

The Downey Patriot



Koi pond will be rebuilt See Page 4



Support for Club Bella
See Page 10



Lou Filippo passes away See Page 13

Friday, November 6, 2009

Vol. 8 No. 29

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

Thoughts from the mayor

By Dn. Mario Guerra, Mayor, City of Downey

i Downey family and friends, I hope this finds you all well. I wanted to update

you on some Downey happenings.

Two weeks ago was a very exciting week in our city and October was a



busy, fun and special month. Some things actually took many years to come to a reality. Not only did we open Bob's Big Boy and Columbia Memorial Space Learning Center we also held a Town hall meeting with K-ABC 7.

They were able to hear what Downey is all about. Many of our service groups were in attendance and the City sponsored this event along with Downey Regional Medical Center. The executives from ABC told me that they had not seen a community like ours. It truly showed that we are a caring and well run city...I was very proud as we all should be.

City Hall has been very busy lately with many good issues and activities going on. The council offices have had many sub-committee meetings just this week alone. Columbia Learning Center, Rio Hondo Event Center, City Web Site, Branding, Downtown and the Downey Theatre sub-committees, and our Green Task Force are just a few. This week alone.

I will highlight some other events here by bullet point to give you a brief recap.

•I held my annual Town Hall meeting with our community a few weeks ago also. It was well attended and many comments I received from residents will be taken into consideration. I was also able to update everyone on finances for our city and things to come.

I will continue to have a Town Hall meeting every year as I have done since I was elected. I always welcome input and I feel strongly that the more we all know about Downey the more we can appreciate how blessed we are to live here.

•Last week our council, by a 4 to 1 vote, approved a pilot program with our school district recommended by our Green Task Force. It is to educate our kids about reusable bags and I also proclaimed December 17th as a "Day without A Bag Day." The concept is to use less plastic bags that are not reusable.

Education is vital to saving our planet. More to follow on this and other important issue being done by our Green Task Force. There are no general city funds being used for this.

•We also approved a new Sister City last week by a 4 to 1 vote. The City of Fresnillo, Zacatecas is Downey's newest Sister City. Their mayor and group of legislators will be here by the time you read this.

There has already been interexchange of ideas and collaboration between citizens of both our fine cities and our Downey Sister

See MAYOR, page 2

For Louise Hicks, cancer, drug addiction hit close to home

■ Downey author chronicles son's tumultuous battles.

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – When Louise Hicks was 12-years-old she had a vision while sitting on her grandmother's porch.

"I just knew that one day I would be an author," said Hicks. "The book was in me, but I didn't know what was in the book — I never thought it would be about my son."

In 2008, Hicks found the book inside of her, an autobiographical account of the 14 tumultuous years in her life where she watched her son, Davy, battle cancer, fight depression and overcome drug addiction.

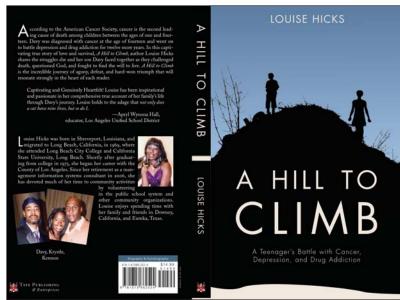
"You can triumph over the obstacles you face," said Hicks, a Downey resident since 1999. "When my son was going through this, it would have been so inspirational to read a story about someone else who battled these issues. That inspired me to write this book."

After her son was diagnosed with bone cancer at the age of 14 in 1995, Hicks began a journal, writing down her thoughts, fears and frustrations. Hicks, 58, later compiled those notes and will share her experiences in her first book entitled, "A Hill to Climb," set for nationwide release in January 2010.

"The story has been very therapeutic for me to write," Hicks said. "From 1995 until 2003, I never read my journal. When I first read it, I cried – I realized that I never grieved my son's illness."

As Davy began chemotherapy treatments, Hicks and her family waited, praying the teenager would survive the cancer.

"It's a scary disease – it's a tough thing to watch a person go through," Hicks said. "When you see people with cancer, you don't



BOOK JACKET IMAGE COURTESY LOUISE HICKS

"A Hill to Climb," a new book by Downey author Louise Hicks, is now available online and in bookstores.

realize the struggle they go through – the long-term impact, the devastation – it cripples you."

In 2000, doctors could find no recurrence of cancer and Davy was considered cured, but Hicks says the victory was short lived.

"When you have cancer, you go through highs and lows – you begin to get depressed," Hicks said. "He wasn't able to do the things he wanted to do – he felt rejection in some aspects of his life – so the depression continued."

Hicks believes the depression led her son, an active, energetic and bright student, to choose a life of drug abuse in order to escape the pain and find acceptance.

"After battling cancer, you don't feel the same – you're vulnerable," Hicks said. "You see yourself in a different light. You feel your hopes and aspirations are gone – you feel kind of cheated."

These feelings, Hicks says, drove Davy to begin a dependency on marijuana and methamphetamine that would take years to break

"It's a war – an internal war. A war with yourself and with your family," said Hicks. "Sometimes he was at home, other times he was

homeless – no one wanted to see him overdose or die. If God didn't want him to live, He would have taken him with the cancer – But He left him here for a purpose."

Last year, after a debilitating struggle with drug addiction, Davy, 28, began to turn his life around.

"He saw that something had to happen – it was either do or die," Hicks said. "He's taking it day by day, working with his counselor, getting ready to move out on his own. I'm grateful he's here."

Next month, Hicks, who retired from Rancho Los Amigos in 2006, will begin a book signing tour to promote his story.

On December 12, Hicks will sign copies of her book at Zahra's Books N Things in Inglewood. She hopes her story will resonate and inspire others to stand in spite of their challenges.

"I didn't realize how strong my faith was until this hit us – it was a hard-won triumph," said Hicks. "Disease can have devastating effects on a teenager if there is not someone there to help. It can be a difficult battle, but it can be turned around."

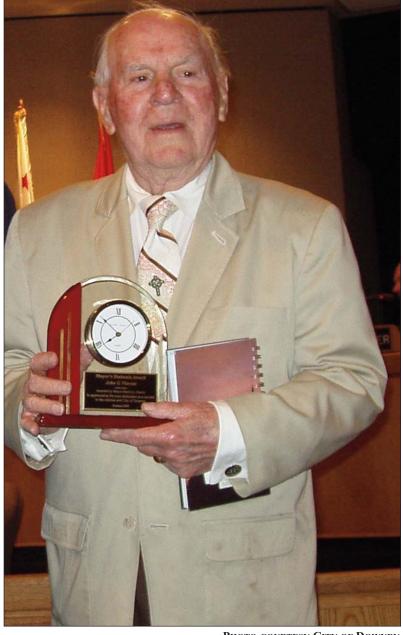


PHOTO COURTESY CITY OF DOWNEY

John Vincent, president of the Downey Historical Society, was presented with the mayor's Diakonia Award for community service on Oct. 27.

Vincent honored for volunteer work

DOWNEY – Longtime volunteer and community leader John Vincent was honored with the mayor's Diakonia Award for service at the Oct. 27 City Council meeting.

The award was the ninth given out this year.

Vincent has been active with the Downey Historical Society since April 1982, working to preserve and document the history of

He has served as president of the Society for 22 years.

His extensive knowledge and research is well recognized and

commended," Mayor Mario Guerra siad in a press release. "Through his work, John demonstrates great love and great pride for this community."

Vincent is also a member and strong supporter of the Downey Rose Float Association, for which he has served as president three different years.

The word "diakonia" means "servant" in Greek. To nominate a person for the Diakonia Award, call the City Council office at (562) 904-7274 or e-mail the mayor directly at mguerra@downeyca.org.

Message of Character Counts reaching ever-widening audience

By Henry Veneracion, Staff Writer

he Character Counts Coalition in Downey, begun two years ago at the initiative of Downey Unified School District superintendent Wendy Doty, has found another champion in the person of city mayor Mario Guerra.

A day before Halloween last week, he and Michael Josephson spoke at the National Press Club in Washington, D.C., he (representing the coalition) to make a PowerPoint presentation on Downey's Character Counts program, Josephson to present the results of a recent biennial study that examined the relationship between high school attitudes and behavior and, later, adult conduct.

Guerra went to the nation's capital at the invitation of Josephson. Josephson is president

of the Joseph & Edna Josephson Institute of Ethics, the nonprofit he founded in 1987 in honor of his parents. The values-based institute was founded to offer character guidelines, character development seminars; workshops/community forums; customized on-site training; ethics audits and consulting; publications, videos, communications; and the promotion of standards/codes of conduct, all in the name of character building.

It was in 1992 that the program bearing the catchphrase Character Counts was born. With its formulation of the Six Pillars of Character—trustworthiness, respect, responsibility, fairness, caring and citizenship—the institute's programs really took off.

Downey's Character Counts program took root initially at DUSD, and through careful and purposeful nurturing found fertile ground at City Hall (police and fire, community services' ASPIRE), with Gangs Out of Downey, YMCA, youth sport leagues, the Chamber of Commerce, and civic organizations. A climate of the supremacy of ethical values has thus been it seems established in the community.

DUSD's Character Counts program has been hailed as a model for other Southland school districts, has increasingly gained recognition at the state level, and is now drawing even Washington's attention.

Add to this the city of Downey's eliciting the envy of other cities for its fiscal acumen in the face of economic storms, and you have the makings of a powerful combination that can propel Downey to the forefront of any discussion of progressive cities.

But the best it seems is yet to come. The recent opening of the ing

See CHARACTER, page 4

Man won't be charged in dragging

DOWNEY – Detectives have made an arrest in Monday's dragging death on Lakewood Boulevard, but the suspect won't be charged after the District Attorney cited insufficient evidence.

The suspect, Alex Copeland, 23, of Norwalk, was charged with murder, but DA officials said it was difficult to prove that he was not acting in self-defense.

According to Sgt. Alex Irizibal with the Downey Police Department, officers were dispatched Monday at approximately 12:30 a.m. to a fight in progress at the Shuttle Inn, located on the 9000 block of Imperial Highway.

Four or five people were fighting with a single person, Irizibal

said.

Police found the victim, identified as Allan William Larios, 35, of Buena Park, lying face down in the northbound traffic lanes of Lakewood Boulevard near Rose Avenue suffering from multiple wounds. He was pronounced dead at the scene.

Based on evidence and witness statements, police believe Larios was run over and dragged for several hundred yards beneath Copeland's vehicle.

Copeland turned himself in later that night.

Prosecution documents state that Larios opened Copeland's door and tried to pull him out of the vehicle before Copeland drove away.

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Mayor: Announcement on Tesla Motors expected to come "shortly."

Continued from page 1

City Association voted to ask us to make them a sister city..

·Last week I was asked to participate in a press conference in Washington D.C. at the National Press Club regarding Character Counts and the impact it has had on our community. I was proud to represent our city and to talk about what a difference it has made and what it will do to our future generations.

The Department of Education is also looking at this from their Faith-Based for Neighborhood Partnerships and they wanted to know what made Downey so special. On Tuesday morning, right after our Gangs Out of Downey meeting, our fine school district superintendent, Dr. Wendy Doty, and I were invited to a meeting with them at the Josephson Institute of Ethics in Los Angeles. They wanted to know how we have accomplished our city wide based coalition.

We shared our successes and how proud we are of what has been accomplished by everyone working together. It was started by Dr. Doty and our schools and our council a few years ago voted to have us become a Character Counts city. We are very proud to be a Character Counts model city and others are recognizing what I have always known.

The results are very evident also. Lower suspensions in our schools, expulsions and crime is down again in our city. And our kids are growing up with the teachings of Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. We are all on board and we are excited about the future for our children...I wish all cities and our State were Character Counts.

•While in Washington I was able to meet with our representatives and also the Chief of Staff of Congresswoman Lucille Roybal-Allard. We did discuss Character Counts but also many important issues like Tesla and HR 1738.

The Downey Regional Water Reclamation and Groundwater Augmentation Project is called House Resolution 1738...Very important for our region and our city and the opposition coming from Huntington Park and Bell is surprising since they are not really affected by this. We do not understand why they would be against this and will work with them to convince them of what a good thing this is for our region. We wish they would have let us know before about their concerns as we found out at the last minute. The cities of Cerritos, Norwalk, Pico Rivera and South Gate would benefit and are helping us.

This is very important to Downey and we all feel this is a bill that needs to go forward. Stay tuned and I will give you updates as it moves along.

•As you may know the council voted to change the name of Clark Avenue to Columbia Way. What an exciting thing this has been for our city. I am so happy. 62% of the property owners on Clark that were available for contact said they were in favor of it...29 out of 46 property owners were contacted or returned our calls...City-wide of those who called or sent e-mails, 88% said they were in favor of the change (45 in favor and 6 opposed).

I am happy that the overwhelming majority got their wish and I am proud to have a street in Downey named for heroes and to remind others what a legacy and history happened just a few yards away. Twenty space ships were built right here in Downey, right across from where our new learning center is located.

•Many of you have been asking, what about Tesla? I wish I could say everything I want to say at this time. Just know that our staff and council have been working very hard on a daily basis to have them come to Downey.

We just finished a conference call with the Department of Energy a few minutes ago (Wednesday) and I promise we will make an announcement shortly. That is all I can say at this time.

I am excited about them coming to Downey and we all should be...many new jobs and great for our future...Stay tuned.

•Next week I will be attending the Los Angles Economic Development Corporations' dinner representing Downey as we are a finalist for "Most Business Friendly City." We are one of 6 cities nominated and the winner will be announced on November

We have had a cultural change in our city and I am so proud of our staff and what we have all accomplished the past few years. As you may know, we have been very aggressive in bringing in the businesses we want and need and the results of hard work are paying off.

Many cities have not had the successes we have had this past year and what is about to come. We promised this a few years ago and it is showing. Some small items and some very big. I can tell you for example that I personally write a letter to every new business that pulls a business license from our City Hall every month. I welcome them to our city and encourage them to be active and to join our Chamber of Commerce.

There are over 50 new businesses on average every month in our city. I have met with many that are having problems or issues and my doors have always been open to our businesses and of course our residents. I truly believe we are doing something special when it comes to being business friendly.

We still have work to do but we are on our way. I am glad we are getting recognized for our good activities and effort.

This has been an amazing time for Downey and I have been so proud to represent you all as Mayor. I still have a little time left as your Mayor and will continue to work hard every day for our city. I have attended more than 150 events and meeting as Mayor for Downey and I have enjoyed every minute of it.

I have spoken to more than 25 groups and clubs and have also attended more than 44 neighborhood watch groups. I have enjoyed meeting so many of you and I love talking about the City of Downey. Our hometown is a special place.

As always, I welcome your thoughts and comments. My e-mail address is mguerra@downeyca.orgAll my best.. God Bless.

Church giving away turkeys

DOWNEY – The Love, Peace and Happiness Church will be distributing free turkeys and serving free Thanksgiving meals on Nov.

to the "homeless and hurting" of our community. Meals will be served beginning

The free dinners will be served

at 10 a.m. The community is invited to the event, regardless of church affiliation.

For more information, call (562) 806-9890.



PHOTO COURTESY DOWNEY CIVIC LIGHT OPERA

The Downey Civic Light Opera is offering the gift of music for the coming holiday season. Gift certificates are now available to see either "Rodgers and Hart: A Musical Celebration" at the Downey Theatre Feb. 18 - March 7 or "Carousel" from May 27 - June 23. For information, call (562) 923-1714.

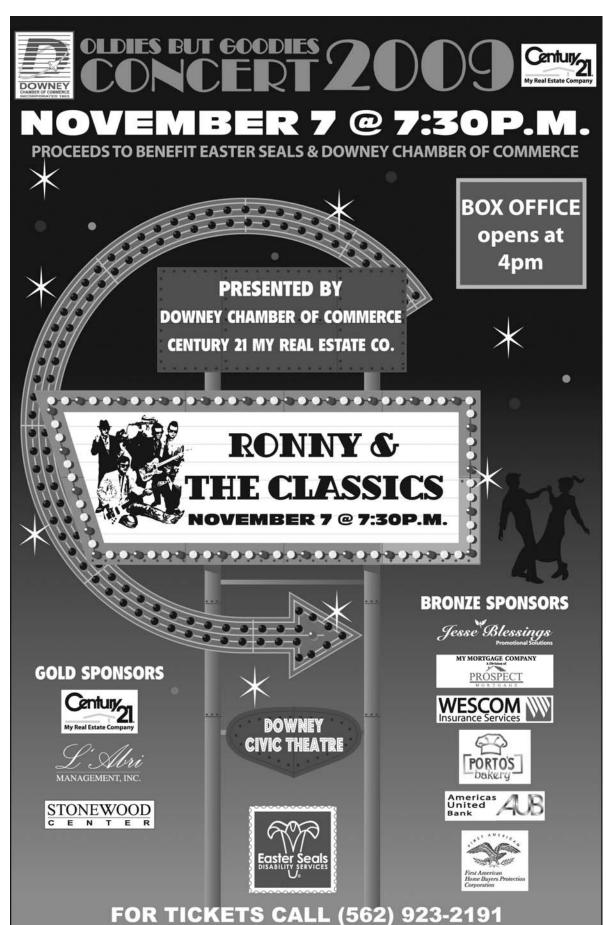
Tree lighting event Nov. 30 at City Hall

DOWNEY - The city of Downey will host its annual Tree Lighting Ceremony at City Hall on Nov. 30.

The free event runs from 6-8 p.m. The actual tree lighting will occur at

Local schools will provide entertainment. There will also be arts and crafts for children, a snow play area, a raffle, and a visit from Santa Claus. Food and refreshments will be sold by the Downey Rose Float

For more information, call (562) 904-1895.



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Library lines up events for 'One Book'

DOWNEY – The Downey City Library will offer a series of programs in connection with the "One Book, One Community" reading of "Rocket Boys" by Homer H. Hickam, Jr.

The book is the first in the "Coalwood" series of autobiographical works by Hickam.

Inspired by Werner von Braun and his Cape Canaveral team, 14-yearold Homer "Sonny" Hickam decided in 1957 to build his own rockets. They were his ticket out of Coalwood, West Virginia, a mining town that everyone knew was dying - everyone except his father, the mine super-

Sonny went on to win the National Science Fair in 1960 and become a NASA engineer.

"We invite everyone to read the book and attend free programs related to the book's theme during Book Week, November 9-14," said City Librarian Nancy Messineo. She thanked the Friends of the Downey City Library for supporting the programs and purchasing 50 copies of the book for the community.

Upcoming free events planned around the book's theme include: •Monday, Nov. 9, 7 p.m., City Council chambers: "Space Camp" author and educator Mike Kersjes will discuss "A Smile as Big as the Moon: a Teacher, His Class and Their Unforgettable Journey."

•Tuesday, Nov. 10, 10:30 a.m., Cormack Room: "Fly Me to the Moon," a preschool storytime about rockets.

•Tuesday, Nov. 10, 7 p.m., Cormack Room: Film showing of "October Sky," based on the book.

•Thursday, Nov. 12, noon, Cormack Room: Book discussion of "Rocket Boys."

•Thursday, Nov. 12, 7 p.m., Cormack Room: "Rockets and Robots in Space," a Family Story Night event for ages 3-12.

For information on any of the events listed, call the library at (562) 904-7360, ext. 132.

Thanksgiving dinner for seniors

DOWNEY – The 25th annual Thanksgiving dinner for senior citizens at West Middle School, 11985 Old River School Rd., will take place Nov.

This year, seniors can enjoy bingo as West Middle School students and staff serve them a free dinner. The school band will provide music.

Bingo begins at 4 p.m. and dinner will be served at 5.

For more information, call (562) 469-7318.

Car show at Bob's Big Boy

DOWNEY - Bob's Big Boy in Downey will host a charity car show tomorrow from 11 a.m. to 4 p.m.

Entry fee is \$25 per vehicle and includes a Big Boy Burger, fries, soda and gift bag.

Proceeds will benefit Harbor Interfaith, a nonprofit agency that assists the homeless and working poor.

Bob's Big Boy is at 7447 Firestone Blvd.



Santa arrives next week

DOWNEY – Santa Claus will arrive at Stonewood Center on Nov. 13, but the mall is asking shoppers' help to find him.

A scavenger hunt to find Santa will begin at 6 p.m. inside the JCPenney Court. Special maps and toy totes will aid shoppers in their quest to locate Old St. Nick.

Santa will be available for photos after he is found. For more information, call (562) 861-9233.

Business Watch meeting

DOWNEY – Local business owners are invited to a Business Watch meeting Nov. 19 inside city council chambers at City Hall.

The meeting's topic is "Safety Tips for the Holiday Season."

Business Watch is a crime prevention program that aims to reduce crime in local communities. It is jointly sponsored by the city of Downey and Downey Chamber of Commerce.

All Downey business owners are invited to attend the meeting. For more information, call the Chamber at (562) 923-2191 or city of Downey at (562) 904-1895.

Bingo luncheon at St. Raymond's

DOWNEY - The Italian Catholic Federation of St. Raymond's Catholic Church will host a bingo luncheon Nov. 15 at 1 p.m. in the Msgr. Robert Gipson Hall, 12349 Paramount Blvd.

Price is \$10 and includes one bingo card, door prize and lunch. A \$25 money tree will be raffled off.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-1937.

USC faculty member to speak at Temple

DOWNEY - Marsha Kinder, who heads the Labyrinth Project at USC's School of Cinematic Arts, will be guest speaker at the Nov. 17 meeting of the Ezra Center for Mature Adults at Temple Ner Tamid.

Kinder's program is titled "Jewish Homegrown History: Immigration, Identity and Intermarriage." She will speak about her work developing an interactive cultural history on Jewish people in California, which is part of a much larger project on the Jewish people in America.

The Ezra group has been invited to participate by allowing the school to make copies of members' family pictures and documents. The documents and photos will be copied at the event and immediately returned.

Information about the project was given to Ezra members last month. For more information on the meeting or how to participate in the project, call Miriam Brookfield at (562) 943-3170.

A catered kosher lunch will be served after the meeting. Cost is \$6 for Ezra members, \$7 for non-members.

Downey native is promoted

DOWNEY – Sammi Messiha has been commissioned as a second lietenant in the U.S. Army after successfully completed the Army ROTC (Reserve Office Training Corps) program and graduating with a bachelor's degree from New Mexico State University.

Messiha will be branched to a specific corps in the Army to serve on active duty or in the National Guard or Reserve. He will attend an offer basic course relating to his particular military job.

Afterward, Messiha will complete advanced training by attending basic officer leadership courses for career progression purposes.

The ROTC curriculum provides students with tools and training to help cadets succeed "effective leaders in any competitive environment." Army officers serve as leaders, counselors, strategists and motivators who lead other soldiers into ever-changing environments.

Messiha is the son of Sam and Ragda Messiha of Downey. He graduated from Downey High School in 2003 and received an associate degree in 2005.

Pre-paid legal explained

DOWNEY - Harry Sacks of Pre-Paid Legal Services and Ozzie Lomeli of Children Uniting Nations will be guest speakers Tuesday at Rise 'N Shine Networking at Downey Brewing Company.

The meeting begins at 7:30 a.m. Cost to attend is an order from the

For more information, call the Downey Chamber of Commerce at (562) 923-2191.

Mixer at George's Bar

DOWNEY - George's Restaurant & Bar at 7857 Florence Ave. will celebrate its 5th anniversary when it hosts a Downey Chamber of Commerce mixer event on Thursday from 5:30 to 7:30 p.m.

Admission is free and there will be refreshments, entertainment, raffles and networking opportunities.

For more information, call the Chamber at (562) 923-2191.

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Warren High's koi pond is saved

DOWNEY – Downey Federal Credit Union, in collaboration with the Career Technical Education Program at Warren High School, donated \$1,800 to the construction technology class at Warren to rebuild the koi fish pond near the teacher's lounge, which was damaged during school construction.

In addition to learning construction technology, the student workers will also learn masonry and plumbing, career skills that will help them hone their math and science capabilities, officials with the credit union said.

Downey Federal is also donating hard hats and T-shirts with a construction logo designed by the students.

When construction is complete, the koi pond will be on display for faculty and students to enjoy.

"We are pleased to work with Warren High School on campus projects through career technical education," said Barbara Lamberth, president and CEO of Downey Federal. "The CTE classes provide students with practical skills and job training, preparing them for more advanced career



Downey Federal Credit Union donates a check to the construction technology class at Warren High School. From left: Erick Gutierrez, Nicholas Andrade, the credit union's Kari Johnson, Michael Sanchez, instructor Kent Kiess (background), Ryan Robles and Daniel Martinez.

training in their chosen field. We arts, pre-engineering and computer are proud to sponsor the efforts of Warren High School in preparing students for the future."

In addition to the construction technology class, the Career Technical Education Program at Warren also offers courses in film and television production, culinary

animation. Classes are led by qualified instructors through the Los Angeles County Regional Occupation Program.

"We are proud of the progress we have made over the last three and one-half years in providing the career technical education courses and multiple pathways for Warren High School students," said Warren principal John Harris. "We look forward to partnering with Downey Federal Credit Union in our CTE classes for years to

Character: Downey lauded as model city.

Continued from page 1

Columbia Memorial Space Center, plus a number of anticipated exciting developments in the near term (read Porto's, Tesla), bode even better in the

In his D.C. PowerPoint presentation, as an example of the impact made by Character Counts in Downey, Guerra stressed how the FBI 2007-2009 index of crimes in Downey (aggregate of homicides, forcible rapes, robberies, aggravated assaults, burglaries, larcenies-thefts, and motor vehicle thefts) dropped by 12 percent, and how suspensions and expulsions have steadily declined at DUSD.

In the press conference, Josephson named three "most emphatic findings" of the aforementioned study: 1) that cynicism (the belief that lying and cheating are necessary to success) is one of the most significant and reliable predictors of dishonest behavior for teens, young adults and mature adults; cynics, it said, are much more likely to lie or cheat on every single item than those who are not cynical; 2) that younger generations are significantly more likely to engage in all forms of dishonest conduct than those who are older; 3) that high school character [really] matters; regardless of their current age, people who cheated on exams in high school two or more times are considerably more likely to be dishonest later in life on all major measures.

Thus, Josephson pointed out, a community should not allow the deterioration of values and character, that values are eroded by the failure of parents, teachers, and employers to impose appropriate consequences on those who violate legal and ethical standards; and that every parent, teacher or manager can create an ethical culture at home, in the school and

at the office by use of a simple acronym, TEAM, which stands for teach, enforce, advocate and model.(this is what the institute actually does, he said).

Guerra was in D.C. for another reason. While there, he met with Cong. Lucille Roybal-Allard and her chief of staff to inform them of his mission (and persuade the congressional district to adopt the Character Counts idea), and to press the city's case for implementation of a "Downey Regional Water Reclamation and Groundwater Augmentation Project," designed to lessen dependence on imported water through the Sacramento-San Joaquin Delta.

In a related event, officials from the U. S. Department of Education, acknowledging the impressive gains being made by the district with its pervasive Character Counts program, paid a visit to Maude Price Elementary School on Tuesday, in recognition of the district's stellar efforts at promulgating the 6 pillars of character. They were accompanied by Doty and Guerra and exchanged ideas and goodwill with 2nd graders and a combined 4th-5th grade class.

Headed by Peter Groff, director of the department's Center for Faith-Based and Neighborhood Partnerships, the visitors came away very impressed with the Character Counts efforts at the school, according to both Guerra and Price principal Janice Hobson, and expressed a desire to come visit at another future time.

In this connection, Guerra hopes to make representations with the Governor in the future to make a case to make California a Character Counts state. He said a handful of states has already done so.

The week of Oct. 19 was Character Counts Week, and no less than President Barack Obama issued a proclamation, excerpts of which follow:

"Instilling sound character and a sense of responsibility in our children is critical to our country's future. When we teach young people about time-honored values like integrity and humility, we promote good citizenship and civic virtues that will guide them through life and sustain our democracy;

"During National Character Counts Week, we pay tribute to the men and women who are selflessly serving others, inspiring and encouraging younger generations to develop the compassion, dedication, and strength of character that is the mark of our great Nation."

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Saturday, November 7 at 7:15 p.m. **Ken Davis Comedy Concert** Laughter for the whole family

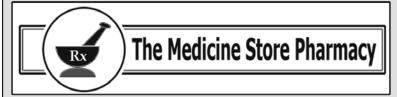
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POET'S CORNER

That's Our Miss Melodie

For fifty years a dancer That's half a century Surviving even cancer That's our Miss Melodie!

We know she'll keep on prancing And really strut her stuff As long as we keep dancing Until we've learned enough.

And so she'll keep on showing Us steps that she has learned The "heeling" and the "toeing" She's really quite concerned.

She also teaches styling So all the world can see Her dancers deep on smiling They've learned from Melodie.

She keeps our rhythm flowing We learn to "Burn The Floor" She'll find that we'll keep going To class to learn some more.

She taught us syncopation Keeps moving us along. Our singular sensation Will keep us going strong.

She knows we'll keep on yearning. To learn it from the top. As long as we keep learning, We hope she'll never stop. -Bill Milburn, Downey

My Cabin The Pines

If I could be a child again A little child of nine I'd wander up that mountain road To my cabin in the pines

Sweet memories of yesterdays I'd find around the bend Where no one ever says good-bye And loving has no end

Where cherished memories wait for me And dreams will all come true Where the river slips between the rocks And the skies are always blue

I close my eyes and I can see The hills and towering pines The chattering squirrels and playful jay Around my cabin in the pines. -Leona Swanson, Downey





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Editorial Page 5 Friday, Nov. 6, 2009

Drugs may have saved your life

By Grace-Marie Turner

What has happened to drive down violent crime in America?

That question has been perplexing researchers for more than a decade. Despite what the nightly newscasts might lead you to believe, the average American is much safer today than at any time in recent history. After more than four decades of steady increases, America's violent crime rate started decreasing dramatically in the early 1990s. It now is at a level not witnessed since the 1970s.

Experts are still debating what exactly caused the drop. But a landmark study recently released by the National Bureau of Economic Research suggests that a big reason was the improvement in the quality and availability of psycho-pharmaceuticals — that is, drugs used to treat mental illness.

This study, which was co-authored by Dave Marcotte of the University of Maryland and Sara Markowitz of Emory University, examined evidence from 1997 through 2004. They concluded that as much as 12 percent of the drop in violent crime during that period is directly attributable to the increased use of psychiatric drugs.

Mental illness often makes people prone to committing crimes. Bipolar disorder, for instance, is tightly associated with delusional thinking and impulsive behavior, both of which can contribute to violent behavior.

Fortunately, the pharmaceutical industry has developed increasingly sophisticated treatments for these conditions. Millions of patients who might have been ravaged by mental illness now have a relatively lowcost way to control the frequency and severity of their symptoms.

The availability of psycho-pharmaceuticals has also significantly improved in recent years. Between 1990 and 2003, the portion of mental illness sufferers on medication increased from 20.3 percent to 32.9 percent. That is equivalent to about 10 million additional people receiving

Some countries have witnessed the drug-crime trend in reverse, lending additional credence to the study's conclusion. Japan, for example, didn't experience an increase in the sale of antidepressants in the 1990s, and it is unique among most developed countries in that its crime rate actually increased over that same period.

Recently, some groups that advocate on behalf of patients, such as the National Alliance on Mental Illness (NAMI), have come under criticism for accepting contributions from the pharmaceutical industry. But NAMI and the drug companies are natural allies because pharmaceuticals are often the only effective treatments for patients suffering from mental illness. Both parties need to work together because they share the goal of expanding access to cutting-edge mental health drugs.

A campaign is underway on Capitol Hill to unleash an avalanche of new government regulations and fees on the pharmaceutical sector. Most of these provisions would dramatically increase the costs of producing and developing medicines. That would, in turn, leave fewer dollars for new research, slowing the rate of innovation and undermining the invention of new drug treatments.

Pharmaceuticals give patients with mental illness the chance at a normal life. And this study shows that improvements in drug treatments have made our streets much safer. It's in all of our interest to oppose policies that would result in decreased investment into research needed to create newer and better drugs that improve the quality of life for those taking the drugs and for society as a whole.

Grace-Marie Turner is president of the Galen Institute, a non-profit research organization focusing on patient-centered solutions to health reform. She can be reached at P.O. Box 320010, Alexandria, VA, or at turner@galen.org.

Letters to the Editor:

Thanking veterans

Dear Editor:

Rather celebrating Nov. 11 as just another day off from work, stop and reflect a little of it being Veterans Day. Fly our flag proudly. Thank a serv-

You might not be alive today if our brave American military forces had not won the big World War II. So many true heroes gave their futures so that we all may have one today.

One thing I always proudly say in my tribute to veterans is that our United States of America saved this entire world for freedom and from slavery by mad evil dictators. America supplied so much war material, ships, planes, guns, tanks, manpower, needed supplies and troops to fight our enemies of war on so many fronts. You wont' find that save statement anywhere in the history books of America for our youth to read today. That is one humongous achievement of all time. Our Allies helped tremendously also. We are not the "Bad America." We are the Good America that saved this whole world, and still doing it.

The warriors of today is the veteran of tomorrow, as the world is still full of evil men bent on destroying mankind with new weaponry and science. I am fearful for our country's survival because we have so many weak leaders that our freedom is in jeopardy. We speak from weakness even though we are supposedly the world's supercop protectors. We don't need appeasers to any evil men or countries.

Thank you, veterans, for our freedom today. May god always bless

America and you. — Joe Cvetko,

Bellflower

Downey Patriot Jennifer DeKay-Givens Publisher/Adv. Director Eric Pierce City Editor Henry Veneracion Staff Writer Scott Cobos Staff Writer Staff Writer Christian Brown Dorothy Michael Display Advertising MaryAnn Sourial Display Advertising Classified Advertising Linda Larson Jonathan Fox Production TEL (562) 904-3668 | FAX (562) 904-3124 | Hours Monday-Friday 9a.m. - 3p.m. 8301 E. Florence Ave., Suite 100, Downey, CA 90240 | www.thedowneypatriot.com The Downey Patriot is published weekly by Jennifer DeKay-Givens. Controlled Distribution, 25,000 copies printed. Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

Letters to the Editor:

Will always be Clark Avenue

Dear Editor:

I cannot believe how much of a commotion the renaming of Clark Avenue has caused. I understand how the mayor and the City Council, in their political zeal to be able to add this monumental achievement to their list of accomplishments, have put all their efforts into this most important of city projects.

I also can see the impact it would have on those who it would affect most. This time and effort is so nicely described by Hugh T. Hoskins in his Oct. 30 piece, "Long Live Clark Avenue" (Letters to the Editor).

I can only add that the City Council is disillusioned if they truly believe that by the stroke of a pen or a gavel, that anyone who already knows Clark Avenue as Clark Avenue will magically start calling it by its newly-appointed name. That name change will have to be for those of the next generation.

To those of us who know it, it will always be called Clark Avenue.

- Ed Romero,

Downey

Dear Editor:

Changing the street name Clark Avenue to Columbia Way was not done the democratic way; it was done without people representation that live on Clark Avenue. The survey was flawed. It was done quickly in two days without 60 percent of the parcels' opinions.

Renaming Clark Avenue to Columbia Way was a sham by city officials. It was not done the proper democratic way by asking the majority of the residents their opinions. It was a "done deal" to change the name before the flawed survey.

I conducted my own survey from Foster Road to Imperial Highway. Not one resident of 21 I spoke to was for the change. The many inconveniences listed in Hugh Hoskin's letter were right on.

The special 5:30 p.m. City Council meeting was done in haste, not giving residents time to respond at a regular 7:30 p.m. council meeting. Most residents work.

City of Downey, you made a mistake on this one!

– Bill Minasian,

Downey

Presidential photo

I wish to offer my congratulations to Kalief Rollins for preparing an award-winning business plan. ("Downey Grad Wins National Business Plan Competition," 10/30/09)

However, I was mortified by his photograph with the President, where Mr. Rollins is shown with his shirt unbuttoned, tie loose, hand in his pocket and slack posture.

That is a photograph Mr. Rollins will one day wish he could take back. -- Kathryn Bonner,

Downey

In God We Trust

Mr. Miguel Rojas said our national motto shouldn't be placed inside our City Council chambers. ("Politics and Religion Don't Mix," 10/30/09) It is appropriate for our national motto to be placed in all government facilities. If Mr. Rojas doesn't like the words of our national motto, that says something about him, which has nothing to do with our motto's right

As a former president of the United States might have said, Mayor Guerra, put up our national motto!

— El Bee,

Downey

Dear Editor:

In response to Mr. Rojas' letter, it is obvious that he has never visited Washington, D.C. nor any of the national monuments, nor our own U.S. Capital.

All of these have scriptures and Biblical references attached or engraved on them.

The U.S. Senate and House of Representatives open each session in prayer, as does the Supreme Court.

There is a segment of our society, "People for the American Way" and the ACLU, who continue to try to remove God from all things public. It is a shame that our U.S. history has been so perverted in recent editions of our textbooks, and that many immigrants nowadays don't really know or care about our history. It is steeped in a strong belief in God. All but one signer of our Constitution were Christians.

And the "infamous separation of church and state" is not to be found in any of our governing documents, but only in a letter written by Thomas Jefferson that has been taken out of context and often misquoted.

I am sorry that some (which really are so few) want to remove God and ignore how He has blessed our nation in the past when we honored Him. — Maggie Allen,

Government healthcare

Before people call some of us "Obama haters," (Letters to the Editor, 10-30-09) consider forthcoming doctor problems:

The cost of health care is determined by the frequency people see their doctors, thus giving 30 million residents health insurance will cost trillions and will require 30,000 "new" doctors, if each takes 1,000 cases. Where will we get them? It will flood ERs and offices, require long waits, limit time with each patient, reduce hospital calls and discourage anyone from becoming a doctor. My doctor is one of many who will retire due to less income, greater pressure and longer hours.

Medicare will cut payments to doctors, increase his taxes, but will increase our Medicare payments, which doesn't make sense. Less income from MRIs, CT scans and other tests to detect dangerous illnesses, and less time to analyze them, will increase the number of deaths, as Canada has experienced.

30 million new insured residents will necessitate rationing which will limit costly coverage for the elderly and infants and cut hospital time that puts a burden on family and skipping needed prescriptions. It will adversely affect millions of baby boomers who have paid into insurance for years and will prosper those who haven't.

Decisions for Medicare payments will be strongly controlled by inept politicians who know a little or nothing about illnesses, diseases or doctor

Is socialism, where government controls everything including your

savings accounts, what we want? James Hawkins,

Downey



Letters to the Editor:

Prohibiting marijuana

A recent L.A. Times article details the widespread growing of medical marijuana in a town up north whose economy is depressed by little demand for wood products and the logging industry has largely disappeared. Trinity County's unemployment rate has soared to 15.9 percent in September, one of the highest in the state.

Our current drug problems brought back memories of growing up in south Chicago during national prohibition of alcohol (1920-33). This noble experiment was to reduce crime and corruption, solve social problems, reduce the tax burden created by prison and poorhouse, and improve health and hygiene in America. Studies indicate that Prohibition failed miserably on all counts. In those days, a bottle of beer in your icebox could get you a heavy fine and/or time in jail.

The lessons of Prohibition remain important today but we are not known for learning from history. Although consumption of alcohol fell at the beginning of Prohibition, it soon increased. Crime increased and became "organized" by big gangs (who can forget Chicago's big Al Capone?); the court and prison systems were stretched to the breaking point and corruption of police and politicians was widespread.

One big drug gang (Gangsters) dressed in police uniforms broke into the establishment of another rival gang. They ordered the men to stand facing a wall and, with favorite weapons of those days, the Thompson submachine gun (Tommy gun), they cut them down like harvesting wheat in a field; that was called eliminating your competition.

The Tommy gun was a favorite of gangsters during Prohibition because of its large.45 cartridge and high volume of fire. Gangsters liked it since they could quickly and easily eliminate the competition and

Today, you can buy booze just about everywhere.

- Byron Dillon, **Downey**

Unheralded students

Week in and week out there is mention in The Downey Patriot of education initiatives and achievements for the Downey school district and its students. I have to say it makes me proud to be a citizen of a city that has always excelled in education and constantly finds ways to involve the community in a supporting role.

The Patriot alone is increasing issue space dedicated to the local schools, ranging from elementary school to high school. The local Downey Library, too, is instrumental and creative in developing programs to lure the young readers of all ages. Not to mention the local politicians always showing up to the local little league baseball presentations or the fundraisers for many children charities around town. Very proud, I tell ya! Well, for the most part, that is.

But there is a side to me that wishes for a greater attention to a certain unmentioned, unheralded part of our educated young minds that make up a small fraction of the student body: the special needs students. Having been raised and educated in the Downey school system since the sixth grade, I remember co-existing in my high school classrooms with the special-needs kids from the now-defunct-SELACO high school on the Downey High campus. It's been nearly 15 years. I remember how we all shared certain classes throughout the school day, as a way of co-existing. And of some of us, still to this day, remain good friends.

There is a lack of city-wide attention to special-needs student events and programs. These could be offered in publishing after-school services and more presence of elected officials facilitating the local Special Olympics efforts; something similar to the attention given to the annual Arc Walk through the streets of Downey.

Perhaps elected officials sponsoring a showcase of efforts through an art contest or open house could be worked into the school year. In the special-needs community, whose student's are dealt with more acceptance challenges in life than the normal everyday student, this can have a lasting inspiring impression and build confidence.

One day, maybe just maybe, Downey's next American Idol can be a special-needs scholar.

Yvette Palomares,

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.

Page 6 Friday, Nov. 6, 2009 Comics/Crossword

SPEED BUMP

DAVE COVERLY













Nov. 6, 1860: Abraham Lincoln defeats three other candidates to become president of the United States.

1893: Famed composer Peter Ilyich Tchaikovsky dies in St. Petersburg, Russia.

1913: Mohandas Gandhi is arrested as he led a march of Indian miners in South Africa.

1995: Art Modell announces plans to move his Cleveland Browns to Baltimore.

2001: Michael Bloomberg is elected mayor New York City.

90

95

120

Birthdays: Actress Sally Field (63), First Lady of California Maria Shriver (54), 'Gossip Girl' actress Kelly Rutherford (41), actor Ethan Hawke (39), model Rebecca Romijn (37) and Lakers forward Lamar Odom

Downey Community Calendar

Events For November

Sat. Nov. 7: Little league sign-ups, Furman Park, 10:30 a.m.

Sat. Nov. 7: Car show, Bob's Big Boy, 11 a.m.

Mon. Nov. 9: <u>Author Mike Kersjes</u>, City Council Chambers, 7 p.m. Tues. Nov. 10: Showing of "October Sky," Downey City Library, 7 p.m. Wed. Nov. 11: 'In God We Trust' discussion, Rio Hondo Event Center, 7 a.m. Wed. Nov. 11: Veteran's Day ceremony. Downey Theatre courtyard, 10 a.m. Thurs. Nov. 12: <u>Discussion of "Rocket Boys,"</u> Downey City Library, noon

Thurs. Nov. 12: Business mixer, George's Restaurant & Bar, 5:30 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.

9 a.m.: Downey Bocce Club, at Apollo Park, for information call Pat Rooney at 923-5352.

Regularly Scheduled Meetings

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.

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

Wednesdays

7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.

1 p.m.: Women's Bocce Club, at Apollo Park.

7 p.m.: Out Post 132 Royal Rangers, at Desert Reign Church, for info call 928-8000.

1st Weds., 10 a.m.: Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618. 1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028. 2nd Weds., 7 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.

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.

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.

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) NOT NICE: We'll be more polite next time

Fresh __ daisy

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101 Tread heavily

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118 Bigmouthed critter

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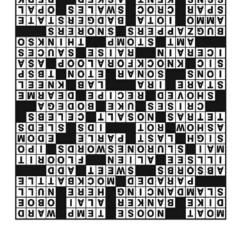
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109 Bismarck's locale: Abbr. 110 Eye unsubtly 113 Merit-badge org. 114 Big brute 115 Roof goo

116 Antlered animal

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.

> National Inventors' Day. EDISON (67 Down) is designated February 11th birthday of Thomas Congressional resolution, the gonopterus" (four-sided wings). By former Latin genus name "Tetra-(58 Across) gets its name from its for him. The aquarium fish TETRA founded the Biblical nation named given to Jacob's twin Esau, who EDOM (25 Across) was a name



Predicaments

"Absolutely!" in

84 Some Woodstock dos

Texas city

Acapulco

What seniors need to know about H1N1

CONTRIBUTED BY **CAREMORE**

Many doctors are being asked by their senior patients about their risk for the H1N1 virus. Dr. Balu Gadhe of CareMore has provided a few key answers to inform seniors about what they need to do to prepare for this year's flu season.

Are people 65 and older at risk for contracting the H1N1 influenza?

Most seniors have some immunity to H1N1 flu virus because of prior immunization history. This makes them less likely to contract the H1N1 virus and thus are not recommended to get early doses of the flu vaccine.

Why isn't this age group included in early dose vaccina-

Studies indicate less than two per 100,000 people aged 65 and older have contracted this flu strain. By contrast, people between 6 months to 24 years of age are 15 to 20 times more likely to be infected and become seriously ill. Limited supplies of the vaccine will be available at first and will be recommended for those most likely to contract H1N1.

What should those 65 and

This age group is more likely to catch seasonal flu than 2009 H1N1 and should get a seasonal flu shot as soon as possible. Additionally they should protect themselves by washing hands frequently with soap and warm water or an alcohol-based hand sanitizer. Seniors should avoid touching their eyes, nose or mouth and try to avoid contact with people who are sick (especially if they have fever, cough and a sore throat).

Get plenty of sleep, exercise regularly, manage stress, drink plenty of fluids, and eat nutritious

Will this year's H1N1 vaccine be available for those 65 and

Yes, after the high-risk groups have been vaccinated. The government has purchased 250 million doses of the vaccine so there will be enough for the population. Those 65 and older are more at risk for seasonal flu than H1N1 and should receive their seasonal flu vaccine as soon as possible.

What is considered a highrisk group?

"High risk groups" as defined

DOWNEY FEDERAL

CREDIT UNION

Count On Us

Through All

Stages of Life

by the Centers for Disease Control include the following:

•Pregnant women

·People living with or caring for infants less than six months of

•Emergency medical services personnel and health care workers •Children and young adults from six months through 24 years

•People ages 25-64 with chronic medical conditions like heart or lung disease, asthma, diabetes or weakened immune systems.

Generally, high-risk groups include those with certain chronic medical conditions including chronic lung problems such as asthma or metabolic disorders such as diabetes.

Those 65 and older who have immunodeficiency or immunosuppression conditions, including that caused by medications such as carticosteroids and chemotherapy, or diseases such as HIV/AIDS, could be at risk of H1N1. Consult your physician if you have questions about your health condition.

What should high-risk populations do to avoid the H1N1 influenza?

Those 65 and older who are considered high-risk should be vaccinated for the H1N1 flu in addition to their normal seasonal

What should those 65 and older do if they feel they have the

Seek medical advice quickly. Those 65 and older are prioritized to get antiviral drugs if they become ill with the flu. Although this age group is much less likely to catch the H1N1 flu, they are more likely to suffer serious complications and are prioritized for antiviral drugs.

Free shuttle service to flu shot clinics

DOWNEY – Downey-based Worldwide Airport Shuttle is offering free roundtrip transportation service to local hospitals and clinics for H1N1 vaccines.

The offer is open to children and seniors who have no other mode of transportation. Children will receive priority.

To schedule a pick-up, call Shirley Johnson at (562) 862-2378.

Second H1N1 flu shot clinic tentatively planned Nov. 14

BY MARK SAUTER, DEPUTY CITY MANAGER, **EMERGENCY PREPAREDNESS**

DOWNEY -- The City of Downey and the L.A. County Department of Public Health plan to host a free H1N1 flu-shot clinic on Saturday, Nov. 14 at the Downey Theatre.

The clinic hours of operation will be from 9 a.m. to 5 p.m. The clinic layout will be similar to the flu-shot clinics held previously in the same location.

The availability of the H1N1 vaccine for this clinic will be confirmed with the L.A. County Department of Public Health (DPH) next week. The H1N1 vaccine should be available as an

injection and a nose spray.

Supplies of the H1N1 vaccine for flu-shot clinics have been limited and present event planning challenges for clinics such as this one. Downey area residents can keep up to date with this fluid situation by looking for the H1N1 article in the Nov. 13 edition of the Patriot, reading the most current information on the City website or utilizing the L.A. County 211 phone informa-

The targeted groups for the H1N1 clinic are:

Young people ages 6 months to

People living with or giving care to children under 6 months of

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, heath care professionals recommend children under the age of 11 receive two vaccinations over the course of three weeks.

Additionally, recent clinic operators have been directed by the LA County DPH to limit their vaccinations to the above listed groups of people because of the vaccine shortages.

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 in the morning and afternoon 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.

An additional H1N1 flu-shot clinic is planned for Downey on Dec 5th.

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

How to eat healthy on a strict budget

In a tough economic environment, eating well on a budget can be challenging. With a few key skills and strategies from TOPS Club Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, it can be relatively easy to create flavorful, well-balanced meals without busting the budget.

Eat In More and Out Less: The U.S. Department of Agriculture's Economic Research Service found that spending on food away from home accounted for nearly half of every American food dollar, or \$565 billion, in 2008. While they require more planning, home-cooked meals are an excellent way to minimize your grocery bill and they are typically healthier than the options you may find when dining out.

According to Katie Clark, M.P.H., R.D., C.D.E., Assistant Clinical Professor of Nutrition at the University of California - San Francisco and nutrition expert for TOPS, "Eating at home is a great way to save money and create nutritious meals; because you control exactly what goes into your food, you are more likely to avoid excess calories as well."

To save money while cooking at home, try some of these tips:

Make at least one meal meatless. Choose recipes that utilize eggs or dried beans - like pinto or northern beans - as the main pro-

Double your recipes and freeze

leftovers or extra amounts of meat, bread, and cooked vegetables. Bring to work for lunch or use the excess ingredients as inspiration for future meals.

Eat dinner as a family, or consider having a weekly potluck with neighbors to reduce the cost per person of your meals.

Clip coupons, avoiding "new food" coupon gimmicks that often are low in nutritional value.

Subscribe to a healthy cooking magazine, or peruse recipe books for healthy ideas.

Plan Meals for the Week in **Advance:** A meal planning chart or simple shopping list for the week are great tools for the budget-minded, health-conscious consumer. Knowing what you already have in the pantry and what you intend to make ahead of time reduces impulse spending, saves time, and improves the nutritional value of your meal.

Take part of one day a week to plan the upcoming week's menu. Search "meal planning charts" on the Internet for a variety of templates and convenient shopping

Read the supermarket circulars in your local newspaper, or look online for weekly specials that can help guide your meal planning.

Post meal plans on the refrigerator door where the entire family can see it and refer back to it throughout the week. This also helps avoid the dreaded question, "What's for din-

Only Shop Once a Week: This

makes it easier to avoid unnecessary purchases and encourages you to stick to your weekly menu.

Have a snack before you visit the grocery store. Shopping on an empty stomach can lead to impulse buying.

"Shop the perimeter," remembering that the least healthy and most overpriced packaged foods are concentrated in the middle aisles.

If fresh fruits and vegetables are cost-prohibitive, try the frozen or canned versions. Frozen produce is often flash frozen at the source, locking in nutrients. Rinse canned vegetables before cooking to reduce the sodium content.

Buy generics, which are often less expensive than name-brand

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Friday, Nov. 6, 2009 The Downey Patriot 8

Dominguez snaps Downey's win streak

■ Downey struggles to score against Dons' defense.

By Joseph Apodaca, Sports Intern

DOWNEY – The Downey Vikings broke their San Gabriel Valley League winning streak last Friday in a 21-15 loss against the Dominguez Dons.

The loss against the Dons brings the Viking's SGVL record to 2-1 while their overall season record settles at 3-5.

The Vikings managed to score just two touchdowns over the course of the game and never looked like they were able to settle down while being away from Allen Layne Stadium.

Linebacker Steven Williams and tight end Isaac Dan scored the team's only touchdowns. Williams also managed to gain a safety, bringing their total score to 15 points, a touchdown shy of tying up the game against the Dons, who settled with 21 points by game's

Quarterback Steven Cervantes completed a total of 15 passes from 30 attempts throughout the night, totaling 219 yards. Full back Joseph Ortiz rushed the most yards of the night with 45 while wide receiver Dallas Lopez and Williams rushed 32 yards each. Dan and Ortiz received the most passes of the night, with Dan receiving five totaling 89 yards and Ortiz receiving five totaling 64 yards.

This is the fifth consecutive year that the Dominguez Dons have defeated the Vikings. Dominguez now brings their season record to 2-5 and their league campaign to 1-2.



PHOTO COURTESY MIGUEL ESQUITIN

Jonathan Haik (right) scores against Twin Cities in Junior Midget game last Saturday.

Razorbacks near perfect

■ Opening round of playoffs begin tomorrow.

BY MIKE BAUMANN, DOWNEY YOUTH FOOTBALL

DOWNEY – It was a near perfect day for the Downey Razorback Youth football teams this past Saturday in the friendly confines of Downey High School's Allen Layne Stadium.

Four of the five tackle teams dominated their opponents on the last regular season game of 2009. Scores were:

MityMite Razorbacks 35, Twin Cities Wolverines 7.

Junior PeeWee 32, Twin Cities 5.

PeeWee 7, Twin Cities 12.

Junior Midget 27, Twin Cities

Midget 34, Montebello 13.

In the Junior Midget game, it appeared the Wolverines were never going to let the league leading Razorbacks (8-0) touch the ball in the first quarter of this rivalry between the two neighboring cities.

On their initial possession, the visitors used over seven minutes of the ten minute first quarter on a 60 yard drive for their first score. It

was only the second time all season that a Hog opponent has scored first in a game.

However, it did not take long for the Razorbacks to show their offensive prowess. On the Razorback's second play from scrimmage, speedy Joshua Medina raced around his right end for a 60 yard score. Josh added two more yards on the PAT, and the Hogs were ahead 7-6.

The defense figured out how to stop the Wolverines during the remainder of the first half, and after a change of possession, and a short drive, Justin Huff dashed 10 yards for a score. Austin Espinosa added the 2 point PAT kick and the Hogs led with less than 5 minutes left in the half 15-6.

The Bacon reserves stunned the Wolverines, and the crowd, when Francisco Arrellano blasted 34 yards to the 18 yard line on the Hogs next possession. Then a Rafael Rodriguez to Jonathan Haik touchdown pass made the score 21-6 at the half.

The second half was a defensive struggle for both teams. A series of major offensive penalties hurt the Razorback's effort and pushed the Hogs deep into their own territory. A spectacular 60 yard punt by Espinosa helped the

Hog's escape any damage.

The Razorbacks once again stopped Twin Cities, but this time it was at the Downey 5 yard line. With a patched up offensive backfield consisting of Huff, Medina, Rodriguez, and Miguel Esquitin the Hogs methodically drove down the field. Esquitin scored the final Downey touchdown, making the score 27-6.

The final score was 27-14 when with less than a minute left in the game Twin Cities scored. The Junior Midget Razorbacks remain the only undefeated JM team in the conference and have earned a bye in the first round of the playoffs.

A two week PCC flag football tournament will begin this Saturday at Lynwood High School. Downey's Razorback flag teams will play Montebello, Santa Monica and Lynwood teams.

In the first round tackle playoffs, the MityMite Hogs play Wilmington at Gardena High School at 9 a.m. Junior PeeWee's play Wilmington at Lynwood Middle School at 6 p.m. PeeWee's play Lynwood at Gardena High School at 11 a.m. Midget Razorbacks play Montebello at Cabrillo High School at 11 a.m.

Injuries don't hinder Downey water polo

■ Vikings defeat Cal and Whitney.

By Joseph Apodaca, Sports Intern

DOWNEY – The Downey boys' water polo team won two tough matches last week against Whitney and Cal.

The Vikings beat the Whitney Wildcats 19-6 last Tuesday and took home the victory by a single goal against the Cal Grizzlies, winning 7-6. The Vikings are now 3-2 for their San Gabriel Valley League campaign and 7-6 for their overall season record.

At Tuesday's game against Whitney, the Vikings managed to score 19 shots at their opposing goalie. Derek Dodson scored six goals, Juan Rivas scored four, Serro Park scored three, Derek Klotzer and Richard Gomez both scored two goals while Jesse Mendez and Josh Kim scored one each.

At Thursday's game against Cal, the Vikings scored seven goals on their opposing goalie. Dodson scored five goals while Ian Pacheco and Rivas managed to score one each. Victory almost didn't occur for the Vikings this game, where they were tied 6-6 at the latter part of the last period. It wasn't until Dodson, who broke two previous tie scores in the game, scored in the last 50 seconds of the period that the Vikings emerged from the water victorious.

"We were missing our starting goalie and a starting field player," said Park after the Cal match. "I didn't think it would be a big difference but, when we had to put one of our starting field players in the goal, it was very frustrating to have Cal keep it close with easy goals."

Fouls were very light for both Whitney and Cal games. Jesse Mendez received the team's only minor foul in the Whitney game during the fourth period. Dodson received a 5-meter penalty in the Cal game's third quarter while Pacheco received a minor foul in the fourth quarter.

The Vikings were unable to win the sprint during the Whitney game. However, despite missing regular sprinter Klotzer for the Cal game, Dodson won all four sprints to start off every period.

"Everyone's just getting sick because of the weather," said Park of his teammates' absence. "When one of our starters is out, it feels like something is really missing in the water, offensively and defensively."

As the season continues to draw closer to an end, the Vikings continue to prove that they have definitely grown since the beginning of the season. Dodson has brought his overall season total of goals to an impressive 72 goals. Less fouls and more 6-on-5 plays have been benefiting the Vikings as well, in addition to communicating more effectively and better ball-handling techniques.

Look to bounce back versus Lynwood

■ Knights defeated Downey last year, 35-0.

By Joseph Apodaca, Sports Intern

DOWNEY – The Downey Vikings hope to make a comeback after losing last week's game when they face off against the Lynwood Knights tonight at Allen Layne Stadium.

The Vikings were previously undefeated in their San Gabriel Valley League campaign, winning 35-34 against Gahr and 41-14 against Paramount at home. However last Friday, the Vikings suffered their first league loss against Dominguez on the road, 21-15, bringing their record to 2-1. Their overall season record now rests at 3-5, with an additional win outside of league against Schurr and four other loses to La Serna, La Habra, Kennedy and Santa Fe.

Tonight the Vikings are up against their fellow SGVL members the Lynwood Knights, who are currently 4-4 for their overall season record and 1-2 in their league campaign. Last season, the Knights overwhelmingly defeated the Vikings, winning 35-0. Both the Knights and the Vikings ended their league campaign last year at 3-2.

A minor setback against the Dominguez Dons has not hurt the Vikings will to do their best according to the coaching staff. Quarterback Steven Cervantes has

brought his overall passing record to 86 complete passes totaling an impressive 1,089 yards. Wide receiver Dallas Lopez's record remains the same as of the previous week, completing 32 passes for 469 yards.

Full back Joseph Ortiz, running back Kyle Lewis, and linebacker Steven Williams continue to maintain the most rushing yards of the season. Ortiz has 95 carries this season totaling 607 yards. Lewis has 74 carries for a total of 441 yards while Williams has 35 carries throughout the season, closing in at 182 yards.

Tight end Isaac Dan now holds the season lead for the most catches this season, with 24 receptions and 391 total yards. Wide receiver Miles Claiborne follows behind with 24 catches for 260 yards. Wide receiver Jabari Ruffin's record stays the same with 20 receptions with 255 total yards.

Defensive tackle Daniel O'Veal, Williams, and linebacker Justin Haro all maintain the record for the most tackles over the course of the season. O'Veal so far has 60 total tackles while Williams has 53 and Haro has the most with 80.

The Vikings may be preparing to bring their league campaign back into a winning groove, but it definitely won't be without a challenge, The Vikings did lose 35-0 to the Knights last season. So far the Knights' quarterback has rushed an average of 111 yards for the season, far less than that of Cervantes.







Warren singles are victorious

■ Warren's Kosakowski cruises past Downey.

By Alyssa Wynne, Sports Intern

DOWNEY – In their final match against Downey High last Thursday, the ladies from Warren tennis accomplished a victory in individual scores, 78-74.

Warren also played a match against Lynwood, which they won 15-3, and a Gahr match that they won 11-7. Their match against Paramount was a loss on their behalf, 2-16. Downey also had a match against Lynwood and won 15-3.

One of Warren's No. 2 doubles players, Ariel Gonzalez, did not play at the match, whereas Warren's No. 3 singles player Nicole Sosnowski has returned and was able to play the rivalry match. Her usual adversary, Downey's No. 3 singles player Irene Saavedra, was not at the match. Her replacement consisted of substitutes Michelle Morales and Allie Roque, both ladies from the junior varsity team.

It was a close match during each set but what Downey head coach Denise Diego thought was the fall for her team was when No. 2 singles player Christina Arsenescu lost her set against Warren's No. 2 singles player Rebecca Lopez, 6-4.

"I guess it's like a mind thing, like my head wasn't in the game kind of," said Arsenescu. "I was up, and I couldn't close it out, so I think it's a mental issue. It's not how I play it's just whether I can do it or not."

It was a sad first set for Downey's singles team, but no doubt Warren was very pleased. Warren's No. 1 singles player Nicole Kosakowski crushed her competition of Downey's No. 1 singles player, Sandra Lee, 6-0; and Warren's Sosnowski beat Downey's Morales, 6-0.

Things were different for Downey's doubles team, however. Downey's No. 1 doubles partners Katie Medina and Janette Rico defeated Warren's No. 1 doubles partners Brianna Bordette and Deni Dominguez, 6-2. Warren's No. 2 doubles partners Helena Park and Eran Kalashyan beat Downey's No. 2 doubles partners Christine Tran and Caroline Tran, 6-3, and Downey's No. 3 doubles partners Rosanna Calderon and Claudia Guzman thumped Warren's No. 3 doubles partners Jennifer Solis and Hannah Kroger, 6-3.

The second set boost Downey's chances of winning but Warren's No. 1 players came out on top. Lee conquered Lopez, 6-0, Arsenescu beat Sosnowski, 6-4; and Kosakowski dominated Morales, 6-0. In doubles, Medina and Rico conquered Park and Kalashyan, 6-1, Downey's Tran sisters won over Solis and Kroeger, 7-5, and Bordette and Dominguez barely sneaked past Calderon and Guzman, 7-6.

zman, 7-6.
Controversy surrounded the

match between Bordette and Dominguez and Calderon and Guzman. During the tiebreaker, the coaches were called over to observe the match and stand as line judges for the remainder of the set. The score at the time was 6-6 and the girls were in a heated competition,

Warren's head coach Mary Starksen arrived at the court first and Diego was alerted. The set was not placed on pause like they normally are until both coaches arrive, and the girls resumed playing. Once Diego arrived, the set had ended and Bordette and Dominguez came out victorious.

neither wanting to be distracted.

came out victorious.

The third set was even amongst the two teams. Lee beat Sosnowski, 6-4, Kosakowski dominated over Arsenescu, 6-0, and Lopez played against Roque and won, 6-3. Medina and Rico beat Solis and Kalashyan, 6-0, Downey's Tran sisters won over Bordette and Dominguez, 6-4, and Park and Kalashyan conquered Calderon and Guzman, 6-3.

"It's tennis," said Lopez. "You just come out here; you do your best, you play hard [and] sometimes you win [and] sometimes you don't."

Downey has come out in second place in the San Gabriel Valley League, and Warren in third. Both schools participated in the league finals on Nov. 3 through Nov. 5 at Warren. These games determined how the girls are individually, and placed them for CIF. Results were unavailable at press time.

Sports

Montoya proves anything is possible

■ Despite hearing disability, Marco Montoya is excelling on the football field.

> By Joseph Apodaca, Sports Intern

DOWNEY – As if being a first year member of the demanding Downey football program wasn't tough enough, junior Marco Montoya welcomes the challenge, even with a hearing impairment.

Despite being the only deaf member on the team and in the city, Montoya does everything a football player has to do exactly the same as anyone else. He reports to the field on time, participates in stretches, and is even a first string nose guard for the team.

"Marco is hard working, honest, and never complains," said coach Eliud Rivera. "He gives 110 percent and is eager to learn. I couldn't ask for more as a coach."

Being hearing impaired has not changed the way Montoya plays football. In fact, he claims it's the exact opposite.

"It actually helps," he said thru his interpreter. "I just look at the ball and go on movement."

Even with a positive attitude, Montoya still gets plenty of help from his teammates. The team lets him know the calls the referee makes, when to stop when whistles blow, and what he needs to do on a new play. The cooperation Montoya has received from his teammates is something he greatly appreciates.

"Being a part of the team makes me proud," he says. "I want to prove that deaf people can do anything."

In addition to the help Montoya receives from his teammates, he has an interpreter on hand at every game and practice. Interpreters Mark and Roy McCory have been working with Martinez extensively throughout the season, thrilled with the progress he has made.

""It's great to see people grow and overcome diversity and to grow as an athlete," said Roy McCory. "Marco interacts with the team and gets to know regular people. It's nice to see that comradeship."

Interpreters are there to relay messages to the players, however, it proves to be somewhat of a challenge in certain cases.

"You want players like Marco to try their hardest," said Roy McCory. "We try not to get to involved but at the same time try to push them further and relay communications."

As a first year player nonetheless, Marco has eased quite well into his position as a first string nose guard on the team. Unlike most positions, which require vocal communication and listening abilities, this position is all about the ball.

"It's a roll that works for him," said coach Jeff Wheeler. "He doesn't need to hear the snap count and just goes for the ball. He's doing a great job for his first year of football ever."

Montoya said he wouldn't trade a thing for his experiences in football. He has learned to communicate with others and has had the pleasure of making many new friends.

Sure, being a first year football player does have its share of challenges, but Montoya has proved that anything can be made possible.

Catch him if you can



PHOTO BY PAUL HEIDECKER

two touchdowns, totaling five for

the night with 282 total yards rush-

Bettencourt and receiver Bailey

Cowins also hooked up for a 61-

yard touchdown pass to start the

second half. Bettencourt had a sub-

par night being picked off twice,

but Cowins had a good night when

the ball was thrown to him catch-

feated in SGVL play with two

games to go. Paramount in the

game lost two quarterbacks and

two running backs to injuries and

had to play third string players

Warren's next game is tonight

The win keeps Warren unde-

ing two passes for 98 yards.

most of the game.

at Gahr starting at 7 p.m.

ing, and quarterback

Warren running back Jesse Callier rushed for three touchdowns and 209 on nine carries in the first half

Warren gets past Paramount

■ Besides Callier, Warren offense sputtered in first half.

By Scott Cobos, Staff Writer

DOWNEY – Warren again was able to find that light switch when it mattered, winning Friday at home against Paramount 49-24 in a game that found the Pirates just points behind Warren at half time.

What's looking like a possible bad habit that is forming, Warren for the second consecutive week played one good half of football that was just enough to beat a lesser team that they should have put away with ease.

It should have been a cakewalk for the Bears, but a pre-game intimidation tactic by Paramount that almost found both teams fighting, and a fired up foe showed Warren that they need to come out and play and not rely on the likes of running back Jesse Callier every game.

In the first half, Callier only touched the ball nine times but rushed for 209 yards and three touchdowns. The three touchdowns from Callier came on big bursts, all of them for 30 yards or more.

Other than that, Callier and the rest of Warren really didn't do anything offensively or for that matter defensively against a team that knows points come at a premium

for them this season.

"You know we took some back steps again in the first half," said Warren head coach Chris Benadom. "Paramount was fired up and ready to play. Our kids came out a little flat. I've been trying to tell them all week this is a San Gabriel Valley League game. Every team is going to play. We came out thinking we don't need to play tonight and it showed in the first half."

Benadom must have been talking about his defense that allowed two touchdowns and a field goal against a team that didn't have one offensive player rushing or passing for over 100 yards on average in the season.

The second half was a much different story defensively. Warren forced three turnovers, including a fumble and an interception, and then poured it on offensively.

The difference in the game for the Bears was their defense that shut out Paramount for the rest of the game. Benadom said that at the half, he kept it simple with his kids in the locker room.

"Play," he said his coaching staff told them. "Play like you guys can play. They were lethargic. We thought we would come out and take it to Paramount but we knew that it wouldn't happen as a coaching staff, so play in the second half."

Callier would tack on another

Warren can clinch CIF title tonight

By Scott Cobos, Staff Writer

DOWNEY – So much rides on tonight's game that it should be nothing short of entertaining. When Gahr and Warren both step on the field tonight at Gahr, expect nothing but an old fashioned shoot out from start to finish.

Tonight's game is featuring the league's top two scoring offenses, and also starring the league's top two defenses. Without a doubt, whoever wins tonight's game could possibly be headed to a San Gabriel Valley League championship. While one team has a much harder path to travel in order to get to that goal, the other team would need to win the game to essentially clinch the title in a fashion that they haven't played since the latter part of their non-league schedule.

Warren is in position to repeat as SGVL champions tonight, but what they will need to do is take on a Gahr team that again is lethal through the air offensively. Last year, Warren did manage to keep all-league quarterback Corey Nielsen in check, keeping him to 219 yards on 19 of 32 passing with an interception. But last year also prefaced what they will also be facing this year.

Last year, little brother Casey Nielsen made an appearance in the game and faced off against Warren in one offensive series. In his short time on the field, Casey Nielsen completed four of six passing attempts for 68 yards.

Last year Corey Nielsen averaged a fantastic 303 yards per game in the air making him the most lethal player under center in the league. The scary thing is his brother is having a better season

this year. Casey Nielsen is averaging 384 yards passing per game and has a 128.0 passer rating while passing for 30 touchdowns and only eight interceptions. He is also completing an absurd 69 percent of his passes.

Gahr has very little in the way of a rushing game but makes up for it with the best passing offense in the league. The Gladiators have eight players averaging over 20 reception yards per game and has one receiver in Shaan Johnson that has become Casey Nielsen's favorite target. Johnson on the season has 54 receptions and averages 132.4 yards per game. Warren's complete passing game doesn't even average over 100 yards per game.

How does Warren counteract Casey Nielsen and Johnson? They leave it in the hands of their two safeties Bailey Cowins and Jesse Callier. Both Cowins and Callier play offense, one as their star running back and the other as the No. 1 receiver on the team. But, they also pull double duty as their strong and free safeties.

Without a doubt it's going to be a very busy night for both of them. Warren's offense doesn't go without Callier dancing around in the backfield and Cowins reminds the other team that they have to watch him too. But in order for Warren to at the very least keep the passing game of Gahr in check, both Cowins and Callier need to help out down the field.

If Warren is going to get beat by the pass, it's much better to get dinked and dunked for short 4-yard or 5-yard passes rather than get burned for 20 or 30 yards at a time. But the biggest key for Warren to beat Gahr consists of four men; the defensive line.

Warren golfers advance

DOWNEY – Savannah Vilabuli and Darleen Yao are headed on to next week's CIF golf individual finals after Vilabuli shot a 75 and Yao shot an 80 putting Vilabuli tied for 18th place and Yao in 39th place at the CIF individual prelims held at Landmark Country Club in Hemet.

"This is very exciting...to see their hard work paying off," Warren girls golf coach Rob English said. This is Vilabuli's third straight year qualifying for the CIF individual finals and both Vilabuli and Yao are only juniors.

For the Downey girls, Nicole Kim teed off but did not finish her round due to a combination of illness and heat. CIF individual finals are slated to be held Nov. 12 at Talega Golf Club.

--Jared Head, Sports Intern

NWDLL hosting sign-ups

DOWNEY – Northwest Downey Little League will host sign-ups tomorrow from 10:30 a.m. to 3:30 p.m. at Furman Park for the 2010 season.

Other sign-up dates are Nov. 14 and Dec. 5. Additional dates and times will be posted online at www.nwdll.org.

For more information, call James Veloff at (562) 861-2696 or Mel

For more information, call James Veloff at (562) 861-2696 or Me Quan at (213) 923-0684.

Fundraiser for baseball team

DOWNEY – The So Cal Legends, a Downey-based travel baseball team for kids 12 and under, will host a fundraiser tonight at Shakey's Pizza

Twenty-five percent of all orders placed between 6-9 p.m. will be donated to the team. Diners should place their receipt in a box next to the cash register that night.

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





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Man convicted in murder of elderly Cerritos couple

NORWALK - A Carson man was convicted last Friday for the 2004 double murder of an elderly Cerritos couple.

Anthony Deondrea Cain, 34, was found guilty on two counts of firstdegree murder, said Islam Ramadan, a deputy district attorney. Cain was also convicted of two counts of residential robbery and one count of resi-

Jurors also found true special circumstances that the murders were done in the commission of a robbery and that Cain used a deadly and dangerous weapon, scissors.

Cain faces a maximum penalty of death or life in prison without the possibility of parole. The jury began deliberating the penalty phase this

Ernestine and Lamar Matthews, both 75, were found slain in their home on Feb. 11, 2004. Sheriff's deputies arrested Cain, a relative by marriage, days after the murders.

Ernestine Matthews was a former teacher for the Compton Unified School District. Her husband was a retired probation officer.

Faculty concert at Cerritos

NORWALK - Faculty members from the Cerritos College Music Department will showcase their talents in a Nov. 22 concert to raise scholarship money for students in the applied music program.

The concert will include performances by some of the most accomplished musicians in the greater Los Angeles area and will encompass a wide variety of musical genres.

The concert begins at 6 p.m. General admission is \$10; Cerritos College students are \$5. Free parking will be available.

For more information, call the Music Department office at (562) 860-2451, ext. 2629.

Bus trip to Harrah's Casino

DOWNEY — A bus trip to Harrah's Casino will depart from Gourmet Café restaurant Nov. 19 at 8 a.m. and arrive back at 5 p.m.

The trip is a fundraiser for various groups.

Cost is \$20 and includes \$10 for casino play.

To reserve a seat, or to arrange a casino trip fundraiser for your group, call Frank at (562) 923-2812.

Cristea to speak on motto

DOWNEY - Downey resident Dan Cristea, leader of a campaign to add the national motto "In God We Trust" inside council chambers at City Hall, will speak about his campaign Wednesday morning at Rio Hondo Event Center.

Cristea's talk is part of the regular meeting of Citizens For Downey. The community is invited.

The meeting begins at 7:30 a.m. An optional breakfast buffet will be available at 7. No reservations are required.



Downey Federal Credit Union made a donation (amount not disclosed) to Club Bella at Downey High School. Front row, from left: Kari Johnson, the credit union's community education and development representative, and Bella co-chairs Joanna Quintana and Yaheli Aguilera.

Club Bella getting local support

DOWNEY – Downey Federal Credit Union recently donated money to Club Bella, an all-female after-school student club at Downey High

Bella (Business Education for Leading Ladies of America) members learn about different aspects of business so they can succeed in today's competitive work environment.

Members also work internships and college scholarships, receive guidance through mentors, and acquire media exposure for the organization.

Club Bella, whose motto is "Bring out the best in young ladies," is seeking support from local businesses to "empower their members to learn and grow.'

Business teacher Jeanette Hernandez is Club Bella's faculty advisor. To reach her, call (562) 869-7301.

Military banners going up

DOWNEY – The city of Downey will host a Veteran's Day ceremony on Wednesday beginning at 10 a.m. in the Downey Theatre courtyard.

The ceremony will honor local veterans while celebrating the installation of military banners along Firestone Boulevard.

The first 20 banners were ordered for Downey residents who are currently serving in the U.S. military. All families of those receiving a banner were invited to Wednesday's ceremony. The general public is also invited.

Applications for the military banner program are still being accepted. The city said it hopes order another 20 banners when enough applications have been received and approved.

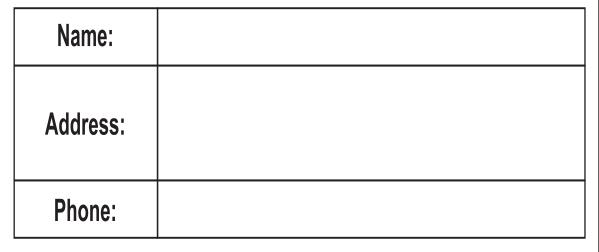
Nomination forms are available online at www.downeyca.org or by calling (562) 904-1895.

The military banner program is partially funded by donations from the community.

HELP The Downey Patriot REACH OUR **GOAL OF BEING ADJUDICATED IN** THE CITY OF DOWNEY

Although The Downey Patriot is adjudicated in the County of Los Angeles, it's limited on the types of legal notices it is able to publish. Our goal is to become adjudicated in the City of Downey in order to run all types of legal notices. In order to print all legal notices, The Downey Patriot must meet additional requirements set forth by the Government code. One of these additional requirements is "a bona fide subscription list of paid subscribers".

The Downey Patriot is now offering paper subscriptions for \$10/year. This subscription guarantees a delivery every Friday to a single family home in Downey.



To give The Downey Patriot as a subscription, fill out the information form above and send it along with a check for \$10 to the Downey Patriot, or you can always come into the office and drop off your subscription form.

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

Cerritos students selling art

NORWALK - The Cerritos College Art Club will hold its annual student and faculty art sale Dec. 6 from 11 a.m. to 5 p.m.

Visitors can purchase highquality artwork, ceramics, sculptures, wood, paintings, jewelry and

Pieces will be sold at prices ranging from a few dollars to \$100. Proceeds will benefit the arts and Art Club programs.

Free parking will be available in lots C-9 and C-10.

The sale will take place in the Student Center.

Juvenile court judge to speak

DOWNEY - Judge Philip Mautino of Los Padrinos Juvenile Court will be guest speaker at the Nov. 24 meeting of Rise 'N Shine Networking at Downey Brewing Company.

Mautino will speak on the juvenile justice system.

Members of the local business community are invited to attend. The meeting begins at 7:30 a.m. and cost is an order from the menu.

For more information, call the Downey Chamber of Commerce at (562) 923-2191.

Downey-Warren athletes in eating contests

DOWNEY – The fourth annual eating contest at Philly's Best at Downey Landing will take place tomorrow from noon to 3 p.m.

The event will kick-off Warren-Downey Rivalry Week, which culminates when the two football teams face each other Nov. 13.

Del Taco at 8028 Firestone Blvd., meanwhile, will host its first annual Taco Bowl, a taco eating contest between Downey and Warren, on Tuesday from 5 to 8 p.m.

Proceeds from both fundraisers will benefit the schools' football boosters.



Annual Holiday Marketplace



Saturday, November 7, 2009 10:00am - 3:00pm Downey City Library 11121 Brookshire Avenue

Crafts, Baked Goodies, Stocking Stuffers One Day Only Raffle - Free Hot Wassail Punch All Proceeds Benefit Downey CityLibrary Sponsored by the Friends - Public Welcome

.com domains starting at **\$3.99** w/purchase of any non-domain product. www.MEDesignonline.com

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



Dining/Entertainment Page 11 Friday, Nov. 6, 2009

New Titles at the

Downey City Library



Iraheta album set for Dec. 1 release

LOS ANGELES - The debut album of Allison Iraheta, "Just Like You," will be released Dec. 1, Jive Records has announced.

The album includes 13 songs with production by Max Martin, Howard Benson, Kevin Rudolf and others.

Album pre-orders will be available on iTunes beginning Tuesday, where the first 30 seconds of every song will be available for preview.

Jive officials said the music video for Iraheta's first single, "Friday I'll Be Over U," will be released "in a couple of weeks." It was recently shot in Los Angeles.

Jive is also recruiting volunteers to join the Alliekatz, Iraheta's official "street team." Volunteers will earn points to redeem for signed posters, limited edition merchandise and more. Street team members help promote Iraheta in school, online and to friends.

For more information, visit www.allisoniraheta.com.

Iraheta, of Downey, reached the final four on "American Idol" earlier this year.

Comics trade toys for laughs

HAWAIIAN GARDENS - The seventh annual Toys for Laughs comedy show will take place Nov. 21 at the Lakewood Elks Lodge at 8 p.m. Several nationally-touring comics will perform at the show, including Kira Soltanovich, Vic Dunlop, Mark Wilde, Laura Hayden, Jaz Kaner and

Admission to the show is free for guests who bring a new, unwrapped toy worth at least \$5. The toys will be donated to For the Child, a Long Beach-based charity that works in child abuse treatment and counseling. The comedy show will range from PG to R-rated humor and is not

appropriate for young children. For reservations, call the Lakewood Elks Lodge at (562) 924-5744 or

Ron Coleman at (714) 209-3331.

The Lakewood Elks Lodge is located at 12507 Carson St. in Hawaiian Gardens.

Frankie Valli to perform in OC

Don't Cry," "Walk Like a Man,"

available at www.ocpac.org or by

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COSTA MESA – Frankie Valli and the Four Seasons will return to the Orange County Performing Arts Center on Jan. 2 for a night of classic hits.

Celeste.

Valli's career as a solo artist and with the Four Seasons has produced 19 Top 10 hits and sold more than 100 million records worldwide.

He is a member of the Rock and Roll Hall of Fame and was named "longevity champ of the rock era" by "Billboard" magazine.

Valli has long partnered with songwriter Bob Gaudio, who in 1962 wrote the smash hit "Sherry." "Sherry" was released in the summer and moved slowly until the group performed on "American Bandstand."

"Sherry" sold 200,000 copies the next day, catapulting Valli and the Four Seasons into rock and roll superstardom.



Fiction • "Cleopatra's Daughter" by Michelle Moran. From the author of the bestseller "Nefertiti" comes the story of Cleopatra and Marc Antony's orphaned children, who were

father's greatest rival. • "The Eleventh Victim" by Nancy Grace. Inspired by lawyer and television personality Grace's own beginnings as a prosecutor and the tragic death of her fiancé, this is a compelling debut mystery full of intrigue that thrills from start to finish.

taken to Rome to be raised as hostages in the palace of their

• "Family Album" by Penelope Lively. A story of family intrigue from one of our most accomplished novelists, this book offers a thoughtful look at how events of the past, both small and large, deeply influence the present.

• "The Monster in the Box: an Inspector Wexford novel" by Ruth Rendell. In this enthralling new book, Rendell takes Inspector Wexford back to his days as a young policeman, and to the man he has long suspected of murder.

• "Too Much Happiness" by Alice Munroe. With clarity and ease, Munro renders complex, difficult events and emotions into stories that shed light on the unpredictable ways in which men and women accommodate and often transcend what happens in their lives.

Non-Fiction

- "Camera: a History of Photography from Daguerreotype to Digital" by Todd Gustavson. This book explores how cameras forever changed our perception of the world and of ourselves.
- "Debbie Macomber's Cedar Cove Cookbook" by Debbie Macomber. . Inspired by the popular "Cedar Cove" series of novels, this cookbook includes favorite recipes from the bestselling author.
- "Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis" by Lisa Sanders. A physician from the Yale School of Medicine explores the science of diagnosis and the art of understanding patients who suddenly find themselves ill.
- "Fearless; Imagine Your Life Without Fear" by Max Lucado. This resource from beloved pastor Lucado describes how to break away from fear--with God's help--and how to empty a heart of fear and fill it with faith instead.

"First Dogs: American Presidents and Their Best Friends" by Roy Rowan and Brooke Janis. . From Sweet Lips (George Washington's foxhound) to Millie (George Bush's spaniel), dogs have been at the side of American presidents wherever they went. In this lighthearted romp through American history, the authors share stories of White House pets and their masters.

Visit www.downeylibrary.org and click on "New and Notable Books" to browse more titles



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Flea market at Veterans Stadium

LONG BEACH - The Long Beach Flea Market, voted the "best antique and collectible market in Los Angeles" by "Los Angeles" magazine, will be at Veterans Stadium in Long Beach on Nov. 15.

More than 800 dealers will be selling antiques, collectibles, home decor, jewelry and more.

Admission is \$5 and children 12 and younger are free. Early bird admission before 6:30 a.m. is \$10.

For more information, call (323) 655-5703.

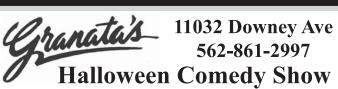












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Page 12 Friday, Nov. 6, 2009 Classified/Real Estate ____ The Downey Patriot

The Downey Patriot, a newspaper of general circulation for the County of Los Angeles, State of California, **Los Angeles Superior Court** Case No. VS019238

LEGAL NOTICES

NOTICE OF PUBLIC HEARING AS A CONDITION OF RECEIPT OF FUNDS FOR TIER III
CATEGORICAL PROGRAMS
FOR THE DOWNEY UNIFIED SCHOOL DISTRICT
The Governing Board of Downey Unified School District of Los Angeles County will hold a public hearing at which time the Board will recognize the receipt of certain funds identified as Tier III categorical funds in accordance with the provisions of in accordance with the provisions of Education Code (E.C.) 42605(c) (2). At that time the Board will take testimony from the public concerning these funds, discuss the proposed use of the funding, and approve or

proposed use of the funding, and approve or disapprove the proposed use(s) of said funds identified in E.C. 42605.

The public hearing will be held at a regularly scheduled meeting of the Board of Education at the Gallegos Administration Center (Board Room) 11627 Brookshire Avenue Downey, CA 90241 on November 17, 2009 at 5:00 p.m. The public is invited to attend this meeting. The agenda for this meeting, which will include the subject of this public hearing, will be on file and available for public inspection at the following location prior to the meeting, should members of the ror public inspection at the following location prior to the meeting, should members of the public wish to review it: Gallegos Administration Center, 11627 Brookshire Avenue Downey, CA from Thursday, November 12, 2009 through Tuesday, November 17, 2009 during the hours of 8:00 a.m. to 4:00 p.m.

Wendy L. Doty, Ed.D., Superintendent and Secretary to the Board of Education

Published in
The Downey Patriot, #VS019238
11/6/2009

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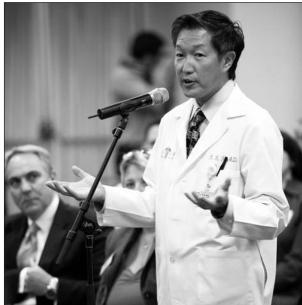
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ABC-7 visits Downey













Downey Regional Medical Center was host to an "ABC-7 Listens" event on Oct. 21, a town-hall type forum that allows the top executives of ABC-7 to visit local cities and learn about the community. Several residents, small business owners and community stakeholders attended and spoke at the event, including Downey Regional CEO Ken Strople, Mayor Mario Guerra and administrators with the Downey Unified **School District.**

Lou Filippo, giant in sport of boxing, dies

DOWNEY – Louis "Lou" Filippo, a revered boxing judge and referee, and member of the World Boxing Council and World Boxing Hall of Fame, died Monday. He was 83.

Filippo was born in Los Angeles and lived in Downey his entire life. He belonged to the Knights of Columbus.

Filippo retired from Thermal Electronic and embarked on a remarkable career as a boxing judge and referee. He began his officiating career in the mid-1970's and went on to referee and/or judge several high-profile fights, including the Sugar Ray Leonard-Marvelous Marvin Hagler title fight in 1987.

Filippo also judged the first Oscar De La Hoya-Shane Mosley fight in 2000.

Last month, Filippo won \$10,000 in a raffle by the Downey Rose Float Association. He was awarded the Lifetime Achievement Award two weeks ago by the World Boxing Hall of Fame for his contributions to the sport.

Filippo was also known for his portrayal of the referee in four "Rocky" films.

Miller-Mies Mortuary is han-He is survived by his daughters,

dling arrangements. Norma Drake mourned by family

DOWNEY - Norma Bernice Drake of Downey passed away peacefully on Oct. 22 surrounded by family.

She was born in South Bend, Ind., to Albert and Beda Bloomquist. In 1929, the family moved from South Bend to Huntington Park.

She attended Huntington Park High School where she met her husband to be, Kenneth Drake. They were married Aug. 16, 1939, at the Union Street Lutheran Church of Los Angeles and this year celebrated more than 70 years of marriage.

The family moved from Huntington Park to Downey in 1955 where they have resided for the past 54 years. She volunteered more than 6 years in the gift shop of the Lutheran Hospital in Los Angeles. She also volunteered for more than 20 years for the Department of the Navy's Retired Activities Office (RAO) Volunteer Services.

She was instrumental in writing and mailing out their monthly bulletin Liberty Call.

She is survived by her husband Kenneth Drake; son Larry Drake (Susan) of Downey; daughter



Nancy Bailey (Ken) Rancho Cucamonga; four grandchildren: Cherie (Mark) Ventola

Deborah

Shephard and

Patti

Petruzzelle;

seven grand-

children; and

grandchildren.

four

A visitation is scheduled for

tonight 4 to 8 p.m., with a vigil at 7

p.m. A funeral Mass will take place

tomorrow at 9:30 a.m. at Our Lady

Burial will follow at Calvary

of Perpetual Help Church.

Catholic Cemetery.

great-

Corona; Brandon (Rhonda) Bailey of San Jacinto; Lorna Comee (Kelly) of Downey; David Drake of Huntington Beach; and seven great-grandchildren: Matthew and Kayleigh Ventola; Shawn and Blake Bailey; Marilyn, Lillian and Isaiah Comee.

Timothy Shissler passes away

DOWNEY – Timothy Perry Shissler, a former Downey resident, passed away Oct. 9 while driving on a Southern California highway. His death was due to nat-sons, Todd and Tate. ural causes.

He is survived by his wife, Bea; brother, Bill; sister, Holly; and his

Shissler was a pilot for more than 35 years.



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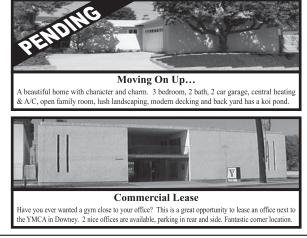
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