is open to the public and will feature games, prizes, snacks, a moonwalk and candy. Costumes are encouraged.

For more information, call the church office at (562) 923-1215

Golden age of Hollywood revisited

DOWNEY – Pianist Bob Lipson and writer/narrator Saul Jacobs will present "The Golden Age of Broadway and Hollywood" in a program Monday at Downey Adult School.

The program is part of the regular OASIS meeting that is held inside the Harriett Paine Event Center.

The OASIS meeting is free and enrollment begins at 2:45 p.m. The program begins at 3:45 and is followed by an optional dinner which may be purchased for \$3.50 at time of enrollment.

Downey Dial-A-Ride will provide transportation to OASIS for those who qualify.

For more information on OASIS, call (562) 940-6200.

Friends of library hosting sale

DOWNEY – The Friends of the Downey City Library will host their annual Holiday Marketplace on Nov. 7 from 10 a.m. to 3 p.m. inside the library's Cormack Room.

Items for sale will include handmade crafts, fall and Christmas decorations, baked goods, holiday storybooks, CDs and DVDs, Agatha Christie leather-bound books, holiday cookbooks and more.

Prizes will also be raffled. Free hot wassail punch will be served.

Proceeds from the sale will benefit the library.

POET'S CORNER

A Child Medicated

He was a pasty Child.
Engraved in my memory.
He took his pill.
And still faked a smile.

He was an awkward Child.
Engraved in my memory.
He took his pill.
And still couldn't smile.

He was a well-behaved Child.
Engraved in my memory.
He took his pill.
And still faked a smile.

He was a lonely Child.
Engraved in my memory.
He took his pill.
And still couldn't smile.

He was an intelligent Child.
Engraved in my memory.
He took his pill.
And still faked a smile.

He was NOT an understood Child.
Engraved in my memory.
He took his pill.
And still couldn't smile.

He was NOT a brain-damaged Child
Engraved in my memory.
He took his pill.
And still faked a smile.

He was NOT a depressed Child.
Engraved in my memory.
He took his pill.
And still couldn't smile.

He was just an UNHAPPY Child.
Engraved in my memory.
He took his pill.
And still faked a smile.

–Nicholas Baxter,
Downey



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The Hope Diamond and an Invitation to Dance

So long, Clark

By Eric Pierce

I'm not directly affected by the Clark Avenue name change, unlike the hundreds of residents - yes, hundreds - who will be forced to pay for new driver's licenses with a correct address.

I think changing Clark Avenue to Columbia Way is a fitting tribute to the Space Shuttle Columbia and an excellent gateway to the Columbia Memorial Space Center.

But instead of polling property owners last week on their opinion of the name change, they should have polled the residents.

I don't have the figures, but a glance at Clark Avenue will tell you that a bulk of the parcels there are apartment buildings. And the residents -- the people who count -- were not asked for their opinions.

It's one thing to poll an apartment owner, who may not even live on the property, but bypassing the residents was just tricky maneuvering by the city.

Those residents will be in for a shock when they find out their street name has been changed and no one from the city bothered to notify them about it.

**

After my column last week (where I detailed how I opened the door for my girlfriend who was taking out the trash, which led to a spirited argument debate about how I should have taken the hint and taken out the trash myself), I've been relegated to the couch.

She says I conveniently left out certain details to sway public opinion. (I say they were deleted during the editing process.)

According to her, in my column last week, I should have mentioned that she was carrying two full bags of trash.

I also should have noted that it was raining.

And that the Dumpster is near a blind corner where someone could have jumped out of the dark and kidnapped her.

Duly noted. But my defense remains, and I speak for all men when I say this, I can't read minds.

Letters to the Editor:

Answer to glass recycling

Dear Editor:

In response to Ms. Jimmie Renner's letter in the Oct. 2 edition ("Glass Recycling," 10/2/09), I would like to confirm that Downey's recycled glass is not ending up in landfills, as may be happening in other parts of the U.S.

Glass deposited in the city's residential blue barrels (commingled with other recyclables) is delivered by CalMet Services to the Downey Area Recycling & Transfer Facility (DART), where it is sorted by color -- clear, amber (brown) and green (or blue). The sorted glass is then consolidated and sent to a glass processor.

The glass is currently delivered to either Container Recycling Alliance in Vernon or Strategic Materials in Commerce, where it is crushed, cleaned and reused for making recycled glass products.

— **Kathy Simmons,**
Integrated Waste Coordinator
City of Downey Public Works

Don Cheto

Dear Editor:

I was surprised when I picked up the paper this past Friday and noticed a picture of Don Cheto on the front page (The Downey Patriot, 10/16/09). I was even more surprised when I read that he was actually representing Hispanic Heritage Month.

While my sister and I read and re-read the news that Don Cheto was chosen to represent Hispanics we both laughed hysterically and then that laughter turned to serious pondering. We wondered what shortsighted person decided that Don Cheto was the best candidate to represent Hispanics at all.

Because we are proud members of the 13 million Hispanic Americans living in California, my family and I are aware of the richness of our culture and of so many influential Hispanics in and around the LA area. It worries me to think that a people like Supreme Court justice, the congressman and/or important Marketing Director made the decision that don Cheto was the best choice for our representation...

Hispanic Business Magazine published a column for 2008 presenting the 100 most influential U.S. Hispanics. More than half of them came from California, with 40 chosen from Los Angeles alone. It worries me to think that through events like the celebrity cook --off, Don Cheto may be seen as a representation of what Hispanic culture is all about.

The paper mentioned that Don Cheto is a Spanish radio personality. What they didn't mention was what he talks about during his regular air time. His shows are regularly filled with cheap derogatory comments both towards women and men, along with ignorant slang remarks that have the undeniable effect of suppressing the image of Hispanics by other cultures.

My sister and I both had the (unfortunate) opportunity of seeing Don Cheto at a promotional event in L.A. recently. It was disappointing to witness Don Cheto on stage addressing the public. His words were harsh, ignorant and we were ashamed to see how the public was drawn towards his circus act.

If Don Cheto fans want to continue listening to his show, it is their choice. However, the powers that be should think twice next time before choosing an individual strictly based on his fame and instead take into consideration what that person represents as a whole.

— **Alan Rangel,**
Downey

Letters to the Editor:

Loves musical theater

Dear Editor:

We must shower kudos on Marsha Moode and the hard-workers on stage and behind the scenes at the Downey Civic Light Opera.

Moode's dynamic personality shines with world first class expertise in getting the shows on, the last one being "My Fair Lady," a nostalgic story with memorable music, on top of the tapping music of "42nd Street." With these unprecedented sold out musicals, Moode leaves us wanting more.

We can hardly wait for "Celebration" and "Carousel," two more classics with more memorable music. Sign up for your tickets and really enjoy what is the best life has to offer.

We thank Marsha Moode for being Downey's great producer of musical theater.

— **Gabs Suhy,**
Downey

Clark Avenue is no more

Dear Editor:

According to long-lived Marian Wilson Jones, an early Downey historian, Clark Avenue was named for Montana Sen. William A. Clark -- known sometimes as the "Copper King" who sometime in the 1920s had purchased a huge acreage in the area between Long Beach and North Bellflower.

The name Clark must have been used by locals in that area to honor the senator.

I agree with Hugh Hoskins who wrote so cogently about leaving historic things alone if at all possible in last week's Patriot. ("Opposes Street Renaming," 10/16/09)

Let's use our best effort to place the name Columbia within the confines of the place where the Space Age grew up in Downey.

— **John Vincent,**
President, Downey Historical Society

Dear Editor:

It is encouraging that the City Council ultimately showed the courage and leadership to follow through on the proposal to change the name of Clark Avenue to Columbia Way. ("Clark Avenue Officially Changed to Columbia Way," www.thedowneypatriot.com)

Claims that the name change would be confusing leave one wondering about the intelligence of the citizenry opposing this worthy and valid change. Are Downey folk somehow more disposed to confusion than say, East Los Angeles inhabitants, who survived quite nicely the change of Brooklyn Boulevard to Cesar Chavez Boulevard?

Changing the name of a street, even in a small town, is not a joke. Rather, it's a very serious matter. A city's street names are markers of its unique history and culture. History is an eternal continuum of time, and culture changes with time and historic events.

While it was appropriate, respectful, and correct to honor the contributions of a former U.S. Senator by naming a street after him, the last 40 or so years of history on that street warrant a change in its name. It was on Clark Avenue in Downey that the world saw a revolution in aeronautical engineering that produced the historic space shuttle program.

With this in mind, it is indeed fitting that the street's name now be changed to honor the designers, the engineers, the workers, and of course the heroic crew of a space ship whose name will continue to be historic for some time to come.

— **Michael Parmer,**
Downey

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.



CAL STATES MAY NOT ACCEPT AS MANY STUDENTS AS BEFORE.

CORRECTIONS

• In an Oct. 16 column titled "Referees Cheated Warren," Warren High School football head coach Chris Benadom was incorrectly paraphrased as saying the officiating and their calls were "brutal." The term was a misinterpretation from a previous quote from Benadom by the writer and incorrectly included in the column. The Downey Patriot apologizes for the error.

Whining columnists

Dear Editor:

Please tell me the players are not whining like Scott Cobos. ("Referees Cheated Warren," 10/16/09)

I would hope that the coach held a private meeting with the boys and explained a few things to them. You can whine and sometimes get your way but you will gain respect from nobody (except other whiners).

The referees did not take the game away from Warren. The statistics say everything. If Callier had gained the 350 yards and scored the five touchdowns that he promised we would have won.

— **Kenneth Stallcup,**
Downey

Moving into the future

Dear Editor:

Let the Avenue Theatre rest in peace. ("Restore the Avenue," 10/16/09)

Not every structure, regardless of age, is worthy of being saved. Instead of being a drag on the tax rolls, it should be demolished along with a wistful yearning to return to the old days. I am sure those who wish to save the structure are not willing to step up to the plate and support the structure with their own hard-earned dollars. If not them, then who?

Movie theaters are dying and suffering from lack of attendance, even with the most modern megaplexes. In suspect this folly to restore this relic will not pencil out economically, unless, of course, "the save the past" crowd ponies up the green stuff.

Look around to our surrounding cities. They are stuck in the past because very few are willing to invest in high-tax cities, or ones that fail to move into the future.

Let's not let the dreams of a few cause Downey to be perceived as not ready for prime time.

— **Gary Castagnola,**
Downey

Freedom of the press threatened

By Robert L. Hale

Speaking to editors of the Pittsburgh Post-Gazette and Toledo Blade, President Obama said, "I haven't seen detailed proposals yet, but I'll be happy to look at them." He was responding to newspaper editors looking for bailouts or tax breaks. The President acknowledged his interest in subsidizing newspapers unable to deal with readers not buying their papers.

Senator Ben Cardin (D-Md.) has introduced a bill for consideration by the U.S. Senate, S.673, titled the "Newspaper Revitalization Act." The measure would give tax deals to news organizations if they restructure as 501(c)(3) corporations -- in short, as nonprofits. Sen. Barbara Mikulski (D-Md.) is a cosponsor.

The free press is a critical institution in our political system. Making it into 501(c)(3)s effectively takes it out of the political reporting and commentary business. These 501(c)(3)s are not permitted to spend more than a small fraction of their income on political speech and are strictly regulated when it comes to expressing opinions on political issues. Entities with such designations are given tax breaks, but these breaks come with government controls -- a death knell for a free press.

Why are these news organizations in need of bailouts or tax exemptions? According to the bill's sponsor, the causes are the economic downturn and dwindling advertising revenues and dramatic drops in subscriptions. Yet ad revenues follow subscriptions. When people chose not to subscribe to a paper, it is because they do not believe they are getting good value. This is the essence of a free market. Producers who do not provide what people want, or who fail to do it efficiently, go out of business.

However, Congress and this administration are happy to give your money and mine to certain entities to continue when the market says otherwise. This is especially the case where political capital is being purchased. Subsidies or tax breaks to news organizations will effectively destroy their objectivity and will subject them to pressure to not offend the provider of the goodies.

Obama said, "I am concerned that if the direction of the news is all blogosphere, all opinions, with no serious fact-checking, no serious attempts to put stories in context, that what you will end up getting is people shouting at each other across the void but not a lot of mutual understanding."

Apparently, some in Congress and the administration think that directing taxpayers' dollars to news organizations will ensure fact-checking, putting stories in context, and offering responsible opinions.

The fact that the President comforted these editors with his assurance that he is "happy to look at" steps to subsidize their faltering businesses should frighten us all. A statesman would have made it clear that those coming hat in hand seeking taxpayer-funded bailouts will be turned away. Instead, the President gave these beggars credibility.

Will taxpayers ever say, "Enough!?" Those who do not believe that with government money come controls should beware. The financial and auto industries have learned this lesson the hard way. Freedom of the press is at risk. If these organizations take taxpayers' money, the bureaucratic offices of government will direct what they do and say. There will certainly be another czar to oversee such a program. Those who wish to see the outcome should read George Orwell's *Animal Farm* or Ayn Rand's *Atlas Shrugged*. Better yet, they can look at Russia, Iran, Columbia, and Venezuela.

These bailouts are a vain attempt to sustain a status quo that is unsustainable. The only certain outcome is the waste of billions of taxpayers' dollars and a lower standard of living for hardworking Americans.

While it is difficult for companies to adjust to changing markets, tastes, and consumers who no longer want their products, government subsidies cause far more harm than good. The sooner organizations adapt and change, the sooner everyone will be better off.

Bills such as the Newspaper Revitalization Act are nothing more than a veiled attempt to put control of newspapers in the hands of a politically motivated bureaucracy. All the rhetoric to the contrary is just that -- rhetoric. There is nothing "researched," objections need no "context" to be understood, and "opinions" supporting the proposed legislation disdain freedom of the press.

Will our new bailout government let businesses fail and permit people to vote with their pocketbooks? Or will we again be taxed to support those we would not choose to support?

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm.

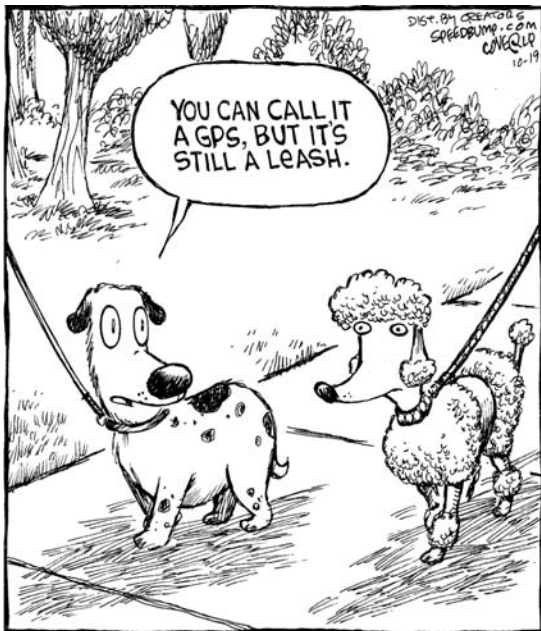
The Downey Patriot

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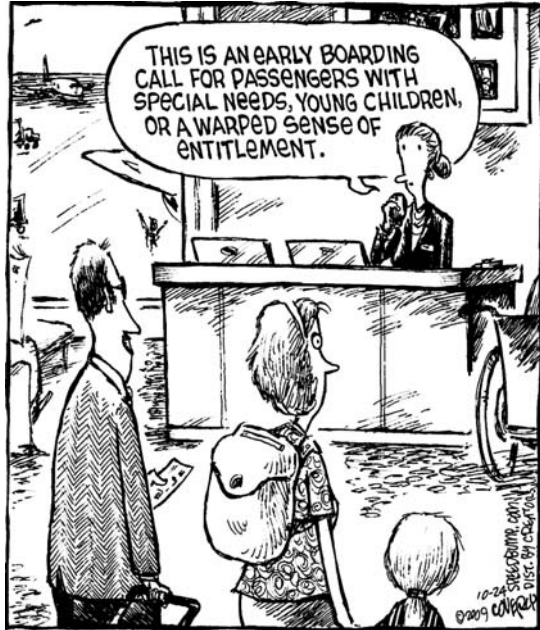
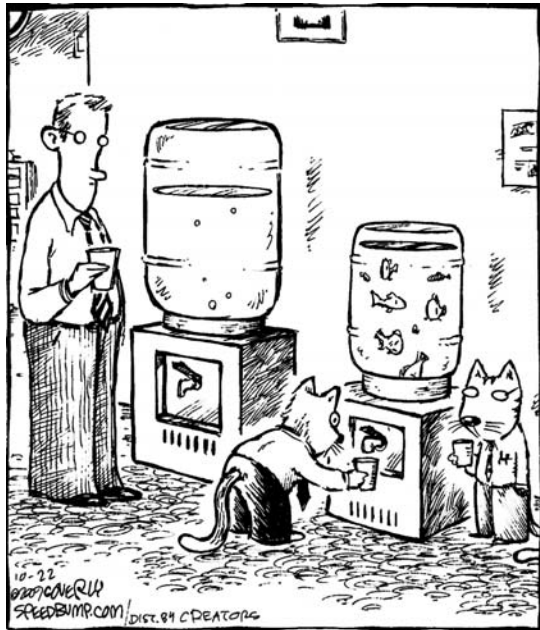
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For October

- Sat. Oct. 24: **Downey Symphony concert**, Downey Theatre, 8 p.m.
- Sun. Oct. 25: **Jazz concert**, Downey Memorial Christian Church, 2 p.m.
- Mon. Oct. 26: **'Golden Age of Hollywood'**, Downey Adult School, 3:30 p.m.
- Tues. Oct. 27: **Painting demonstration**, Furman Park, 7:30 p.m.
- Wed. Oct. 28: **Fail-Safe 4 Felines fundraiser**, Downey Elks Lodge, 6:30 p.m.
- Wed. Oct. 28: **'Night of the Living Dead' opening night**, Warren High School, 7:30 p.m.

City Meetings

- 1st Tuesdays, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 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 Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 3rd Wednesday, 7:00 p.m.: **Water Board**, at City Hall.
- 4th Wednesday, 6:30 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1.

Regularly Scheduled Meetings

Mondays

- 7:30 p.m.: **Job/Career Coaching**, at The First Presbyterian Church, for info. call 861-6752.
- 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 p.m.: **Downey Sister City Assoc.**, at Maude Price School, for information call 884-9657.
- 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 Barbara J Riley Center, call 943-5513.
- 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.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

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.
- 2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

On This Day...

- Oct. 23, 1915: Approximately 25,000 women march in New York City demanding the right to vote.
- 1973: President Nixon agrees to turn over audio tapes related to the Watergate scandal.
- 1983: A suicide bombing at Beirut International Airport kills 220 U.S. Marines, 18 sailors and three Army soliders. A near-simultaneous attack on French forces killed 58 paratroopers.
- 1993: Joe Carter of the Toronto Blue Jays ends the World Series with a three-run home run.
- 2006: Former Enron CEO Jeffrey Skilling is sentenced to more than 24 years in prison.
- Birthdays: Soccer great Pele (69), author Michael Crichton (67), country singer Dwight Yoakam (53), musician Weird Al Yankovic (50), football player Doug Flutie (47), actor Ryan Reynolds (33) and baseball player John Lackey (31).

THE NEWSDAY CROSSWORD

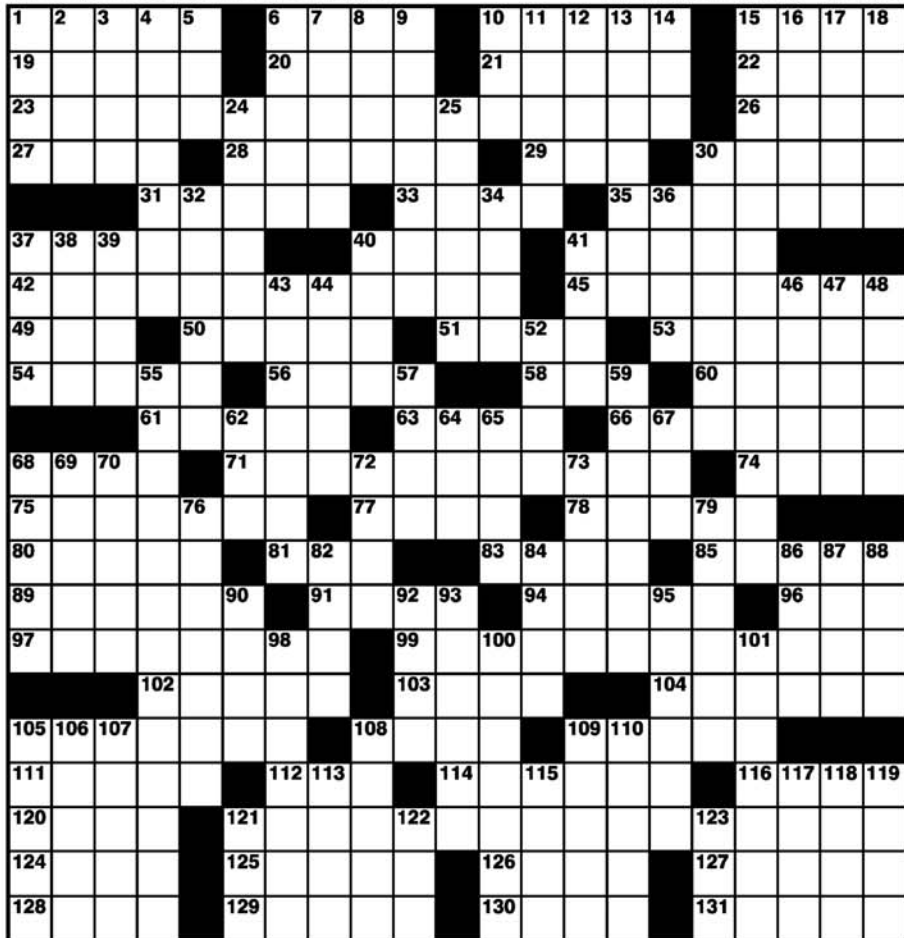
Edited by Stanley Newman (www.StanXwords.com)

SCHOOL DAYS: Homework optional

by Shirley Soloway

- ACROSS
- 1 Command to a canine
- 6 IRA (retirement plan)
- 10 Butterfield 8 author
- 15 Makes a choice
- 19 Sneezing sound
- 20 Where Siberia is
- 21 Control-tower device
- 22 Inert gas
- 23 Talk about something else
- 26 This: Sp.
- 27 Extremely long time
- 28 Schindler portrayer
- 29 Suffix for salt
- 30 Later on
- 31 It means "extremely"
- 33 Competes
- 35 Freight-train finish
- 37 Of the eyes
- 40 Bus. bigwigs
- 41 Stalactite spotter
- 42 TV signals of yore
- 45 More breakable
- 49 It's w. of Oh.
- 50 Go bad
- 51 A few
- 53 Back from work
- 54 No longer fresh
- 56 Aldrin's former employer
- 58 Tentacle
- 60 Like haunted houses
- 61 Venomous snake
- 63 What red ink indicates
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- 71 Sort of suit
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- 77 Fictional Kansas barker
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- 80 State one's view
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- 83 What V-J Day ended
- 85 Scratching (out)
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- 91 Chops down
- 94 Actress Portia de ...
- 96 Pasture plaint
- 97 On the phone
- 99 Succeed
- 102 Gives as an example
- 103 Demeanor
- 104 Actor Ving
- 105 So far
- 108 More than a few
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- 111 "I don't know" motion
- 112 JFK predecessor
- 114 Muse of comedy
- 116 Maltese money since '08
- 120 Ground breaker
- 121 Is reformed
- 124 Airline announcements: Abbr.
- 125 Barbecue spot
- 126 Solitary
- 127 Take a rest
- 128 Teased
- 129 Mattress supports
- 130 Remnants
- 131 Back-of-book section
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- 1 Confront
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- 3 As compared to
- 4 Go see for help
- 5 Monopolize
- 6 Critic, for one
- 7 Milo of Hollywood
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- 9 Invites for dinner, maybe
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- 11 Muslim pilgrims
- 12 Port of Yemen
- 13 Indy vehicle
- 14 Creative expression
- 15 Something remarkable
- 16 Sauce from Genoa
- 17 Carried around
- 18 Catch
- 24 Catch
- 25 Groups with locals
- 30 Assisted in wrongdoing
- 32 Fell from grace
- 34 Canadian gas brand
- 36 Reebok rival
- 37 Elevator innovator
- 38 Word on a penny
- 39 Beef-inspection org.
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- 41 Truckee on the air
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- 48 Film holders
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- 55 Preparing to sail, perhaps
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- 76 Personal ad verb
- 79 Stable sounds
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- 86 Mosque leader
- 87 Junction point
- 88 Leaves the premises
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- 92 Austen novel
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- 95 Cliffhanger genre
- 98 FDR program
- 100 Door feature, maybe
- 101 Earns copiously
- 105 Wedding-party member
- 106 Something to snap
- 107 Walk (on)
- 108 Have coming
- 109 Liquor category
- 110 Elevations
- 113 Statistical info
- 115 Poetic adverb
- 117 Secondhand
- 118 Boxer's garb
- 119 Cameo material
- 121 Audiophile's vinyl
- 122 113 Down, for short
- 123 Yale student

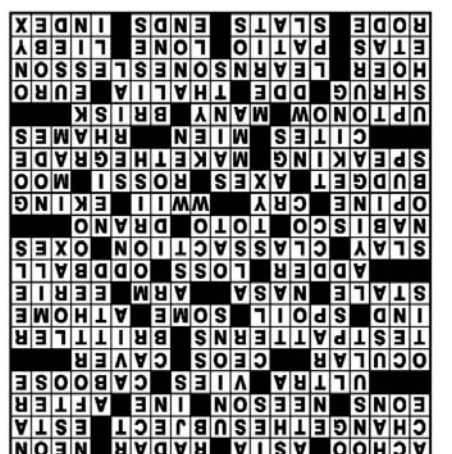
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

TEST PATTERNS (42 Across) when no programs were airing, to calibrate their video equipment. The full first name of actor VING RHAMES (104 Across) is Irving; he was named for NBC correspondent Irving R. Levine. PESTO (16 Down) is derived from the Italian for "crush," a reference to the sauce's crushed herbs and garlic.



Paging Dr. Frischer...

By Dr. Alan Frischer



have revealed that the primary signaling system affected by acupuncture is the nervous system, which transmits signals along the nerves and releases a number of biochemicals. Acupuncture may stimulate other signaling systems as well, which have been shown to increase the rate of healing. This may lead to a cure for a disease, or at least reduce its impact.

What are the side effects of acupuncture? When performed by a properly trained and licensed practitioner, it appears to be safe and effective, with virtually no side effects. Most patients who have acupuncture treatments describe it as painless. Quite often, a sense of relaxation and well-being occurs during and after treatment. Curiously, unexpected benefits may also occur during treatment, since the treatment may trigger a number of different signals that balance the body's energy.

What should acupuncture be used for? Acupuncture is a powerful tool, but not a general panacea. Western and Oriental medicine each have their strengths. It is my (admittedly biased) opinion that in general, acute, life-threatening problems are best handled by Western medical doctors and that routine or chronic problems, for which drugs and surgery are found not to be useful, may benefit from use of acupuncture and similar practices.

A doctor of Oriental medicine sees symptoms as distress signals that are produced by the body/mind/spirit when it is out of balance. Since acupuncture acts to put the body back into balance, in theory it can treat any disease. Some areas in which it has been found to be particularly effective in the West include various conditions leading to pain (particularly of the back and neck), tendonitis, sports injuries, fibromyalgia, headaches, digestive diseases, and chronic

fatigue. Because acupuncture treats the spirit, body and mind, problems related to stress and mental illness also seem to respond well. Have all of these problems and treatments been well tested in carefully controlled studies to prove their benefits? They have not. There are plenty of anecdotal stories, and a slowly increasing number of hard studies. Stay tuned.

How do we go about choosing an acupuncturist? For several years, the Medical Board of California has been licensing acupuncturists. In order to practice, an acupuncturist must complete four years of training at an accredited college of Oriental medicine and must pass a rigorous written and practical exam given by the California Acupuncture Committee. Be sure to see a copy of the license before undergoing treatment.

If you feel that you have a problem for which acupuncture may give relief, I recommend that you first consult your personal physician to see whether it is appropriate. All physicians are not the same, and your doctor may not "believe" in acupuncture. However, I have found acupuncture to be a very useful alternative for chronic conditions that are not remedied by our traditional Western methods.

Good health to you, wherever you may seek it.

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.

Acupuncture. While some of us may shudder at the thought of all those needles, it is intended to promote health and to alleviate pain and suffering. The use of needles and the concept of "qi" may seem foreign (it is) and mysterious to the average American, but let's keep in mind that acupuncture has been tested over thousands of years and continues to be commonly utilized today.

Acupuncture is based on the idea that health and illness hinge on "vital energy," or "qi." Your qi may be in or out of balance, and is assessed via "meridians." These meridians are stimulated as needed, with needles at "acupoints." In addition to needles, acupuncture can also utilize herbs, electricity, magnets and lasers, with the goal of stimulating this energy where appropriate. The theory is that by correcting the qi, the body is able to heal itself. Acupuncture is done in accordance with Asian thinking and Oriental medicine that dates back some 5,000 years.

Many in modern Western medicine have attempted to understand acupuncture's mechanism. We know that diseases and injuries are healed by a complex set of responses in the body. These responses are controlled by several different signaling systems, including chemicals, nerve signals, and blood circulation. Modern studies

Sudden cardiac arrest can be swift and severe

More than 250,000 deaths occur each year as a result of sudden cardiac arrest (SCA). In fact, SCA claims one life every two minutes, taking more lives each year than breast cancer, lung cancer or AIDS. Yet, according to a recent survey issued by the Heart Rhythm Society, more than 70 percent of Americans not only underestimate the seriousness of SCA, but also believe SCA is a type of heart attack.

The Heart Rhythm Society is kicking-off SCA Awareness Month in October and launching a multi-year campaign to call attention to the need for more public education on this very serious heart health issue. To decrease the death toll from SCA, it is important for the U.S. public to understand what SCA is, what the symptoms and warning signs are and how to respond and prevent SCA from occurring.

"SCA Awareness Month represents a critical initiative by the Heart Rhythm Society to raise awareness for SCA and help the public become more familiar with what it is, how it affects people and what can be done to help save lives," said Richard L. Page, MD, FHRS, president of the Heart Rhythm Society. "The Heart Rhythm Society is committed to a long term approach to educating the public and ultimately decreasing the number of lives claimed by SCA each year."

SCA vs. Heart Attack - Electrical vs. Plumbing

The majority of Americans do not know the difference between SCA and a heart attack which can lead to people overlooking and missing warning signs that may indicate the risk of SCA. SCA occurs when the heart stops working and no blood can be pumped to the rest of the body, the heart's "electrical system" malfunctions. Whereas a heart attack, a condition

technically known as a myocardial infarction (MI), is a "plumbing problem" in which a blockage in a blood vessel interrupts the flow of blood to the heart, causing an area of dead heart muscle.

Population at Risk

SCA occurs abruptly and without warning, and two-thirds of SCA deaths occur without any prior indications of heart disease. In fact, SCA can happen to people of all ages and health conditions. Some symptoms that may indicate someone is at risk for SCA include:

- A previous heart attack, individuals who have had a heart attack are at greater risk of SCA - 75 percent(1) of people who die of SCA show signs of a previous heart attack.

- A family history of sudden death, heart failure or massive heart attack.

- An abnormal heart rate or rhythm of unknown cause.

- An unusually rapid heart rate that comes and goes, even when the person is at rest.

- Episodes of fainting of unknown cause.

A low Ejection Fraction (EF)

The Ejection Fraction is a measurement of how much blood is pumped by the ventricles with each heart beat. A healthy heart pumps 55 percent or more of its blood with each beat, less than 35 percent indicates an elevated risk of SCA.

(1) MMWR Weekly February 15, 2002/51(06); 123-6: State-Specific Mortality from Sudden Cardiac Death -- United States, 1999. AHRQ Research Activities, December 2002: Researchers examine the risk factors for sudden cardiac death and management of at-risk patients.

Responding to SCA - Time is Everything

Time-to-treatment is critical when considering the chance of survival for an SCA victim. Ninety-five percent of those who experience SCA die because they do not receive life-saving defibrillation within four to six minutes, before brain and permanent death start to occur. The recent survey conducted by the Heart Rhythm Society asked people how they would respond if they witnessed an SCA event and results showed 42 percent would call 911 and wait for emergency personnel to respond, 35 percent would administer CPR or chest compressions and only 16 percent of respondents would use an Automatic External Defibrillator (AED). The Heart Rhythm Society advises the following actions in response to a potential SCA emergency:

Know the signs of SCA in order to react quickly. SCA strikes immediately and without warning. Victims will fall to the ground/collapse, become unresponsive and will not breathe normally, if at all. Call 911 as soon as possible.

Start CPR as quickly as possible (note: hands only CPR is proven to be just as effective).

Use an AED if one is available on-site.

Preventing and Treating SCA

There are a number of things people can do to decrease the likelihood of becoming a victim of sudden cardiac arrest. The Heart Rhythm Society offers the following advice:

For more information about the Heart Rhythm Society and SCA please visit, www.HRSonline.org.

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To qualify for a flu shot, persons must be at least 50 years old, or between 18-49 with an underlying chronic medical condition.

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

Many people experience dental anxiety to the point where they deny themselves the treatment they need to maintain good oral health. If the thought of sitting in a dentist's chair makes you nervous, you are encouraged to call the office and schedule a consultation. During your visit, the dentist can discuss the various methods that can be utilized to make your visits as comfortable as possible. To begin with, sedation treatment is available, which can render the whole experience a pleasant one for patients. Beyond that, there is needle-free anesthesia and lasers that can take the place of drills. Both are designed to render treatment pain-free. Most importantly, the dentist can establish a truthful, trusting relationship that assures confidence.

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Vikings win rivalry match

■ Caroline Tran sidelined with a sprained ankle.

BY ALYSSA WYNNE,
SPORTS INTERN

DOWNEY – Last Friday, a girl's tennis match took place between the Downey Vikings and Warren Bears, with the Vikings succeeding in victory against their cross-town rival, 11-7.

"We get really into it with Downey," said Warren's No. 1 double Brianna Bordette. "We play better and get more competitive and aggressive."

Downey's No. 2 doubles player Caroline Tran is still recovering from her sprained ankle and was unable to play alongside sister and teammate Christine Tran. The injured Tran was substituted for junior varsity player, Sharon Kim.

"There's a big competition difference," said Kim. "JV is a lot easier and more friendly. Varsity plays better teams and it's way more intense. I prefer JV over Varsity but [Varsity] has more of a challenge, which I like."

No. 2 doubles player of Warren, Ariel Gonzalez, is also out on a sprained ankle. Her partner Eran Kalashyan has been playing with Helena Park and the team has been able to remain in the No. 2 doubles position. Also away from the Warren team is No. 3 singles player Angelika Sosnowski, whose whereabouts during the game were not announced to the press.

The first six sets were nearly perfect for the Downey team, with the exception of Warren's No. 1 singles Nicole Kowakowski defeating Downey's No. 1 singles Sandra Lee 6-1. Downey's No. 2 singles player Christina Arsenescu defeated Warren's No. 2 singles player Rebecca Lopez, 6-4, and Downey's No. 3 singles player Irene Saavedra played Warren's No. 3 singles Deneille Dominguez and won, 6-2.

All three of Downey's doubles teams won their first sets, Downey's No. 1 doubles Katie Medina and Janette Rico crushed Warren's No. 1 doubles Bordette and Renee Morales, 6-0, Downey's No. 2 doubles Rosanna Calderon and Claudia Guzman narrowly defeated Warren No. 2 doubles Eran Kalashyan and Park, 6-4, and Downey's No. 3 doubles Kim and Tran beat Warren No. 3 doubles Hannah Kroeger and Jennifer Solis, 6-2.

The second set began but was not nearly as successful for Downey as Warren won four of the six sets. Unfortunately, the only victories the Vikings had were in their No. 1 players, Downey's Lee won against Warren's Dominguez, 6-3, and Downey's Medina and Rico beat Warren's Kroeger and Solis, 6-2.

In the singles category, Warren's Kowakowski thumped Downey's Arsenescu, 6-1, Warren's Lopez dominated Downey's Saavedra, 6-0, Warren's Bordette and Morales squeezed by Downey's Calderon and Guzman, 7-5; and the same was said for Warren's Kalashyan and Park against Downey's Kim and Tran, 7-5.

Warren and Downey's next match will be Thursday at Warren.



Downey players celebrated after pulling out a come-from-behind 35-34 victor over Gahr High School last week. Downey is now 1-0 in league.

PHOTO BY PAUL HEIDECKER

Downey wins in a thriller

■ Touchdown by Joseph Ortiz with 54 seconds left gives Downey the win.

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – In their first San Gabriel Valley League game of the season, Downey football won 35-34 against Gahr in last minute fashion.

The win against the Gladiators brings Downey's league campaign to 1-0 and their overall season record to 2-4.

The Vikings managed to score five touchdowns over the course of the game. Wide receiver Dallas Lopez scored the first touchdown of the game, after settling at the Gahr 12-yard line on a first down.

Running back Kyle Lewis scored two touchdowns for the Vikings, the first during the opening minutes of the second quarter after receiving a pass from Lopez and the second in the middle of the third quarter following an illegal procedure on the Gladiators.

Wide receiver Perry Gomez

scored a touchdown during the beginning of the third quarter after receiving a pass from Lopez at the Gahr 16-yard line. Full back Joseph Ortiz scored the game's winning touchdown with 0:51 left in the fourth quarter. After receiving a pass from quarterback Steven Cervantes at the Gahr 5-yard line, Ortiz converted for the touchdown and the win.

Cervantes, who returned to the field after sitting out for two weeks injured on the bench, tallied the most complete passes during the game with 13 completions while Lopez completed nine. Ortiz rushed the most yards with 146 while Lewis rushed 74 during the game. Gomez received the most passes with six and 86 yards while wide receiver Miles Claiborne received five for 38 yards. Linebacker Justin Haro and free safety Isaiah Medina made the most tackles in the game with 10 and eight respectively.

It was anyone's game, with both teams showing signs that the win could have gone either way. The Vikings managed to tie the game up twice against the

Gladiators, once during the second quarter at 14-14 following a touchdown from Lewis and at the bottom of the fourth at 34-34 following a touchdown from Ortiz and before kicker Antonio Roman set up for the PAT.

The Vikings shined particularly bright in the fourth quarter, where they came back after being down 34-21 by the end of the third quarter. The Gladiators attempted a field goal following a touchdown from the Vikings, but their kick was ruled no good. Downey then took over on their own 20-yard line when Ortiz rushed down field to the Gahr 45-yard line, giving the Vikings another first down. Cervantes passed to Ortiz consistently until they reached the 5-yard line, where Ortiz rushed to the end zone to victory.

Several flags on the play by referees plagued the game over the course of the night, often dragging out the 12-minute quarters. In addition to regular illegal procedure calls, the referees called delay of games and unsportsmanlike conduct calls for both teams.

Downey looks to build on win

■ Vikings defeated Paramount, their opponent tonight, last year.

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – Downey football is looking to repeat their first San Gabriel Valley League victory tonight in their annual homecoming game against Paramount.

The Vikings entered their league campaign last week with a win 35-34 win against Gahr. Their overall season record rests at two wins against Gahr and Schurr and four losses to La Serna, La Habra, Kennedy and Santa Fe.

Tonight the Vikings face off against their fellow SGVL mem-

bers the Paramount Pirates, who in addition to Downey has held an overall season record of 2-4. Last season, the Vikings took home the victory from the Pirates, winning 24-6. The Pirates settled their league campaign last year with a 0-5 record while the Vikings ended at 3-2.

After sitting on the bench for two consecutive games due to an arm injury, quarterback Steven Cervantes came back in last week's game against Gahr, bringing his overall passing statistics to 54 completed passes for 626 yards. Wide receiver Dallas Lopez followed with 31 completed passes and 409 yards through the air.

Full back Joseph Ortiz has tallied the most rushing yards of the season, with 76 total carries and

532 yards. Running back Kyle Lewis follows with 53 total carries and 304 yards. Ortiz also leads the team for the most points scored by a single player over the course of the season, with 24 in total averaging about 4 points per game.

Wide receiver Miles Claiborne has received the most passes of any player this season, with 21 and 185 yards while wide receiver Jabari Ruffin and tight end Isaac Dan tie with 15 and about 200 yards.

Though the Vikings took home the victory from the Pirates last season, they nonetheless have prepared themselves for tonight's match up. The Pirates, who's quarterback has rushed a total of 68.5 yards per game this season, is coming off close losses to Bell Gardens and Lynwood.

Warren will be tested tonight

■ Lynwood (4-2, 1-0) will travel to Warren and try to stop Callier.

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – If there's a test in the San Gabriel Valley League for the Warren Bears this year, it will be tonight against the Lynwood Knights.

The Bears (5-1, 1-0) will be looking to again topple the Knights (4-2, 1-0) like they did last year, 48-21.

In last year's match up, Warren running back Jesse Callier went supernatural on the Knights, carrying the ball 48 times for 340 yards. One of those carries by the all-CIF running back was a 60-yard romp to the end zone.

Callier also had four touchdowns in the game. But while it was all Callier that night on offense, it was all Bailey Cowins that night on defense, intercepting two passes, and being the No. 2 guy in tackles.

If last year is any indicator in what Warren can do, expect Callier to again run all over Lynwood. So far, not many teams have had much success stopping Callier at all when it comes to running on the ground.

Even when teams like Vista Murrieta are putting eight men in the box, Callier is still averaging over three yards a carry. In the game against Vista Murrieta, Callier still rushed for over 140 yards.

If Callier is rushing for 140 yards against a team that is ranked No. 9 in the state, last year's results against the Knights shouldn't be much different this year, even if the Knights are ranked No. 10 in CIF's coaching polls for the week.

So far on the season, Callier is averaging 18 carries and 244.8 yards per game, and is averaging a scary 11.23 yards per carry.

But as proved in the Vista Murrieta game, quarterback Sam Bettencourt is now another dimension of the Bears' offense that teams must deal with. Bettencourt is completing over 60 percent of his passes and has a passer rating of 82.0.

The offense is the easy part for the Bears who will no doubt either give the ball to Callier and let him

Bears roll versus Dons

COMPTON – Against a team that normally has a ton of athletic ability to spare, Warren opened up their league defense in style, downing Dominguez 31-21 on the road last Friday.

It had been years since Warren has won back-to-back games against the Dominguez Dons, who were San Gabriel Valley League champions before the Bears took over the reigns last year.

The victory helped the Bears rebound from a loss two weeks ago against the No. 9 team in the state, Vista Murrieta. The win also gives them momentum coming into a crucial game against Lynwood tonight at home. --Scott Cobos

run wild, or have Bettencourt fill in the gaps that Callier may or may not leave open on the scoreboard.

Defensively, the Bears will have to stop Lynwood's rushing combination of Julius Childs and Desmond Williams. The two running backs currently lead the team in points scored, rushing attempts, rushing yards per game, and yards per rushing attempt.

The majority of Lynwood's offense comes from these two players, with the homerun power primarily coming from Childs who averages more yards per carry but has fewer rushing attempts than Williams.

Williams does though lead the team in touchdowns scored and will be Lynwood's primary weapon to punch in a score if close on the goal line.

It is interesting though to note that while it seems like there's a certain disadvantage for the Knights being on the road, this season they are a perfect 3-0 allowing just over 16 points a game. Also on the road, their offense seems to jump averaging 34 points per game.

But while the Knights are scoring at will on the road, one would notice while looking at the schedule that they haven't played anyone of a higher caliber such as Warren. The Bears are allowing just under 20 points per game this season, and seem love playing at home, not losing at Justice Stadium yet this season.

Game time tonight is 7 p.m.

Callier commits to Washington Huskies

■ Jesse Callier is regarded as one of the top running backs in the state.

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – Warren running back Jesse Callier has committed to play for the University of Washington Huskies as of Sunday night according to Bears head coach Chris Benadom through a text message received on Monday. The all-CIF running back has been nothing short of special since he was thrust into the limelight when starting running back Nate Colbert went down his sophomore year.

Described as a raw talent by former head coach Jeff Welch back in 2007, Callier has gone from falling in love with running around players on the sideline, to a powerful running back that has all the tools whether it be power, speed, agility, or great hands as a receiver.

During his sophomore year, Callier after being named the starter when Colbert went down for the season, rushed for 1,053 yards on 203 carries, scoring nine times during the season.

Callier would improve in the following year carrying the ball 313 times and doubling his yards total to 2,466 scoring 30 times.

Going into this year, Callier is finally peaking and has said multiple times that he believes he could rush for 3,000 yards and 50 touchdowns. So far through five games, Callier has carried the ball 109 times for 1,224 yards, scoring 14 times.

Callier is still on track to his 3,000 yards but may come up short in the set goal for touchdowns. While Callier is obviously the man to stop in Warren's offensive attack, his numbers are on pace to be lower than last year's, simply because of the fact that he is not needed late in games while the Bears' are dominating teams.

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Warren girls first in track meet

■ Carmen Escalante injured with suspected case of malnutrition.

BY ALYSSA WYNNE,
SPORTS INTERN

DOWNEY – Last Thursday the Downey High School cross-country team met for its second San Gabriel Valley League cluster meet with the girl's earning second overall while the boy's were fourth overall.

Schools attending the race were Gahr, Warren, Lynwood, Dominguez, and Paramount. For the girls' teams, Warren was first, Downey second, Gahr third, Paramount fourth, Dominguez fifth and Lynwood sixth. For the boys' teams, Paramount was first, Warren second, Gahr third, Downey fourth, then Dominguez and Lynwood.

Naturally, the competition was tight between Downey and Warren, each team feeling as though it was the team to beat.

Three-year varsity runner Carmen Escalante was one of many people who was injured from malnutrition during the mini-marathon. With only a quarter of a way remaining in her race, she began to feel a knot in her stomach and she could not breathe properly. "It almost caused her to faint," said Downey runner Dillon Atchley. "She was in a lot of pain but she's one of the most determined runners I know and she fought through it for almost a mile."

Downey cross-country will be meeting at the Mount Sac Invitational tomorrow.

Downey routs Lynwood

BY ALYSSA WYNNE,
SPORTS INTERN

DOWNEY – Downey's second league match against Lynwood last Thursday watched the girls' tennis team rout the Knights 17-1.

This match was sadly similar to the first one against Lynwood.

No. 1 singles player Sandra Lee won each of her sets, 6-0; No. 2 singles player Christina Arsenescu won two of her sets 6-0, and the other 6-1 and No. 3 singles player Irene Saavedra won two sets, 6-0 and 6-1 but lost her last one against Lynwood's number one player, 4-6.

No. 1 doubles partners Katie Medina and Janette Rico won two of their sets 6-0 and another 6-1, No. 2 doubles partners Claudia Guzman and Rosanna Calderon won their sets, 6-1, 6-0, and 6-2, and No. 3 doubles players Christine Tran and Sharon Kim won their sets 6-0, 6-2, and 6-3.

Downey's next Lynwood match will be on Tuesday Oct. 27.

Baseball team needs a player

DOWNEY – The Downey-based So Cal Legends 12U travel baseball team is looking for one more player to fill their roster.

The team is in need of a pitcher and/or catcher who has a good bat and "will be 100 percent dedicated to this team."

The year-round team practices 2-3 times each week and participates in two tournaments a month.

For more information, e-mail sclegends@yahoo.com.

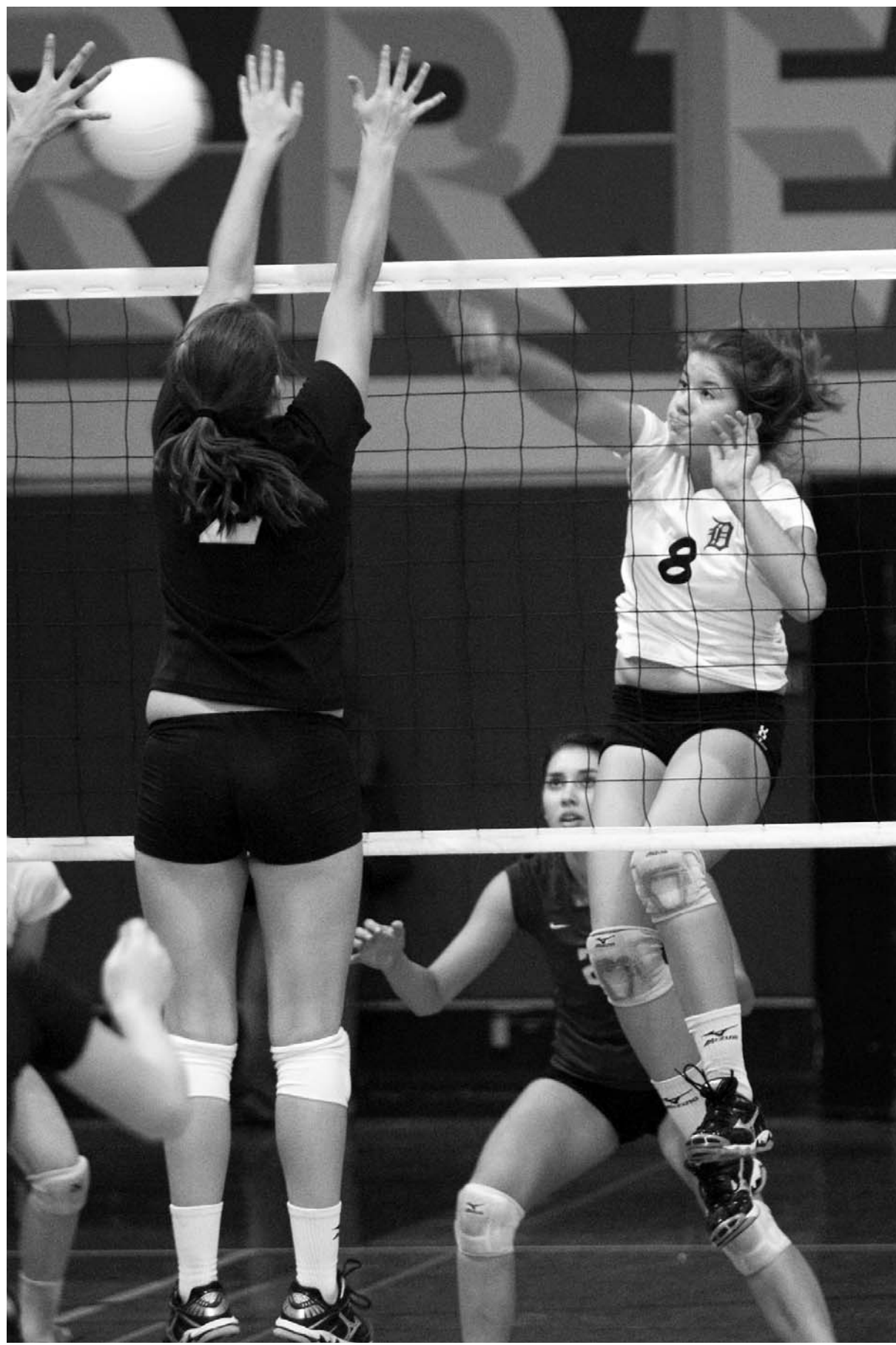


PHOTO BY CARLOS ONTIVEROS

Downey improved to 6-0 in league after a three-set win over Warren on Tuesday. Downey's overall record is now 11-4.

Downey (6-0) stays perfect

■ Vikings beat Warren in three sets to keep unbeaten record intact.

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – In a match up of the only two competitive girls' volleyball teams in the San Gabriel Valley League, the Downey Vikings swept up the Warren Bears in three straight sets on Tuesday at Warren.

The Vikings won the first set at 23-25, the second 25-18 and the third at 25-22.

The Bears scratched first, scoring the first few points of the opening set but through gut and guile the Vikings rallied to take over 16-11 by the first time out. Warren out of the time out tied the score at 21. Downey was able to step up and put away Warren in the first set after a couple scares at 24-22 and 24-23.

Warren's furious rally in the first set did not carry over into the second set as the Vikings dominated in fashion during the middle set. The Bears suffered through several side outs, watching a deficit grow to six points by their first time out in the set. The Vikings continued to dominate, widening the margin to eight points and smothered any Warren rally winning the second set 25-18.

The third and final set of the game was the most intense, with both teams fighting to the finish. The girls tied up the game three times throughout the set at 9-9, 12-12, and 15-15. The Vikings thought started to pull away slowly toward the end of the set, up 21-18 by the second time out. Warren's girls began creeping up in the score, where they would send the ball

over the net and Downey failed to send it back. The Vikings, however, spiked their way to the finish, winning the set 22-25.

The loss against the Vikings brings the Warren Bear's league record to 2-1 and their overall season record to 5-8. The Vikings are now 11-4 for their overall season record and are 6-0 during their SGVL campaign.

Warren beats Gahr

The Warren girls' volleyball rallied late in the match to ultimately beat the Gahr Gladiators last Thursday winning three out of four sets.

The Gladiators won the first of four sets at 25-19 while the Bears won the last three at 25-14, 25-19, and 26-24 to finish the game.

The Bears defense was plagued by several side outs during the game's first set, down by seven at 12-5 by the first time out. Gahr took the first point within seconds of the first match, which was soon followed by a spike from Warren, tying up the score 1-1. The Bears failed to keep the ball up in the air successfully in the first match, consistently knocking the ball out of bounds thus giving Gahr free points.

The Bears eventually made up for their loss in the first match with a comeback in the second match. The Warren offense stepped up their game, making kills from the net while the Gladiators attempted to block. Warren dominated Gahr in the second round, up 19-9 by the last time out and winning by 11 at the end of the set.

Though the Bears were making a stronger attempt to improve their game, the Gladiators were not far behind them as far as ability in the third set, consistently trailing close in the score. Gahr and Warren were neck-and-neck throughout the set, with girls from both teams making kills one right after the other. By

the last time out, the Bears were up by two at 20-18. Warren stayed up until the end of the set, winning by six at 25-19.

Both teams fought to the end, tying the game up consistently throughout the game at 18-18, 22-22, and 24-24 in the third set before the Bears offense kept the ball in play to kill in the last two points.



PHOTO BY CARLOS ONTIVEROS

Downey High School also defeated La Habra this week.

Pumped up Downey drowns Paramount

■ Vikings use trash talk as inspiration in 18-5 win over Paramount.

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – Downey boys' water polo continued their league season last week with a towering win over Paramount, 18-5.

The Vikings are now 2-1 for their league campaign, bringing their overall season record to 3-5.

At last Tuesday's game against the Paramount Pirates, the Vikings won 18-5. The Vikings were up 4-1 in the first period and up 7-4 in the second before dramatically increasing their score to 14-4 in the third period and finishing 18-5 in the fourth. Derek Dodson scored the most goals throughout the game with 10, making it a season record for the Vikings for the most goals scored by a single player in one game. Newcomer Richard Garcia scored three goals while Derek Klotzer and Juan Rivas scored two each. Captain Serro Park and Andrew Caero scored one each.

"We had heard that [Paramount] was talking about how much they we're going to beat us by, so we were pretty pumped for this game," said Park.

The Vikings managed to win the sprint at the top of every game, with Klotzer, Park, and Dodson alternating as sprinters. Fouls for

the Downey boys were at a minimum, with Klotzer receiving one in the first and second period while Park received one in the third period. The Pirates were met with far more fouls, with three of their players being majored and removed from the game. Paramount's head coach, in addition to Downey's coach Mark Zuniga, both received yellow cards from a referee at the game for being explicitly critical of their team's performance in the water.

The Vikings improved overall in their game against Paramount. The Downey boys encountered several six-on-five plays due to Paramount's large number of fouls, giving them the advantage over the Pirates and letting them get more goals in. Effective ball passing benefited the Vikings, where in six-on-five plays the team was able to keep the ball in play longer. Shots at the goal also continue to improve, with more shots like Dodson's backhand being attempted successfully by players.

"Up until half time, our game was down and we were only winning by three. By the third and fourth period, we had stepped up," said Park.

The Vikings continue to put in as much practice time as possible as they prepare for upcoming league games. Cross-cage shot practice and ball handling are among the many techniques they hope to improve on as the campaign carries on.

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New Titles at the Downey City Library

Fiction

- **"Fool"** by Christopher Moore. The wildly inventive "New York Times"-bestselling author is back in this modern take on "King Lear." It's 1288, and the king's fool, Pocket, and his dimwit apprentice, Drool, set out to clean up the mess Lear has made of his kingdom, his family and his fortune.
- **"The Invisible Mountain"** by Carolina DeRobertis. A gripping and lyrical story--at once expansive and rich with detail--this debut novel is a deeply intimate exploration of the search for love, authenticity, power and redemption, in the lives of three women.
- **"The Legend of Sigurd & Gudrun"** by J.R.R. Tolkien. Before "The Hobbit" and "The Lord of the Rings" came this previously unpublished work by Tolkien which makes available the author's extensive retelling of the epic Norse tales of Sigurd the Volsung and The Fall of the Niflungs.
- **"The New Valley"** by Josh Weil. The linked novellas that comprise Weil's masterful debut bring readers into America's remote, unforgiving backcountry, and delicately unveil the private worlds of three very different men as they confront love, loss, and their own personal demons.
- **"Stone's Fall"** by Iain Pears. In his most dazzling novel since the groundbreaking "New York Times" bestseller "An Instance of the Fingerpost," Pears tells the story of John Stone, a man so wealthy that in the years before World War I, he was able to manipulate world markets.

Non-Fiction

- **"Handmade Home: Simple Ways to Repurpose Old Materials into New Family Treasures"** by Amanda Blake Soule. Filled with 33 projects made by reusing and repurposing materials--from vintage feedsacks to old sheets and towels--and including some projects that children can help with, this book offers practical items that can be used in the home.
- **"The Holocaust is Over, We Must Rise From the Ashes"** by Avraham Burg. Burg uses his own family history--his parents were Holocaust survivors--to inform his innovative views on what the Jewish people need to do to move on and eventually live in peace with their Arab neighbors and feel comfortable in the world at large. Thought-provoking, compelling, and original, this book is bound to spark a heated debate around the world.
- **"If Your Kid Eats This Book, Everything Will Still Be Okay: How to Know if Your Child's Injury or Illness is Really an Emergency"** by Lara Zibners, MD. Finally, no more frantic late-night searches through sections found in other childcare books to find out if your child really needs to go to the ER. As an Emergency Room pediatrician, Dr. Lara Zibners has seen it all. Here she shows parents when they may need to take action, and when they might be able to just go back to bed and call their doctor in the morning.
- **"Shelf Discovery: The Teen Classics We Never Stopped Reading"** by Lizzie Skurnick. From Beverly Cleary's novels to Judy Blume, "Shelf Discovery" looks at the importance and, for many adolescent girls, life-changing nature of young adult literature.
- **"The Slippery Year: A Meditation on Happily Ever After"** by Melanie Gideon. For anybody who has ever wondered privately, "Is this all there is?" Gideon's poignant, hilarious, exuberant meditation chronicles a year in which she confronts both the fantasies of her receding youth and the realities of mid-life.

Chrysanthemum Show extended to 2 days

LONG BEACH - The Earl Burns Miller Japanese Garden at Cal State Long Beach will host its annual Chrysanthemum Show, but this year it will be a two-day event set for Oct. 31 from 9 a.m. to 1 p.m. and Nov. 1 from 10 a.m. to 4 p.m.

Chrysanthemum blooms from the nationally juried Chrysanthemum Society of Orange County Show will be on display, and a wide variety of the flowers including cut and potted mums will be available for purchase.

In addition, the Chrysanthemum Show will feature an introduction to two other Japanese activities that guests can participate in.

On Oct. 31, the garden will present an introduction to the art of sumi-e, traditional Japanese ink painting, by professional sumi-e artist Tomoko Uehara.

"Painting can be a daunting undertaking if attempted alone," noted Alison Redfoot, assistant director for education at the Japanese Garden. "Under the gentle, step-by-step instruction of Mrs. Uehara, however, all guests will find the medium accessible and enjoyable."

On Nov. 1, guests can experience the art of tea ceremony presented by Madam Numano and the Urasenke School of Tea. Visitors may enjoy viewing a formal tea ceremony performed in the Tea House or enjoy their own cup of powdered tea and traditional Japanese treat on the willow terrace in the open air.

"Visitors to the Japanese Garden frequently express their desire to experience the formal tea ceremony in our garden. On November 1, guests will have the opportunity to do so as well as meet Numano sensei; a well-respected and nationally renowned tea master," Redfoot said. "Nearly 30 years ago, when the Japanese Garden was dedicated, Mrs. Numano was one of the tea presenters. Today, she is an expert who has taught thousands of Southern Californians the way of tea."

The Japanese Garden is located on Earl Warren Drive, directly across from Lot 16 on the CSULB campus. No RSVP is required.

Admission to the event is \$7 for adults, \$6 for seniors and \$5 for Japanese Garden members. Children 12 and under are free.

For more information, call (562) 985-8420.

Genealogical meeting in Whittier

WHITTIER - Professional genealogical lecturer Caroline Rober will discuss "Analyzation: A Key to Further Research," at the Nov. 21 meeting of the Whittier Area Genealogical Society.

A beginner's class for those new to genealogy will be led by Darlene Campbell, whose topic will be "How to Cite Your Sources."

The meeting begins at 1 p.m. at the Whittier Masonic Lodge, 7604 Greenleaf Ave. Visitors are welcome.

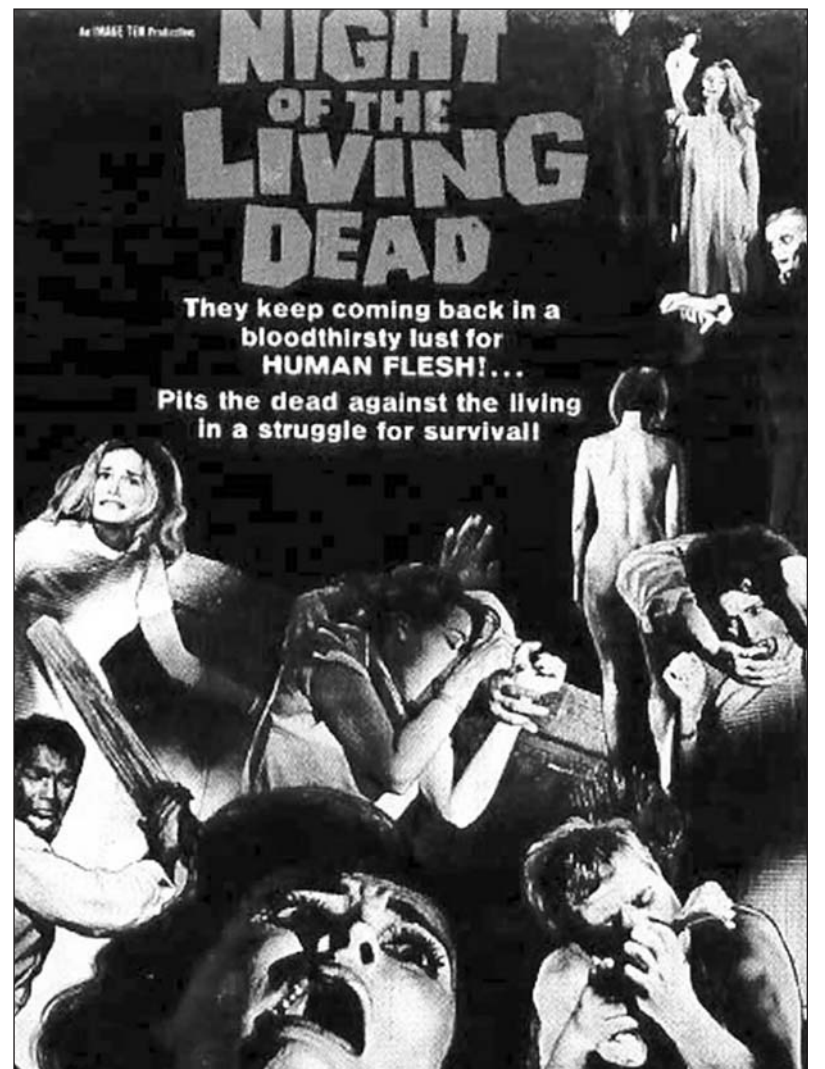
For more information, call Joyce Biby at (562) 296-6372.

Fall boutique at Norwalk church

NORWALK - Trinity Lutheran Church in Norwalk will hold their annual Fall Boutique tomorrow from 9 a.m. to 3 p.m.

This year's event will feature more than 40 vendors, a grandma's attic, bake sale and a white elephant room. Food will be available for purchase.

The church is located at 11507 Studebaker Rd. For more information, call (562) 807-2309.



PROMOTIONAL POSTER

'Night of the Living Dead,' a 1968 zombie film, will be presented live on stage by the Warren High School Drama Department beginning Wednesday.

'Night of the Living Dead' at Warren

DOWNEY - The Warren High School Drama Department will present George A. Romero's 'Night of the Living Dead' live on stage Oct. 28-30 and Nov. 5-7 on the campus's Emerson Theatre.

Performances begin at 7:30 p.m. Tickets are \$8 and reservations are available by calling (562) 869-7306, ext. 87910, or online at www.emersontheatre.net.

In "Night of the Living Dead," seven people secluded in a Pennsylvania farmhouse face relentless attacks by reanimated corpses seeking to eat their flesh.

The group (which includes a married couple and their daughter, a pair of young lovers, a girl shocked and catatonic after witnessing the loss of her brother, and a man who proves to be the most logical and calm of the seven) try to keep their sanity as the living dead continue to swarm the house.

Radio news reports tell of the plague taking over the eastern United States, while the ever-decreasing band of survivors rapidly loses ground in the battle to both keep peace with one another and stay alive.

Makeup artists from the Itomura Makeup Academy at Downey Adult School will dress up the students to create the look for "Night of the Living Dead."

Proceeds from the production will go towards the Warren Drama Department.

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Fri & Sat (12:25, 2:50, 5:10), 7:30, 10:00, 10:45;
Sun & Mon (12:25, 2:50, 5:10), 7:30, 10:00
THE STEPFATHER PG-13 (12:15, 2:45, 5:15), 7:45, 10:15
* **WHERE THE WILD THINGS ARE** PG
(11:45, 12:45, 2:10, 3:10, 4:35, 5:35), 7:00, 8:00, 9:25
COUPLES RETREAT PG-13 (11:05, 1:50, 4:35), 7:20, 10:05
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The Downey City Library still has commemorative gold library cards, free at the Circulation desk while supplies last. The cards were originally distributed Oct. 3 in celebration of the library's 50th anniversary. Patrons may turn in their old card or register for a new gold card. For more information, call (562) 904-7360, ext. 128.

Concert at Beach's Market

DOWNEY – Pigeons, a four-piece band that plays a wide variety of music, from traditional country to rock and roll, will perform a free concert Nov. 28 from 1-4 p.m. in front of Beach's Market, 7900 Imperial Hwy.

According to a news release, the band will be racing homing pigeons "to educate the community...that pigeons are not a dirty bird of the neighborhood."

The concert is free but guests are asked to bring a new, unwrapped toy to donate to Toys for Tots.

Spaghetti dinner for Fail-Safe

DOWNEY – A spaghetti dinner fundraiser to benefit Fail-Safe 4 Felines will be held Wednesday at the Downey Elks Lodge near Woodruff Avenue and Firestone Boulevard.

The dinner begins at 6:30 p.m. and will include a 50/50 raffle. Cost is \$20.

For tickets or reservations, call (562) 708-2672.

Principals, PTA have breakfast

DOWNEY – The Downey Council PTA held its annual Presidents/Principals Breakfast on Oct. 5 at the Rio Hondo Event Center.

The DUSD's 19 principals were in attendance, along with PTA presidents, the Downey Council PTA Board of Directors, members of the board of education, philanthropist Dr. Mary Stauffer, and council members Mario Guerra, Roger Brossmer and David Gafin.

After breakfast, guest speaker Debi Salazar, of the 33rd District PTA, spoke on "team building" and the importance of a supportive relationship between a school principal and the PTA.

Downey Council president Beth Gendreau held the executive board meeting immediately after the event, where Superintendent Wendy Doty spoke on the responsibilities of PTA presidents and their board members.

Mammograms for less money

LAKEWOOD – Until Nov. 1, Lakewood Regional Medical Center is offering mammogram screenings at a reduced rate of \$50.

For more information, call (562) 602-6810.

Flu shots at Lakewood hospital

LAKEWOOD – Lakewood Regional Medical Center will be administering free seasonal flu shots on Nov. 7.

The event will begin at 8 a.m. and will continue until supplies last.

For more information, call (800) 813-4345.

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Vision Award goes to science teachers

■ Lisa Swain, Cindy Ekk and Mike McGreggory are honored.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – The Downey Unified School District Board of Education on Tuesday honored three 8th grade science department PLC (Professional Learning Community) teachers for their role in making 74 percent of East Middle School (EMS) 8th grade students attain 'proficiency' level status in accordance with state content standards, and 44 percent 'advanced'.

Recipients of the superintendent's Vision Award were: Lisa Swain, Cindy Ekk and Mike McGreggory. They were cited for their "placing a priority of keeping hands-on activities a pivotal part of the science learning experience as well as together looking for new and innovative labs that will bring the content standards to life."

EMS principal Brent Shubin stressed their "collaborative functioning" as core members of the school's 'Science 8 PLC' team, and for seeing to it that their students are "superbly prepared for higher levels of science after being in their classes."

"These are simply three outstanding teachers," he said.

In other action, the Board:
• Accepted with gratitude various cash and in-kind donations for use at various schools;

• Authorized the payment of expenses for convention and conference attendance;

• Ratified the general agreements with various institutions, including one with Rossier Park Elementary School;

• Ratified the payments for special education placements;

• Ratified a number of settlement agreements;

• Accepted the quarterly Uniform Complaint Report summary;

• Authorized the payment of the membership fee for the Downey Coordinating Council;

• Ratified purchase orders by the Purchasing Department;

• Ratified the issuance of payroll orders for hourly, overtime, and Civic Center work performed by classified personnel, Adult School, and Food Services, through September 2009;

• Ratified B warrants;

• Ratified an education program contract with the Los Angeles County Office of Education (LACOE) through Aug. 31, 2010;

• Ratified an affiliation agreement with Azusa Pacific University;

• Ratified an agreement with Family Service of Long Beach to provide a counseling program to children and families referred by the district, though April 1, 2010;

• Ratified the agreements between the Downey Adult School Career and Education Center and a number of clinics/institutions to provide various services in connection with its Dental/Medical Assistant/Medical Billing & Coding programs;

• Renewed the agreement with Sandy Pringle Associates of Redondo Beach for certified inspection consulting services for DUSD's new construction and/or modernization projects;

• Authorized the advertisement for bids for contract labor (trade electricians);

• Approved a couple of change orders involving acoustical and electrical work at Warren High



PHOTO COURTESY DUSD

The superintendent's Vision Award was awarded to three science teachers at East Middle School.

School;

• Approved as complete electrical, grading, painting, and concrete work performed by various contractors;

• Approved the purchase of equipment in accordance with Purchasing policies and regulations;

• Approved routine Personnel items until subsequent action is taken by the Board of Education;

• Ratified the abolishment/establishment of a number of positions, with duties corresponding to established classifications;

• Adopted a resolution establishing the criteria for determining the order of seniority for those employees with the same date of first paid service in their probationary status;

• Adopted a Supplemental Employee Retirement Plan resolution, providing for a fair and

early retirement plan for certain eligible employees of the district, for purposes of saving the district money;

• Received the 2009-10 annual report;

• Reviewed the proposed revision to the current Eligibility for Extracurricular Activities as it applies to students in grades 6-12; this will be up for adoption at the next meeting; and

• Endorsed the actions taken by the superintendent on all student cases.

Two Bureau of Census officials meanwhile exhorted everybody to take part in the upcoming census, to assure constituencies of getting their true and fair share of future juridical allocations.

The next regular meeting of the Board will be at 5 p.m. on Tuesday, Nov. 17, 2009 at the Gallegos Administration Center, 11627 Brookshire Ave.

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PHOTO BY STAN HANSTAD

Luis Marquez, center, is shown preparing pancakes at a fundraiser last week for the Downey YMCA. Marquez is seeking to replace Assemblyman Hector De La Torre next year.

Marquez: Councilman says local representation is needed.

Continued from page 1

Downey Firemen's Association. "People would come up to me and say, 'We need local representation (after De La Torre leaves office),' said Marquez, who travels regularly to neighboring cities as senior field deputy for Lowenthal. "After Hector leaves, we will need someone in state office who understands our concerns." In a news release announcing his candidacy, Marquez, who is vice chair of Downey's Green Task Force, said he will "work hard to ensure new green technology proj-

ects are developed and implemented in the southeast communities (and) ensure that many of the businesses that have helped our communities through this tough economic time are protected by creating tax incentives for small businesses." Marquez lives in Downey with his wife and 3-year-old twins. He was elected to the City Council last year to replace Kirk Cartozian. If elected to the Assembly, he said he would resign his council seat. Depending on when the seat is resigned, the Council could appoint a temporary replacement until the next election.

"Either way I will be representing Downey," Marquez said. "I don't see (my running for Assembly) as letting my supporters down. I've actually received overwhelming support so far." Marquez's first local fundraising event is scheduled for Nov. 5 at a private residence in Downey. With elections in June, Marquez has about nine months to connect with voters in the Southeast area. "I'm going in for the right reasons," said Marquez. "I'm going in to represent my community. I love my city and I love my district."

Avalos pledges to fight for her district

■ Carmon Avalos is former 'Woman of the Year'

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – Carmen Avalos has never backed down from a challenge and doesn't plan on starting today.

"I don't step down for anything," said Avalos with a laugh. "People call me feisty, but I wouldn't want someone laid back to represent me – I want someone who will fight."

Avalos' tenacity might come in handy over the next eight months as she contends with three other democratic candidates who are all looking to become the 50th District's next assembly member.

"You have to care about the community you live," said Avalos, a 31-year resident of South Gate. "This community has a huge heart – it's a hard-working community and I respect that – there's a warmth to this community and it inspires me."

In 2005, Avalos was re-elected to serve a second term as City Clerk for the City of South Gate. That same year, Avalos won a seat on the Cerritos College Board of Trustees, where she is one of only two serving on the governing board.

For Avalos, the journey into politics all started with a special election in 2000.

Disturbed by a recall election that aimed at removing South Gate's only Caucasian councilmember from his seat, Avalos shared her frustration with her 9th grade Biology class at South Gate High School where she taught for five years.

"I was upset. How dare they disrespect the community in this way," Avalos said. "Here's an individual who cares about the community. We shouldn't judge him based on the color of his skin."

After discussing the situation with her students, they encouraged Avalos to run for office.

"They brought me the paperwork and said, 'Ms. Avalos, you always say if you're going to do the talk than you have to do the walk,'" Avalos said. "I didn't know anything about politics, but we went from house to house and I won."



After becoming City Clerk, Avalos faced heavy pressures from South Gate politicians as she fought to bring an end to corrupt practices in the city and was later honored as "Woman of the Year" in 2002 for the 30th Senate District. The following year, Assemblyman Marco Antonio Firebaugh awarded Avalos "Woman of the Year" in the 50th District.

"I love this community and I want to represent them," said Avalos, 40. "They don't deserve a person who will give them lip service – we need to give people the respect they deserve. I will listen to people and be a facilitator who can work with all sides to get something done."

Avalos, a single mother of six, immigrated to the United States from Mexico with her family at the age of two and graduated from South Gate High School in 1987. She went on to earn her teaching credential and Bachelor's degree from CSU Dominguez Hills in Biology. Later, Avalos went back to earn her Master's degree in education from CSU Long Beach.

"We need to start closing the education gap in this community –

education is the equalizer," said Avalos. "My parents have been successful in South Gate after coming here with a 2nd and 4th grade education, but all six of their children went to college."

In addition to increasing the quality of education, Avalos also supports bringing local cities together in order better vie for jobs and businesses.

"In Biology, we call it mutualism, where we all share the resources," Avalos said. "But there has to be a vision – elected officials need to collaborate. It would make the region better if we took our gloves off and worked together."

Avalos acknowledges that she will still have more to learn if elected to the assembly, but maintains that her commitment to the community fuels her campaign.

"This district has a history of people coming from the outside trying to carpet bag us," said Avalos. "We're not for sale – it's disrespectful to the community. This is home for me and I want to make it the best place possible."

'Hard work' key to YMCA pancake breakfast success

■ More than 1,000 people attended the fundraiser.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – Principal organizers Wendy Doty and Stan Hanstad credited the many Rotarian, YMCA, and InterAct volunteers (they are too numerous to mention) for the resounding success of Saturday's Rotary/YMCA pancake breakfast that saw some 1,000 guests consume: 3,000 low-calorie sausages, 1,000 juices, 1,000 cups of milk, 20 pounds of coffee crystals, and 175 pounds of pancake batter.

The dancing exhibitions by 3-5 year olds to young dance students were also well-received.

"People were talking, laughing, having fun," noted Doty. "People were still lined up even past the



PHOTO BY STAN HANSTAD

closing time of 11. And the consensus is the pancake breakfast will again be held at Warren High next year because of a perception of better amenities."

Guest Nancy Swenson, DUSD board member, was led to later gush: "The new culinary arts facility is beautiful!"

But, as usual, the center of

attraction was game Angelo Cardono who started it all, who seemed never to tire of flipping his trademark Mickey Mouse pancakes. And, as usual, as Hanstad said, the whole turnout was to be commended for taking part in a worthy cause—to benefit the community's youth.

Marine convicted of molestation

NORWALK – A former Marine was convicted last Friday of sexually molesting two teenage girls, according to the District Attorney's office.

Jurors deliberated less than a day before convicting Ross Jay Curtis, 24. He is scheduled to be sentenced Dec. 1 by Judge John Torribio in Norwalk Superior Court and faces a maximum sentence of 12 years and eight months in prison.

Curtis was court-martialed in

2006 for sexual misconduct involving three female subordinates. He met the victims while he was serving as a volunteer drill instructor in the Junior Reserve Officer Training Corps.

According to prosecutors, Curtis met the 13-year-old victim at a three-day youth camp in May 2006, where he initiated a romantic relationship with the girl. They carried an "online affair" and Curtis sent the girl "salacious" e-mails.

Two months after meeting,

Curtis visited the girl at her middle school under the guise of attending a career day event and later had sex with her, prosecutors said.

Less than a year later, Curtis met the 15-year-old victim at another youth camp.

"In that instance, Curtis' actions became more brazen, as he courted the victim and had sex with her while on the camp grounds," prosecutors said.

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Patrick Nanson graduated from the Naval Officers School in Newport, R.I. on Sept. 11 and was commissioned ensign in the United States Navy. Nanson, who was one of five distinguished cadets to graduate, reported to the Navy base in Colorado on Sept. 21 where he is receiving special naval warfare training. Nanson is the grandson of Americo and Ella Garza, of Downey, and son of Timothy and Elsa Garza Nanson, of Thousand Oaks.

Dorothy Ann Frazier funeral is today

DOWNEY – Dorothy Ann Frazier, a 50-year resident of Los Angeles County, passed away Oct. 16 in Artesia. She was 82.

She was born May 31, 1927 in Bakersfield. She was a homemaker and belonged to Florence Avenue Foursquare Church.

A funeral service will take place today at 3 p.m. at Miller-Mies Chapel in Downey. Internment will follow at Hillcrest Memorial Park in Bakersfield.

She is survived by her husband, Robert Frazier; sons, Steven, Russell and Ron Frazier; daughters, Claire Frazier-Yzaguirre and Josie Hartwell; sister, JoEllen Cummings; 12 grandchildren; and one great-grandson.

She was predeceased by her daughter, Kathleen Frazier, on Oct. 5.

Beatriz Eldridge was 59-year resident

DOWNEY – Beatriz Eldridge died at her home in Downey on Oct. 5. She was 79.

Along with her husband, Charles, she lived in Downey for 59 years. She worked in the Bellflower Unified School District from 1980-1992 when she retired.

She is survived by her husband, Charles Eldridge; daughter, Aileen; son, David; grandchildren, Brian and Melissa Escobar; son-in-law, Pedro; and daughter-in-law, Ricci.

A memorial service was held in her honor at Nueva Vida en Cristo church in Bellflower. Burial took place Oct. 9 at Rose Hills Memorial Park.



Gas Co. urges residents to check their furnaces

As temperatures cool down, Southern California Gas Co. is advising customers to inspect their home-heating appliances and perform any needed maintenance necessary to avoid any health or safety hazards.

“Now is the right time to perform any maintenance on your home-heating appliances to ensure safe and efficient operation,” said Richard Morrow, vice president of customer service for the Gas Company. “Customers are beginning to turn on their furnaces for the first time in months. If they think their heating appliances are not functioning properly, they should call a licensed heating contractor, plumber or the Gas Company.”

Failure to perform annual maintenance on gas appliances may result in exposure to carbon monoxide, which can cause nausea, drowsiness, flu-like symptoms, and even death.

Since home heating typically accounts for more than half of the monthly winter gas bill, the best way to keep bills lower – and ensure appliances are operating safely – is to get gas appliances serviced, Morrow said.

The Gas Company offered the following tips to ensure the safe and efficient operation of their natural gas furnace:

Have gas furnaces checked at least once a year by the Gas Company, a licensed heating contractor or plumber.

Vacuum and clean regularly around the furnace, particularly around the burner compartment to prevent a build-up of dust and lint.

Never store items in, on or around the appliance that can obstruct airflow.

Most forced-air units have a filter that cleans the air before heating and circulating it throughout the home. The filter should be checked monthly for lint build-up during periods of furnace use and cleaned or replaced, if necessary.

When installing a new or cleaned filter, be sure to reinstall the front panel door of the furnace properly so it fits snugly. Never operate the furnace without the front-panel door properly in place because doing so may create the risk of carbon monoxide poisoning.

Check the appearance of the flame. If the flame is yellow, large and unsteady, the furnace needs to be inspected immediately and the condition corrected to ensure safety.

For more information on furnace safety or to schedule a service appointment, visit www.socalgas.com.

Upcoming events at the community & senior center

DOWNEY – The Barbara J. Riley Community and Senior Center is planning a series of events for the upcoming holiday season.

•The annual Halloween pumpkin patch will be held Oct. 31 from 5-9 p.m. in the center’s back lot. The free event will feature carnival games, costume contests, crafts for young children, a glow walk, and free food.

The event is co-sponsored by the city of Downey, Optimist Club and Soroptimist International of Downey.

•The second annual Winter Wonderland Festival on Dec. 5 will feature a holiday craft boutique, breakfast with Santa Claus (pre-sale only), and performances from children and adults.

Entertainment will be provided by the Polynesian Dancers, youth folklorico performers, jazz dancers, and pre-school singers.

Applications for holiday craft vendors will be accepted until Nov. 5 or all tables are sold. Fee is \$30 for a 6-ft. table and two chairs.

•Contest registration forms are still being accepted for the annual Holiday Home Decorating Contest, an event to highlight and award homeowners who have decorated for the holiday season.

Entry deadline is Dec. 10 and the date of judging is Dec. 14. The contest is only open to Downey residents.

•Grandstand tickets for the 121st Tournament of Roses Parade in Pasadena are still available. Tickets are \$67 for persons over age 8. The

ticket includes transportation and a “great grandstand location.”

There is no limit on the number of tickets residents can purchase. Tickets are available at the community center.

•Fee-based classes for children and adults are still available for the fall season. Registration is available in-person or by calling (562) 904-7223.

Classes beginning in November and December include:

Canta Con Migo, ages 3-5, Wednesdays 3:30-4:30 p.m., 5 weeks, \$28; Total Body Sculpting, ages 18+, Tuesdays and Thursdays 5-6 p.m., 4 weeks, \$56; Zumba Gold, ages 18+, Wednesdays 1-2 p.m. or 6-7 p.m., 5 weeks, \$38; Intro to Acting, ages 12-18, Mondays and Wednesdays 4-5 p.m., 5 weeks, \$60; Audition Tech, ages 12-18, Mondays and Wednesdays, 5-6 p.m., 5 weeks, \$60; Kids Love Music, ages 4 months to 4, Monday times vary by age, 4 weeks, \$44; Jazz Dance, ages 7-12, Thursdays 4-5 p.m., 6 weeks, \$40; Teen Jazz Dance, Ages 13+, Thursdays 5-6 p.m., 6 weeks, \$40; Tap/Jazz Combo, ages 7-12, Tuesdays 4-5 p.m., 6 weeks, \$40; Theater Dance, ages 7+, Thursdays 5-6 p.m., 6 weeks, \$40; Pequeno Picasso, ages 3-5, Mondays 3:30-4:15 p.m., 3 weeks, \$15.

For additional information regarding any of the programs or events, call the Barbara J. Riley Community and Senior Center at (562) 904-7223.

SEAACA takes part in earthquake drill

DOWNEY – The Southeast Area Animal Control Authority evacuated its facilities last Thursday in response to the statewide Shakeout Drill, designed to help municipalities prepare for a large scale earthquake.

SEAACA staff and volunteers who make up the agency’s Special Operations Response Team “were able to walk through it, kick the tires and understand the role it will play in our disaster response protocols,” said Dan Morrison, executive director for SEAACA. “With alarms blaring and evacuation instructions being given over the radio, shelter workers secured their respective work areas, closed doors and headed outside to the parking lot in a timely and orderly fashion.”

After taking roll call and explaining the purpose of the drill, Capt. Aaron Reyes emphasized to his staff the importance of having an out-of-area contact. Also discussed were animal triaging, assisting injured pets and basic logistical protocol to house large numbers of pets in an outdoor setting.

“What we learned today will not only help up (post disaster) at the animal care center, it will help us in our disaster response efforts within our communities,” Morrison said.

SEAACA reminded residents to keep at least a three-day food supply, water and other necessary items in case of a disaster.



PHOTO COURTESY SEAACA

SEAACA officials took part in a statewide earthquake drill last week.

College Night deemed a success

NORWALK – In spite of rainy weather, Cerritos College’s annual College Night held Oct. 14 was a success, organizers said.

More than 53 colleges and universities took part in the event, and about 1,200 people visited.

The event, done in conjunction with local schools districts, including Downey, gives high school juniors and seniors an opportunity to speak with representatives from schools across the nation.

The event is designed to help students with the process of selecting and applying to a college.

“College Night is a successful event that gives high school students and their parents access to a number of colleges and universities in one setting,” said Shirley Arceo, coordinator of school relations at Cerritos College. “The event has proven to be a successful collaboration between Cerritos College and its five high school districts.”

Students and parents were greeted by university representatives from colleges as far away as Rutgers University in New Jersey to more local colleges, such as Stanford and UCLA.

“It’s a great way for high school students to familiarize themselves with Cerritos College’s academic and vocational programs as well,” said Toni Grijalva, coordinator of community relations.

NARFE to meet Wednesday

DOWNEY – The National Association of Active and Retired Federal Employees, Southeast Chapter, will meet Wednesday at noon at the Barbara J. Riley Community and Senior Center.

Jenny Alonzo from Behavioral Health Services will be the guest speaker. Her topic will be “Vision.” The public is invited to attend.

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 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).
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Betthausen: bringing science & technology to life

By HENRY VENERACION,
STAFF WRITER

It's not hard to tell where Jon Betthausen's passion lies. As executive director of the Columbia Memorial Space Center, his job is to oversee an operation that celebrates the past, present, and future—with the emphasis on the future—of man's scientific and technological exploits, limited only by the poverty of his imagination.

"I've been a subscriber to the Scientific American since I was 12," he said. He attributes his deep interest in aerospace and space exploration to his father, who as a senior electrical engineer worked on the Mercury, Gemini, Apollo and the Shuttle programs for General Electric and Rockwell in Florida, and whose career he followed in his childhood.

"The defining moment of my life," he went on, "was when from 3 miles away my father and I, I was about 14 at the time, watched Apollo 11 lift off from its pad. There was this puff of smoke and this roar and this blast of wind that seemed to cause a concussion. It was such a powerful launch!"

Born in Washington, D.C., Betthausen grew up in nearby Maryland, and moved back to D.C. when he was 15. Always a good student, he took an interest in microbiology in high school. His studies at D.C.'s Corcoran School of Art included drawing, design theory and photography, and all the while he dabbled in geology and technology in general. "I was into computers even then, and I used this facility to teach people how to draw using a computer," he said.

College was spent in New York City where in 1979 he received a bachelor's in industrial design with honors (with a minor in film-making) from Brooklyn's Pratt Institute. Elected by the senior class, he was to serve on Pratt's board of trustees from 1979 to 1981.

"Thus my courses in architecture and industrial design pulled me into choosing a career in exhibit design," he said.

His 30-year career has spanned stints with various firms and institutions, including Ralph Appelbaum Associates in New York City, the California Academy of Sciences in San Francisco, as well as The Tech Museum in San Jose, working in many roles on museums and visitor centers related to cultural history, technology, science and natural history found in various parts of the world. These roles, he said, have included vital functions in his various capacities as design director, project manager, exhibition planner and exhibit designer. As a consultant, he worked on a number of projects for firms whose projects included the Rock and Roll Hall of Fame in Cleveland, the Phillips Corporation Museum in the Netherlands, and the Hong Kong Science Museum. He was consulting for the burgeoning Columbia Memorial Space Center when he was chosen to be its head.

Thus no one questions his expertise in the development and design of interactive science exhibits, and the management of exhibit designs and their implementation. It is this brew of knowledge and skills that he has brought to the Space Center. "It is this, and my lifelong curiosity about complex subjects in science and technology, that have fueled my career," he said, "and being in a position now that I consider a happy culmination for me of a lifetime of curiosity about space and space exploration, I am eager to convey my understanding of, and enthusiasm for, these things to who should be our primary target, our kids." His own 23-year old son has done engineering studies, and is currently a student at the San Francisco Art Institute.

The 18-ft. tall Columbia Memorial mosaic adorning the lobby of the 20,000-sq. ft. two-story dynamically-shaped Space Center, the exhibits, programs and simulators both ready and planned, are of course aimed at the general public, but particular attention and emphasis are being made to attract the kids.

Thus visitors can create and test their own space landers at a two-story tall "Soft Landing" exhibit, try their hand at a Flight Simulator, and otherwise get engaged in a full-size Apollo program test capsule (patterned after Command Module BP-19), a Robotics Lab, and the Challenger Learning Center.

Succeeding phases of the exhibits/programs will include a high definition media wall, to show live events, a two-way communica-



PHOTO BY R.D. SALVER

Jon Betthausen, pictured above at the 2008 dedication ceremony for the Columbia Memorial Space Center, says a career in science and technology can mean an unlimited future for kids.

tion with the international space station, as well as a HD direct feed from a NASA satellite.

The youngest visitors, meanwhile, will have a special space-themed exploration area which includes a padded Mini Shuttle and a Mars Crater, along with lots of activity bins. Other visitors can check out the Spacesuit exhibit, or discover their weight on other planets at the Gravity Scale exhibit.

"Our main intent is to teach young kids about careers in space exploration and our planet Earth," said Betthausen. "We are a career-oriented space science learning center for students of all grades, particularly middle school and high school kids. Our subjects focus on science, technology, engineering and math (STEM)."

"The main challenge is to make science and technology come alive for them, make them exciting for the kids. We will show them how relevant careers in many areas of science and technology can mean satisfying lives."

"For these kids, the future will be unlimited," Betthausen said. "People will love it. It will be a lot of fun!"

(The Columbia Space Center's grand opening celebration includes opening its doors to the general public on a time-limited basis this weekend, Oct. 24 and 25, from noon to 6 p.m. both days. One-hour free tickets (limited to four per person) are available at the city manager's office located on the third floor of City Hall, 11111 Brookshire Ave. For ticket information, call (562) 904-1895 or (562) 904-7286.)

'In God We Trust' movement comes to Downey

Resident Dan Cristea is campaigning to have 'In God We Trust' placed inside City Hall.

By CHRISTIAN BROWN,
STAFF WRITER

DOWNEY — Dan Cristea never thought he'd conceive such a campaign while standing in his kitchen reading a news article, but he considers the epiphany no accident.

"My wife saw the article — she clipped it out of the paper," said Cristea. "Seal Beach had adopted a new measure to put an 'In God We Trust' sign in their city hall. I thought about it and started attending our City Council meetings — we need God's help."

Today, the 47-year-old Downey resident is the face of a growing movement encouraging the City Council to prominently display "In God We Trust" inside the council chambers.

"Our country is not only in economic turmoil, but slowly God has been taken out of the public square," said Cristea who came with his family to the U.S. from Romania in 1977. "The American people value their deep belief in God — public supports of religious expression were never viewed as a threat to anyone."

On August 11, Cristea spoke before the City Council, delivering a 5-minute speech about his proposal, highlighting the economic troubles that plague the nation.

"Coming into this crisis, we were losing our manufacturing base," Cristea said. "It's not what it was. All of our consumer products are now made overseas."

Cristea, who is a registered republican, credits the loss of industry with the North American Free Trade Agreement, known as NAFTA, and questions the government's role in commerce and currency. But despite his economic or political views, Cristea maintains that God is our only hope.

"We are in the eleventh hour," Cristea said. "We can only do one thing — trust in God to help us. If we don't put our trust in Him, we

have nothing to prevent further crisis."

Since initiating the campaign, Cristea has given out dozens of letters to community members urging them to call City Hall to show their support, while also collecting pledges from those wishing to help pay for the materials and installation of the sign. The campaign hopes to raise enough money to cover the entire cost of the sign.

"A prominent display in the council chambers would be a positive display of our trust in God and most people welcome that," Cristea said. "Everyone so far has received it with enthusiasm."

Currently, more than 55 cities in California have passed measures in order to display "In God We Trust" in their council chambers. Many LA and Orange County cities have added these signs in recent years including Artesia, Hawthorne, Carson, Compton, Yorba Linda, Cypress, Huntington Beach and Tustin.

"It's all happening all over California — other cities are doing it," Cristea said. "The people of Downey are a moral and religious people. Having 'In God We Trust' displayed in the council chambers would fit our people and our city beautifully."

Mayor Mario Guerra agrees that adding "In God We Trust" to the chambers would be a good thing for the city and is in favor of the change.

"I brought this up in my campaign and in my first year in office," said Guerra over the phone. "I believe strongly in this — our country was founded on that belief."

Guerra said he brought forth the issue earlier in the year, but withdrew due to a lack of legislative traction. Guerra plans to reintroduce the issue early next year.

As of now, Cristea, who is a devout Christian, has seen little opposition and expects that the Council will eventually approve the addition.

"I really am hopeful," said Cristea with a smile. "But those of us who support it have to go beyond that — we have to mean it in our hearts."

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NORWALK — Cerritos College will host a vocational fair on Nov. 5, where visitors can learn about vocational and short-term certificate programs at the school.

Participating departments will include Computer & Information Sciences, Cosmetology, Court Reporting and Captioning Careers, Culinary Arts, Mental Health Worker, Nursing, Photography, Woodworking and more.

The fair will be from 10 a.m. to 1 p.m. in the school's Falcon Square. The event is free and open to the public.

For more information call Shannon Estrada at (562) 860-2451, ext. 2362.

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