

## How do the candidates earn a living?

With City Council elections approximately six weeks away, The Downey Patriot examines the candidates
looking to replace Mayor Anne Bayer. Specifically, what do they do and how do they make a living?

Fitness trainer works at
Curves, a gym for women

By Henry Veneracion,
Staff Writer
DOWNEY - "I was born in 1955, and I'll be 55 next month," time to run for public office,"
On the surface, this is how Lee Ann Sears says she reached her
decision to vie for the District 4 council seat soon to be vacated by Mayor Anne Bayer. Beneath the surface, though, is a more serious, avvy, clear-eyed Sears.
With a background that includes 20 years as an EKG technician and phlebotomist, Sears says helping her with her campaign strategy is her campaign manager, former mayor Diane Boggs, even as she acknowledges the heavy influence
exerted by Riley. xerted by Riley.
Boggs' main advice: don't make a promise you can't deliver.
Sears' chief campaign theme 'keep Downey clean and safe' through: 1) constant vigilance to prevent problems similar to those in neighboring cities; 2) keeping Downey's police and fire departments; 3) balancing budgets without use of reserves or tax increases; 4) supporting recreation and educational programs for all ages; and 5) maintaining city's infrastructure (streets, water mains, etc.).
"Everyone knows I don't have much money," says Sears, who has worked for women-friendly Curves as a circuit trainer for the past nine years. "I work mornings during the This will give me a great opportuniy to serve my community as councilmember, if I'm lucky enough to

Sears continues, "People ask me, 'Don't you find this [foray into local politics] a scary thing'? I
answer, 'You betcha.' 'Do I have all the answers?' 'Absolutely not. Nobody can ever have all the answers. What I can offer is reliability, consistency, sincerity, commitment and responsibility. I am a very punctual person, I am not aligned with anybody, there are no corpo-

rate interests backing me, I have no political axe to grind, and I make up
my own mind. What you see is what you get. My contribution will be to balance the council."
At last count, Sears estimates her war chest add ups to a little over $\$ 3,000$. She has received contributions, mostly from ordinary folk in the $\$ 10-\$ 50$ range and an occasion-
al $\$ 100$ (jumpstarting her campaign
was a $\$ 500$ ante from her husband Jim, now retired from husband County sheriff's department; a County sheriff's department;
strong booster is St. Mark's strong booster is St. Mark's
Episcopal Church), and she realizes Episcopal Church), and she realizes
it may take at least $\$ 5,000$ in hard cash to be able to really conduct an effective campaign.

This has not discouraged her
one whit. "I intend to give my opponents a run for their money," she says. "I still hope I'll have sufficient funds to win. But win or lose, r'll continue serving this community in the usual ways."
"Besides," she says, "It's up to
the people to decide."
A resident of Downey for 35 years and not long a grandmother Sears cites her many meaningful community involvements representing mulliple yeas of service over span of more than 20 years: Warren
High School PTA, Downey Council High School PTA, Downey Council
PTA and PTA Helps and scholarships; Downey Rose Floa Association; Soroptimist $\begin{array}{lll}\text { Club; }\end{array}$ Relay for Life Cancer Walk Downey Emergency Preparedness Committee; Downey Parks \& Recreation Commissioner; etc. Thus, she says, her close interfaces with members of the community representing all walks of life have led to insights and understanding of people's concerns and problems. Plus, she says, "I have been regularly attending city counci
deliberations all these deliberations all these many years, so I have
going on."

Saab earns money from law office, real estate

By Eric Pierce,
City Editor
DOWNEY - By most indications, city council candidate Alex Saab has done well for himself. The 35 -year-old married father of one owns and operates a law practice in Downey, based in a sec-ond-story office at Paramount Boulevard and Fourth Street. Before passing the state bar in the Downey Unified School District.
According to public documents filed with the city clerk, Saab is also a licensed realtor. Last year, Saab earned sales commission totaling more than $\$ 10,000-$ but less than $\$ 100,000$ - from real estate deals with Bank of America and Wells Fargo.
His primary income, however, comes from his law office, Saab said in an interview last week.
"I practice general law in different areas, from working with banks, persons, real estate, immigration issues crossed over with business, things like that," he said. A lifelong resident of Downey, Saab grew up in the 4th District, the district he would represent if successful in the Nov. 2 election for termed-out mayor Anne Bayer After graduating from St John Bosco High School and UC Irvine Bosco High School and UC Irvine, Loyola Law School.
During his time as a student,
Saab worked as a law clerk with the U.S. Attorney's Office, the U.S Department of Justice and the Los Angeles District Attorney's Office. He was also issued a license to practice real estate on April 15, 2003, state records show.
Saab is affiliated with Quantum Realtors, based in Los Angeles. Both Saab and Quantum Realtors have clean records with the California Department of Real
Estate.
Saab graduated from Loyola


Manager with non-profit
housing
developer

By Christian Brown,
Staff Writer with a juris doctorate degree and was admitted to the state bar on Dec. 1, 2004. He began his practice soon after, initially working with his brother, also a lawyer, out of an office at 8301 E. Florence Ave. (the same office complex where this newspaper is located), before they both moved to separate suites a 10810 Paramount Blvd.
As of Sept. 22, Saab has no
public record of disciplin public record of discipline and no administrative actions have been taken against him, according to records with the California Bar.
"A portion of what I do is dedi cated to pro bono work," said Saab, who is of Lebanese/Cuban decent. "Before I graduated from law to do in my personal woded to do in my personal work state-
ment."

Updated campaign finance statements are not due to be turned in to the city clerk until early vast majority" of contributions to his campaign have come from Downey residents and businesses. "I've been fortunate to get a lot of support from business owners and longtime residents who can relate to my message and my goals for the city," said Saab, who is running on a platform emphasizing jobs and support for small business. "I have not made an effort to seek any outside contributions. People in the city are what matter, and those are the people I will fight
Saab married his wife Giovanna, a former pharmaceutical sales representative and now stay-at-home mom, almost six years ago. After renting a home for a short while (in the 4th District) they purchased a northeas Downey house located

They have a son, Dominic, who They have a son, Dominic, wh They
is $11 / 2$.

DOWNEY - With the City
DOWNEY - With the City Council campaign in full swing,
District 4 candidates, hoping to perDistrict 4 candidates, hoping potential voters before
suade November's election, are walking precincts, planting lawn signs and reinforcing their commitment to maintain Downey's integrity. As a development manager for non-profit, housing developer National Core, Fernando Vasquez, who is vying for Mayor Anne Bayer's District 4 seat, is reassuring residents that his occupation will by no means affect his decision-making, if elected to the Council. Founded nearly two decades ago, National Core strives to revitalize communities by acquiring properties in blighted neighborhoods and developing high quality, affordable housing in their stead. Through Core's foundation, Help Through Housing, also provides children and seniors.
children and seniors
graduated college with them since I 2006," said Vasquez summer of phone. "I oversee the design, financing the community out reach...I deal with investors and lenders. I'm pretty much a jack-of-all-trades."
In a statement of economic interests, submitted last month, Vasquez listed three Downey properties tied to his employer: the former Verizon building on Second Street, the Avenue Theatre on Downey Avenue, and the Clark Manor Apartments at 13032 Columbia Way
Owned by the city of Downey, both the Verizon building and Avenue Theatre, which are slated to ects, could be developed projects, could be developed by
National Core, if contracted by the city Currently National Core oper city. Cural , Natment facilities in the surrounding aren, including the he surrounding area, including the Clark Manor Apartments.


Though no formal contract between the city and National Core has been finalized, Vasquez said in such a case, if elected, he would not oversee those projects and would abstain from votes that could possibly benefit National Core. Downtown revitalized, but I hav no interest in being the develop ment manager for those projects, he said.

Vasquez, who is contending with local attorney Alex Saab and community leader Lee Ann Sears for the District 4 seat, continue walking door to door speaking with residents, hoping to attract new supporters.
"The campaign is going well. We're talking to families in the excited to tak to peopquez. ', excited to talk to people and they' excited about the leadership
want to bring to Downey" want to bring to Downey."
Vasquez, who also sits on the
city's Planning Commission, city's Planning Commission,
admits the race will be tough, but despite the pressure, he remains motivated.
"You do it for the community," he said. "It's fun talking to people and hearing their stories - we wan to make this city a better place. W have a lot of friends and family supporting us [financially]. It jus shows the support we have for ou vision here in Downey."
According to finance reports filed on Aug. 2, Vasquez loaned his campaign $\$ 4,151.78$ during the period covering Jan. 1 - June 30 , 2010, giving him an early lead in campaign funds. The candidate must submit additional financial statements, which will reveal cam September, to the city clerk's office If el. S. Vasquez said he will donate his entire City Council salary to youth programs in th salary to youth programs in th

## Vasquez allegedly sought office space from developer

DOWNEY
Vasquez, a D - Fernando asquez, a Downey planning comCouncil, received a cande for City Council, received a phone call Department recently Police Department recently after he attempted to secure office space pending business in the city pending business in the city. Vasquez allegedly requested office space from Yanki ing and development with

Westland Industries, which is developing a retail center at Downey
Boulevard
As a member of the planning commission, Vasquez voted on April 7 to recommend the retail center's approval to the City Council. The project, dubbed Downey Gateway, will replace the
existing Gourmet Café with a variexisting Gourmet Café with a vari ety of restaurants, retail space and a
yogurt shop. It was eventually yogurt shop. It was eventually
approved by the council. The request for offic
came after April 7, but Greenspan denied that Vasquez asked for a campaign contribution. "He needed a temporary office and wanted to lease it," Greenspan said. "It certainly was not one of expecting a favor from me. Greenspan said Vasquez did not lease an office from his company because the project was still in its initial construction phase. The Downey Police Department spoke to an attorney
for Vasquez after becoming aware
of the request.
"We just wanted to help make

## Two men convicted in Lakewood <br> Medical

- Coman mamen marijuana dispensaries often invite crime


## By Hevry Veneracion,

 Staff WriterDOWNEY - Acting on the recommendation of staff and rele vant extensive research finde by other groups, the city counci by other groups, the city council voted last week to introduce an ordinance prohibiting medica marijuana dispensaries from operating locally, saying thei potential dangers far outweigh benefits while it conforms to Vision 2025, the city's updated General Plan
The vote was 4-0, with Mayo Pro Tem Luis Marquez abstaining.

I abstained from the council vote last week precisely because need more information on th issue," said Marquez. "There's lot going on out there, and I wan to look at other options. Let's se what happens."

The topic of legalizing mari juana altogether in the state, th thrust of Prop. 19 up for vote this

ions.
Main dissenting voice to the prohibition of local marijuan dispensaries has belonged to one individual, local resident David Schreck, who wanted to know why the staff report emphasized the dangers but not marijuana' benefits.

As delineated in the ballot measure that would legalize pot adults would be allowed to pos adults would be allowed to pos sess up to one ounce of marijua na. State and city advocates ar salivating over the jobs and the preservation of health care, home care, education, etc., benefits that revenue from local marijuan sales taxes will bring

Warren High is top fundraising school in the nation

DOWNEY - Warren High School raised more than $\$ 37,000$ for the Leukemia \& Lymphoma Society, not only collecting more money than schools in the Lo Angeles region, but becoming th top fundraising school in th nation.
Olive Garden made th announcement on Sept. 15, when they said Warren had collecte loose change totaling $\$ 37,575$. Downey High School wa
second behind Warren in regional fundraising, collecting $\$ 20,163$. Thousands of schools across he nation participated in Olive Garden's Pasta for Pennies fundraiser, in which students collect pennies, nickels, dimes and quarters and donate the proceeds to the Leukemia \& Lymphoma Society.
Olive Garden said more than $\$ 6.1$ million was raised this year,

November, is a hot issue, with polls showing proponents with a Passage of the initiative requires a two-thirds vote
Federal law prohibits anyo to grow, cultivate, use or possess marijuana. In 1996, California voters permitted (via the Compassionate Use Act) the pos session and cultivation of mari juana for certain medicinal pur poses, limited to seriously ill per ons. A medical marijuana identiadded allowing localities addi added allowing localies addtional immun juana laws.
But use of dispensaries, as th voluminous research shows, ha invariably led to nefarious results referred to as 'adverse secondary mpacts : robbery, homicide, burglary, organized criminal activity laundering. Such activities futh laundering. Such activies fur strain already overburdene police resources. Furter, observe exponenial increase in grow houses presents fire and route hazards due to unper and construction and wiring install

Pediatric Dental Arts Scotid A. Filishmann, D. D.S.
Pediatric Dentistry Thomas L. Gilbson, D. D..$S$.

FREE ORTHO CONSULTATION
Practice Limited to Pediatric Dentistry/Orthodontics 9818 Paramount Blvd. Suite A Downey, California 90240 (562) 92-SMILE (562) 927-6453 Fax (562) 927-3400 www.drscottfishman.com


## Choose a hospital you can trust with your HEART.



## ADVANCED CARDIAC CARE right in your neighborhood.

- Newly Expanded $\$ 10$ Million Heart \& Vascular Center
- Highly Trained \& Dedicated Physicians \& Nurses
- Accepting most HMOs and insurance Plans


Lakewood
Regional Medical Center Your Health...Your Hospital

## LAKEWOOD REGIONAL MEDICAL CENTER has been recognized with the following

 awards and distinctions:- Blue Cross and Blue Shield Distinction Center for Cardiac Care.

$\checkmark$
United Healthcare/ United Resource Network, Cenfer of Excellence for Cardiology.

CIGNA Center of Excellence for Angioplasty, Coronary Artery Bypass Graft, and Heart Failure.
$\checkmark$
CIGNA Top Qualily Rating $\boldsymbol{k} \boldsymbol{\star} \boldsymbol{\star} \boldsymbol{*}$ [3 Stars) in Angioplasty, Coronary Atery Bypass Graft: Heart Failure.

Gold performance achievement in the cotegony of Hearl Failue, Get With The Guidelinessh Americon Heart Association.

Lakewood Regional Medical Center is designated a STEMI (heart attock) Receiving Center by Los Angeles County. Hospitals with this designation have demonstrated that their emergency departments have the facilities, technology and physicians necessary to provide the immediate diagnostic tests and interventions to save lives.

- For a Physician Referral call 800-813-4345



Charlotte Carpenter will return to the Downey Civic Light Opera for the eighth time when she portrays Lucille in "No, No Nanette," open ing Sept. 30 at the Downey Theatre. Carpenter's face may be familiar to local theatergoers; Carpenter previously played Eliza in "My Fair Lady, Nancy in Oiver and Dorohy Brock "call (562) 923 1714. Group rates are available.

Irrigation work at Los Amigos complete
DOWNEY - A project to reno ate the irrigation system on the Los Amigos Country Club golf course has been completed on time and on budget, County Sup
Don Knabe said last week.
The county replaced the old system with a new automated systion and pump house that uses tion and pump reclaime
course.
course.
Two
Two lakes were drained, renoated and relined so they could be reclaimed water.
The $\$ 4.2$ million project was unded by the Golf Course Capital mprovement Project Funds, which The fees can only be used on the course where it is collected.
Additional funding came from the Fourth Supervisorial District Capital Project funds and from grant by the Central Basin Municipal Water District.

Philippine artist at Furman Park
DOWNEY - Juan "Mag Valencia, founding member of the Philippine Watercolor Society and wuseror instuctor at the Ayala aseum in the Philippines for sev eral years, will be at Furman Park this Sunday to give a demonstraion of his work.
The demonstration will be part of Downey Art League's regular meeling from 2-4 p.m. The meeling
free and open to the public ere than 100 group art shows has had eight one-man shows. He is former vice president of the Saturday Group of Artists, a prestigious art club in the Philippines. Most of Valencia's paintings re landscapes, seascapes, still lifes and old houses.

Nurse chosen as expert witness

DOWNEY - Ofelia Rodil, director of nursing at Downey Care Center, has been chosen to serve as an expert witness for the Board of Vocational Nursing and Psychiatric Technicians, one of only 10 nurses in California to
serve such a role.

The board's highest priority is in exercising its licensing regulato ry and disciplinary functions.
late Ofelia wholeheartedly congratulate Ofelia, given her expertise and outstanding qualities in the nursing Jen Hone, E.D.

Rodil said she was "humbled and proud to serve and represen my peers.'

Grants available for arts groups

PARAMOUNT - Applications are now being accepted for
Supervisor Don Knabe's Arts Education Partnership Program, which supports arts education programs by providing matching funds to non-profit organizations, community groups, governmen agencies and schools in the Fourth Supervisorial District, which includes Downey.

The Arts Education Partnership Program will increase and sustain well-rounded education in dance for K-12 sude and he visual at

K -12 students.
Grant applications are judged by a panel of experts from the var A workshop will A workshop will be held Oct. in Paramount for organization program. Visitors should register is advance at www.knabe.com. Grant applications must postmarked no later than Nov 5 .

Pro-life
supporters plan 40 nights of vigils
DOWNEY - Pro-life advo cates began a 40-day campaign this week to voice their opposition to abortion, with plans for nightly vigil se
clinic.
clinic.
The initiative is a local version of the national 40 Days for Life campaign, which calls for 40 days of prayer and fasting, 40 days of peaceful vigil at abortion facilities and 40 days of educational out each.
The 40-day time frame was aken from Biblical history where God brought about world-chang ing transformation in 0 -day pe ods, organizers said.
As people here in Downey and our surrounding communities join with others from across the country to pray and fast and take courageous action for 40 days to help end the tragic violence of ing what kind of trand to secing what kind of transformation God will bring about in our city and throughout America," said Patti Sharpe, who is organizing he campaign in Downey Pro-life advocates began their nightly vigils Tuesday at Family 8635 Fing Associates, located at 8635 Firestone Blva. in Downey. "We are expecting great things for our local 40 Days for Life campaign," said Kevin Bradburn of Calvary Chapel of Downey. "It
is exciting for our city to be a part is exciting for our city to be a part of something that can have such a churchs impact, and many hurches are calling their congreations to take action
For more information about he local 40 Days for Life campaign, visit the website www.40daysforlife.com/downey
or e-mail Kevin Bradburn at john8seven@aol.com.

White elephant sale Oct. 11
DOWNEY - Downey Newcomers Club will hold its annual white elephant and bake sale Oct. 11 from 10-11:30
Los Amigos Country Club.
Los Amigos Country Club.
On sale will be clothing, jewelry, books, knick-knacks and more.
Proceeds from the sale will enable the club to support local charities.

Tickets for
OLPH carnival
on sale
DOWNEY - Our Lady of
Perpetual Help School will host its annual carnival Oct. 15-17.
The carnival will include rides, and more
Ride and raffle tickets are cur rently on sale at the school. For more information, call (562) 8699969.

PIANO LESSONS 3
at First Presbyterian Church Kidz Konnection
Call Lydia (562) 547-7079


## Source of foul odor

## remains a mystery

- Residents reported smelling a suspicious odor Sunday night in parts of south Downey

By Mark Sauter, City of Downey

DOWNEY - Many reports of a suspicious odor, in the area of Downey east of the Rio Hondo River and south of Firestone Bouleavard, were received by the Downey Fire and Police Communications Centers The Fire Department responded and investigated a number of the complaints. The investigation effort did not lead to the identification of the actual substance involved or the exact location of the source

The odor is believed to hav originated west of Downey and drifted in with the typical evening air-flow.

The Air Quality Managemen District (AQMD) was requested by the Fire Department and responded on Sunday night. The AQMD investigates suspicious odo reports and follows-thru on the enforcement of air-quality in
tions, when they are found tions, when they are found. As of late Wednesday after
noon, the AQMD has not noon, the AQMD has not issue any findings
investigation.

The potential health and safety problems with suspicious and chemical odor incidents require th chemical odor incidents require the attention of a number of govern-
mental agencies. Suspicious odor incidents can tie-up communica tions centers that may already be busy dispatching other emergen cies and consume a considerable number of public safety resources. City staff members are followin up on the problem.

The AQMD will respond to complaints from the public as well. Residents and business owners are arged to call 1-800-CUT-SMOG believe they detect a suspicious odor. Residents should also contact the Fire Department using the 911 phone system when they detect a chemical or suspicious odor. AQMD investigators will respond to the reports of problems in a timely manner.
The Gas Company should be notified when natural gas is detect-
The reverse 911 system was used on Sunday evening to notify residents of the problem in the affected area. The residents notified had previously signed up for non-emergency messages through
the city website.

Guerra holding town hall meeting
DOWNEY - Councilman Mario Guerra will hold a town hall meeting Oct. 20 from 6:30-8 p.m. at the Barbara J. Riley Community and Senior Center.
Guerra will discuss issues currently facing the city. There will also be a designated time for the public to ask questions and voice their opinions. "I have always welcomed a discussion about the plans and goals fo our city and I look forward to hearing what our residents have to say," said Guerra, who has conducted a town hall meeting during each of his year on the council. "Many of the issues I have brought forward during the past few years have come from this town hall forum.
For more information on the meeting, call the City Council office at

## INOTORITG

 MATH • ENGLISH • HOMEWORK - prvate- SAT \& PSAT Class

MALLER CLASSES

## \$20 OFF FIRST SESSION

CALL TODAY (562) 923-2060
Training Sessions Will Include:

| Throwing | Form Running |
| :--- | :--- |
| Hitting | Run Downs |
| Ground Balls | Cutoffs |
| Flyballs | Relays |
| Base Running | And Other |
| Sliding | Fundamentals! |



## SpACE IS LIMITED... register today!

 online at www.SouthlandCU.org, by calling 800.426.1917, or in person at a Southland branch.
## County issues

ban on
Styrofoam
LOS ANGELES - The Los
Angeles County Board of Angeles County Board of
Supervisors this week banned the use of Styrofoam products in county facilities, condemning their adverse effects on the environment. The board also called for a
report to study the feasibility of report to study the feasibility of
outlawing expanded polystyrene outlawing expanded polystyrene -
a foam cushioning often used in a foam cushioning often used in
packaging - in unincorporated county areas.
"The adverse impacts of Styrofoam are profound. Given its
lightweight quality, Styrofoam lightweight quality, Styrofoam
containers have a proclivity to containers have a proclivity to of properly," said Supervisor Mark of properly," said
Ridley-Thomas.
Expanded polystyrene is conmostly because it is lightweight and does not decompose in natural environments, Ridley-Thomas added.
so ensure that there is local capacity to divert single-use containers from the waste stream through composting or recycling infrastructure," he said.
Toastmasters
holding open house
DOWNEY - Residents interested in improving their communication skills, as well as their leadership capabilities, are invited to attend the Toastmaster Club 587 open house on Tuesday and learn how to face your fear of public speaking.
The open house will be held at First Baptist Church of Downey in room 116 at 6 p.m. Local teacher and author Chris Bowen will be the
featured speaker. featured speaker.
The public is
The public is invited. For more
information, call Fionnuala information, call Fionnuala
Anderson at (562) Anderson at (562) 928-2658 or
John McAllister at (562) 500-7675.

Bake sale at elementary school
DOWNEY - Rio San Gabriel Elementary School will host a bake sale Sept. 29 to raise money for Kristie's Foundation, a non-profit organization that provides support and services to critically-ill children and their families.
The bake sale will take place
2. from 2:15-3:15 p.m. in front of the


Jennifer Bonasoro and Ryan Alvarez have married. Jennifer is the Jennifer Bonasoro and Ryan Alvarez have married. Jennifer is the
daughter of Jim and Nancy Bonasoro, while Ryan is the son of daughter of Jim and Nancy Bonasoro, while Ryan is the son of
Kenneth and Lynn Alvarez. Grandparents of Jennifer are Bill and the late Sharon Dodero, of Nevada, and Priscilla and the late Pete Bonasoro, residents of Downey for 50 years. Ryan's grandmother is Dotty Spenser, of Norwalk. The couple honeymooned in Costa Rica and now reside in Chino Hills.

Vaudeville fundraiser Oct. 16

BUENA PARK Sertoma clubs will hold a vaude ville-style fundraiser event Oct. 16 at the Speech Language and Park. Entertainers will perform to songs from musicals of the past, and there will also be a raffle and silent auction. Proceeds will help fund a baseball and softball camp for deaf children.
Tickets
Tickets to the vaudeville show
are $\$ 30$ and include are $\$ 30$ and include one dri
et and light refreshments.
For tickets, call Pat McCoo (562) 862-0922.

## Rummage sale

 at church DOWNEY - Downey United Methodist Church will host itsannual Harvest Festival, featuring a large rummage and white elephant sale, baked goods and food booths. Oct. 2 from 7:30 a.m. to 1 p.m. Admission to the festival is

The church is located at 10801
Downey Ave., at 5th Street.

Estate planning topic of workshop
MONTEBELLO - An informational presentation on estate planning and pre-arrangement needs will be held Sept. 25 at Bivher Mortuary, in Montebello.
Blva., in Montebello.
Risher Mortuary
Risher Mortuary will give a presentation on pre-arrangement weeds, wail on estate planning funwill speak on estate planning fun-
damentals. Lopez will discuss incapacity, death probate, assets and pacity, death probate,
The presentation is from 11 a.m. to 1 p.m. and open to the public. Lunch will be served. RSVP by calling (323) 728-

Free hearing tests available DOWNEY - Free hearing screenings courtesy of Downey 25 from 10 a.m. to noon at the Barbara J. Riley Community and Senior Center.

Appointments are recommend-
d by calling (562) 862-9629.

## Be FREE with a Downey FCU Checking Account! You Could Win a NEW Netbook Computer!



Downey educators among Teachers of the Year

■ Williams Elementary teacher Mary Weyers among the honorees.

By Henry Ve
Staff Writer
DOWNEY - The Downey Unified School District's board of education Tuesday heard Williams Elementary School principal Mary Weyers present Allison Israwi, the school's English language development coordinator for the past six years, as one of 16 winners of LACOE's coveted 'Teacher of the Year' awards
The total field of nominees numbered 81 teachers represent ing various county districts. The top 16, including Israwi, are eligible for California Teacher of the Year honors. The decision will be handed down in a couple of weeks or so.
Israwi said she was honored and proud to receive such recognition. "To whom much is given, much is expected," she said more than once, and thanked all concerned (the district, superintendent Wendy Doty, the school, her principal) "for the opportunity to have an impact" on the kids who have in turn "given me so much." Weyers, who claimed credit for hiring Israwi (they came to Williams practically together), said she's "just so lucky to have someone like Allison" who was able to answer such questions as, "Who's going to really help the kids?" and "Who's going to motivate them?" especially as the students represented different backgrounds and probably different schools.

Brian Morita, a Downey resident and sixth grade teacher at El Sereno Elementary in the Los Angeles Unified School District, was also named a Teacher of the Year.
"
"These hard-working teachers have been judged by their colleagues as exemplifying the very of public education," Jon Gundry, interim superintendent of schools interim superines Cos of shool fratemen. "Every da in statement. "Every day in the classroom they make the most of a precious opportunity - to mak a positive difference in the lives
of their students." of their students.
Meanwhile, the board con-
gratulated Buck Weinfurter,
director of maintenance, opera-
tions and transportation, for winning a $\$ 280,000$ grant from the Air Quality Management District (AQMD) towards the purchase of two buses. With an additional $\$ 28,000$ earmarked for CNG infrastructure, net cost to the district will amount to only $\$ 2,000$. In other action, the board:
*Acknowledged cash and inkind donations from individuals and groups, including $\$ 1,000$ from American Youth Soccer Organization (AYSO) intended for the maintenance of fields at Griffiths Middle School;
*Ratified/approved usual dis-
trict business, including: the payment of convention and confer ence expenses and other fees; special education placements; purchase orders by the purchaspurchase orders by the purchaspayroll orders for hourly payroll orders for hourly, over-
time, and Civic Center work per formed by classified worsonnerformed by classified personnel,
Adult School and Food Services, B warrants covering the month of August; the general August; the general agreements
with a few organizations to provide various specialized services; vide various specialized services; Downey Adult School Career and Education Center and career and clinics/medical ground several practical training in the medical practical training in the medical assistant, medical coding and
billing, pharmacy technician, bhlilebotomy thacy technician, and phlebotomy technician programs; a couple of contracts with LACOE for Price Elementary and Sussman Middle School to participate in marine education programs as well as science and conservation education programs; a change order with a contractor in connection with the modernization of buildings $\mathrm{J} / \mathrm{K} / \mathrm{N}$ and L at Downey High School; routine personnel items until subsequent action is taken by the Board of Education; the abolishment of a couple of positions (child care leader and instructional assistantbilingual) while approving the changes made to the duties of dispatcher/driver;
*Ratified
*Ratified the interdistrict attendance agreement with Charter Oak Unified School District, as well that with Aspiranet to provide a counseling program to children and families referred by the district;
*Accepted as complete fencing, back hoe, concrete, and electrical work performed by various
*Approved the transfer of \$4 million from the unrestricted General Fund to the unrestricted Education Fund;
*Denied claim submitted by one Audrey Hargaray, in compliance with Gov t Code Sectio 911-15 and 945;
*Adopted a resolution confirming through a public hearing that sufficient textbooks and instructional materials are available and consistent with the cycles and content of the curriculum frameworks;
*Adopted a resolution setting the district's estimated 2010-11 appropriations limit to be \$83,297,944.31; such limits, referred to as the 'Gann Limits' allow government spending to grow at a rate no faster than inflation and the change in population, a method meant to calculate the amount of actual state aid received by the district, essentially a meaningless concept in today's state budget mess (last year's actual appropriations limit was $\$ 85,426,140.11$ )
*Approved a resolution increasing the district's Dental Care Self-Insurance Trust Account balance, from $\$ 50,000$ to $\$ 75,000$ to cover claims processed each month;
*Approved the re-appoint ment to the Personne Commission of Stephen Sampley to a three-year term effective
Dec. 1,2010 ; *Approved the certification of the provision of standards aligned instruction materials for K-12 students;
*Approved the unaudited actual financial report fo FY2009-10; and
*Endorsed the actions of the superintendent on student case Doty in the meantim expressed appreciation for the harmonious state of district-per sonnel relations under enlight ened leadership. She also reiterated her and her staff's commit ment to ever-improving student performance and achievement.
The next regular public meeting of the Board of Education will be at $5 \mathrm{p} . \mathrm{m}$. on Tuesday, Oct. 19 at the Gallegos Administration Center, 11627 Brookshire Ave.

## New home tax credit still available

SACRAMENTO - The state
Franchise Tax Board is reminding Franchise Tax Board is reminding residents to take advantage of the
New Home Tax Credit, which can New Home Tax Credit, which can
reduce annual state taxes by up to reduce annual state taxes by up to
$\$ 3,333$ per year for the next three years. The tax credit is available for taxpayers who close escrow on a
new home after May 1 and before

## Team Success <br> Your Success is My Business



Lee Brooks
Im Serious About
Selling Your Home
(562) $618-9065$

Aug. 1, 2011, as long as they enter
into an cuted before The seller must certify that the home has never been previously Taxpay
Taxpayers can request a reservation if they are purchasing a new home that is not ready to close escrow in the near future. A reser-
vation does not guarantee the cred it, but only holds the taxpayer's it, but only holds the taxpayer's The tax credit is limited to the lesser of five percent of the purchase price or $\$ 10,000$. There are
no income limits but the tax credit cannot reduce regular tax to below the tentative minimum tax. To apply, homebuyers should

## Letters to the Editor

Warren band is grateful
Dear Editor:
Between Sept. 7-9, residents may have had a special visitor stop by their door between $5-8$ p.m. These were student members of the Warren Marching Band and Color Guard.
Every year in September, the Warren Band and Color Guard laces up their marching shoes and dons their uniform going door-to-door asking the community for support. We call this our "Decal Drive." As a thank you, we offer anyone who gives any amount of support a decal to proudy display, saying they support the Warren Band and Color Guard. We focus our fundraising efforts within the school boundary lines of Warren.

All the members, staff and parents of Warren Band and Color Guard would like to say thank you to everyone for their support. This annual fundraiser helps offset costs of new instruments, equipment, instruction and the many other costs it takes to run a highly-successful band program.

I hope the community is proud of the Warren band and color guard. It is just as important for us to represent the city of Downey proudly as is being good musicians and performers.
Please visit our website at www.warrenband.org to find out when we are performing next!

- David Niemeyer,

Band Director, Warren High School

## Responsibility to learn Spanish?

Dear Editor:
A few weeks ago, I wrote the Patriot commenting on the fact that I saw two billboards in Downey that advertised exclusively in Spanish Since then, I've noticed many, many others.
Before the ink was dry, someone commented on the Patriot website, quoting statistics on the number of Hispanics in Downey versus all other aces. And then they said I should just "get over it."
Get over what exactly? I don't care how many Hispanics live here in relation to all other races. I'm just wondering why people, who live and work here, aren't required to learn English. Why is it my responsibility to learn a foreign language in the United States of America? -- S. Courtney,

## Downey

## This and that

Dear Editor:
I found the Sept. 16 Downey Patriot singularly interesting and informative. As a 58 -year resident of Downey, I think the Patriot staff is doing an excellent job of producing a local newspaper. I might even enjoy the legal notices if I could read them, but my eyes are too old for hat tiny print.
Several of the articles and letters had to do with financial matters. That's no surprise in this financial climate. I see DUSD will receive $\$ 4.3$ million in stimulus money. I'm glad it won't all be wasted in Washington.
Then there is the $\$ 400,000$ grant for Treasure Island Park, also from federal funds, I gather, and an article advertising a workshop on how to write grants.
In a letter from Manny Rodriguez, he comments on suggestions from two City Council members, one to put Astroturf on one or more soccer fields, and another to build bike paths along the railroad tracks. do to help the homeless other than create jobs, but we sure need ou infrastructure upgraded. The streets are falling apart.
Then there's the letter on OASIS, a follow-up to Harriett Paine's let ter two weeks ago. I didn't attend OASIS regularly, but I know a lot of older adults did. I think it is a useful activity for older people like me, and I don't think it could be too expensive. It's also good advertising for local restaurants when they supply the food.
My wife and I made a significant contribution to getting computers, which I understand, for the library, but I don't even know what wi-fi is,
so I have no opinion on its potential value to library visitors.
I enjoy the trees in Downey, especially the palm trees, and I found the letter from Larry Latimer fascinating. I've written and published five books myself, and I must look into the book he has published.
I have come to realize what a significant facility Rancho Los Amigos is. I recently had occasion to visit there, and it is enormous and mpressive. I should have attended the open house last Saturday, but the article advertising it just came out in the Patriot the day before. Hint, Editor.
I think I've commented pretty extensively on articles in the current Patriot, but I have one more to make, on John Vincent's letter on gar den hoses. Either his date is wrong or there were later incidents because my son buried a hose several feet in the ground in about 1962 He was earnestly trying to dig it out when I came home from work. He had inadvertently left the water on in our garden area, and the hose buried itself.
I seem to recall there were similar events that summer, but never In. Must have been global warming.

- Don Niemand, Downey


## The Tommey

| Jennifer DeKay-Givens | Publisher/Adv. Director |
| :---: | :---: |
| Eric Pierce | City Editor |
| Henry Veneracion | Staff Writer |
| Scott Cobos | Staff Writer |
| Christian Brown | Staff Writer |
| Dorothy Michael | Display Advertising |
| MaryAnn Sourial | Display Advertising |
| Linda Larson | Classified Advertising |
| Jonathan Fox | Production |
|  <br>  <br>  |  |

## Green hysteria

"Green Task Force is here to stay." Cue spooky music. Never was there so menacing a title on the front page of The Downey Patriot! and the "green movement" ranking at the bottom of the list of concerns for Americans, this article, as well as the promotional piece for the Green is Greater Festival, seem to be desperate attempts to remind everyone that environmental fanatics aren't going to go away quietly, and they mean to continue to do some damage.
I say let's pray that the job-killing AB 32, to which the task force ha modeled their guidelines, gets thrown in the paper-recycling Dumpste when Meg Whitman wins the governor's race. The icing on the cake though, was the United Nations as the inspiration for this committee. Hah The same United Nations who had multiple errors in their IPCC report Some, perhaps, purposely falsified? Give me a break!
Some of the suggestions for things like recycle bins in parks sound innocent enough. Replacing vehicles with more expensive electric cars o hybrids doesn't make much sense in this economy, and I have complained bitterly before about environmental propaganda in the schools - a place where it absolutely does not belong. But I had to laugh out loud at the "reduction in solar installation permit fees." Come on Green Task Force and Councilman Guerra! If you care so much id of the fees altogether
Alas, we may be saying goodbye to good old, dependable Styrofoam,
but unfortunately city permit fees, like the task force, are here to stay.

- Alaina


## Another garden mystery

Dear Editor:
In reply to John Vincent's "Garden hose mystery," (Letters to the Editor, $9 / 16 / 10$ ) I have one true story.
In the house behind ours, our neighbor police officer Robert Drees, his neighbor Mr. Joe Simon, and my father Mr. John Bunny, were trying to
flush out a gopher flush out a gopher

They ran water into one hole, hoping the gopher would pop up out the other. It did not happen so they stuck the hose in the hole. By now a few ther neighbors and all the neighborhood kids were standing around offer ing advice.
Water bubbled out of the second hole then quickly receded. AT that the the hose started to be sucked into the ground.
The three adult males could not pull the hose back out. Several other dults also lent a hand but to no avail. The wat off all continued to be sucked into the ground. The three guys finally cut the hose and gave up. By the next morning the stump of the hose had disappeared and gave up. By
into the ground.

We kids liked to think the gopher won and pulled the hose down. The adults figured it was the collapsing tunnel and vacuum that sucked the Is the hose still down there? Probably. Are there more lost hoses?
In Probably.
Probably.
I do know this happened. I was seven or eight at the time and it made
for a fun Saturday afternoon.
-- Margaret Blackburn,
Downey

## We must protect children in agriculture

N
By Rep. Lucille Roybal-Allard (D-CA) orma Flores can tell you firsthand that the exploitation of child labo not just a problem in other countries. On any given day in the
United States, thousands of children toil in agricultural fields acros
the co
Caught up in our busy lives, most of us are unaware that this happens in our own backyard. Even more shocking, however, is the fact that our nation's lesor laws actually allow it. Child agricultural workers are exemp

Norma knows all too well the impact of this unjust double-standard on child farmworkers. She was only 9 when she began working in the fields. By the time she turned 12 , she worked 10 to 12 hours a day in the onion field and on other hot, grueling jobs picking asparagus, apples and detasseling corn,
Her family migrated every year to follow the harvest traveling from their

Ha inas to Indiana Iowa and Michigan. By the time No from thei family returned to Texas each fall, school was already underway, and she was two or three months behind her classmates.
While Norma managed to stay in school and graduate from college, stud ies show that she is by far the exception. In fact, a Human Rights Watch report released in May 2010 found that farmworker youth - unable to make up missed classes and overcome by the exhaustion of countless hours work ing in the fields - drop out of school at four times the national drop out rate Farmworker children perform backbreaking labor for long hours and very little pay. Not only do they earn sub-minimum wages but, under current law children working in agriculture are allowed to use hazardous farm equipmen
and work in an environment that continually exposes them to poisonous pes


## Cleanup event

Dear Editor
This Saturday, Sept. 25, at 9 a.m. Heal the Bay and Keep Downey Beautiful will join in cleaning up the Rio San Gabriel Riverbed. Parking is available in the lot off Pico Vista Road in the Rio San Gabriel Park parking lot. Keep Downey Beautiful will furnish all the necessary items to use for the cleanup.
With the help of thousands of citizen volunteers, Heal the Bay will attack trash on Los Angeles County beaches and inland waterways as part of its 21 st annual Coastal Cleanup Day. Southland troops will mobilze from 9 a.m. to noon at more than 60 cleanup sites from Compton to Malibu. Coastal Cleanup Day volunteers have collected more than 1 mil ion pounds of trash in Los Angeles County since 1990's inaugural event. A recent article in the L.A. Times stated that over the next year, 16
cities in southeastern Los Angeles County will install screens beneath nearly every storm drain that flows into the lower I A River Once the
 cusins, authories expect them to keep 840,000 pound of debris fro reaching the ocean each year. A deceptively simple solution

## - Byron Dillon,

Committee member, Keep Downey Beautiful

Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or con tent. Letters must include a full name and address for verification.
ticides, which can lead to serious injury or even death. These dangerous and exploitative conditions - illegal in every other industry - simply do not reflect he precious value we, as Americans, place on children.
To end this unacceptable disparity, I have authored the CARE Act in Congress to raise federal labor standards for farmworker children to the same level as those for children in all other occupations - a move backed by Human lic sectors.
While preserving the family farm exception and still allowing children to participate in valuable educational opportunities such as $4-\mathrm{H}$ and Future Farmers of America, the legislation raises the minimum age for working in agriculture from the current 12 years to 14 and restricts children under 16 from working when it interferes with their education or endangers their healt and well-being.

The CARE Act also prohibits children under the age of 18 from agriculural work that the U.S. Department of Labor deems particularly hazardous. This is
ture.
For all of the children working in abusive conditions right now in our nation's agricultural fields, $I$ ask you to contact your Member of Congress and ask them to do the right thing and support this aly che must children equally, regardles of whether they're picking tomatoes or flipping burgers in a fast-food restauof whet
rant.
By
By enacting the CARE Act into law, we will be one step closer to fulfilling our moral obligation to do all we can to protect the rights, safety and educational future of our nation's most precious resource: our children.

## Molina supports DREAM Act

L
os Angeles County Supervisor Gloria Molina urged support for the DREAM Act this week, saying 65,000 students forego college every year due to their immigration status, and calling it a "personightmare" for students and a "national tragedy for America.
Education for Alien Minors Act of 2009 Education for Alien Minors Act of 2009.
Now is the time for supporters of immigrants rights, especially those in of Congress to pass the DREAM Act," Molina said in a statement. "Each year, approximately 65,000 students across America who ordinarily would attend college must forgo the opportunity because their parents are undocumented immigrants. These students often were raised their entire lives in the United States-America is their home-and though they may have lived their entire lives here, most are disqualified from paying in-state tuition, their dreams of a college education dashed. Most importantly, because of their parents' immigration status they are also prevented from seeking a path to citizenship, making the current state of the law a personal nightmare for these students-and a national tragedy for all Americans.'

Both for the lerm econaic growth and viability of our nation, we cannot ignore our homegrown talent nor should we allow the needs of deserving students and military personnel to become embroiled in petty politics. Passage of the DREAM Act is the right thing to do, and it is consistent with our nation's fundamental values of justice, fairness, and merit We cannot let the intellectual power of yet another class of academically stellar, law-abiding young Americans go to waste. Passage of the DREAM Act would change the lives of undocumented students, their families, and their communities for the better. These motivated, conscientious young people could potentially make invaluable enhancements to America's public and private sectors, as well as our military, and contribute to our nation's Social Security trust fund.

In California, undocumented students qualify for in-state tuition costs thanks to AB 540, authored by the late Assemblyman Marco Firebaughbut they still do not qualify for publicly funded financial aid. Now is the time to speak out, to contact our congressional representatives and cannot thank Senate Majority Leader Harry Reid enough for putting new momentum behind the DREAM Act's passage in Congress."

## §PEED BUMP <br> DAVE COVEREY



## Dn This Day...

Sept. 23, 1642: Harvard College held its first commencement.
1806: The Lewis and Clark expedition returned to St. Louis from the Pacific Northwest.
1846: The planet Neptune was discovered by German astronomer Johann Gottfried Galle.
1952: Republican vice presidential candidate Richard Nixon made his famous "Checkers" speech on television as he denied allegations of improper campaign financing.
2004: Jose Canseco became the first member of baseball's $40-40$ club ( 40 home runs and 40 stolen bases in a single season).
Birthdays: Actor and entertainer Mickey Rooney (90), singer Julio Iglesias (67), rock star Bruce Springsteen (61), 'Seinfeld’ actor Jason Alexander (51) and Dodgers center fielder Matt Kemp (26)

## Downey Community Calendar

## Events For September

Sat. Sept. 25. Water barrel distribution, Discovery Sports Complex, 8 a.m
Sat. Sept. 25: Emergency preparedness fair, Stonewood Center parking lot, 10 a.m. Sat. Sept. 25: Free hearing tests, Barbara J. Riley Community \& Senior Center, 10 a.m. Sun. Sept. 26: Artist Juan Valencia, Furman Park, 2 p.m. Tues. Sept. 28: Toastmasters Club open house, First Baptist Church of Downey, 6 p.m. Wed. Sept. 29: Bake sale, Rio San Gabriel Elementary, 2:15 p.m.

## City Meetings

1st Tuesdays, 6:30 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library. 1st \& 3rd Wednesday, 6:30 p.m.: Planning Commission, Council Chamber at City Hall. 1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall. 1st Tuesday, 6:00 p.m.: Emergency Preparedness Committee, at Fire Station No. 1, 12222 Paramount Blvd. 2nd \& 4 th 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.

## 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. 3rd Mon., 7 p.m.: American Legion Post\#270, at Los Amigos C. C., for more info. call (626) 445-2582
4th Mon., 7:30 p.m.:Downey Numismatists, at Downey Retirement Centr, 4th Mon., 7:30 p.m.:Downey Numismatists, at Downey Retirement Center, call 862-6666.

## Tuesdays

9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422 10 a.m.: Downey Bocce Club, at 7850 Quill Drive, for information call John Fiorenza at 652-4399 12 p.m.: Rotary Club, at Rio Hondo, for information call Ingrid Martin at 413-4001. 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. 1st Tues., 7:30 a.m.: Gangs Out of Downey, at City Hall training room.
2nd Tues., $\mathbf{3}$ p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7159 2nd and 4th Tues., $\mathbf{6}$ 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. 3r 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 7850 Quill Drive, for information call Marie Puch at $869-4366$ 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., $11: 30$ a.m.: Christian Women's Club, at Los Amigos Country Club, call Sonja 862-4347. 2nd Weds., 7:30 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 Pearl Koday 633-4355. 2nd \& 4th Weds., 5:30 p.m.: Lions Club, at The Palms, for information call 803-4048. 3rd Weds., - Downey Dog Obedience Club, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972. 3rd Weds., 10 a.m.: Los Angeles County Quilters Guild, at Women's Club, for information call 426-2418. 3rd Weds., 10 a.m.: Los Angeles County Quilters Guild, at Women s Club, for information call 426-2418. 4th Weds., 12:00 noon: Retired Federal Employees, at Barbara J Riley Center, call 943-5513. 4th Weds., $12: 00$ noon: Retired Federal Employees, at Barbara J Riley Center, call
Wed.\& Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call $904-7223$

Thursdays
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.
$\mathbf{1 2}$ p.m.: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971. $\mathbf{1 2}$ p.m.: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923 - 12.30 p.m.: Take off Pounds Sensibly, at First Christian Church, call (800) 932-8677. 12:30 p.m.: Take off Pounds Sensibly, at First Christian Church, call (800) $932-32$ 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.


[^0]You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com.Or write him at P.O. Box 69, Mass apequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.
 von '(ssony $\angle b)$ SIGNaW ues

 iq unosuraio sea (ssoivy
 amad uepueg ? sond yueds pua
 9 (ssoney oz) WNIMIII 'uopsou



## Health \& Wellness

Paging Dr. Frischer..
By Dr. Alan Frischer


Mmes hat if you are born heavy,
hen heavy you shall stay. will alwa corse, is that thin what. While it is true that people born with the propensity to be large may
never be thin, they can be thinner. More importantly, however, they can be healthy.
The variety of diets we could
xplore is practically unlimited, but here we will simply discuss the principles of weight loss. This subject is complex and as I discovered in my years of practice, emotional. I do
intend, however, to leave you with intend, however, to leave you with
some tools you can use to start your some tools you can
new program today.
ve alvedy syming that you ruled out medical reasons for obesity, such as hypothyroidism, polycystic
ovary syndrome, or weight gain due o drugs such as steroids or antidepressants.
It's my experience that most of my patients know how to lose weight,
but for one reason or another find the required lifestyle changes extremely difficult. Why has this stumped so many? Weight loss can be such struggle that many are convinced that they have to do something drastic to see results - extreme diets, weight loss pills or exercise gadgets marketed on infomercials. Clearly it would be easier to take a few pills, drink acai shakes, and have the pounds just melt away. The massive weight loss
industry makes a fortune selling these types of false promises. The facts show that you simply
o not need to spend huge quantities of money on special equipment or weight loss products to succeed. In fact, eating out is costly and often
extremely unhealthy. When we prepare our foods at home, we can control exactly what goes into our
mouths.
Losing weight isn't a mysterious process; it's a straightforward matter
of burning more calories than we eat.There are really only three steps to successfully losing weight: 1 ) con-
sume fewer calories 2) exercise more ) repeat steps one and two.
Studies have found that the true secret to weight loss is this: Make small changes each and every day and you'll slowly but surely lose
those extra pounds. Don't step on the scale every day, but rather look at the big picture, down a long but safe
road.
Let's start with consuming fewer

- Drinking more water is simple
and effective, and most of us should and effective, and most of us should be drinking more anyway, in order to better hydrate our bodies. Drink one
or two glasses of water before every or two glasses of water before every
meal, and you will feel more full before you start.
- Make a list of foods you eat, and decide which ones to cut out, cut patients that they select one major area of abuse first, before moving on to the next. This can be emotionally complicated, as some of these foods may be considered reward foods. Going after the "low hanging fruit" can give the most benefit, and it can would be that morning latte, bearing up to 500 calories. Since a pound of weight (lost or gained) is roughly
3,500 calories switching to black coffee can help you lose a pound a week. Lifestyle changes are hard: instead of simply cutting out some of your worst food choices, try replac-
ing them with healthier choices. Replace your soda with water. with vegetables or lower fat/lower sugar alternatives.

Note that eating small meals and snacks throughout the day has been shown to aid weight loss by stimulat-
ing the metabolism. Graze on healthy ing the metabolism. Graze on healthy
snacks that are low in calories and snacks that are low in calories and
fat, and high in fiber. Fiber slows the fody's absorption of carbohydrates, keeping us feeling full longer. You can generally find high levels of fiber
in nuts, rice cakes, fruits, and vegetain nuts, rice cakes, fruits, and vegeta-
bles. (Note that fruit juice has no solbles. (Note that fruit juice has no sol-
uble fiber, and is high in sugar and uble fiber, and is high in sugar and
thus calories.) thus calories.) tion size. Eating an entire your por tion size. Eating an entire bag of rice
cakes, dried fruit or nuts will not help cakes, dried fruit or nuts will not help
with weight loss. One effective but with weight loss. One effective but
costly trick to reduce portion size is to buy the item in a single-serving packet. You may wish to make up your own single-serving packets.

- Plan your meals. Look for healthy, tasty meals online or in a cookbook, and create a menu for the
week. When meals are planned, you week. When meals are planned, you
are more likely to consume a balare more likely to consume a bal-
anced diet and less likely to eat hapanced diet and less likely to eat hap-
hazardly or at fast food restaurants. hazardly or at ast less likely to consume on impulse. Set up an achievable plan if it's not practical, you can easily get
disheartened and stop following you regimen.
- Choose lean meats like turkey chicken or fish, as opposed to red
meats or hot dogs. Salmon, sardines, and fresh tuna are excellent sources of antioxidants and omega-3 fatty
acids. Replace high calorie side dish acids. Replace high calorie side dish-
es with healthier alternatives. Side es with healthier alternatives. Side
dishes like macaroni and cheese French fries and potato salad can add a massive number of calories.
Replace them with fresh vegetables and mixed green salads. Pre-made salads can help make this change effortless.
- Write
- Write down everything you eat. Carry a small notebook and write
down every snack, every drink, and down every snack, every drink, and
the contents of every meal. In my opinion, it is not necessary to know precisely how many calories are in everything you eat, but the process o writing things down will help you
become aware of the food you consume, and help to keep you honest as

What about exercise? For cardiovascular health, 30 minutes is sufficient. For weight loss guide is sufficient. For weight loss, guide
lines suggest about 50 minutes five days per week. Of course, if you are a beginner, start with less and build up gradually. Remember, you can lose weight either by decreasing your calorie intake or increasing the number of calories you burn. Any health strategy should include both, espe-
cially if you want to cially if you want to lose weight
faster. - Make your aerobic activities low impact. Moderate exercise incor porates brisk walking, cycling, aero
bic machines, or swimming, in orde to burn calories and to keep your heart healthy as well. Swimming ha
the added advantage of putting les stress on your joints. Pumping iron helps you stay lean by building mus-
cle and raising the Remember that exercise can be fun; it shouldn't be painful. For example, Nintendo's Wii Fit can be highly motivating, and includes running yoga, aerobics, strength training, and balance.
Be realistic. Don't expect miracles. Speak with your doctor about a correct and realistic weight target Your goal is to have a healthy body,
not a skinny one. Aim toward this not a skinny one. Aim toward this healthy objective and remember that
you are creating a sustainable healthy you are creating a sustainable healthy
lifestyle. You may find that your first lifestyle. You may find that your first
approach is not realistic or fun; be open to making adjustments in your
exercise or caloric intake along the exercise or caloric intake along the
way. Be confident and believe in yourself. Remind yourself that your plan will make you feel better about yourself, physically and emotionally,
Work to avoid the temptations of Work to avoid the temptations of al tent, disciplined, and self-motivated. tent, disciplined, and self-motivated.
Surround yourself with systems and Surround yourself with systems and
people who will keep you on track My best advice: Start NOW Now that you are finished reading
this, get up and take a 20 -minut this, get up and take a $20-\mathrm{min}$
walk. Do not wait one more day! I wish for you thoughtful an
healthful eating and exorcising healthful eating and exercising.

## Lower salt intake can lower your blood pressure, study shows


#### Abstract

LOS ANGELES Angeles County Department of Public Health released a report Monday showing that reducing daily salt intake can potentially number of residents with hyp in number of residents with hypertencounty and saving many millions county, and saving many millions The study found that if resi dents, who on average take in about $50 \%$ more salt than recommended, could collectively decrease their average intake by just $20 \%$ ( 687 mg of sodium) per day, it would result in a decrease of about 52,629 hypertension cases in the county and an annual cost savings of $\$ 102$ million dollars "Decreasing salt in one's diet is a significant step towards reducing life-threatening conditions such as high blood pressure, heart disease, stroke, or chronic kidney disease, said Jonathan Fielding, MD, MPH, director of public health and health officer. "Minimizing salt would greatly reduce the estimated $\$ 400$ billion the nation spends annually on treating hypertension and hear disease," disease." Hypertension is a chronic con dition that greatly increases the risk of medical complications and death from cardiovascular and kidney from cardiovascular and kidney diseases, such as heart attack, stroke, heart failure and end-stage stroke, heart failure and end-stage kidney failure. In LA County, $48 \%$ of adults ages 45-64 years have hypertension, with the highest rates hypertension, with the highest rates found among African Americans. Elevated blood pressure is increasingly becoming a problem among children ages 8-17 years, with Hispanic and African American children.

The Dietary Guidelines for Americans, published by the U.S Department of Health and Human Services and the U.S. Department of Agriculture, currently recommends that each person consumes, at most, 6 mg of salt ( $2,300 \mathrm{mg}$ of sodium or 1 teaspoon of salt) pe


day. This figure is even lower for those or $2 / 3$ teaspoon per day) for those that have high blood pressure, are over 40 years of age, or are African American Most Americans consume, on
average, more than 3,400 g of average, more than $3,400 \mathrm{mg}$ of
sodium daily; this is $48 \%$ sodium daily; this is $48 \%$
than the recommended limit. "The most important thing umers can do is look at the lonlow calorie does not always mean low salt," said Fielding. "While low salt," said Fielding. "While
restaurants and food manufacturers look at ways they can decrease salt in the foods they prepare, conreading nutrition labels, familiarizing themselves with healthy sodium numbers and creating healthier home recipes using less salt."
With more Americans eating way from home, processed and restaurant prepared foods now account for more than two-third of the salt consumed in the U.S. The report recommends preparing and
eating more fresh food at home and
reading food labels or asking fo salt content information when eating at restaurants. Research shows that lowering the amount of salt in one's diet can be done with minimal changes to taste when sat reduction is done gradually
time. time.
include:
Urging policymakers to work nationally to reduce the amount of sodium in restaurant and processed

Increasing awareness through public education about the recommended daily sodium limit and the health benerits
consumption.

Implementing venue-based or enue-specific food policies that et nutrition standards on all foods purchased, served or sold by an employer

A list of low-sodium recipe can be found at www.dashdiet.org or www.mayoclinic.com.

## HIV/AIDS: The best of times and the worst of times

By David Mixner
In recent months, the media has been filled with encouraging news about progress in treating
HIV/AIDS. At the very same time, we have been dealt some real setbacks. The lesson is the same as it always has been: embrace and celebrate the progress, and don't let up the pressure until there is a cure. The good news is indeed reason AIDS Conference in Vienna came word that promising new gels have been developed that could dramatically lower the infection rate among at risk women. The Wall Street Journal recently published a story indicating that scientists have discovered three powerful antibodies that can neutralize $91 \%$ of HIV strains.
The bad news is that the economic situation is wrecking havoc with HIV/AIDS budgets -- both here and abroad. Many states are freezing the ability of people with HIV/AIDS to receive treatment. AIDS Drug have either been cut way back or frozen, making it impossible for new clients to access to them. Unless this is corrected, it could
people.
It's It's crucial for every American
that cares about this horrendous epi demic to keep up the pressure, seek new funds, and hold lawmaker accountable for their actions. Given the uncertainty with the economy and ADAP, it makes Medicare funds for treating HIV/AIDS even more critical in assisting people with the disease.

Medicare provides a vital source of health coverage for around 100,000 people with the disease. In
2006, Medicare became the single 2006, Medicare became the single largest source of federal financing
for HIV care. The number of people for HIV care. The number of people with HIV receiving Medicare bene-
fits has grown over time, reflecting growth in the size of the HIV-positive population and an increased lifespan for people with the virus. As thrilled as I was with the new healthcare law, there is one part that is extremely disturbing. Especially since my journey over the years has taught me the urgent need to hold public officials accountable for the actions in this battle for a cure.
Quite simply, with the creation Payment Advisory Board (IPAB) we could lose our ability to pressur

## Children can read to dogs at library

## HERMOSA BEACH

Children who are learning to read and are embarrassed by mispronounced words, slow reading skills or lack of comprehension are invited to the Hermosa Beach Library
dogs.
The program, The program, calls Paws to
Read, is a program by the spcaLA. Read, is a program by the spcaLA
The program provides a nonchildren can read without fear of
Colon cancer
topic of lecture
CERRITOS - Dr. Sanat Patel of Pioneer Medical Group will lead
seminar Wednesday on colon seminar Wednesday on colon cancer at the Cerritos Senior Center.
Patel will give a lecture on colon cancer and share the
ways to prevent the disease. ways to prevent the disease.
The meeting begins at $1 \mathrm{p} . \mathrm{m}$.
. and the public is invited. There is no charge to attend.
board is simply not accountable to nyone.
While the IPAB is tasked with cutting Medicare spending, it is exempt from any judicial or adminstrative review of its decisions, and is barred from probing the govern-
ment's spending patterns on specific healthcare providers, socis

This year, give the gift of compassion
ara Content

When Sharon Saxelby's
first grandchild was
born last year she knew born last year, she knew baby Reece would be showered
with generosity by other family with generosity by other family
members, friends and well-wishers, and she was right.
But, as president and CEO of a nonprofit organization called Friends of the Orphans, which need in Latin America and the Caribbean, Saxelby was thrilled that one of the most thoughtful gifts Reece received wasn't an expensive stroller or baby play mat.
colleagues from work, in the by helping those less fortunate, made a monetary donation in her name to their charity. Saxelby was touched by the gesture and so were Reece's parents.
nce age hectic holiday season once again approaches, gift givers
frantically compile their annual frantically compile their annual
lists: an iPad for their spouse, a lists: an iPad for their spouse, a
PS3 game for their tween son, pricey jeans for their high school junior. According to the National Retail Federation, in 2009 the average amount spent on holiday gifts, ood and decorations was $\$ 682$. When looking at the escalating cost and proliferation of electronic gadgetry, the clutter of DVDs,
books or clothes and the time spent trying to find that special trinket givers are realizing they could do
lot better. Creative gift giving or
charitable contributions in the name of others is a lasting way to
make an impact and tran make an impact and transform the
lives of those desperately in need lives of those desperately in need. Not to mention the fact that the
gift of nonprofit giving will with gift of nonprofit giving will with-
stand the next technology iteration stand the next technology iteration
and continue long past this year's and continue long past this year's
fashion fad. fashion fad.
When heavy charitable hitters
Bill Gates and Warren Buffett Bill Gates and Warren Buffett
announced in early August their announced in early August their
"Giving Pledge," a recession inspired commitment to sign over inspired commitment to sign over
at least half of their assets to nonat least half of their assets to non-
profits over their lifetime or after profits over their lifetime or after
their death, they hoped to inspire their death, they hoped to inspire
others to contribute to worthy causothers to contribute to worthy caus-
es as well.
For organizations like Friends of the Orphans, which supports
more than 3,600 orphaned, aban doned and disadvantaged children in nine Latin American and Caribbean countries, this commitment to help children in need, resonates especially powerfully this year.
"Realizing that if each family donated just 10 percent of their estimated holiday spending to a charity instead of spending it on material gifts, many recipients who are deprived of life's most basic needs would be afforded the chance for a brighter new year," Saxelby explains.
"For instance, an amount as
small as $\$ 12$ can provide small as $\$ 12$ can provide a child with no shoes a brand new pair, or
$\$ 100$ can provide one of our chil-

dren anti-retroviral HIV medicathe right perspective, it's put into see how a small huge and lasting impact.
Each charitable organization has different methods of encouraging holiday giving, and each is an important part of the vitality and growth of the nonprofit.
This year, Friends of the
Orphans has created Orphans has created a unique and memorable way donors can help
children in need, especially during children in need, especially during the Christmas season. The 2010
Gift Gift Catalog, www.friendsoftheorphans.org/Gift Catalog, allows visitors to learn
about the special Christmas cele about the special Christmas cele-
brations each orphanage has, and brations each orphanage has, and
through donations either in their through donations either in their
own names or on behalf of others, provide useful and appreciated provide useful and
gifts to the children.
Saxelby says that for the thousands of children Friends of the Orphans raises, Christmas is an
especially poignant time for them, because for many, it is the first time they have felt love, warmth and hope for their future.

Watching a happy child enjoy holiday traditions, a warm meal and then open up a bag of gifts containing shoes and clothes, when perhaps a year ago they wer homeless and afraid, and knowing that our supporters make that transformation possible, is a very powThe thing," she says.
The holidays are all about celebrating, and regardless of which organizations donors choose to contribute to, giving can make their season more rewarding and truly enrich
leged.

Realizing that you are abb to transform someone's life is the best gift of all. For more information about Friends of the Orphans, visit www.friendsoftheorphans.org.

## Future looks

## bright for

## 19-year old talent

By Henry Veneracion, By Henry Ven
Staff Writer

HOLLYWOOD Garcia-Lee plays Meg the close friend of Christine, the heroine of "The Phantom of the Opera" with whom the shadowy masked figure of the title role, who lurks beneath the catacombs of the Paris Opera House, falls madly in love
It's a supporting role, but,
young 19 -year-old graduate like Paloma, it's a juicy one, and a significant step in the right direction. Born in Minneapolis and growing up just outside Philadelphia, Paloma says she was born into show business, as her parents, both performers and owners of a dance studio, homeschooled and trained her. She has at the same time studied with American Ballet Theater, The Princeton Ballet School, Complexions Contemporary Ballet and Spirit in Motion Ballet Theater, and has at various times performed at Radio City Hall, in Hong Kong, in China, and "just about everywhere in the U.S."
She graduated in June of 2008 from the North Carolina School of the Arts in both acting and dance. She was only 17 when she was tapped for the ballet chorus of The Phantom of the Opera's Broadway production that October, making her one of he for the production. She was also an understudy for Meg.
Her big moment (so far, anyway) came in May last year when she joined the third national tour of The Phantom of the Opera to play Meg. This group is one of the musical in various parts of the country, in addition to the

SENIOR PERM SPECIAL $\$ 39.99$
Call Lupe
(562) 803-1451


Broadway production, which now in its 23 rd year, has been dubbed the "most successful and longest continuously-running nusical in U.S. history end in sight.
It is this third national tour, known as the Music Box Company, that opens its Lo Angeles run tonight (Sept. 23) at the Pantages Theatre in Hollywood and ends on
Halloween Night, Oct. 31. It is the Halloween Night, Oct. 31. It is the third national tour's final per-
formance. formance.
Just back recently from pleasure trip to Switzerland and
contacted in Pittsburgh where contacted in Pittsburgh, where he Phantom was about to conclud nother run, Paloma said this would be her first trip to Lo Angeles, and she couldn't wait to

"Bein"Being part of the tour [and playing Meg] is so much fun, Paloma says. "You're learning something everyday. Right now I'm open to everything, alert to spery opportunity. just soaking it all up. sponge, just soaking it all up. just so thankful for it all." fond of horses and particularly says she's still family ("They've been very sup portive all along")
Onil the final performance of the third national tour, Paloma says she ha several options to consider
soon as the final curtain falls. soon as the final curtain falls. performing" she and I love ably mon, she says. "I II prob see what would fit me best. You never know what will turn up. Of course I'd like to go on to films, or TV. Doing commercials isn such a bad idea. Or doing another musical. If Broadway's Phantom comes calling, I'll come running.' For information, visit


DOWNEY PARTY
RENTALS
10900 Paramount Blvd
Downey CA 90241
(562) 861-1616
www.DowneyPartyRentals.com
DVD RELEASES FOR SEPTEMBER 28


## Sports

The Downey Patriot 9

Vikings beat Schurr to stay perfect

- FOotball: Dallas Lopez throws for 252 yards and three TDs to lead Downey.

By Jennifer Cho, Intern
DOWNEY-The undefeated Downey varsity football team dominated Schurr last Friday with a 29-26 win.
Dallas Lopez found his groove
completing 13 of 21 passes for 252 completing 13 of 21 passes for 252
yards and three touchdowns, in yards and three touchdowns, in
addition to scoring a rushing touchaddition to scoring a rushing touch-
down for the Vikings. down for the Vikings. "He [Lopez] had a much better game than the week before," said
head coach Jack Williams. "On head coach Jack Williams. "On
defense we had a little setback defense we had a little setback
from the week before." from the week bers.
The Vikings down seven points at the half but got a stop to open the second half. The
offense then took control and offense then took control and scored on the next three series. The team proved their mental stamina throughout the game by concentrating on their plays rather than the score on the scoreboard.
Though the team was without some starters, the Vikings continued fight and ended victoriously.
"We did not play a couple of starters for disciplinary reasons, so other guys had to step up and they Kyle Lewis rushed 40 yards a Robert Moss rushed 19 yards and had an impressive seven catches for 157 yards and a touchdown. Moss also had an interception along with his six tackles on Bobby Couso and Isaac Dan scored two touchdowns for the
Vikings. Vikings.

## Warren's first win comes in a thriller

- FOOTBALL: Warren outlasts Jordan, 20-14, to secure first win of the season.


## By Scott Cobos,

## Staff Writer

DOWNEY - It might have taken extra time, but the Warren
Bears finally gave head coach Gil Bears finally gave head coach Gil
Jimenez his first win at the school, Jimenez his first win at the school,
winning in double overtime $20-14$ winning in double overtime 20-14
at home over Long Beach Jordan at home over
Friday night.
Defense dominated the entir game, so appropriately it was a blocked PAT with 30 seconds to go
in regulation and an interception in in regulation and an interception in
the second overtime that proved to be the difference in a game that featured 12 total points in four quar
$\qquad$ in the beginning of the third quarter off a 5 -yard rush from Jamil Magee hoping to make the six points stand up. ulation marched last drive of reg attacking Warren's defense through the air. With under a minute to go Jordan's quarterback dropped back
in the pocket and threw a fade in the pocket and threw a fade pas
to the corner of the end zone wher his receiver jumped over a couple Warren defenders to catch the Warren defenders to catch the
game-tying touchdown The Bears had to block the PAT in order to at least send it into overtime. Jordan snapped the ball and the PAT was blocked. Thinking they had sent the game into overtime Warren started celebrating, but a flag was thrown before the block. Jordan had been called for false start before the ball was snapped so Warren would again have to block the PAT.
This time, five yards farthe This time, five yards farthe Warren's Josh Callier came flyin


Рhoto by Paul Heidecker
Warren's Josh Callier blocked Jordan High School's PAT attempt to send the game into overtime. The Bears won the game, 20-14.
around the corner, dove with his hand stretched out, and blocked the PAT again, sending the game into overtime.
"He's definitely a specimen to be aware of," said Jimenez about Callier. "It's his first year playing linebacker. But he has the attributes to be an outstanding linebacker now and hopefully at the next level." Warren won the coin flip in overtime and chose to
offense. Quarterback
offense. Quarterback Sam
Bettencourt and Magee both had Bettencourt and Magee both had
runs that set up Bettencourt's 4 -yard runs that set up Bettencourt's 4 -yard
sneak to put the Bears on the board sneak to put the Bears on the board
again. Bettencourt also converted the 2-point conversion after Jordan was whistled for offsides moving the Bears closer to the goal line. Jordan came back and scored touchdown off a 14 -yard pass and also converted their 2-point conversion to stay in the game.

In the second overtime, the down when Bettencourt dropped back to pass and threw to a receive who was tripped up in Jordan's sec ondary, prompting a pass interfer ence call. With a new set of downs Bettencourt was able to find Gabriel Green in the end zone to score on a 4 -yard pass. The Bears missed the PAT though, leaving the door open to Jordan.
But again, it was the defense that held up. On second down Jordan again tried for the corner, but
this time cornerback Justin Aguilar his time cornerback Justin Aguilar
was there to tip the ball up in the air and to himself, intercepting the ball and ending the game. and ending the game. ting there," said Jimenez about his ting there, said Jimenez about his
team and defense. "We're still not where I like to be at but I think the kids are finally understanding the
system. We're a blue collar type of team now and all we need to do is

The game featured under 450 total yards of offense between the two teams, three interceptions, many sacks, and a blocked PAT. Callier led the team with 12 tackles, Bettencourt passed for 86 yards on 9 of 11 passing, Magee rushed for 109 yards, his third straight game going over 100 yards rushing, and Grant Carter caught four passes for 31 yards.
After the
After the game, Jimenez was relieved that he was finally able to
pick up his first win as Waren pick up his first win as Warren's
head coach. "How
"[How does it feel to get the] monkey off my back? Great, incred-
ible," he said. "We should've done ible, he said. "We should ve done
this in regular time. It was a tough his in regular time. It was a tough

Downey wins
Los Altos
tourney

■ WATER POLO: Vikings shrug off season-opening los go 5-0 in Los Altos.

## By Joseph Apodaca,

DOWNEY - The Vikings boy's water polo team kicked off their season last Tuesday against the La Habra Highlanders in a close game that ended with the Vikings losing by one point, 13-12.
Down by five points at the end
of the first period of the first period, the Vikings kept
up their fight and came back and up their fight and came back
almost snatched the victory. almost snatched the victory.
"Even though we lost it meant lot to us because last year we lost lot to us because last year we lost
by nine to them [La Habra] and this by nine to them [La Habra] and this
year by one," said captain Derek year by one," said captain Derek
Dodson. "It was a confidence Dodson. "It was a confide
booster even though we lost." The extra confidence was just
what the Vikings needed when they entered into the Los Altos Varsity Tournament last weekend, where the team took home the first place trophy for winning every game they participated in.
Dodson, along with Richard Gomez, who is one of the team's few left handed players, led the offense to victory in all six games. In a majority of the games they played, the Vikings were relentless in goals, never once letting a shot go opportunity go by even though they were well enough ahead in the game.

The tournament went great as we went 5-0 and took first in the tournament," said Dodson. "We really came together in the championship game, getting better scoring
distribution throughout the team."

## BUILLETIIN BOARID




8811 IMPERAL HWY. DOWNEY, CA 9042
PIN ROOFING

New Roofs • Repairs • Tear-Offs General Roof Maintenance Bonded / Insured • Lic\# 758000 Call for a FREE Estimate NEZD A PLUMBER?

Drains as low as $\$ 69$

Serving the Downey Area wu 国 A-1 PERFORMANCE ROOTER \& PLUMBING 24 Years of Quality Service - 562-292-1061 Flouence eflin Coue and OA, ©/pa - Facials

- Microdermabrasion - Eyelash Ext - Body Molding
- Wart Removal Nassage
1 Hour \$25.00 We treat Acne Scars and discoloration. Call today to schedule a consulta florenceskincareanddayspa.com - (323) 771-2273


## MIA'S FASHION \& ACCESSORIES 

 FREE GIFT WITH THIS COUPON12004 Paramount Blvd. Downey, CA 90241 (In Shakey's Shopping Center) (562) 862-6168

NO MORE ELECTRICAL WORRIES! Serving All Your Electrical Needs STAR ELECTRIC SYSTEMS


CHARLES MORLEY YOUR FULLER BRUSH MAN 562-803-1823
CELL: 562-217-0925
CHUCKMORLEY@EARTHLINK.NET


## Pennine Plumbing, Inc.

(Formerly Hoffner Plumbing, Inc.)
$\bullet$ SERVICE • REPAIR•


-ar-aner
THOMAS UETERINARY HOSPITAL


 Lastr Revoval NEW LOCATION! Moles Warls Liver Spols Christine Choi's Indefirableses on Shín - Shampoo \& Set $\$ 15.00$ - Japanese Product Magic Christine Cho Tel. (562) 622-3568 straight Permanent Paramount Blve


## Dr. Eric Lewis was

## doctor, veteran

DOWNEY - Dr. Eric O. Lewis, a medial doctor World War II veteran and a resident of Downey
59 years, died Sept. 15 at his home in Downey. 59 years, died Sept. 15 at his home in Downey.
Lewis is survived by Dr. Eric A. Lewis, Shirley Marshman and Nancy Jewell, 14 grandchildren and Marshman and Nancy Je
five great-grandchildren.
five great-grandchildren.
He was predeceased by his wife, Lelia, an He was predeceased by his wife, Lelia,
daughters, Beverly Hollowell and Kathy Yoder. daughters, Beverly Hollowell and Kathy Yoder.
He was born Sept. 10, 1921 in Vancouve He was born Sept. 10, 1921 in Vancouver,
Canada and moved at a young age to California. His studies at UC Be
Army in WWII.

After the wa
After the war he married Leila Mae Paxman, finished his studies Berkeley and attended medical school at USC. In 1950 he moved to Downey and established a family medical practice in Norwalk. He took pleasure in deli
grandchildren.
In the years that followed Lewis was active in the community, Following the death of his wife in 1984, and his retirement in 1986, he emained involved in his grandchildren's lives, while still living in the same house on 6th Street. He also established a scholarship to honor his wife's commitment to education A 1 p.m.

## Abram Moya, 84, served in WWII

DOWNEY - Abram R. Moya, a Downey resiept. 19 in Fullerton. He was 84
Moya was born in San Angelo, Tex., and served as a technician fifth grade in the United States Army during World War II.
He worked as an engineer at McDonald Douglas Aircraft and Boeing companies.
Moya belonged to the American Legion.
He is survived by a son, Abram Moya Jr.; daugh-
er, Bianca Moya, and son, Steven Moya.
A viewing will be held Sept. 24 from $4-8$ p.m. at
Chapel with the vigil service beginning at 7 p.m.
The funeral Mo service begiming at 7 p.m. The funeral Mass will be Sep. 25 at Help Church. The burial will follow at Rose Hills Memorial Park.


## Dorothy Mae Jones June 20, 1915-September 15, 2010

 Services will be held September 27 at 12pm at Forest Lawn Glendale for Dorothy Mae (Armstrong) Jones, whopassed away on September 15th at the passed away on September 15th at th
age of 95 . A Downey resident for 70 age of 95. A Downey resident for 70
years (she moved to Downey in 1940). years (she moved to Downey in 1940). on June 20, 1915. Dorothy graduated from LA City College with a major in Journalism. She worked early on as the secretary for Alameda School and at the Downey Unified Schoo District Office. She was also employed by Duncan Industries for longtime member of DAR (Daughters of the American Revolution) longtich shmas a of which she was a charter member of the Santa Gertrudes Chapter. She was a member of the Downey Historical Society. A volunteer for many years at the American Heart Association and the American Cancer Society. Dorothy was preceded in death by her husband Lester Jones, her parents Hazel and James Armstrong Sr. and her brother James Armstrong. She is survived by her sister Marian Rhoades and nieces and nephews, as well as many close friends.

## Robert Orr Kimbrell <br> Octo6er 17, 1923 -September 19, 2010

 Bob was born in Los Angeles, CA toparents Leo Orr Kimbrell and Marth parents Leo Orr Kimbrell and Martha May Robinson Kimbrell. He was a nationally seeded tennis player with his greatest accomplishments in Men's Doubles while attending USC and while he was in the Navy serving as an Ensign in the Sea Bees in Hawaii. He attended USC School of Engineering and was employed with Los Angeles County Flood Control District for more than thirty years retiring in 1981. Married Marjorie Meeker in 1949 and moved to Downey in bowling. He watched a variety of sports and could tell you all the statistics. He also enjoyed gardening, was an avid needlepointer and a Boy Scout Leader Troop 807. Bob attended all Downey concerts in the park, plays and symphony performances. He volunteered for many years with Meals on Wheels and the Red Cross. He attended and was active at Downey United Methodist Church. Bob also loved his dogs - Shep, Charlie and Lucky. He spoke highly and was proud of his children, grandchildren and great-grandchildren. He will be missed by many friends at the Downey Retirement Center, where he was known as the "Whistle He is survived by former wife Marj Kimbrell, sister: Barbara Kimbrell of Downey, children: Bob Kimbrell (Rosalie) of Liberty, MO Steve Kimbrell (Ann) of Oxnard, CA, Jill Kimbrell of Downey, Sue Kimbrell of Chico, CA; four grandchildren, Sarah, Peter, Scott and Wes; and three great-grandchildren, Riley, Emily and Evan. Services will be held Friday, September 24,2010 at 11:00 a.m. Downey United Methodist Church. For more information, visit www.Miller-MiesMortuary.com.

## Water barrels to be given away Saturday

By Mark Sauter,
DOWNEY - The Downey Emergency Preparedness Committee and CERT volunteers will be distributing plastic foodgrade barrels on Saturday morn-
ing, Sept. 25 .
The distribution of the barrels
will begin at 8 a m . The berrels will begin at 8 a.m. The event will
end when the supply of barrels is end when the supply of barrels is
exhausted or at 11 a.m., whichever exhausted or at Il a.m., whichever
comes first. The barrels are a comes first. The barrels are a
donation from the Downey Cocadonation from the Dow
The location of the giveaway will be the Discovery Sports Complex and Columbia Memorial Space Center on Columbia Way, Community members interested in picking up a free emergency water storage barrel must enter the event from Bellflower Boulevard and proceed west on Steve Horn Way and follow the signs to the staging area at the park.
There will be no entry into the distribution event from Columbia wo streets will be kept open for Kaiser Hospital and park traffic. The distribution will be a ‘drive-thru' only event. There will be no accommodations for walkup visitors. All attendees will be

directed to stay with their vehicles as they work their
distribution effort.

The storage of an ample supply of fresh water is one of the most important actions community members can take as they prepare for an emergency. Fresh water is
disasters. Experts recommend each person store a minimum of 37 gallons of water for emergency use. Additional water should be tored for pets.
Each barrel is cleaned and rinsed by Coca-Cola staff members before delivery to the distri-
and drivers. The barrels vary in size from 15-55 gallons. The exact quantity of each size of barrel varies for each event. A special instructional label is attached to each barrel. The minimal program costs have been off-set by the sale of accessory tools for use with the

Five things you don't know about psychiatry

By Stephen B. Seager, MD Few things are more misunderstood than mental illness. People once thought mental illness was caused by demon possession, sin or witchcraft. Often the mentally ill were cruelly mistreated or killed. You might think those days are long over, but superstition and ignorance are hard to overcome. It wasn't so long ago that we were
taught that our secret thoughts and fears caused mental disorders. Until recently, treatment for mental illness happened in distant and dismal state run asylums (think about "One Flew Over the Cuckoo's Nest" - that isn't far off the mark).

## Barbara Hooghkirk attended OLPH

DOWNEY - Barbara Lee "Bubbles" (Hawkins) Hooghkirk, a longtime parishoner at Our Lady of Perpetual Help Church and an employee Maude Price Elementary, died peacefully Sept. 22 in Vancouver, Wash. She was born July 4, 1926 in Lewiston, Idaho, and moved to Cali
1941 with her family. She was the third oldest of 10 children.
She married John "Jack" Ogden Hooghkirk on June 20, 1953 in Los Angeles. They moved to Downey in 1955 where they lived until 2005 when they moved to Vancouver, Wash.
She worked at St. Rose of Lima School in Maywood and Maude Price Elementary in Downey between 1984 and 1988.
She attended OLPH during her 50 years in Downey. As a parishoner, she was part of the Women's Guild, Legion of Mary and ministered to children at Los Padrinos Juvenile Hall.
She is survived by her husband, Jack; children, Rosemarie, Peter, Anne, John, Theresa, Paul, James, Thomas, Michael, Jeanne Marie and Heidi; 23 grandchildren; two great-grandchildren; and siblings, Jim Hawkins, Patricial Sullivan, Cecilia Magolske, Mike Hawkins, Bob Hawkins and Marynell Brinkman.
Services will be held next week at All Souls Cemetery in Long Beach For specific dates and times, call (562) 424-8601

Discover the Power of Partnership


Anyone Can Be a Membert If you live in Downey come and
difcover the power of partacithin!
? hatip

- Hrech

FREE AI
FREE

Join Today!
800.950.7328, www.fpcu.org


The mentally ill were feared and shunned. But in the last 20 years, things have changed dramatically. ore than we did about psychiatry. Despite this, however, many people remain unclear about the actual cause of mental illness and its treatment. The good news is there's so much more room for optimism and hope than there ever was before. Here are five things about mental illness and psychiatry you probably don't know and that will probably make you feel a whole lot etter about the subject: 1) Psychiatric illness is real. Mental illness or "brain disease" is

a disease of the brain just as heart disease is disease of the heart. Like almost every other illness, including diabetes, high blood pressure, arthritis, etc., psychiatric disorders start in your genes. Freud was wrong. Mental illness does not come from a person's thoughts or
dreams, nor is it caused by a difficult childhood, bad parenting, or stress. "Being strong" or having willpower won't make it go away. People with a mental illness usually need to visit their doctors for a diagnosis and to get treatment. 2) Psychiatric illness is very common. Twenty percent of all Americans will suffer from a menal disorder serious enough to equire treatment. And no one is mmune. Rich and poor, men and women, old people and children of all ethnicities can suffer from mental illness. It's nothing to be ashamed of. It's a part of life for many people. Those of who do not suffer from a mental disorder who dees, or have a family mem who does, or have a family member or a Iriend with a psychiatric will affect nearly all of us at one will affect near
time or another
3) Psychiatrists give medicines for mental illness. That's what doctors do. They give medicine. Psychiatric illness is no different from other type of illness. Since it was discovered that brain cells talk to each another using chemical signals, that's where the aim of brain disease treatment has been focused. Brain disease results when brain chemicals get out of whack. Psychiatric medicines attempt to return these chemicals to normal. Psychiatrists give medica-

## Connections Networking

tions for the same reasons that all physicians do: they work. They make people's lives better.

Psychiatric medications are serious business. Like all medications, they can have side effects. Some may be habit forming, and others require monitoring of blood levels. Some may conflict with may medications you are taking. It medication some time to find the tion of medications, so don't give up. Many nedications, so don't give ications newer psychiatric med ications are much safer and less prone to side effects than those
used in previous generations used in previous generations.
Psychiatric medications, these days, don't make people turn into "zombies." They don't change your personality or control your
thoughts. They are specific medications given for specific reason They make sick people well.
4) Therapy helps nearly everything. Therapy's benefits aren't limited to helping brain disorders. It turns out almost ever disease improves with therapy Diabetics blood sugar is more eas-
ily controlled. Your high blood ily controlled. Your high blood
pressure can be lowered. Arthritis pressure can be lowered. Arthritis
hurts less. As psychiatry has hurts less. As psychiatry has
become part of general medicine become part of general medicine
therapy should become part of gentherapy should become part of gen atrists no longer do therapy, which is actually a good thing, since now it's the job of specially trained therapists. Therapy is extremely helpful for most people who choose to use it. Don't be turned off because of the stereotype of a neurotic comedian lying down on "shrink's" couch a few times week for recreation and whining endlessly. The truth is that therapy has a beginning, a middle, and an end ... and it's anything but a joke. Most therapists no longer look for
us Thursdays at 7:30am See PSYCHIATRY, page 11
-

## 306 Firestone Blyd <br> Downey, CA 90241



## Forum to examine possible expansion

 of Panama CanalLONG BEACH Point/Counterpoint, a new educational forum from the Center for International Trade and Transportation
California State
(CITT)
University,
Long California State University, Long
Beach (CSULB), will hold its inauBeach (CSULB), will hold its inaum. in the campus' Carpenter P.m. in the campus The event, which is free and The event, which is free and "Panama Canal Expansion: The Battle for Jobs and Cargo. Who Wins? Who Loses? Who Decides?" It will bring together scholars as well industry experts and leaders to review the facts surrounding the canal's expansion and offer their unique perspectives, as well as challenge existing assumptions concerning implications for West Coast ports, cargo volume and jobs.
To help bring clarity to the debate, Point/Counterpoint has scheduled a pair of speakers with knowledge of both the Panama Canal expansion and the shipping industry in general -Paul Bingham from Wilbur Smith
Associates in Virginia, and Mary

Brooks from Canada's Dalhousie University in Halifax.
"The Panama Canal expansion is one of those issues that everybody talks about, yet nobody is
clear on the implications for the clear on the implications for the
Southern California ports," Southern California ports," said
Marianne Venieris, executive Marianne Venieris, executive
director for CITT, "When the director for CITT. "When the
expanded canal opens, importers expanded canal opens, importers
will have to be aware of other will have to be aware of other
trends that are emerging that could threaten cargo growth through the ports of Los Angeles and Long ports of Los Angeles and Long
Beach. On the other hand, some of these trends could end up favorin west coast ports."

The expanded Panama Canal is scheduled for opening in 2014, which coincides with the canal's 100th anniversary. The expansion will result in the construction of two new sets of locks - one on the Pacific and one on the Atlantic side of the canal. The expansion also entails the widening and deepening of existing navigational channels. The improvements will make it possible for ships to take significantly larger loads through the canal from East Asia to U.S. gulf ports and ports along the Eastern

Seaboard, which could impact West Coast port activity
"The issue is how "The issue is how much of an advantage does the Panama Canal give shippers like Wal-Mart and Home Depot in getting their goods
to their final destinations," Venieris explained. "It's important for our explained. It s imporane for our ports because in ine no conness and then there's no busiIt's not only the ports that will be It's not only the ports that will be affected, but also the railroads,
trucking, warehouses... pretty trucking, warehouses... pretty
much all businesses involved in international trade."
Point/Counterpoint, which Venieris hopes will become a regular event, is a follow-up to the popular annual CITT Town Hall meetings, which concluded in 2009 after a successful 10 -year run. In the town hall meetings, experts were brought in to give their perspective on a specific topic and then answer questions. The Point/Counterpoint series differs in that it deals with a pertinent issue of current interest to the goods movement industry where there are opposing opinions and better information would bring more clarity

## PSYCHIATRY: Myths

 often far from truth.Continued from page 10

"root" of problems and muck around endlessly in childhood memories. This simply proved to be of limited value. What does work is called Cognitive
Behavioural Therapy (CBT) the short version of which is: it doesn't matter why you are doing that or thinking that. We'll teach you a new way to think and behave. It's a much faster and longer lasting than anything you'll see in films or read about in novels.
5) Hospital stays for mental disorders are short. Nearly all brain diseases are treated in the doctor's office, although sometimes people are sick enough to need hospitalization. With the discovery of many new helpful medications, the average hospital stay for a mental illness is often less than for other problems. It's frequently no more than a week. Then
most people return home and
resume their normal lives. And, yes, most medical insurance covers the cost of hospital stays for mental disorders.
Modern psychiatry is a fullfledged branch of medical science Both accurate diagnosis and effective treatment is available for men-
tal disorders. Psychiatrists can now tal disorders. Psychiatrists can now lift the depressed from the depth of despair. They can quiet torment-
ing voices, bring relief to the anxing voices, bring relief to the anx
ious and obsessed, and safely help ious and obsessed, and safely help
patients navigate across the chasm of suicidal thoughts without tum of suicia,
bling in.

The modern psychiatrist has an arsenal of tests and medicines that
bring relief from human suffering bring relief from human suffering
that could only be dreamed about in past generations.
Stephen B. Seager, MD is a practic ing psychiatrist. He is author of
"The God Gene." He can be The God
reached
www.Stephen
Amazon.com.


Concert
preview in
Whittier
WHITTIER - The Rio Hondo Symphony Guild will hold a conChurch in Uptown Whittier Church in Uptown Whittier.
Marvin Neumann, a
Marvin Neumann, a noted
music educator in Southern music educator in Southern will be guest speaker. His talk will include composers from Russia and China, with music programmed by Maestro Kimo grammed
Furumoto.

The concert preview is free and open to the public. For more information, call (562) 693-5516 or go to www.riohondosymphony.org.

Free piano
lessons for kids
DOWNEY - Local children are invited to receive free piano lessons after school at First Presbyterian Church of Downey. The piano lessons are part of the church's Kidz Konnection youth program.
For more information, call Lydia Kim at (562) 547-7079.
AAUW lines up two speakers
LONG BEACH - Darlene Quinn, an author and journalist who broke the glass ceiling in retail corporate management, and Anh
Duong, a corporate executive with Duong, a corporate executive with BP, will be guest speakers when the
AAUW Long Beach branch meets AAUW Long Beach branch meets
Oct. 2 at St. Luke's Episcopal Oct. 2 at St. Luke's Episcopal
Church, 525 E. 7th St., in Long Church,
The meeting begins at 11 a.m. For reservations, call Pat Ferrer at For reservations,
(562) 597-4781.


AllAboutDowney.com
 Job Opporturifises Cowneys Schools - Downey Churches - Kids Section - Lost// ound Pets -
Sports and Entertainment - About Health - Real Sports and Entertainment - About Health - Real
Estate - Seniors - Home Improvement ~ Downey
Estate - Seniors - Home Improvement - Downey
Emergency Preparedness and lots More -
Emergency Preparedness and lots More -
Site Contact Bev Baumann © 562-244-32


Arrests made in Bell
salary scandal
BELL - Former city manager Robert Rizzo was one of eight former and current Bell leaders arrestd Tuesday on charges of misusuing more than $\$ 5.5$ million in public funds.
"This, needless to say, is coruption on steroids," said Los Angeles County Dist. Atty. Steve Cooley at a press
announcing the arrests.
announcing the arrests.
Since the Los Angeles Times
reported in July that Rizzo's annual compensation package totaled more than $\$ 1.5$ million, more stories have emerged of alleged corruption.
Prosecutors alleged Rizzo used city funds to loan himself and others nearly $\$ 2$ million. Rizzo also allegedly gave himself pay raises without the required city council approval and without a performance evaluation.
Four of the five Bell city coun-
that exceeded $\$ 92,000$ per year plus another $\$ 100,000$ for sitting on commissions that rarely met o met for just minutes at a time, th Times reported.
"They used the tax dollars collected from the hardworking citizens of Bell as their own piggy
bank, which they then looted bank, which they then looted at
will," Cooley said. "This was calwill," Cooley said. "This was cal
culated greed and theft accom culated greed and theft accom
plished by deceit and secrecy" plished by deceit and secrecy."
In addition to Rizzo, tho In addition to Rizzo, those
arrested Tuesday included Mayor arrested Tuesday included Mayor
Oscar Hernandez, council memOscar Hernandez, council mem-
bers Teresa Jacobo, Luis Artiga and George Mirabal; former council members George Cole and Victor Bello; and former assistant city manager Angela Spaccia. The eight defendants wer had already Wednesday and some had already bailed out, after prov-
ing they could make bail withou using illegally-obtained funds.
cil members took home salaries

## LEGAL NOTICES

## FICT. BUSINESS NAME























|  |  |
| :---: | :---: |
|  |  |
| $s$, and |  |
|  |  |
| fazIEP |  |
| Frazie |  |
|  |  |
| See |  |
|  |  |
|  |  |
|  |  |
|  |  |
| ain |  |
| yacion without obtaining cour mapo |  |
|  |  |
|  |  |
|  |  |
| On authoit |  |
| pers |  |
|  |  |
|  |  |
|  |  |
|  |  |
| ith the court before the hearing. Youn bearance may be in person or by your |  |




## trustee sales

The Downey Patiot, $\#$ BS 124251
$9 / 2310,9,930 / 10,10,710$



\section*{| the |
| :---: |
| the |
| lo |
| lo |
| do |
| do |}







The Downey Patriot, \#10S124251
$9123310,9,930110,107110$

The Downey Patriot \#8S 124251












## LEGAL NOTICES CONT





## 






















| NoTICE OF TRUSTEES SALE Trustee Sale No. 243848 CA Loan No. 3011493551 Title |  |
| :---: | :---: |
|  |  |
|  |  |
|  |  |
| Satan | dill |
|  | atemem |
|  |  |
|  | Sole |
|  |  |
| WAStinato Mutual iank FA, as | covenant or weranty, express or |
| a bidder for cash, cashier's check a state or national bank, a cashier's | ss |
| check drawn by a state or federal credit union or a cashier's check drawn by a state or | der, |
|  | 通, |
| section 50 of ine inancial edod |  |
|  |  |
| conveyed to and now held by the truste |  |
|  | colleco ate |
| Ssiole |  |
|  |  |
| rustee for the total amount (at the time of | 0,930010, 10 |






## The Downey Patriot \#ES 124251 $9 / 2310,9,93010,10,107110$



## 




|  |
| :---: |




##  <br> 

## 






| The Downey Pation \#BS124251 |
| :---: |
| $999 / 10,9 / 1670,923 / 10$ |

R

## 


No
No
No
ait





|  |  |  |
| :---: | :---: | :---: |
| FOR RENT | FOR RENT | SERVICES |
| QUIET DOWNEY APT <br> 2 bed, 2 bath, $\$ 1,250 \mathrm{mo}$. $\mathrm{A} / \mathrm{C}$, ceiling fan, stove \& carpet (562) 841-9119 | DOWNEY APT. <br> 2 bed, 1 bath, $\$ 1,100$ <br> 1 bed, 1 bath, $\$ 850$ <br> (562) 881-5635 | PROPERTY <br> MANAGEMENT <br> Across the Street Property Management accepting new clients. Call Joe (310) 617-3640 |
| CHARMING <br> DOWNEY HOUSE <br> $2+$ den, 1 bath, good credit 700 's, no pets, cul-de-sac, lrg. yd., appliances like new. $\begin{gathered} \$ 1,500+\mathrm{sec} \\ \mathbf{( 6 2 6 )} 282-7482 \\ \mathbf{( 6 2 6 )} \mathbf{3 1 9 - 3 8 1 7} \end{gathered}$ | DOWNEY DUPLEX <br> 2 bedrooms, 1 bath, quiet neighborhood, garage, washer \& dryer hookups. \$1450 Call (562) 754-3797 (714) 710-9053 | CARPET 4 U <br> Nylon Carpet w/pad Installed: $\$ 1.42$ sqr. ft. Vinyl Floor installed $\$ 2.45$ sqr. ft. <br> (562) 866-2195 <br> Showroom at 9303 Alondra Blvd. in Bellflower |
| *GREAT LOCATION* <br> Like new! 2 bed, 2 bath, builtins, forced air \& heat. Owner pays gas. $\$ 1,150 / \mathrm{mo}$. | Large yard, \$1300/mo Call John (562) 397-8939 <br> 1 BEDROOM APTS <br> $\$ 800-\$ 850+$ sec, W/D ldry | ALPINE CLEANING SERVICES <br> Houses, vacancies \& windows (562) 746-1483 |
| $\begin{aligned} & \text { (323) 992-8083 } \\ & \text { (562) 861-7529 } \end{aligned}$ | $\begin{array}{r}\text { rm, } 1 \text { car prkng. } \\ \mathbf{( 5 6 2 )} 927-2116 \\ \mathbf{5 6 2}) \\ \hline 299-4599\end{array}$ <br> (562) 299-4599 | ARMAS PATCHING \& RESTUCCO <br> Exterior \& interior plaster, patching, matching all stucco textures. Very clean. 25 years exp. No patch too small. Free estimates. Ask for Ray Armas Lic\# 882779 (562) 923-8227 |
| N. DOWNEY DUPLEX | ROOM FOR RENT |  |
| $\begin{gathered} \text { car gar, comm, ldry rm, } \$ 1,300 \\ \text { + \$1,300 sec. dep. } \\ \text { (562) 862-8820 } \end{gathered}$ | MASTER BDRM <br> Remodeled w/bonus room, 1 ba priv entrance. $\$ 850+$ dep. Util \& cable incl'd. |  |
| NORWALK <br> 1 Bed, A/C, gtd prkng - \$855 (562) 863-6599 | (562) 923-3967 <br> (562) 715-3284 | $\frac{\text { FULL SERVICE }}{\text { PLUMBING }}$ <br> Licensed, bonded \& insured, 24/7, senior discount McKinnon \& Sons Plumbing of Downey (562) 904-3616 |
|  | SERVICES |  |
| SOUTH GATE <br> House, 3 bed, 2 ba, dble grge - $\$ 1690$ <br> (562) 867-4710 | COMPUTER 1 SOLUTION <br> Senior help, upgrade, repairs, system set up, virus removal, |  |
| BELLFLOWER <br> Large 1 bed, gtd prk - \$930 (562) 867-4710 | troubleshooting. <br> Call Larry (562) 714-9876 |  |
|  | PLANS, PERMITS, CONSTRUCTION <br> Project Design, <br> Construction Drawings, Obtain Permits, New Construction, Additions, Kitchen/Bath Remodeling. Lic. \#936419 <br> Call Jeff (562) 869-1421 |  |
| **MOVE IN SPECIAL** <br> DWY 12527 Paramount Blvd. Apts! 2bd/1ba, 1bd/1ba, \$900 \& up! New tile, paint, pool, stove, laundry fac. Sec 8 OK. (310) 704-3950 or (310) 7043188 or (562) 843-2302 |  | SUPERB PAINTING <br> Exterior, interior, senior discounts, references, dependable \& reliable. Free estimates. Lic. \#634063. Wayne (562) 863-5478 |

SUBCRIBE TO THE PATRIOT
The Downey Patriot is offering paper subscriptions for $\$ 10 / y e a r$. This subscription guarantees a delivery every Friday to a single family home in Downey.


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

| Name of Recipient: |  |
| :--- | :--- |
| Address of Recipient: |  |
| Phone of Recipient: |  |
| $\mathbf{8 3 0 1}$ E. Florence Ave., Suite 100, Downey CA 90240 |  |


s






The Downey Patriot \#SS 124251
$999110,9 / 61610,923 / 10$




## Need to run a Legal Notice?

The Aobuney Wantriot is a newspaper of general circulation - and has been adjudicated in the County and the City. We can take any and all legal ads.


Contact Ther Powney Yatriot we can help! Phone: 562-904-3668 • Fax: 562-904-3124

## Go the extra mile to close a sale

RA Content

Not everyone who relocates has the luxury of doing it when school is out and the yard looks beautiful. If you're forced to sell your house and/or buy a new one outside peak season, you might have to work a lit-
tle harder and think creatively, tle harder and think creatively. Anyone who has bought or
sold a home has heard the standard advice: Find a good agent, be aware of local home values, fix up the house you're selling and research school districts and crime rates where you're buying.
"It's all good advice, but it's not always enough," says Rich Novak, assistant vice president of
Home Solutions, with USAA, a Home Solutions, with USAA, a full-service financial services provider serving military personnel and their families. "Families who need to move quickly during a tough real estate market may need to go the extra mile to close a sale."
Keep these five themes in mind from the moment you start planning your next move.

1. Dig deeper: You probably already know to use neighboring home values as a comparison point for selling or buying. But in today's market, some additional homework can pay off. If you need to sell quickly, for example, keep a close eye on what other houses are selling for in your neighborhood and stay ahead of the market by pricing yours lower. In the wake of the bursting real estate bubble, it's also important to have a heightened awareness of foreclosures, both where youre selling and buying. As unfair as it seems, any foreclosures on your street can put a dent in your home's market value. And if foreclosures are still prevalent in the neighborhood you're moving to, it could be a warning sign that values could continue to drop after you buy.
2. Be
3. Be involved: Just because you're working with a realtor doesn't mean you cat
your own legwork.
"The first 10 days on the mar"The first 10 days on the market are the most critical to selling
a home because new listings tend to get the most attention from buyers," says Brenda Wall, relocation director with ERA Colonial Real Estate in San Antonio, Rexas.
"Anything a seller can do to get


Servicing Our
CTremmunity

- Market Analysis

 | Call Toni Stewart |
| :---: |
| (310) $717-439$ |
| DRE License $\# 0096460$ |

## AlthAmerican <br> HOMECENTER

(562) 927-8666
their home ready to sell before putting it on the market would be helpful, including de-cluttering, cleaning, painting if needed and and bright."

The Internet and social media have opened limitless new strategies to sell your home and find your next one. Try Craigslist, Facebook, Flickr, and YouTube And don't be shy, say real estate agents.

When you're selling, post pictures that show your home at its best and upload a narrated video tour - because that's what you'd want to see as a buyer. At some becoming the new requirement fo sellers. Take advantage of a wide range services, beyond your local realtor's, that could help you streamline the buying and selling process. Some cost money, such as home "staging" services that can help whip your house into selling shape. Others are free such as relocation benefits offered by some employers, or the military's Homeoowners Assistance Program. One free service actually helps you while you are out and about looking for a place to live. For example, Home Circle from USAA provides free home search services on the Web and through an iPhone app that give you access to the same compre hensive listing information real estate agents use, driving direc tions to the homes you've searched and organization of pictures taken to help you keep track of all the homes you've seen Chances are you qualify for some type of assistance through an employer, the government, or an association you belong to - you just have to ask.
4. Get creative: Sometimes it takes out-of-the-box ideas to seal a deal. If you know that a potential

buyer is wavering on whether to make an offer on your whenser to convention by making a "reverse offer," where you try to win the sale with an attractive price. Sellers might also sweeten the pot with extra incentives. Money toward closing costs or prepaid homeowner's dues are common buyer incentives, but why not set yourself apart by offe
If you're the one buying but can't find the perfect house but your agent to look up houses that were recently taken off the market. You might be able to request a "one-time showing" and get a bargain price on a house the owners thought they couldn't sell.
5. Remain flexible: According to the experts, buyers and sellers should keep their pride in check and be willing to make some concessions, especially in a tough market. That means not haggling over minor repairs or refusing to leave behind the chan felier your potentar buyer loves. factor in the cost or keeping up months versus just accepting a


JUAN NAVARRO
REALTOR Looking to Sell? I Got Buyers!
Downey, qualified buyers that ae looking to purchae a home in market analys sis. please call me.
Necesita Vender ó Comprar Su Casa? Llame Hoy! REMMAX ColegePark| ORE\# 01416144
dell.562.569.0701 / NavarculuanNQ 2 hotmail com




Walk raises $\$ 13 \mathrm{~K}$ for foundation
DOWNEY - More than $\$ 13,000$ was raised at the Walk for Life held Sept. 11 at Stonewood Center benefiting the Sean Vernon Feliciano Amazing Day Foundation.

Approximately 450 people took part in the walk, organizers said, including Sheriff Lee Baca, who acted as the event's grand marshal.
Students from Downey and La Serna high schools also participated, as
did council members Roger Brossmer, David Gafin and Mario Guerra.
In addition to the walk, the foundation also hosted a fundraiser at Chili's at Downey Landing, collecting 15 percent of the bill when diner
 The Amazing Day Fo
The foundation is planning a golf tournament next spring. For mor information, or to help with future events, contact foundation president Robert Feliciano at (562) 869-0660 or bob@amazingdayfoundation.org.

## Volunteer

 To Keep Downey BeautifulAll cleanups are from 9 am to 10 am


September 25
Meeting at Rio San Gabriel Park 9612 Ardine Streat

October 16
Meeting in the parking lot CVS Pharmacy
7915 Florence Avenuo (ot Twoedy)

November 20
Moeting in the parking lot
CVS Pharmacy
8008 Firestone Boulevard (at Paramount)
December 18
Meeting in the Los Amigos Plaza Parking Lot
12818 Paramount Eoulevard lat Comolettel
Volunteers will cleanup liftered sidewalks and areas near meeting locations.
Anyone under the age of 14 must be accompanied by an adult.

STONEWOOD CENTER
(562) 927-2626 7834 E. Flarence Avenue - Downey, ca g0240

## OUR CLIENTS

efficient!" - Juan Ochoa fam very happy with the job that Moises Sierra did for our
family. Moises was kind, respectful, and always willing to family. Moises was kind, respectful, and always willing to
listen as we changed many aspects of our home-hunt. Moises has a lot of patience and he definitely conveys that the client's satisfaction is his top priority." - Maya Jimenez "Erasmo Rodriguez did a very good job." - Minerva Ocampo

FEATURED PROPERTY
My Real Estate
century 21 myrealestate.com


TOP PRODUCERS




## Real Estate



Visit us at: www.Prudential24Hours.com (562) 861-7257

|  | 1/ichael Berdelis <br> "The 24 Hour Agent" (562) 818-6111 <br> www.MichaelBerdelis.com <br> \# 1 Agent in Downey 50 homes sold in 2009! <br> Call Michael for a FREE Market Evaluation or FREE Short Sale Analysis! |  |
| :---: | :---: | :---: |
|  |  |  |
| Jewel of the Island 3 BD, 2 BA NW Downey Home featuring living room with picture window family room with fireplace master bedroom, <br> 2 car det. gar. Shows Great!! Price: $\$ 409,000$ <br> Call Michael @ 562-818-6111 | Pride of Ownership! 3 BD, 2 BA NE Downey home with pool, extra pool bathroom adjacent to 2 car detached garage, circular driveway - -all on 10,062 sq ft lot. Home also has newer tile roof and central air \& heat. Price: 5595,000 Call Michael @ 562-818-6111 | Northwest Downey Charmer! 3 BD, 2.75 BA home near Griffithts and Price with remodeded kithen, family room W/ high-ceilingss, master bedroom with larye closet, jitted twb $\&$ separate shower, and a secondary Jedroom with private hathrom wowlury nice fatures \& upgrades! Price: 5555,000 Call Michael @ 562-818-6111 |
|  |  |  |
| Terrific Townhome! Beautiful 3BR, 2.5 BA Glenbrook East townhome in a private gated community with pool, spa, clubhouse, and low HOA fees! <br> Price: $\mathbf{\$ 2 9 9}, \mathbf{0 0 0}$ <br> Call Michael @ 562-818-6111 | Colonial Look...Contemporary Living! <br> 5 BD, $4.5 \mathrm{BA}, 4186$ sq ft, 10377 sq ftlot. Features living rm \& fam rm w/fireplace, Kitchen w/ Viking range \& Subzero figg. \& master BD w/ walk-in closet \& lg master BA. Yard boasts pool, patio, fire pit, \& $\mathbb{1}$ g garas area. Price: 5849,950 Call Michael @ 562-818-6111 | The More The Merrier! 3BR, 2BA N. Downey home near East Middle School on a large corner lot. Property has a main house (approx. 1,500 sq. ft .) and a large detached bonus room. Reduced Price \$420,000 Call Michael @ 562-818-6111 |
|  |  |  |
| NE Downey Development! <br> 5 BD + loft (possible 6th BD) 4 BA w/ $3,839 \mathrm{sq} \mathrm{ft}$, large re-landscaped backyard \& 4 car att. Garage Price Reduced: $\mathbf{\$ 7 5 , 0 0 0}$ ! Call Michael @ 562-818-6111 | $\begin{aligned} & \text { New Constructions 2006! } \\ & \text { 5BD, 4BA North Downey home with } \\ & \text { downstairs master suite, large kitchen } \\ & \text { open to family room, \& formal dining } \\ & \text { room. Home has great attention to } \\ & \text { detail that the pickiest buyer will love. } \\ & \text { Price: } \$ 69,950 \\ & \text { Call Michael @ } 562-818-6111 \end{aligned}$ | A Real Gem! <br> 3BD, 1BA, 1,062 sq ft, on 7,504 sq ft lot, w/ hardwd floors under carpet, newer roof and daul-pane windows, central acc <br> \& heat, and a 2 car det garage. Price: 3389,950 <br> Call Michal @ 562-81-6111 |


 my ncighbantiood? These arse the tep questions on homeconers'
 their nefghbocthood Some homsownoes have puts off moving indefnitely. For those vonsideting maving up or downsizing. this of opporunity with toctys's incedibly how interest rata and low

 nrices in your mone up io downsize tange.

Foe a Limited time, F'm offering a free markel teport on home sales and home prices in your arca. Critical information if you nev looking to mino or if you just wat to sec bow your invenmert is doing. Simply call or email me to request your Free Feme Sales and Markee Report
(562) 743-2121 • www.DaleJervis.com


Our Lady of Perpetual Help School Presents:


Join us on:
Friday, October 15
Saturday, October 16
5 p.m. - 10:30 p.m. Sunday, October 17 Noon - 8:00 p.m.

## Visit OLPH School to Purchase



## Ride Tickets and Car Raffle Tickets

## For More Information Call

(562) 869-9969

10441 S. Downey Avenue Downey, CA 90241 www.oorladyschool.com


[^0]:    Reach Stan Newman at P.O. Box 69, Massapequan Park, NY 11762, or at www,StanXwords.com

