

# The Downey Patriot



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Friday, November 27, 2009

Vol. 8 No. 32

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



## Joan Martin is ready to retire

BY HENRY VENERACION,  
STAFF WRITER

After 21 years of uninterrupted teaching at Price Elementary School, Joan Martin, who was born, raised and schooled in Downey, is retiring in June, but not for the usual reasons.

There is a strong hint of nobility, or at the minimum compassion, in reason number one: she says she is retiring before the normal retirement age because she wants to give other teachers, especially new ones, an opportunity to teach.

"Last year three teachers, three teachers who had families to support, bills to pay, and so on," she said, "lost their jobs due to budget cuts. It was wrenching."

Reason number two is fraught with more emotion than she's willing to admit: she says she is retiring early so she can babysit her six-week-old grandson.

In any case, she came to teaching later than most. Joan tells of those early years: "When I graduated from Cal State Fullerton with my BS in American Studies, I didn't get my credential right away. Instead I stayed home and raised my two wonderful children (Christine and Scott). When they were attending Price, I started volunteering in their classrooms. Then I went back to school at Cal State LA and got my credential."

Joan has always wanted to be a teacher. "I used to watch my mom teach Sunday school, and I'd just dream of being a teacher," she said. It was also her mom whose advice "Never give up on your goal!" would energize her will countless times. At age 69, Joan's mom went back to attend Cerritos College and became a celebrity when she was voted Homecoming Queen, whereupon she went on TV and made the National Enquirer, etc. "She has always been my inspiratio..."

Joan's career at Price started in the 1988-89 school year when she share-taught 1st grade with Kristy Berk, who also continues to teach there to this day. From 1989-90 to 1992-93 Joan taught 5th grade, then kindergarten from 1993-94 to 1997-98, then 2nd grade from 1998-90 to the present.

It was while she was teaching 5th grade she realized the kids didn't know their geography. (Knowledge of geography, among other things, is woefully lacking even among adults—Rf. Jay Leno's Show). "I wanted to change this," she said. "Besides, not every

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## Tesla Motors chooses Downey

■ Negotiations between Tesla, IRG and the city are '99.9 percent' complete, Downey mayor says.

BY ERIC PIERCE,  
CITY EDITOR

**DOWNEY** – Nothing is certain until pen is put to paper, but a deal that would have Tesla Motors open a vehicle production plant in the City of Downey is "99.9 percent" complete, Mayor Mario Guerra said Monday.

The City Council was expected to meet in a special session Wednesday to approve a memorandum of understanding with Industrial Realty Group (IRG) which would facilitate a lease agreement with Tesla, the mayor said.

Three-way negotiations between the city, IRG and Tesla began in September and progressed to the point where Tesla signed a letter of intent last month, a source close to the talks said.

Negotiations continued through last weekend, when a deal was struck.

"The deal points have all been agreed to," Guerra said. "Now it's the lawyering stuff."

A Tesla spokesman said they do not comment on negotiations.

Guerra would not go into details, but he said a formal announcement will come next week.

The governor is expected to attend the press conference.

Tesla, which was also considering a Boeing plant in Long Beach, will open the production facility on the former NASA site at Lakewood Boulevard and Columbia Way, where Downey Studios currently sits.

The land encompasses 80 acres, 20 of which are owned by the City of Downey, giving it leverage in negotiations. Exactly how much



TESLA MOTORS

**Tesla Motors unveiled plans for its new Model S in March, and in June secured a \$465 million government loan to begin production by 2011. Tesla is in the final stages of negotiations to build a Model S production facility at the former NASA site in Downey.**

space Tesla would occupy is unknown.

Tesla officials have said they prefer a location where the infrastructure is already in place. The plant is expected to create up to 1,200 jobs.

Tesla, an emerging leader in the manufacturing and sales of electric cars, received \$465 million in low-interest government loans from the U.S. Department of Energy in June to accelerate production of the Model S, a \$50,000 (after tax break) sports sedan capable of traveling 300 miles on a single charge.

The vehicle can reach 60 miles per hour in 5.6 seconds, and is two-times more efficient than a hybrid, according to Tesla's website.

The Model S is expected to be introduced by late 2011.

In a separate development, Reuters reported last week that Tesla is completing plans to file for an initial public stock offering (IPO), which would make it the first electric car company to go public.



## Bears advance to CIF second round

■ Jesse Callier has six touchdowns on only 15 carries to lead Warren.

BY SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – Finally on the path to a championship, Warren took care of business at home in the first round of the CIF playoffs blowing out West Torrance 51-21 last Friday at Justice Stadium.

Running back Jesse Callier again was the center of attention on the field, supplying almost all of Warren's offense by scoring six touchdowns in the game, one off an 87-yard kickoff return.

Callier on the night rushed for 235 yards on only 15 carries, but it's not like he didn't get any help, especially from West Torrance's special teams that made many crucial gaffes.

On one West Torrance drive, punter Kyle Slowey was getting ready to punt the ball away but a

low snap forced him to drop his knee to the ground forcing the referees to call the play dead.

Warren ended up taking over on West Torrance's 20-yard line and two plays later, Callier trotted into the end zone for his third touchdown of the half.

Another play earlier in the game saw West Torrance again in their territory punting the ball away. But Slowey again struggled with the snap and forced a punt that only went five yards, giving Warren the ball on the 15-yard line.

Again, Callier made the most of the special teams mistake and was eventually able to power home a 1-yard rush for yet another score.

Even though Callier still had a massive part in the offensive attack, Warren was more balanced with the passing game during the night. Quarterback Sam Bettencourt and receiver Bailey Cowins hooked up for a couple completions and kept the night efficient enough to keep West Torrance worried about the pass.

"Jesse did his thing, Bailey did



PHOTO BY PAUL HEIDECKER

**Jesse Callier (5) pulls away from tackles during last week's 51-21 win over West Torrance. The Bears host Alemany tonight at 7 p.m.**

his thing and Sam was OK tonight," said Warren head coach Chris Benadom. "It was a complete game but it's going to get tougher."

While the three mainstays in

the offense did what they needed to do, it was the Bears' defense that

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## No refunds planned for sold out game

■ School official says tickets were for immediate entry.

BY SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – People who purchased tickets to the Downey-Warren football game two weeks ago but were not admitted to the game will not be getting their money back, Warren Athletic Director Steve Hill said before Warren's first round CIF playoff game last Friday.

The Downey-Warren football game on Nov. 13, which saw entry gates close at 6:30 p.m., a half-hour before game time, had sold out. But people were not admitted to the game even after purchasing tickets at full price.

"I think that was the fastest Downey-Warren game to ever sell out," Hill said, adding that tickets went on sale at Warren's two ticket offices at 5 p.m.

According to Hill, signs were posted on the gates before the stadium's entrance stating that purchased tickets were for immediate entry. It should have been assumed that if you did not enter the stadium immediately, it wasn't guaranteed you would get in once the stadium reached capacity, Hill said.

Hill said that people who had purchased tickets earlier in the day were not entering the stadium right away and were instead off-campus, and by the time they came back the stadium had already filled to capacity.

Later that night, some customers who complained about the problem were issued refunds. Hill said people who did not obtain refunds that evening will not be able to receive one with their tickets at a later date.

Money collected at all Warren sporting events, including football games hosted at Justice Stadium, benefit the entire Warren athletic program.

Funds received from these events are used to pay tournament entry fees for other sports, including wrestling, golf, track and field, baseball, softball and others, and are also used to help purchase equipment.

## City Hall to light up tree

**DOWNEY** – The city of Downey will host its annual Tree Lighting Ceremony at City Hall on Monday.

The free event runs from 6 to 8 p.m. The actual tree lighting will occur at 6:30 p.m.

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 Association.

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





PHOTO COURTESY DOWNEY FEDERAL CREDIT UNION  
Stacy Brabant, left, director of PTA HELPS, accepts a \$150 check from Marianne Noss of Downey Federal Credit Union.

## Food drive a success

**DOWNEY** – Downey Federal Credit Union has completed a fall food drive benefiting needy families in Downey.

Three large bins were “filled to the brim” with food canned vegetables and fruit, peanut butter, tuna fish, canned meat, juice and non-cook items.

In addition to food, the credit union also collected \$150 in monetary donations.

“We are truly grateful to Downey Federal Credit Union and other supporters of our organization,” said Stacy Brabant, director of Downey PTA HELPS, which will distribute the donations. “Your assistance benefits families in Downey who are unable to provide for their own.”

In addition to the food collected for PTA HELPS, the credit union distributed six large bags of Thanksgiving food, each with a \$25 gift certificate, to local families from the credit union’s adopt-a-schools. These families were not associated with PTA HELPS.

## Insurance can reduce ambulance costs

**DOWNEY** – Each year in February, the City of Downey offers all residents an opportunity to enroll in the Fire Department Emergency Medical Transport Program. Once enrolled in the program, all residents of apartments, condos and single-family homes are covered for their emergency transport originating in the city.

The program is a supplemental insurance program that eliminates additional out-of-pocket expenses for residents who find themselves in need of emergency medical transportation. Without the supplemental coverage, the cost of each paramedic transport starts at \$1,132. Basic life support transportation fees begin at \$851.

The program’s annual subscription fee is just \$43.25 and covers all permanent residents of the household.

Fees collected from the program help to offset the costs of providing two fire department paramedic squads and a basic life support ambulance. Residents will receive the same level of service regardless of whether or not they subscribe to the supplemental coverage.

Beginning this month, residents will notice an additional fee of \$43.25 for the program added to their water and trash bill. To enroll in the program, simply include that amount with your water and trash bill payment.

If you do not receive a water and trash bill, stop by the City Hall cashier window for an enrollment form or call (562) 904-7254 and a form will be mailed to you. -- *Contributed by the Downey Fire Department*

## Temple to host benefit concert

**DOWNEY** – Temple Ner Tamid will host a fundraising concert, “A Song for all Seasons,” on Jan. 7 at 7 p.m.

Cantor Kenneth Jaffe will be joined by Cantor Jennifer Bern-Vogel of Temple Emanu El of San Bernardino. Jerry Ripley, music director of Temple Emanu El, will also be on hand.

During concert intermission, the temple will conduct a “super raffle” where the grand prize is one week at a fully-equipped condo at one of four locations, including Maui, San Francisco, British Columbia or Palm Springs.

Second prize is a flat-screen TV and third prize is a full-size laptop computer. Raffle tickets are \$5 each and only 2,500 tickets will be sold.

General admission tickets are \$20. Reserved seats are \$36. For more information, or to purchase tickets, call (562) 861-9276.

## Open house at Historical Society

**DOWNEY** – The Downey Historical Society will host an open house with Christmas exhibits on Dec. 19 from 10 a.m. to 2 p.m.

Refreshments and lunch will be served all day. The Society will also provide tours of the historic Dismukes House.

The Downey Historical Society is at 12540 Rives Ave., half a block north of Imperial Highway.

## Hanukkah dinner available

**DOWNEY** – A traditional Hanukkah dinner will be served at Temple Ner Tamid on Dec. 11 at 6 p.m.

Visitors are invited to bring a menorah and candles to light their table. There will be drawings for several door prizes.

Tickets are \$12 and must be purchased by Dec. 6. For tickets and more information, call (562) 861-9276.

## Ponytail softball taking sign-ups

**DOWNEY** – Downey Ponytail fast-pitch softball is accepting early registration for the 2010 spring season.

Sign-ups will be held at Rio San Gabriel Park on Dec. 5 and Dec. 12, 10:30 a.m. to 4 p.m., and Dec. 13, from noon to 4 p.m. Tryouts will begin in January.

Girls ages 5-18 as of Jan. 1, 2010 are eligible to play. High school games (ages 15-18) begin in May.

Early registration is \$80 for one player and \$70 for each additional sister. Players receive a shirt, trophy, pictures and secondary league insurance.

The league is also in need of volunteer coaches and managers. For more information, e-mail dponytail@verizon.net.

## Trombone Christmas concert

**DOWNEY** – An Advent/Christmas concert featuring the Downey Moravian Trombone Choir will be presented Dec. 7 at Downey Moravian Church, 10337 Old River School Rd.

The concert begins at 7:30 p.m. and will feature Christmas music from the all-trombone choir.

A freewill offering will be taken. For more information, call the church at (562) 927-0718.

# Applications open for 2010 Miss Downey

**DOWNEY** – Applications for the 2010 Miss Downey Pageant are now available.

Interested contestants can pick up applications at Downey and Warren high schools; East, West, Griffiths and Sussman middle schools; the Downey Chamber of Commerce, the Downey City Library; Downey Rent-A-Tux; and online at [www.downeyrose.org](http://www.downeyrose.org).

This year’s pageant will include a new age category of Junior Miss. Contestants must be between the ages of 10-12 (Junior Miss); 13-15

(Miss Teen Downey); or 16-23 (Miss Downey), and live, work or attend school in Downey.

An \$18 application fee is due with all entries. Applications may be mailed to P.O. Box 765, Downey, CA 90241.

Applications must be postmarked by Jan. 4, 2010. An orientation will be held on Jan. 10 at 2 p.m. inside the library.

For more information, call pageant director Susan Domen at (562) 824-7172.

## Christmas sale at St. Raymond’s

**DOWNEY** – Senior congregation members at St. Raymond’s Catholic Church will hold their annual Christmas boutique on Dec. 6 in the Msgr. Gipson Hall.

Many handcrafted items suitable for Christmas giving, plus a raffle of baked goods and a silent auction, will be available.

The boutique runs from 9 a.m. to 2 p.m. For more information, call Elaine Langford or Lil Villareal at (562) 862-6909.

## Find holiday recipes online

**DOWNEY** – The Downey City Library will offer a class, “Holiday Recipes on the Internet,” on Wednesday from 10:15 to 11:45 a.m. in the computer lab.

Instructors Claudia Dailey and Mayra Garcia will show students how to easily find delicious holiday recipes on the Web. Class members will receive a list of useful cooking websites to use in the future.

To register for the free class, call (562) 904-7360, ext. 3.

## Rio San Gabriel selling gifts

**DOWNEY** – The Rio San Gabriel PTA will host a holiday gift boutique Dec. 11 from 11:30 a.m. to 7 p.m. in the school cafeteria.

For vendor information, contact Nikolina Anagnostou at [nikolina.rae@verizon.net](mailto:nikolina.rae@verizon.net).

### Thousands Celebrate Metro Rail to East LA

An estimated crowd of 75,000 was on hand to celebrate Sunday, November 15 as rail returned to East LA with the opening of the Edward R. Roybal Metro Gold Line Eastside Extension. The six-mile extension serves the Little Tokyo/Arts District, Boyle Heights, East LA and links to the existing Gold Line to Pasadena. Find out more at [metro.net](http://metro.net).

### Breaking Metro News Online At “The Source”

Now you can get instant updates on the issues and actions that keep LA County moving. Just go to “The Source,” a real-time online news and feature service that is updated throughout the day on developments that affect Metro’s projects and services. Look for it today at [metro.net](http://metro.net).

### From Watts to Boyle Heights on Line 254

Take Metro Local Line 254 for convenient connections along Lorena Street, Boyle and Santa Fe avenues between Watts and Boyle Heights. Line 254 serves the Metro Blue Line’s 103rd Street Station and the newly-opened Metro Gold Line Indiana Street Station. For a timetable, log on to [metro.net](http://metro.net).

### Find Unique Gifts At The Metro Store Online

Exclusive rail posters, one-of-a-kind commemorative lapel pins and other authentic Metro merchandise is available by shopping the Metro Store online at [metro.net](http://metro.net). Whether it’s that special gift for out-of-town friends or just something to set you apart from the crowd, you’ll find it at the Metro Store.

### Help The Census Help Transit

Make sure you’re counted during the upcoming 2010 U.S. Census. Population figures generated by the census play a key role in the amount of federal funding Metro receives for transit purposes. The more accurate the census count, the more service Metro can provide. For more information, go to [census.gov](http://census.gov).

If you'd like to know more, please call us at 1.800.464.2111, or visit [metro.net](http://metro.net).

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## Tickets for breakfast with Santa going fast

**DOWNEY** – The second annual Winter Wonderland Festival, featuring a craft boutique, breakfast with Santa Claus (pre-sale only), live entertainment, raffles, arts and crafts, and more will be held at the Barbara J. Riley Community and Senior Center on Dec. 5 from 9 a.m. to 1 p.m.

The entertainment line-up includes Polynesian Dancers, youth combo dance performers, adult and youth jazz dancers, Wee Three and Tot Time pre-school singers and others.

A limited number of Breakfast with Santa tickets are available for \$8 and will be sold until Dec. 3. The breakfast is expected to sell out.

Admission to the Winter Wonderland Festival is free.

### Home decorating contest

Entries are still being accepted for the city's annual Holiday Home Decorating Contest. Entry deadline is Dec. 10 and judging will take place Dec. 14. The contest is only open to Downey residents.

Categories will include Best Use of Lights, Lawn/Roof Display, Window Display, Animated Display, Religious Display, Handcrafted Display and Total Display.

City-wide awards will be issued for Holiday Splendor, Santa's Award, Christmas Magic, Sugar Plum Award and more.

The city is also offering a bus tour of participating homes on Dec. 19. Tickets are \$10 for residents age 8 and older.

### Other bus trips

Tickets are now on sale for a bus trip to see "Mary Poppins" at the Ahmanson Theatre in Los Angeles on Dec. 13. Tickets are \$62 for residents age 8 and older.

A trip to the 121st Tournament of Roses Parade in Pasadena on Jan. 1 is available for \$67 per person.

### Bus service

DowneyLINK, the city's public transportation system, will offer extended holiday hours on Saturdays beginning tomorrow.

Until Dec. 19, DowneyLINK will operate from 6:30 a.m. to 5:45 p.m. on Saturdays.

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

## Ride of a lifetime open for bids

**DOWNEY** – The Downey Rose Float Association is auctioning a seat on the float during the Tournament of Roses Parade on New Year's Day.

Sealed bids should be mailed to P.O. Box 765, Downey, CA 90241. Minimum bid is \$1,500.

Bids are due by Dec. 9. For more information, call Susan Domen at (562) 824-7172.

## OLPH luncheon Dec. 5

**DOWNEY** – The OLPH Women's Guild will host its annual Christmas luncheon Dec. 5 at the Rio Hondo Event Center.

The luncheon begins at 11:30 a.m. Cost is \$30; children 5 to 11 are \$15; children 4 and under are free.

Checks should be made payable to Catholic Women's Guild and mailed to Terry Ramirez, 10238 Chaney Ave., Downey, CA 90241. Indicate your choice of salmon or chicken.

## City will save money on park lights

■ By increasing wattage of lights already in place, city may save \$150,000.

By ERIC PIERCE, CITY EDITOR

**DOWNEY** – Treasure Island Park will receive its lights sooner than expected and at a significantly lower cost to taxpayers than previously thought.

On March 10, the City Council appropriated \$180,000 to install security lighting at the end of the cul-de-sacs on the west end of the park. Nine bids were received from contractors, the lowest \$44,532.

But during a meeting between city officials, neighborhood residents and public works, it was decided that existing lights could be increased in wattage and brightness.

As a result, the City Council on Tuesday rejected all received bids.

The city paid \$5,200 and Southern California Edison is

expected to increase the existing lights' wattage by the first week of December, Public Works Director Brian Ragland wrote in a staff report. The project will include the installation of shields to block the light from entering residential areas.

When the new lights are installed, city officials will determine if additional lighting is necessary.

"For these areas, solar powered park lights have been proposed in order to eliminate trenching in the park and to provide the City with the opportunity to evaluate their effectiveness," Ragland wrote.

In other action Tuesday, the City Council:

- Approved warrants totaling \$3.26 million;

- Filed a report by Councilmen David Gafin and Luis Marquez reviewing the food and beverage operations at Rio Hondo Event Center.

The six-month review was spurred by a handful of complaints regarding the center's catering com-

pany, which contracts with the city.

Clubs and organizations who frequently use the center were surveyed, and customer survey cards were left inside Hacker's restaurant and in the golf club, Gafin said.

The city received "a rather good reply to the surveys," Gafin said. "Overall it's doing very well."

Gafin and Marquez met with the catering company to discuss "minor issues," such as slow service.

A letter addressing those issues was sent to catering company owner Marc Shelton, Gafin said.

The council members will revisit the issue in six months to see if the issues have been addressed.

- Appropriated \$21,258 in state recreation grant funds for the Discovery Sports Complex;

- Amended the professional services agreement between the city and RMC Water and Environment increasing Downey's funding obligation to complete additional activities associated with the Sanitary Sewer System Master Plan;

- Approved the installation of a

stop sign on Boyne Street at Patton Road. In recommending the stop sign, city officials expressed concern for school children from nearby Alameda Elementary School;

- Declared its intention to establish the west side of Bellflower Boulevard from the 105 Freeway to approximately 900 feet north of Imperial Highway as an "underground utility district." The council also set a public hearing for Jan. 12 and directed the director of public works to prepare and file an engineer's report;

- Viewed a PowerPoint presentation city employee Kevin Ellis on the girl's basketball program;

- Presented the mayor's Diakonia Award to William Coomes;

- Viewed a one-minute video presentation recognizing Downey as a finalist for the "Most Business Friendly City Award," which was ultimately won by Long Beach.

The next meeting of the Downey City Council will be Dec. 8 at 6 p.m., when the Council elects the city's next mayor.

## Pet adoptions 50 percent off today

**DOWNEY** – The traditional after-Thanksgiving sale known as Black Friday is going to the dogs.

SEACA (Southeast Area Animal Control Authority) will host a "Bark Friday" sale today and all pet adoptions will be 50 percent off.

After the discount, dogs can be adopted for \$50 and cats for \$30. Bunny adoptions will be even cheaper.

"Bunnies will be adopted for only \$5 on Bark Friday," said Stephanie Webster, assistant kennel supervisor at SEACA. "Even though it's Bark

Friday, we'll have deals on those that meow, purr, chirp... whatever."

The adoption fee for dogs and cats includes spaying and neutering, first set of vaccinations, de-worming and a microchip.

Leashes and collars will also be on sale.

"We're hoping to keep the focus on shelter animals, which too often are forgotten around the holidays," Webster said.

SEACA will open its doors early today at 9 a.m. The animal shelter is at 9777 Seaca St. in Downey.

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11/09





PHOTO COURTESY DOWNEY CHAMBER OF COMMERCE  
 Alexandria and Daniella Baltodano, shown above, left to right, will ride as celebrity grand marshals in the Holiday Lane Parade along Downey Avenue on Dec. 6.

## Celebrity grand marshals named

**DOWNEY** – Daniella and Alexandria Baltodano have been named celebrity grand marshals of the Holiday Lane Parade on Dec. 6. Daniella, 6, currently plays Celia Solis, Eva Longoria Parker's younger daughter, on ABC's hit show, "Desperate Housewives." She landed the role in 2007 when the show was fast-forwarded five years into the future. Alexandria, 4, has appeared on "The Sarah Silverman Show" and has done several commercials. Both girls are Downey residents.

## Church in need of tutors

**DOWNEY** – First Presbyterian Church of Downey is in need of volunteer tutors for its after-school program. Tutors are particularly needed in math, science, English and music. Volunteers may work as little as two hours per week. For more information, call Alfredo Delgado or George Leiva at (562) 861-6752.

## John Zaby belonged to UCLA Hall of Fame

**DOWNEY** – Longtime Downey resident John Zaby passed away Nov. 19. He was 95. Zaby was born in Dallas, Tex., and was the seventh child of 14 children. He moved to California in 1919 where he worked in his family's market in Los Angeles.



After graduating from Jefferson High School, he enrolled at UCLA where he lettered in three sports: football, boxing and baseball, earning the title of "Undisputed Homerun King." Zaby was later inducted into the UCLA Hall of Fame.

Zaby was a teacher in the Paramount Unified School District for 30 years.

He is survived by his children, Marieann Vassar, Biaggio Zaby, Maureen and Curtis Bynny; grandchildren, Alicia and Nick Brundy, John and Heather Zaby, Matt Vassar, Everett and Tiffany Vassar; and six great-grandchildren.

He was preceded in death by his wife, Betty June Zaby.

## Funeral services today for Vera Stinson

**DOWNEY** – Vera Stinson, a Downey resident since 1951, passed away Nov. 23 at age 95. She was born in Leedy, Okla., on May 11, 1914. She was one of 10 children.



Ralph Stinson sent for Vera to come to California in 1938. They were married Nov. 21, 1938.

They moved to Downey in 1951 and were members of Delvers Gem and Minerals Society and belonged to several local clubs. She was a member of TOPS Club CA 63 and worked in the North Junior High School cafeteria for many years. She belonged to Trinity Baptist Church of Downey.

Ralph Stinson passed away in 1996. A viewing will be held today from 11 a.m. to 12:30 p.m. at Miller Mies Mortuary, followed by a funeral service there. After the funeral service she will be laid to rest next to her husband in the Garden of Prayer at Rose Hills.

She is survived by a daughter, Linda (Gary) Golson; son, Edward Stinson; grandchildren, James Dufton and Gale Farris; great-grandchildren, Cori Farris, Hailey Farris, Cody Farris and Jacob Golson; and sister, Letha McLemor.

## POET'S CORNER

### Asking the Lord's Blessing

It's time to gather and ask the Lord's blessing  
 Upon the turkey, upon the dressing  
 Upon our friends and family dear  
 With whom we gather every year.

Upon America ever so grand  
 Upon the great harvests in our land  
 Upon the military fighting strong  
 To counteract terrorism and other wrongs..

—Martha J. Morrissy,  
 Downey

### Think and Look for Truth

Think and Look for Truth, for truth was in the beginning  
 before time was conceived, and truth will be here,  
 for all eternity.

Think and Look for Truth. You are sure to be a Winner.  
 Think and Look for Truth from January to December.  
 Think and Look for Truth. Your life will be much better.

Think and Look for Truth in all of your endeavors.  
 Think and Look for Truth, in all you say and do.  
 Think and Look for Truth, and truth will take care of you.  
 Think and Look for Truth, in all you eat and drink.

A healthy mind makes a healthy body.  
 A healthy body makes a healthy mind.  
 Think and Look for Truth, as you go from day to day.  
 If you think and look for truth, you will always find your way.  
 Think and Look for Truth and you shall know the truth, and the truth shall make you free.

Truth is enduring forever, for truth will always be.

—James E. Jones,  
 Downey

### Tiny Rivers...

High tides  
 Big waves  
 Slowly creeping up the sandy slope

Tiny riverlets  
 Pushing big sand pebbles  
 Down into tiny canyons

Creating a new miniature landscape  
 —Leona Swanson,  
 Downey

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**CHRISTMAS TREE LOT**

**Opens Sunday, November 29, 2009**  
 Central Downey Location  
 (Across from Stonewood Mall & West of Arby's)

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**9:00am—9:00 pm Friday—Saturday**

**Sponsored by: Downey Y's Service Club**  
 to benefit YMCA youth programs

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**5 FREEBIE FRIDAYS**  
 Every Friday from November 27 - December 18 shoppers will receive free gifts from Stonewood Center, including a \$500 gift card. While supplies last.

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## Unprecedented

By Eric Pierce

Since Kirk Cartozian stepped down from the City Council nearly one year ago due to term limits, he had not stepped foot inside council chambers.

That changed Tuesday, when the former mayor took to the podium during public comments and complimented city leadership for what he termed, "An unprecedented time for the City of Downey."

"I've never seen so much going on in the city," Cartozian said.

It wasn't lip service; Cartozian was speaking honestly. On Monday, as dignitaries gathered for photos and speeches at a groundbreaking ceremony for Porto's Bakery, the rumble of heavy machinery could be heard from the nearby Fresh & Easy, which appears to be putting the finishing touches on its latest market.

Just a mile west, the new Bob's Big Boy, a Google architecture wonder, was humming with morning diners.

At Stonewood Center, Kohl's department store and BJ's restaurant have opened, and early numbers show they are a success.

And we can't forget Tesla Motors. Downey swooped in after Long Beach bungled the deal and it now looks like the former NASA facility will once again be home to the production of cutting-edge technology. (I also want to thank the mayor for calling The Patriot on Monday and granting his hometown paper the first interview.)

I still haven't mentioned the beautiful new CitiBank at Lakewood and Firestone; the Walgreen's across the street; the surgery center at Firestone and La Reina; and the grand opening of Discovery Sports Complex and the Columbia Memorial Space Center.

As Economic Development Director Gilbert Livas told me at the Porto's groundbreaking, "Not bad for the middle of a recession."

## Letters to the Editor:

### What are we celebrating?

Dear Editor:

One has to wonder how our state legislators and government decide whom we should honor.

Due to their actions, California will set aside a day in October to honor Harvey Milk in our public schools. Other than having been a supervisor in San Francisco and was shot, I know of nothing he has said or done for which he should be honored. Yet this is just what the legislators and the governor have done.

Yes, this is the same incompetent group that apparently haven't the ability to or don't want to control spending, putting us deeply in debt, and their answer is to tax anything they can dream up. Perhaps their time could be spent in a better way.

Now consider this. I read in The Downey Patriot that we're having another holiday parade. Once upon a time, December 25 was set aside to honor the birth of Jesus Christ. That was before social engineering took over. What were some of the notable things attributed to Him? He gave sight to the blind, made the lame walk, healed the sick, fed the hungry, and preached peace on earth, taught love, kindness, mercy, forgiveness and honesty. No, He didn't get shot, but He did suffer and die on a cross for our sins, then asked God to forgive those who condemned Him to death.

Yet, strangely enough, His name can't be mentioned in the public schools — no Christmas carols, no manger scene and no celebrations honoring Him.

Each year we have a holiday parade but no one can explain to me (this is the third time I've written about this) why we have a holiday parade and we don't know which holiday we're celebrating. Merchants depend heavily on what is termed "Black Friday" to get them out of debt. The Downey Chamber of Commerce and merchants should hang their heads in shame for not honoring His birthday celebration.

I'm told this is winter break holiday and what once was Easter (Resurrection Day) is now spring break. Why don't we have a big holiday parade for spring break? Why don't we have a big holiday parade for summer break and fall break? Maybe we should name this parade the Merchants' Day Parade! Please, Chamber, explain this.

I'm asking that Christmas hold a place in our society as it once did. I realize not all believe in Christ, so let them celebrate their holidays as they wish but let Christmas be celebrated. I do believe Christ has much better credentials to be honored than Harvey Milk.

Perhaps the legislature should stick to the important duties required of them — run the state in a competent way when legislating, be fiscally responsible and revisit the Harvey Milk Day and remove it from law.

— **Elsa Van Leuven,**  
Downey

## Letters to the Editor:

### Hospital's billing

Dear Editor:

Will Downey Regional Medical Center ever get its accounting department straightened out?

I went to the emergency room and spent a day in the hospital in March, 2009. When I was discharged I was given a bill and told I must pay it before leaving, even though I explained that I was sure that after insurance my portion would be smaller. I was assured that if I was due a refund there wouldn't be a problem receiving it so I made a \$600 payment.

As expected, I am due a refund of \$359.80.

In April, I had a procedure done and after insurance I owed \$52.40. Since I knew I had a credit due, I didn't pay that bill. When I received the next bill I contacted the billing agency and after many, many attempts spoke to a person. Since then I have faxed information, made repeated phone calls and then was told on Oct. 30 that all refunds have been frozen until further notice and to be patient. Each time I was told that a notation of the contact was made in my records.

Today (Nov. 20) I received a notice that the account has been sent to a credit agency, my credit reporting can be ruined and I might be charged interest and penalties.

This type of bad business practice has been going on at Downey Regional for as long as I can remember. Isn't it time that it be resolved? It is sad that people are being threatened and intimidated into paying money that truly isn't owed!

— **Sandra Parent,**  
Downey

### Library's success

Dear Editor:

On Nov. 19, I read a lengthy article in the Los Angeles Times about the sad state of libraries in several cities in Southern California.

Due to the present poor economy cities have had to curtail library services, shorten hours and furlough employees. The City of Colton will close all three of their libraries until June, 2010. How sad!

At times like these libraries are needed more than ever. More people are utilizing library services. Computer labs are being used to prepare job resumes and to search for job opportunities online. Books, CDs and DVDs are checked out rather than being purchased.

Fortunately, our city government is willing to support our library. Although there is a freeze on some positions, library staff has not been cut and hours have not been curtailed. We can thank our City Council for this because they know how important a library is to a community.

The Downey City Library also has a strong volunteer force. Claudia Dailey's literacy program has many volunteers that work with adults who wish to learn or improve on their reading. The Friends of the Downey City Library maintain the book shop, assist staff with many programs — such as the Summer Reading Program — and conducts fundraising events. All monies raised by the Friends support the library.

Remember, everyone who enters through our library doors is able to use it without cost. Next time you see a City Council member, be sure to thank them for our fine library and their support of it.

— **Cleo Latimer,**  
President, Friends of the Downey City Library

### Greek play was enjoyable

Dear Editor:

I enjoyed Henry Veneracion's comprehensive review of "The Trojan Women," but I must differ with him in his conclusion, "to fully enjoy it, one must know at least passable Greek." ("Euripides' Troades Caters to Greek," 11/20/09)

I do not speak Greek, ancient or modern, but I have read the play in English in several translations and I had a wonderful time listening to the lamentations of this great anti-war drama. Their words and the music (think "Zorba the Greek") accompanying the actors melded together like instruments in a symphony.

Unlike opera, where the words don't matter when the arias are sung, these words do matter and they were displayed in English in all their lyric glory above the arch of the stage.

I sat in the balcony where I could appreciate the patterns made by the three women of the chorus as they moved and lifted their drapery-clad arms like wings, fluttering like moths, or like shrouds as they undulated in woe on the stage floor.

This is one of the simplest of the classic plays to understand, women mourning their loser's fate, and warning that the victors will suffer too. The deep music of the voices, especially Hecuba's, combined with melodic sound and movement told their universal tale eloquently.

And the best news is that an out-of-town organization like the American Hellenic Society found that our Downey Theatre was a convenient and attractive venue for their production. Maybe the Greek patrons who came for this performance will come back again for our Civic Light Opera and Downey Symphony. It was great to have this event right here in Downey.

— **Lorine Parks,**  
Downey

## Is Congress a voice for their constituents?

By Robert L. Hale

Does the United States actually have a representative government? In theory, the privilege of voting is based on the presumption that we elect public office individuals to represent our interests. We expect those we elect to review, study, understand, and evaluate laws before voting on them. This duty to represent is a sacred trust, and failure to fulfill this duty is a breach of that trust.

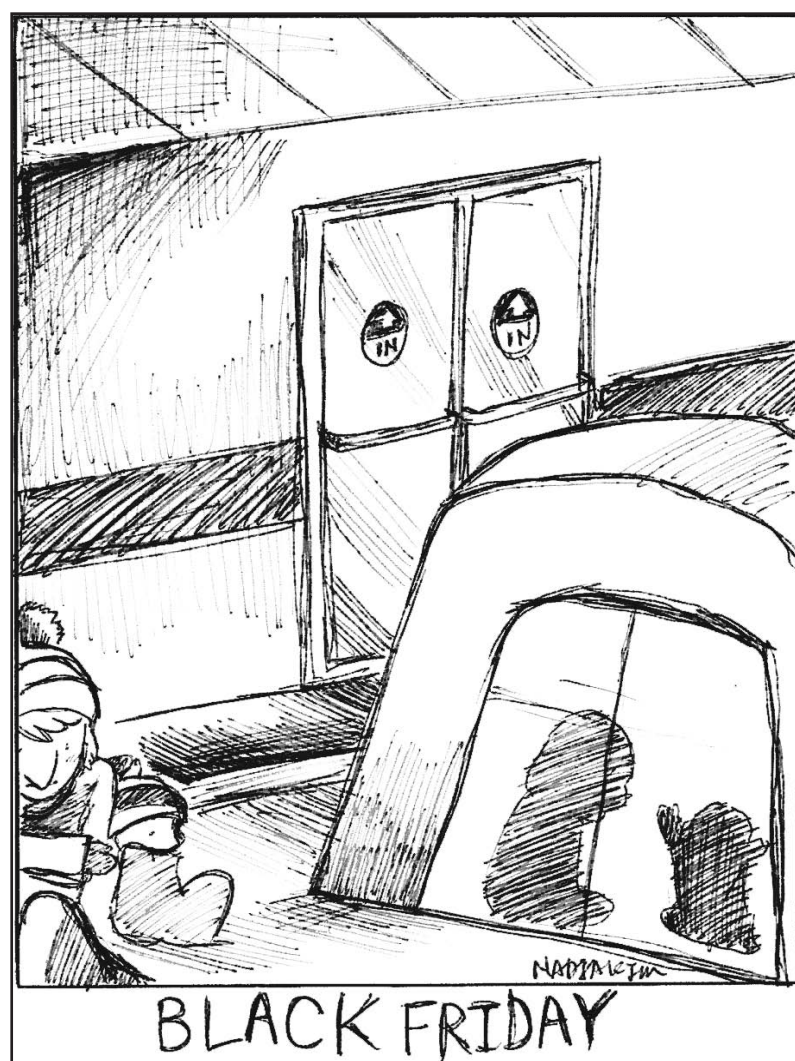
The question of whether we are a "representative" government raises two related questions. First, are those we elect representing us by actually reviewing, studying, evaluating and understanding the laws on which they vote? Second, if they are not, who is?

Senator Thomas Carper (D-Del.), responding to questions about the health care legislation in the U.S. Senate, recently said, "I don't expect to actually read the legislative language because reading the legislative language is among the more confusing things I've ever read in my life." He likened legislative language to "gibberish."

Carper said he does not read bills because he cannot understand them; he just reads summaries instead. This is the norm, not the exception. It is the case with virtually all the bills Congress considers.

Further major pieces of legislation are introduced by title only or in outline form, and our representatives vote them into law — before they are even written or read! The Patriot Act is an example, voted into law before it was written. So much for deliberative representation. The Cap and Trade legislation is another.

Thousand-page bills are often brought up for votes without the representatives having time to read them, let alone study and understand them. The congressional leadership has aggressively opposed efforts to stop this practice. These are not



### Not a big deal

Dear Editor:

I'm sorry, but some people just need to take a chill pill. ("Ashamed of Photo," 11/20/09)

The photo of our mayor and the mayor of Fresnillo, Mexico was taken in a controlled environment within the confines of the Downey Police Department (I presume). So what if they took a photo as a souvenir for the Mexican mayor? I would probably want a photo too.

My thanks to Mario Guerra for the hard work he has put in as mayor during the past year.

— **Bertha Manalang,**  
Downey

### Philosophy of evolution

Dear Editor:

While this week we direct our thoughts to God in thankfulness for His manifold blessings that He lavished upon us even in the midst of a severe economic downturn, many of today's elite in the scientific and academic community are celebrating Charles Darwin's 150th anniversary of the publication of his book "On the Origin of Species" — on November 24 to be precise. We in Downey deplore this Godless and outright dangerous philosophy of evolution, which led to the rise of communism, Nazism, abortion, eugenics and more.

Besides being an unproven theory (as in, "Where are the transitional fossils or missing links you predicted would be found by now, Charlie?"), evolution has proven to be totally useless over the past 150 years as it has contributed nothing to help put man on the moon, design the space shuttle or the electric car, build computers and cell phones, develop laser eye surgery and many more life saving modern medical procedures. The list is endless. Besides, farmers from all over the world count on evolution to not work every time they plant a new crop. They have yet to see a hamster or a tomato or a whale to grow on a cornstalk, or a dog to bring forth a baby elephant.

To say that we evolved from a chemical reaction in a primordial bubbling soup formed by rain upon a rock 4.5 billion years ago without any scientific evidence of any kind requires faith, which clearly makes evolution a religion. The creation vs. evolution debate is therefore not about religion vs. science. Both are religious in nature, with Biblical creation declaring "In the beginning God...", while evolution essentially says "In the beginning dirt...". The difference is that evolution is a carefully protected state religion, whereby should a Christian scientist in a leading scientific institute even so much as question evolution, he or she can end up in academic Siberia, as was so well documented in Ben Stein's 2008 blockbuster movie "Expelled: No Intelligence Allowed", now available on DVD.

While I know that many universities have held lectures and panel discussions to mark this anniversary, I am glad to report that as I looked far and wide all over Downey this week, no one celebrated here or even took notice of Darwin's infamous book. Way to go Downey! Let's keep it that way.

— **Dan Cristea,**  
Downey

### The Downey Patriot

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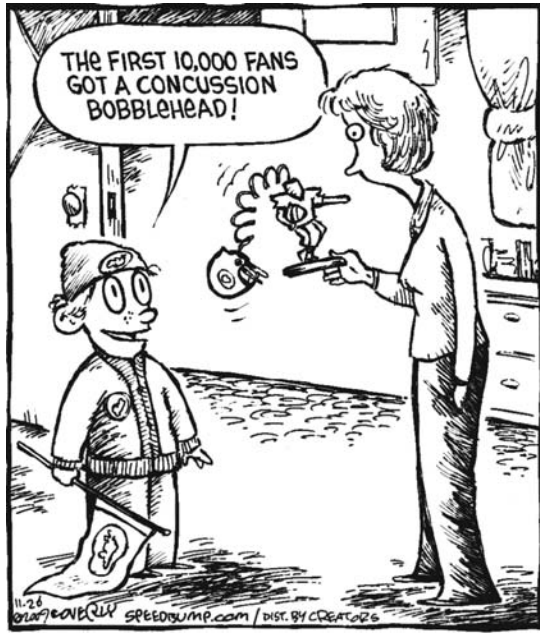
The Downey Patriot is published weekly by Jennifer DeKay-Givens. Controlled Distribution, 25,000 copies printed. Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.



## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### Events For November/December

- Fri. Nov. 27: **Pet adoption sale**, SEAACA, 9 a.m.
- Fri. Nov. 27: **CIF football playoffs**, Warren High School, 7 p.m.
- Sat. Nov. 28: **Razorbacks championship game**, Downey High School, 9 a.m.
- Mon. Nov. 30: **Tree Lighting**, City Hall, 6 p.m.
- Wed. Dec. 2: **Holiday Recipes on the Web**, Downey City Library, 10:15 a.m.

### City Meetings

- 1st Tuesdays, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
- 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.
- 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 3rd Wednesday, 7:00 p.m.: **Water Board**, at City Hall.
- 4th Wednesday, 6:30 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1.

### Regularly Scheduled Meetings

#### Mondays

- 8:00 a.m.: **Job Club**, at The First Presbyterian Church, for info. call 861-6752.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

#### Tuesdays

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

#### Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at Apollo Park.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 2nd Weds., 7 p.m.: **Downey Sister City Assoc.**, at Maude Price School, for information call 884-9657.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 11:30 a.m.: **Downey AARP**, at Barbara J. Riley Senior Center, for info. call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at Barbara J Riley Center, call 943-5513.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

#### Thursdays

- 7:30 a.m.: **Connections Networking**, at Cafe N Stuff, for information, call Sandy Esslinger, (310) 491-8989.
- 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

#### Fridays

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

#### Saturdays

- 9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.
- 2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

## On This Day...

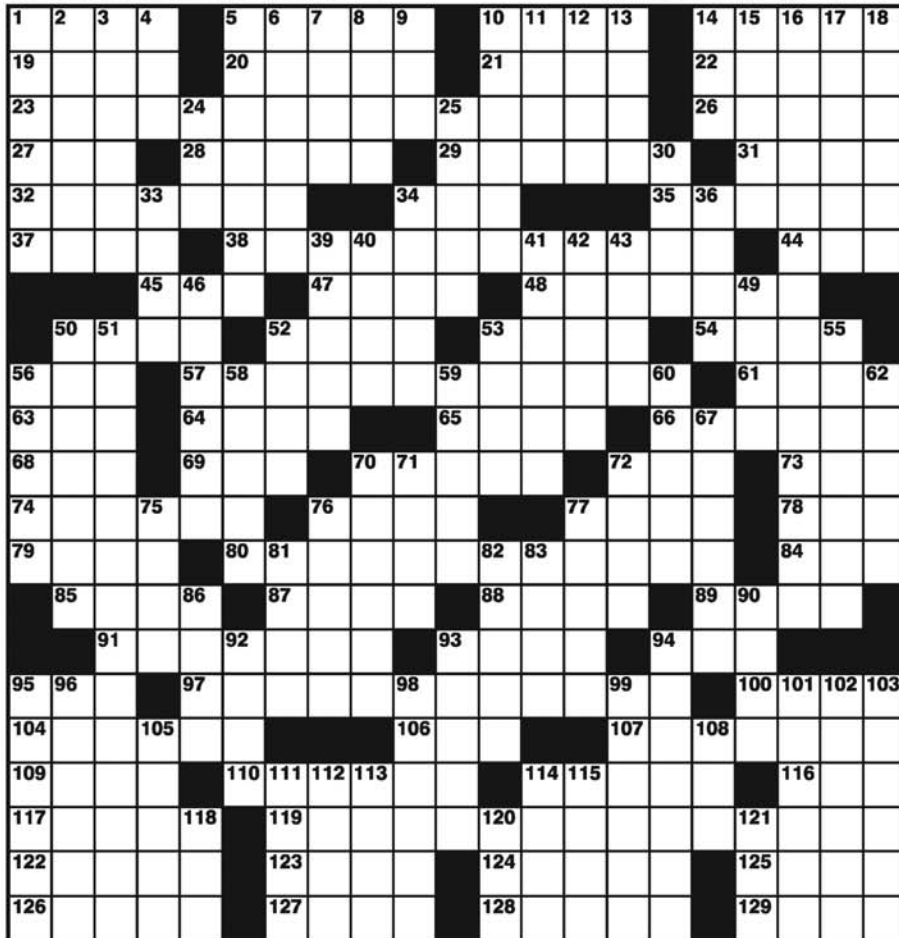
- Nov. 27, 1924:** The first Macy's Thanksgiving Day Parade is held in New York City.
- 1970:** Pope Paul VI is slightly wounded at the Manila airport in the Philippines by a Bolivian man who attempted to stab the Pope with a dagger. The assailant gained access by disguising himself as a priest.
- 1973:** The Senate votes to confirm Gerald Ford as vice president, replacing Spiro Agnew, who had resigned.
- 1978:** San Francisco Mayor George Moscone and City Supervisor Harvey Milk are shot to death inside City Hall.
- Birthdays:** "Fresh Prince of Bel-Air" actor James Avery (61), Bill Nye "The Science Guy" (54), Caroline Kennedy (52), baseball manager Mike Scioscia (51), actress Robin Givens (45), "Dancing with the Stars" co-host Samantha Harris (36) and actor Jaleel White (33).

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**NEXT DIMENSION: Stars with something in common**  
 by Fred Piscop

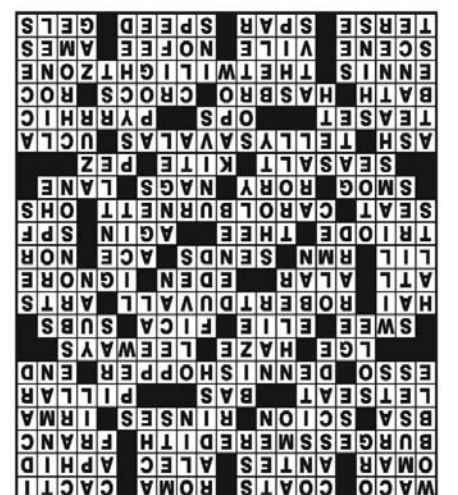
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- 110 Mattel rival
- 114 Long reptiles
- 116 Legendary bird
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- 122 Script unit
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- 124 Like some checking
- 125 Iowa city
- 126 Far from windy
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- DOWN**
- 1 Show unsteadiness
- 2 Tickles pink
- 3 Diamond weights
- 4 www.aspc.a. \_\_\_
- 5 Fall copiously
- 6 Like some inspections
- 7 "Air" starter
- 8 Numerical suffix
- 9 Former bloc letters
- 10 Tossed-salad ingredient
- 11 Actress Lena
- 12 National League East team
- 13 Sore spot
- 14 Half-\_\_\_ (coffee order)
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- 16 The Dirty Dozen star
- 17 Fictional heart seeker
- 18 Proof of age, perhaps
- 24 Suffix for legal
- 25 Demagnetize
- 30 Eject forcibly
- 33 Dover dish
- 34 "Toreador Song" composer
- 36 Some nest eggs
- 39 Stanley Cup hoister
- 40 Indian director Mira character
- 41 Barkeep's supply
- 42 Praline nut
- 43 Sound of thunder
- 46 The Fugitive pursuer
- 49 Chinese money
- 50 Biting works
- 51 Star Trek star
- 52 Abba of Israel
- 53 Bugs Bunny pursuer
- 55 Poem part
- 56 Puts on the brakes
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- 59 Star in Cygnus
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- 62 Ancient bondsmen
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- 76 Spiky-haired doll
- 77 Well-behaved one
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- 82 Deg. awardees
- 83 Pro \_\_\_ (proportionally)
- 86 Portal
- 90 Sky blue: Fr.
- 92 Genesis son
- 93 Slangy sound of a punch
- 94 Eager, so to speak
- 95 If all goes right
- 96 Occult gathering
- 98 Photocopier part
- 99 Orbital high point
- 101 Auto-trim material
- 102 Jazz great Hampton
- 103 Way in
- 105 Kickers' targets?
- 108 Alphabetic trio
- 111 Off-road rides, for short
- 112 Send out
- 113 Lugosi of horror films
- 114 Horse-hoof sound
- 115 In great supply
- 118 Get the point
- 120 Election Day victors
- 121 Veer suddenly

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

The quote at 73 Across ("... NOR from bars a cage") is from a poem by Richard Lovelace. The first TRIODE (74 Across) was patented in 1908 by radio pioneer Lee De Forest. CAROL BURNETT (80 Across) appeared on the first "Sesame Street" episode, original-ly broadcast in November 1969.





## Paging Dr. Frischer...

By Dr. Alan Frischer



My column today is for all of you weekend warriors, as well as for those of you who take your sports activities more seriously. Unfortunately, for most of us, the occasional injury is inevitable. I must reluctantly admit that the most common sport to cause these injuries happens to be my own personal favorite: running. The most common injuries are those of overuse; they generally start out small, and by knowing the early signs, they can be prevented from becoming more serious. Let's take a look at the most common sports injuries and how we can help avoid and treat them.

Number one on the list of sports injuries is the muscle pull. These are so common because they are generally hard to prevent; no matter how good the warm-up, muscle pulls can still occur from overuse, fatigue, or taking a fall. Keeping your core muscles strong and maintaining good balance will help. Treatment involves ice and rest until the pain and swelling subside. Ice, used for 20 minutes on and 20 minutes off, relieves spasms. Once tolerable, slow stretches will stretch the muscle back to its proper length, so that it is not re-injured.

The second most common injury is to the neck. Pulled muscles and muscle spasms can occur with nearly any movement of the neck - even sleeping with the neck in an unusual position. The pain is usually one-sided. The best treatment is to apply ice, again for 20 minutes at a time, to take anti-inflammatory medication, and to gently stretch the neck.

The third most common injury is to the shoulder, known as shoulder impingement. The rotator cuff muscles hold the bones of the shoulder together. If the shoulder joint is continually stressed with the arm in an overhead position, as it is in softball, tennis, volleyball, swimming and weight training, the small rotator cuff muscles begin to stretch out. This causes the head of the joint to become loose within the shoulder socket. If the head of the shoulder is loose, then when the arm is extended backwards over the shoulder, the head will slide forward, leading to impingement. Treatment involves use of anti-inflammatory agents (such as Celebrex, or Motrin/Advil) or corticosteroid injections. Physical therapy can help strengthen the rotator cuff muscles, which in turn will help to hold the shoulder in place. When all else fails, surgery may be necessary.

The next most common is lower back strain, often seen in weight lifting, golfing, martial arts, and tennis. It usually results from twisting awkwardly, lifting a heavy weight, lifting to one side, or participating in a new, untried activity. When the muscles of the low back are suddenly overloaded, they can pull or tear, sending them into spasm. Treatment can be as simple as resting the back, and pain often resolves in a few weeks. If the pain doesn't improve significantly within the first 7 to 10 days, physical therapy may be recommended, and may include exercises to strengthen the lower back, hamstrings and abdominal muscles, ice and heat, electrical stimulation of muscles, stretching, and deep tissue massage. Anti-inflammatory agents (Celebrex or Motrin/Advil) may help.

The fifth most common sports injury is tennis elbow, an inflammation of the muscles of the forearm and of the tendon that connects these muscles to the bones in the elbow. These muscles allow the wrist to bend backward and to turn the palm face up. When they become inflamed from overuse, known as *lateral epicondylitis*, the pain is felt on the outside of the elbow. A golfer will cause this injury on the non-dominant side - a right-handed golfer, for example, will feel this on the left arm, although pulling the club through the swing with the left wrist can cause irritation in the left elbow as well. *Medial epicondylitis* is a different type of tennis elbow, causing pain not on the outside, but on the inside of the elbow. This is seen among golfers, baseball pitchers, tennis players and weight lifters.

How is tennis elbow treated?

Exercises such as wrist curls, reverse wrist curls, and squeezing a soft rubber ball can improve forearm strength. Cortisone injections will reduce the inflammation around the elbow and ease pain. However, exercises and injections do not address the underlying cause of the problem - overstressing the tendon of the forearm. The only real treatment for tennis elbow focuses on changing whatever pattern caused the problem in the first place. The tennis player learns to move the body to set up a shot so that all of the body weight is behind it, taking stress off the elbow. Golfers with chronic elbow problems may need to change their swing.

It comes as no surprise that running is the most common cause of knee pain, and the sixth most common sports injury is runner's knee. The condition is known as *chondromalacia patella*, and is due to the misalignment of the kneecap. The kneecap normally goes up and down in a groove, as the knee flexes or straightens out. If the kneecap is misaligned, the kneecap pulls off to one side and rubs on the side of the groove, causing both the cartilage on the side of the groove and the cartilage on the back of the kneecap to wear out. Fluid can build up as well. Treatment involves strengthening the quadriceps muscle, which hooks into the kneecap and helps to align it into the center of the groove. Isometric exercises strengthen the quadriceps by contracting and relaxing the muscle, and soft tissue massage works on the center of the quadriceps. Non-steroidal anti-inflammatory medication can be helpful.

Unfortunately, this list goes on and on, but the last injury I'll address is the shin splint. This is

pain in the muscles near the shinbones. Running or jumping on hard surfaces or simple overuse can be the cause. Shin splints occur most often in people unaccustomed to training, although they can also plague experienced athletes who switch to lighter shoes, harder surfaces, or more concentrated speed work. The pain of a shin splint occurs on the inner side of the middle third of the shinbone, which is where the muscle responsible for raising the arch of the foot is attached. When the arch collapses with each foot strike, it pulls on the tendon that connects to the muscle. With repeated stress, the arch begins to pull some of its muscle fibers loose from the shinbone. This causes small areas of bleeding around the lining of the bone, and is painful. Treatment requires proper arch support, which props up the foot and prevents excessive pronation and pull on the tendon. To prevent shin splints, start exercising slowly to warm up the leg muscles, wear athletic shoes with good support, and run on a soft surface such as dirt or grass.

In general, most sports injuries cause temporary damage, and can be treated at home. However, expect that some may take months to heal, and if a sprain or strain is severe, with the entire muscle,

tendon or ligament torn away, surgery may be recommended.

A few words on stretching. What coaches have taught us for decades is now being questioned! Current research does find that stretching improves range of motion, however, it has not been proven to prevent injuries or decrease muscle soreness when done before exercise. Most experts now do NOT recommend stretching before exercise because your muscles have not yet properly warmed up. Instead, stretch immediately following your warm-up, and again following your workout. These are the times when the muscles are warm and more elastic, and stretching will best increase flexibility and maximize the range of motion around joints. Be sure to stretch all the major muscle groups that were used during the workout.

Good health and safe exercising to you all.

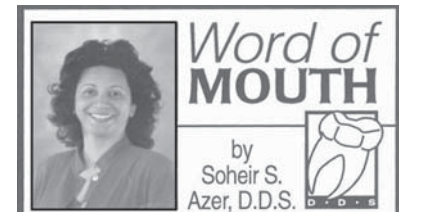
Dr. Alan Frischer is former chief of staff and current chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

## Surgery Center hosting open house

**DOWNEY** - Physicians' Surgery Center of Downey, located at 8200 Firestone Blvd., at La Reina Avenue, will host an open house and ribbon cutting ceremony Dec. 10 from noon to 3 p.m.

The 7,000-sq. ft. facility is staffed by 14 board certified physicians, nurses and a business staff. The center is accredited by the Accreditation Association for Ambulatory Health Care and the Institute for Medical Quality.

Refreshments and door prizes will be available. RSVPs are requested by calling (562) 869-0500.



When the American Dental Association recently conducted a national survey, they found that men and women differ when it comes to taking care of their teeth and gums. According to the nationally representative survey of 1,000 Americans ages 18 and older, 86 percent of women brush their teeth twice or more a day while only 66 percent of men make the same effort to keep their teeth clean. As far as flossing is concerned, there is room for improvement for both genders. Slightly less than half of those surveyed (49%) indicated that they floss their teeth once a day or more. One out of three people surveyed think that bleeding gums after brushing their teeth is normal—but it is not.

Your teeth can last a lifetime if you practice basic dental care, which involves brushing and flossing regularly, eating a mouth-healthy diet, and visiting us for regular checkups and cleanings. Keeping teeth and gums healthy will contribute to overall health and enjoyment of life. We're located at 10800 Paramount Blvd., Suite 307, where teaching you how to prevent dental disease and preserving your natural teeth for a lifetime are our primary goals. Please call (562) 923-3714 to schedule an appointment.

P.S. According to the survey mentioned above, women replace toothbrushes every three to four months on average while men retain theirs an average of five months.

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## Credit union collecting books

**DOWNEY** – Downey Federal Credit Union is collecting new books suitable for children ages 5 to 10 years old to benefit Downey elementary school students.

Collection bins are located in the main branch and at the express office in the lobby of Downey Regional Medical Center.

The credit union is also accepting monetary donations.

For more information, visit either branch or call (562) 862-8141.

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PHOTO BY PHIL MARTIN/

Madison Kerth and Mikey in the "Annie" national tour.

## 'Annie' to play five shows

**COSTA MESA** – "Annie," on its 30th anniversary musical tour, will stop at the Orange County Performing Arts Center for five performances Jan. 29-31.

The original Broadway production of "Annie" won seven Tony Awards in 1977, including Best Musical. It ran for 2,377 performances and has subsequently been produced all over the world.

It boasts one of Broadway's most memorable scores, including "It's the Hard Knock Life," "Easy Street," "N.Y.C." and the ever-optimistic "Tomorrow."

Tickets start at \$25 and will go on sale Dec. 6. For more information, go online to [www.ocpac.org](http://www.ocpac.org) call (714) 556-2787.

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## PeeWee football going for the championship

By Mike Baumann, Downey Youth Football

**DOWNEY** – Two of the three semifinalist Downey Razorbacks tackle football teams were eliminated in Saturday's playoff games, but the PeeWee Hogs advanced to the PCC championship game which will be held at Downey High School tomorrow.

The No. 12 seeded MityMite Downey Razorbacks were shut out by the PCC's No. 1 rated MityMite Vikings of Santa Monica in an early game at Banning High School.

The No. 7 seeded Downey PeeWee's surprised the No. 3 Long Beach Warriors 19-0. The Hogs won the opening kickoff and Kiefer Enslin returned the kick 40 yards, and a face mask penalty put the offense at the Long Beach 25-yard line.

Manny Ramirez ran for five yards, then Justin Ayala got the first down on a QB sweep. Enslin scored on a wide receiver handoff, and Downey led 6-0. The PAT failed.

The Razorbacks recovered an onside kick and were in business again. A short run by Jesse Saenz followed by two Ekene Chuckwumezie sweeps put the Razorbacks at first and goal. After a penalty, Enslin scored on an eight-yard run and Ramirez got the PAT.

The Razorback defense, which has only allowed six points in three playoff games, took over. Johnathan Guzman recovered a Warrior fumble, a tackle in the backfield by Sunny Gill, sacks by Ayala and Ramirez all held the Warriors from making any serious threat.

After holding the Warriors on their first possession in the second half, the Hogs, behind the running of Enslin, Ramirez, Morgan and Preciado, drove the ball 60 yards for the score. Ramirez's touchdown on a one-yard plunge made the score 19-0.

The PeeWee Razorbacks play the No.1 seeded Santa Monica Vikings at 1 p.m. in the championship game.

For the second year in a row the Junior Midget Razorbacks lost to teams they had previously beaten. This year, the PCC's No. 1 seeded Razorbacks (9-0) were shut out by the Santa Monica Vikings 14-0. The Vikings completely shut down the Hog's prolific offense and took advantage of defensive lapses to score the upset.

Downey Youth Football will once again host the PCC Championship games at Downey High School. The MityMites begin play at 9 a.m.

## Club celebrates Christmas

**DOWNEY** – The Downey Christian Women's Club will celebrate Christmas on Dec. 9 at Los Amigos Country Club.

Guest speaker Pam Hage will discuss "The Very Best Christmas Gift." Cost to attend is \$13 and includes a buffet lunch. RSVPs are requested by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.

## Christmas concert in L.A.

**LOS ANGELES** – The Hollywood Master Chorale will perform the French Baroque masterpiece "Midnight Mass for Christmas" as the featured selection in their holiday concert Dec. 12 at Wilshire United Methodist Church in Los Angeles.

The Chorale's inaugural concert of the season is also the first under the artistic direction of its new conductor, Jeffrey Bernstein.

General admission tickets to the concert are \$18 if purchased in advance or \$20 at the door. Seniors, students and disabled guests are \$15. Children are \$8.

To purchase tickets, go to [www.hollywoodmasterchorale.org](http://www.hollywoodmasterchorale.org) or call (323) 960-4349.

## Library items up for bid

**DOWNEY** – Holiday silent auction items are now available for viewing in the foyer of the Downey City Library.

A partial list of items includes: "Only the Best: A Celebration of Gift Giving in America" by Jill Spalding, containing famous and not-so-famous gifts beautifully photographed; "Light Post for Living" by Thomas Kinkade, which tells us how to slow down, simplify options and have a more joyful life; "Frank Sinatra and the Lost Art of Living" by Bill Zehme; and "There's No Business Like Show Business 3 CD Set," an inside look at Frank Sinatra and 36 songs to go with it.

The deadline to bid on items is 12 p.m. on Dec. 12. Bids may be placed inside the Friend's Book Store.

For a complete list of the 12 auction items up for bid, go to [www.downeylibrary.org](http://www.downeylibrary.org) and click on the "Friends" tab.

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## Playoff Preview: Alemany has a star player of its own

Warren is the favorite going into tonight's second round playoff game.

By SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – Once in a great while, Warren will run their offense out of a formation that is very similar to the wildcat formation that is run by the Miami Dolphins and many high school and collegiate teams.

You'll see running back Jesse Callier positioned in the shotgun with quarterback Sam Bettencourt watching from the sidelines as he's not included in the play.

A lot of the time, Callier will get the snap and run the ball himself. On other instances, Callier hands the ball off to other running backs in the formation, and every great once in a while, he'll find a receiver open and pass the ball.

What makes this formation so interesting? Alemany, the Bears'

opponent tonight at home, may or may not run this same formation but has the perfect weapon to be used in the wildcat in their star player Malcolm Marable.

Marable is Alemany's running back, wide receiver, and sometime quarterback. He also plays defense and is one of the leading tacklers on the team. What makes tonight's match up so interesting is that Warren may be doing something that they didn't think they would find themselves doing ever: playing against their twin.

Alemany's offense is all Marable all the time. The two-time all-league player who eerily also committed to a PAC-10 college, Oregon State, has all the makings of being exactly what Warren has in Callier.

This year, Marable has rushed 149 times and collected 795 yards, an average of 5.34 yards per carry. He is also one of his team's leading receivers with 18 catches for 370 yards and averaging over 20 yards per catch.

While he may not be the carbon

copy of what Callier is to Warren in the San Gabriel Valley League, maybe he is in the Mission League. How can that be said? Well, when you look at Alemany's schedule, you notice that two of the three losses they have are against top 10 teams in the state.

Their 28-17 loss versus Oaks Christian, while close, was still a loss against a top 10 school. Also, their 36-14 loss versus Bishop Amat shouldn't go unnoticed considering that Bishop Amat is ranked No. 4 in the state and No. 43 in the country.

These losses are against teams that no doubt have fantastic defenses. So, when looking at Marable's numbers that include an average of just over five yards per carry, one should conclude that when playing against a team such as a Downey, Lynwood, or Dominguez, that number could actually roughly translate into 10 yards per carry, or so.

Whatever the case may be, Marable is the man to watch from

Alemany. In fact, if Warren can stop Alemany's run game, they'll be in great shape to possibly advance to the third round, something that even with Callier aboard has been something of a ghost to them.

It's been quite some time since the Bears advanced to the third round and in reality, from the beginning of the year, that's what they've been working for. But now that they feel as if they have something going for them, the third round may not be enough for the Bears. But first thing's first. They have to win tonight.

Singing praises for Callier is obvious and he has to be at his best if Warren is to advance after tonight. But other key players are going to have to step up in order to get this team to the next round.

When looking at Alemany's losses, a balanced attack is what

beat them in all three games this year. Bishop Amat ran and passed the ball with great efficiency, and so did Oaks Christian and Harvard-Westlake.

If Warren is to win tonight, receiver Bailey Cowins and quarterback Sam Bettencourt have to be a bigger part of the offense.

Bettencourt has been averaging fewer than 10 passes a game and has only completed half of his passing attempts. Unfortunately his pass-to-interception ratio is 1-to-1, which is not good.

We did learn something about Bettencourt earlier in the season though when they faced Vista Murrieta. If he can get into a rhythm, he can be a very good passer. Against Vista Murrieta, he was 15 for 23 putting up 180 yards and two touchdowns.

He was spreading the ball all over, Cowins being his favorite tar-

get with Callier and tight end Augafa Vaalu being his others, and quickly moving the Bears down the field.

Warren head coach Chris Benadom needs to take this into consideration for his offense. If he can get Bettencourt warmed up and in rhythm and let Callier do his thing, then it will be a good night for the Bears.

Defensively, it's easy. Warren needs to make a decision on what to stop. They either need to stop the running game or the passing game. If you keep Marable in check, it will be a plus, but the game should come down to which future PAC-10 player will win the game.

If Warren stops the passing game completely of Alemany, they should like their odds with Callier in the backfield.

## Bears qualify for state

Warren finishes second in CIF Finals.

By SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – A year after finishing in eighth place at the CIF Finals, the Warren girls' cross country team finished second overall in their race at Mt. San Antonio College, led by Dani Moreno, and qualified for the CIF State Championships that are to be held tomorrow.

Moreno finished in fifth place

with a 17:47 time which was less than a minute off the pace of winner Alaina Alvarez from Dana Hills. But Moreno's strong performance, coupled by great run times from Danielle Rodriguez, Monique Diaz, and Melissa Quintero, helped propel the Bears to a runner-up finish in the CIF Southern Section Finals and a CIF State Championship berth.

All four runners finished in the top 25. Rodriguez ran an 18:14 race good enough for 11th place, Diaz finished at a mark of 18:16 for a 13th place finish, and Quintero only a few seconds behind at 18:24 for 21st place.

The combined times gave Warren an overall 1:32:08 team time and 111 points, which was just two seconds behind first place and annual powerhouse Great Oak. Their final team time was 1:30:51.

Warren's time was again a school record-breaking time. The time was more than a minute faster than their original record time that was set earlier this year at the Mt. SAC Invitational.

The top seven teams are invited to participate in the state championships. Last year, Warren finished just two points out of seventh place and placed eighth.

## Playoffs: Defense 'played great,' Benadom says.

Continued from page 1

found themselves on the field most of the night.

Warren's quick scores forced them to play more defense than offense, and West Torrance was chewing up a lot of clock with their run plays and decent passing game. They never looked panicked during the night but did flatten out a little after a trick play, but Benadom still approved of his team's efforts on that end of the ball.

"I thought the defense played well," he said. "We gave up a trick play at the beginning and some touchdowns late. I thought the defense played great. I thought they played well."

The night started off well for the Bears. After forcing a turnover on downs and taking over on the 23-yard line, Callier broke out of the backfield on the first snap of the possession for a 73-yard touchdown rush.

West Torrance never looked comfortable, turning over the ball

on downs twice and punting the ball away twice in the same half. They did, however, score on a 35-yard pass from quarterback Ronnie Clark who caught Warren's secondary sleeping.

They also stopped Warren from scoring in the red zone and forced a field goal right before halftime.

But West Torrance's momentum quickly disappeared after Callier again struck for a 15-yard touchdown run. West Torrance thought they would get some of that momentum back after forcing Warren to punt and then scoring on a 28-yard pass from Clark to

Slowey, but the Bears responded immediately with Callier returning the ensuing kickoff for a touchdown.

At that point, the game had slipped away and Warren just needed to burn as much time as possible to advance to the second round. Instead, Warren running back Stephan Steele found a wide open secondary on a blast run that was meant to eat more time and scrambled for a 35-yard touchdown run.

Warren will now host Alemany High School tonight at 7 p.m.

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# Final H1N1 flu shot clinic Dec. 5

■ Downey Adult School will host the clinic.

BY MARK SAUTER,  
DEPUTY CITY MANAGER,  
EMERGENCY PREPAREDNESS

**DOWNEY** – The City of Downey and the L.A. County Department of Public Health will host a free H1N1 flu-shot clinic on Saturday, Dec. 5, at the Downey Adult School at 12340 Woodruff Ave. The site is also known as Columbus High School and is located at the corner of Woodruff and Imperial Highway.

The clinic will use the Harriett Payne Event Center as the vaccination site. Clinic hours of operation will be from 9 a.m. to 5 p.m. (or when the vaccine supply has been distributed). A map of the site with parking and access routes will be published in next week's Patriot newspaper and may be viewed on the City website next week.

The availability of a supply of the H1N1 vaccine for this clinic was confirmed earlier this week by the L.A. County Department of Public Health (DPH). The H1N1 vaccine should be available as an injection and a nose spray. The availability of specific vaccines such as the preservative-free version will not be known until Saturday morning when the clinic supplies arrive.

Supplies of the H1N1 vaccine for flu-shot clinics have been limited and have presented planning challenges for clinics such as this one. The DPH staff believes the number of available vaccinations will be similar to the amounts distributed during the October and November H1N1 clinics in Downey.

The DPH is targeting the following groups for vaccinations at the Downey H1N1 clinic:

- Young people ages 6 months to 24 years
- People living with or giving care to children under 6 months of age

- Emergency Medical Services personnel and health care workers
- People ages 25-64 with chronic heart, respiratory, diabetes and other health problems
- Pregnant women

Clinic attendees should expect to be screened during the registration process for the above criteria. It is important to note that the DPH is prioritizing their vaccinations for this clinic. Clinic staff will do their best keep those in lines informed regarding the clinic wait times and the availability of vaccine.

Health care professionals recommend children under the age of 10 receive two vaccinations separated by three to four weeks of time. If a child received a vaccination by injection on or before Nov. 14, the child should be eligible for a second vaccination at the upcoming Downey clinic. If a child received a vaccination with the flumist nose spray on or before Nov. 7 the child should be eligible for a second vaccination at the Dec. 5 clinic. Parents and guardians of children in need of the second vaccination should bring a copy of the DPH paperwork from the first vaccination, if possible.

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 they may experience wait times of over two hours. Considering the wait, attendees may choose to bring a lightweight chair (and something to read) if standing for long periods of time is uncomfortable.

Clinic attendees can streamline

the registration process by downloading the registration form from the DPH website ([www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)) and completing it in advance. The DPH registration forms are available in several different languages.

Those who are in a priority group for H1N1 vaccine should bring their completed vaccination form with them to the clinic.

Attendees should also remember they will likely need to bare a shoulder for their vaccination; therefore they should wear accommodating attire. The waiting lines for vaccinations are entirely outside. Attendees should be prepared for varying fall weather conditions.

The efficiency of the vaccination process depends on the effectiveness and cooperation of the clinic staff and attendees. It is

important for everyone to be prepared to transition quickly from standing in line, to registering for the vaccination, to being prepared for the vaccination, to receiving the vaccination and then to leave.

There will be congestion in the Woodruff and Imperial Highway area before and during this event. Residents are encouraged to avoid the area if they will not be getting a vaccination or have business in this area. The parking area will be posted for the event on Friday evening. The Dec. 5 H1N1 flu-shot clinic is the final clinic planned for Downey this year.

Questions about the Downey H1N1 free flu shot clinic may be directed to [ready@downeyca.org](mailto:ready@downeyca.org). The L.A. County information phone line (211) may also be helpful.

## More than 2,500 have been vaccinated here

**DOWNEY** – The free flu-shot clinic sponsored by the City of Downey and the Los Angeles County Department of Public Health (DPH) on Nov. 14 was successful.

Public health officials cite the vaccination process, which interrupts the virus transfer cycle of one person passing the virus to another, as a key to minimizing the impact of a flu virus on the community.

Due to limited vaccine supplies, the Director of DPH directed his staff to limit the vaccinations to specific targeted groups. After the initial screening of the attendees, all of those in the targeted groups were vaccinated as quickly as possible. At one point in the afternoon over 500 people were vaccinated in a one hour period of time.

DPH staff members and volunteers successfully dispensed the H1N1 vaccine to 2,503 area residents during the course of the November

clinic operations. Over 1,000 people were in line waiting for their vaccinations when the clinic opened at 9 a.m.

Over 60 Downey area volunteers worked hard to ensure the clinic operated efficiently. The registration area was staffed by nursing program students from Rio Hondo College and the Downey Adult School. Volunteer members of the Downey Emergency Preparedness Committee and the Community Emergency Response Team assisted with the operations of the clinic for the entire day. City staff from Police, Fire, Public Works, Administration and Community Services Divisions all contributed to the organization and operation of the event as well.

Kaiser Hospital and the County Mental Health Department provided informative handouts and small gifts to attendees.

—Mark Sauter, Deputy City Manager

## Martin: 'I feel like I've been blessed.'

Continued from page 1

thing gets studied in school. One has to fill in the blanks somehow." So she initiated Geography Bee in her class.

Then in the middle of her kindergarten tenure, in 1995-96, she launched what was to become her 'trademark' project, the Globetrotter Club. "I wanted to make learning exciting and fun for the kids," Joan said. The club was able to engage volunteer help from practically everybody—K-5 teachers, principals, the PTA, while a grant from Dr. Mary Stauffer would provide for a window display—in a wonderful and heartwarming cooperative effort.

Under the program, kindergartners learn continents and oceans; 1st graders lakes and valleys; 2nd graders rivers and mountains; 3rd graders islands, desert cities, and other interesting places (the Panama Canal, etc.); 4th graders the 50 states; and 5th graders the 50 capitals.

In the meantime, all sorts of events, projects, incentives and recognitions (certificates and medals) were thrown into the mix. Students who pass their grade level tests entered the winners' circle, and at the end of the year were at first recognized at a Family Geography Challenge Night celebration and a family picnic. This soon turned into an ice cream party.

When the district instituted its Wellness Program, ice cream was out, and the year-round theme became "The Amazing Race." The culmination of the race was marked by ingenious kids' activities. Rewards came in the form of bottled water and fruit.

Says Joan: "Of course, as we said, we can't accomplish all this

without everyone's help. Everybody works together to help the kids become successful."

For these efforts, Joan was cited by Sam's Discount Store as its 'Teacher of the Year' in 1999, and was again honored with the 'Teacher of the Year' award in 2006 by the Downey United Masonic Lodge #220.

When President Obama's representatives visited the district last month for a look-see of its vaunted Character Counts program, where did they go? They went to Price.

"The showcase classroom they visited at Price was my 2nd grade class," said Joan. "My students did the Character Counts pledge, sang the school song, and some of them even explained what Character Counts meant to them."

The students' performance was hardly a surprise. Price, Joan proudly pointed out, last year achieved an 850 API (Academic Performance Index) score, the highest ever attained in the district.

"Education is hard work," she said, "but it's worth every minute because you can make a difference in a child's life, make an impact that will last for the rest of their lives."

Joan added: "I feel I've been blessed, with the teachers I've worked with, and with my students I've had. It's going to be hard to say goodbye, but then, I can come back and volunteer."



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- ✓ Property Tax Reduction
- ✓ Legal Advice

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Sold for \$384,000  
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**DOWNNEY!**

**HOME SWEET HOME!**  
4 BD, 3 BA, family room w/ fireplace, 10,000 Sq. Ft. HUGE LOT. PRICE: \$599,000  
Call Pam Lee (562) 618-0390

## Porto's Bakery groundbreaking ceremony

Photos by Eric Pierce



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**Dont Miss This!**  
3 BD, 2 BA home w/ new kitchen, master BD, liv rm & family rm, new windows, new roof, and large yard.  
**Price: \$549,000**



**Guests Welcome!**  
3 BD, 2.5 BA Northeast Downey home, with 1 BD, 1 BA, guest house and pool & Spa.  
**Price: \$575,000**



**Northeast Downey**  
5 BD, 2 BA pool home w/new kitchen w/ granite counter tops, new cabinets, extra bonus room & large yard.  
**Price: \$589,000**



**NE Downey Home!**  
3 BD, 2.5 BA, 2,587 sq. ft., large master BD, new roof, 3 car garage, 10,005 sq. ft. lot.  
**Priced: \$695,000**



**Tropical Paradise**  
5-6 BD, 4 BA N. Downey home w/ guest house, remodeled master BA, new pool/spa, 14,500 sq. ft. lot.  
**Price: \$975,000**



**Dont Miss This!**  
5 BD, 4.5 BA, 5200 sq ft amazing kitchen and master BA, excellent attention to details, pool/spa, and BBQ.  
**Price: \$1,079,000**

**PENDING!**



**Spish, Splash...**  
3 BD + den, 2 BA, approx 1,600 sq. ft., near Los Amigos Golf Course in Downey.  
**Price: \$463,000**

**Happy Thanksgiving from The 24 Hour Team!**



**Michael Berdelis**  
"The 24 Hour Agent!"



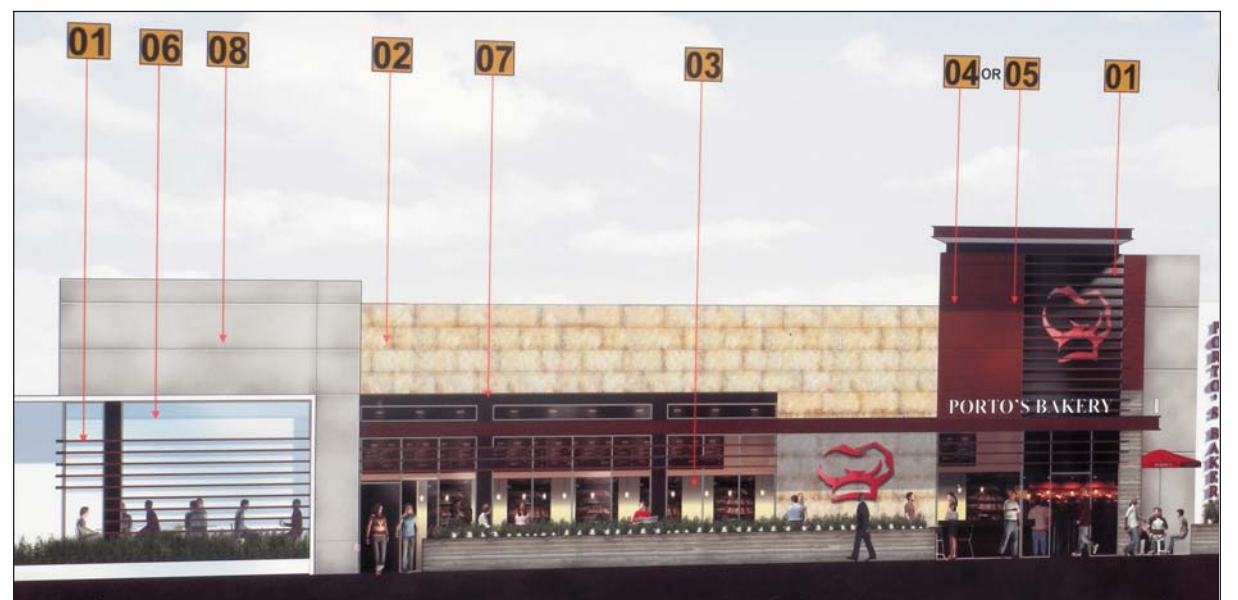
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**Armando Martinez**  
Buyer's Agent



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## New Titles at the Downey City Library

### Fiction

- **"Altar of Eden"** by James Rollins. Veterinarian Maura Kelly, along with U.S. Marshall Jack Menard, risks everything to unravel the mystery of a smuggler's cache of mutated animals, a puzzle that involves fractal intelligence, stem cell research and a secret history of the Book of Genesis.
- **"And Another Thing...: Douglas Adams' Hitchhiker's Guide to the Galaxy, Part 6 of 3"** by Eoin Colfer. In the sixth installment of the series, Arthur Dent has finally made it home to Earth, only to discover that it is about to be blown up—again.
- **"Devil's Dream"** by Madison Bell. From the author of "All Soul's Rising," a powerful new novel about Nathan Bedford Forrest, one of the most loathed and legendary of the Civil War generals.
- **"A Good Fall"** by Ha Jin. National Book Award winner Jin gives readers a collection of stories about the experiences of Chinese immigrants in America.
- **"Mama Dearest"** by E. Lynn Harris. Yancey Harrington Braxton is working her way back to Broadway—and this diva supreme always stirs up drama, in and out of the spotlight.

### Non-Fiction

- **"The Art of Happiness in a Troubled World"** by the Dalai Lama and Howard C. Cutler. Blending common sense and modern psychiatry, this inspirational book applies Buddhist tradition to 21st-century struggles.
- **"Au Revoir to All That: Food, Wine and the End of France"** by Michael Steinberger. A rich, lively book about the upheaval in French gastronomy set against the backdrop of France's diminishing fortunes as a nation.
- **"BakeWise: the Hows and Whys of Successful Baking"** by Shirley Corriher. The James Beard Award-winning author presents an accessible collection of more than 250 great-tasting recipes combined with the science behind successful baking.
- **"Cash in a Flash: Fast Money in Slow Times"** by Mark Hansen and Robert G. Allen. In this follow-up to "The One Minute Millionaire," two of the most successful entrepreneurs in the country show readers how to use the skills and resources they already have to generate permanent streams of income.
- **"Who's Sitting on Your Nest Egg: Why You Need a Financial Advisor and Ten Easy Tests for Finding the Best One"** by Robin S. Davis. What happens when you can't manage your finances alone? This book shows how to build a trusting relationship with a certified professional.

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