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Barbara Lamberth

## Financial education classes aimed at women

**DOWNEY** – Downey Federal Credit Union, in partnership with the city of Downey and Springboard, a non-profit consumer credit service, is again sponsoring five free financial education workshops tailored just for women.

The series is titled PEARLS (Preserving, Earning and Acquiring Real Life Skills) and workshops will be held at the Barbara J. Riley Community and Senior Center from 6:30 to 7:30 p.m.

The workshops will be presented in English, but take-home reference materials will be available in English or Spanish.

A description and schedule of the workshops follow:

**Sept. 28 – The Power of Paycheck Planning:** Learn how to budget your paycheck before you spend it.

**Oct. 5 – Understanding Your Credit Report:** Learn what is on your credit report and how a credit score is calculated to help you make wise borrowing decisions.

**Oct. 12 – The Wise Use of Credit:** Tips on how to build and manage a solid foundation for your financial future.

**Oct. 19 – Road Map to Financial Freedom:** Shows you how to build a debt management plan, enabling you to consolidate and pay back debt.

**Oct. 26 – Identity Theft and Awareness:** Learn how to protect yourself from this growing crime offline and online, and where to go for help if you are a victim.

Women are encouraged to attend all five workshops or to choose which of the workshops they would like to attend. No childcare is provided.

To RSVP, call (562) 862-8141, ext. 240, or send an email to [rspvseminar@downeyfcu.org](mailto:rspvseminar@downeyfcu.org).

Women who complete all five workshops receive a certificate of completion from Springboard.

"The workshops are open to all community members, and we encourage everyone to take advantage of our free workshops and educational materials to establish healthy financial management skills," said Barbara Lamberth, president and CEO of the credit union.



## Sept. 11 attacks still fresh in our memories

■ As city prepares for 9/11 concert Sunday, residents share their memories.

By ERIC PIERCE, CITY EDITOR

**DOWNEY** – Downey fire chief Lonnie Croom was sleeping when the first hijacked airliner hit the World Trade Center almost 10 years ago.

Croom was in bed when his TV, which also served as his alarm clock, interrupted his sleep at about 6 a.m.

"I could hear the news talking about a plane hitting the World Trade Center. I thought it was probably a Cessna," recalled Croom, a fire captain at the time. "Then my family came in and told me to watch. That's when I realized, 'Oh my god, that's no Cessna.'"

Croom, a firefighter in Downey with nearly 30 years experience, watched the towers burn with a trained eye. He knew the flames were putting tremendous strain on the towers.

"At some point the building's going to weaken," Croom said. "It can only take so much heat. And once the first floor is gone, they're all gone. It just pancakes down."

"Every firefighter knows that going in," he continued. "They know they may not make it out."

Croom said his "heart stopped" when the trade center's South Tower collapsed.

"As the firefighters are going into the second tower now they know what's going to happen," Croom said. "Their courage blows your mind. You try to put yourself in those shoes. What would you do? Do you get on the phone really quick to call your family to hear their voice one more time?"

In 2001, the Downey Fire Department was in the midst of turnover, with 15-17 rookie firefighters, brand new to fire service, in its ranks. In fact, more than 1/3 of current Downey firefighters were hired after the Sept. 11 attacks.

Croom said the attacks had a profound effect on the young firefighters, who had never witnessed such tragedy. In Downey, 80 percent of fire department service calls are medical related.

"It kind of woke them up to what they're up against," Croom said. "For us old guys it made us step back and appreciate every minute we have



Yard Sale, a 7-piece band that plays rock, swing, blues and more, will perform at a Sept. 11 concert at Furman Park from 4-7 p.m.

here, appreciate the job, appreciate the family. There are no guarantees."

Downey resident Carol Espinoza was also in bed when the terrorists struck.

"I was at home asleep and I remember my dad screaming, 'There has been a horrible accident in New York,'" she said. "I didn't pay much attention but when the second tower was hit I will never forget my dad's scream. I jumped out of my bed and ran to the living room (where) he kept saying over and over, staring at the television, 'This was not an accident! I will never forget that moment.'"

Author and former Downey resident Wil Stanton had a flight scheduled on Sept. 11, 2001.

"I was getting ready to catch a flight to New Jersey for my job, after just coming back from there two days before," Stanton said. "I flew in early (two days) to catch up with some stuff at home. I wasn't allowed to fly out that day."

Resident JC Mendoza was returning home from a morning jog when he heard the news.

"My brother stopped me outside as I headed to my room and told me, 'They are attacking us...They are attacking the U.S.'!"

"I proceeded to my room and as I turned on the TV, I witnessed the plane hit the second tower," Mendoza added. "I was glued to the TV as I watched in horror and disbelief...I will never forget."

## 9-11 concert Sunday at Furman Park

**DOWNEY** – The city of Downey will honor its public safety personnel with a concert Sept. 11 from 4-7 p.m. at Furman Park.

Scheduled speakers include Fire Chief Lonnie Croom, Police Chief Rick Esteves and others.

Local band Yard Sale will perform a free concert.

"We look forward to celebrating and honoring our public safety heroes who serve and protect our community as we remember the tragic events of Sept. 11, 2001," said Mayor Luis Marquez.

Residents are encouraged to bring chairs and blankets. Food will be available for purchase.

For more information, call (562) 904-7238.

Luis He, a middle school student at the time, witnessed the attacks at home but didn't grasp the severity of the situation until later.

"I didn't understand until my first period teacher at East Middle School explained that we had been attacked," he said. "Still a touchy subject to this day."

## Man arrested in Texas for Downey killing

**DOWNEY** – A Downey man was arrested in El Paso, Tex., after he allegedly confessed to killing a woman here.

Gary Anthony Chavez, 44, walked into the El Paso Police Department on Sunday and confessed to the killing, said Lt. Phil Rego of the Downey Police Department.

Downey police officers found the body of Alvina Jimenez, a 31-year-old resident of South Gate, while performing a welfare check Saturday night at an apartment on the 8200 block of Telegraph Road.

Authorities at the time called the death "suspicious in nature."

Chavez allegedly traveled to El Paso and "advised the officers that he wanted to turn himself in for a murder he committed in Downey," Downey Police said in a statement.

Downey detectives traveled to El Paso where they placed Chavez under arrest. Detectives are in the process of extraditing Chavez back to California where he will be formally charged with Jimenez's murder.

Police did not disclose the relationship between Chavez and Jimenez. Authorities were waiting for the L.A. County Coroner to finish its investigation before revealing the cause of death.

Anyone with information on the killing is asked to call Detective Steve Aubuchon at (562) 904-2361 or Detective Maria Villegas at (562) 904-2324.

Tips can also be provided anonymously by calling (800) 222-TIPS, online at [lacrimestoppers.org](http://lacrimestoppers.org) or by texting the letters TIPLA, plus your tip, to CRIMES.

–Eric Pierce, city editor

## Standoff ends with suspect's arrest

**DOWNEY** – A 24-year-old parolee was arrested Tuesday morning after a lengthy standoff that caused the evacuation of a local apartment building.

The incident began Monday at about 9:15 p.m. when Downey Police responded to the 9200 block of Elm Vista regarding a call of an assault with a deadly weapon.

After an altercation with his niece's boyfriend, Jeffrey Zuniga, of Downey, allegedly pointed a rifle at the victim and threatened him. The boyfriend left the location and called police.

Police officers arrived but Zuniga refused to come out of his apartment, authorities said.

The Los Angeles County Sheriff's Department assisted with the standoff and, early Tuesday morning, deputies deployed tear gas into the apartment. Zuniga was taken into custody without incident.

A female found inside the apartment was also taken into custody but was later released.

Zuniga, who is currently on parole, was charged with assault with a deadly weapon and transported to Men's Central Jail where he will wait for an initial court appearance.

Police asked witnesses to the assault to call Detective Paul Hernandez at (562) 904-2368.

## SINGIN' IN THE RAIN



Mishi Schueller makes his Downey Civic Light Opera debut when he stars as Don Lockwood in "Singin' in the Rain," opening Sept. 30 at the Downey Theatre. Schueller has performed throughout the country and starred in the 2004 drama film "Arizona." "Singin' in the Rain" will play until Oct. 16 for a total of 10 performances. For tickets and information, call (562) 923-1714. Group rates are available.

OPINION

# The wisdom of the elders

■ Taste of Downey food fest and ‘Singing’ in the Rain’ opening night both on Sept. 30.

BY LAWRENCE CHRISTON, SPECIAL TO THE DOWNEY PATRIOT

Stunning. That's the only word that can describe the incredibly ingenious and boldly imaginative action the Downey City Council took to put a façade up where the Avenue Theater used to be. Admittedly the historic old movie house was an irreparable shambles on the inside. On the outside, the blank, grimy marquee was in desperate need of a facelift, and before the city blocked it off with a faux trellis, its filthy entrance was a favorite spot for local vagrants to enjoy a good snooze.

Okay, the city didn't create the new marquee itself—it hired a designer. But who would have thought that with one stroke of the pen, Downey would place itself among the world's most

progressive—dare we say avant-garde—little cities?

Think of it: A clean, well-lit marquee that announces a theater site where no actual theater exists. Brilliant. Think what Marcel Duchamps did with that urinal, or what Andy Warhol did with that soup can. With one reconceived image, Downey has entered the front ranks of post-modernist theorists in positing a reverberant image that forces us to contemplate the idea of a thing versus the thing itself, and add to the broader historical question of reality versus illusion. Esthetic integrity versus cultural preconception; utility and conventional artistic criteria versus the authenticity of a work that occupies its own time and space—the implications are endless.

Plus, the marquee lights up Downey Avenue, and in announcing “West Side Story” in perpetuity, puts us back in 1961, where so much of the city still seems stuck. Extraordinary,

you'll have to admit.

Question: why stop at the Avenue Theater? There are any number of entities whose reality can be maintained without expense or the hassles of normal human exchange, just by indicating that they're there.

Why not, for example, put a façade over the auditorium and chambers of the city council? Just a kind of Men at Work mural depicting our wise, intrepid leaders conferring in earnest Socratic dialogue about the future of the city. This would free them for photo ops, glad-handing and boosting—things they do well—and free the rest of us from decisions that sometimes have us shaking our heads in disbelief.

Take the fiasco waiting to happen on September 30th, for instance. The city has ponied up a reported \$65,000 for an Event Planner to make the most of this year's “Taste of Downey” food fest, where the area near City Hall will be cordoned off so that the public can sample the cuisine served up in booths by local restaurateurs. There will be a band. Local Downey artists will show their stuff. Third Street will be sealed off for the event. Judging by last year's number, 1500 are expected to indulge.

It sounds festive and fun. What no one in charge thought to do however is check the City's calendar for that date. As it turns out, September 30th is also the opening night of the Downey Civic Light Opera's production of “Singin' in the Rain,” and its post-show party at the Embassy Suites. Somewhere around 700 theatergoers, plus cast, crew and musicians, will run into the foodie crowd, which will have already taken up all the available parking space, not to mention the diners at Mimi's and the guests and revelers at the hotel. Many of the theatergoers are elderly and come from distances as far away as Ventura and Seal Beach. How will they get to the show? Can you imagine the snarling that will go on between the gray panthers and the canape-istas? All because of a leadership that's supposed to know what's going on in the city on any given date.

That's not all. At \$20 a pop, and at last year's number, the city grosses \$30,000 from the food fest. That's not half the Event Planner's fee, not to mention insurance, security, construction and cleanup, and other charges.

You gotta love it. If it's the nature of genius to go boldly forward where no one else has trod, you can't always complain when it's in a spectacularly wrong direction. It's still, in its way, beautiful.

# Thousands of students started school this week

DOWNEY – The first day of school is a joyful moment in the lives of students, teachers, parents, administrators, school employees, and everybody else who is in any way involved with the education of our kids.

The kids troop to their classes keen-eyed and alert, not to the earnest teaching tone of the teacher who is there not to teach their subject on this first day but to welcome them from their pleasure-filled vacations, inform them of their bell and lunch schedules, and otherwise assure them that they will experience an advance in their learning if they'll just attend school religiously and do their homework. The real business of learning begins the next day, when everybody will have settled down from the previous day's excitement.

The first day of school brings relief to parents, when they can look forward to enjoy peace and quiet at home. It's not a knock on the kids, this is just the way home life is.

The teachers by this time all have their individual student plans ready, especially if they have followed the state-aligned instruction and assessment protocols and other suggestions courtesy of the educational services office. They will also have arranged the furniture beforehand, put up the bulletin boards, gotten the sequence of assignments ready, and clarified any confusion about textbooks and other matters.

Like a great symphony, the whole district educational establishment will have their teaching instruments at the ready, poised to play their allotted tunes of instruction, the rhythmic sounds that will issue forth representing the ebb and flow of the teacher teaching and the student learning according to his/her level of comprehension.

The day before, Superintendent Dr. Wendy Doty and assistant superintendent of educational services Jerilyn King-Brown were scheduled to visit as many schools as they could to “rally the troops” – reminding the principals and other school administrators and managers of what is expected of them in the year.

A top priority this year, for example, is the implementation by principals of an action plan — based on 2009-10 achievement data specific to their school site—emphasizing instructional improvements to assist significant subgroups.

Another important mandate is to continue professional (teachers and staff) development in data analysis, diagnostic online reading and math assessment for K-8 students, differentiated small

# Teens sought for city youth commission

DOWNEY – The city of Downey is now accepting applications from local high school students interested in serving on the Downey Youth Commission, an advisory board to the City Council.

The 15-member commission will meet on a monthly basis to discuss city projects, plan activities, discuss youth-related topics, and participate in community events. The commission will also present its ideas and recommendations to the City Council.

The application is online at [downeyca.org](http://downeyca.org).



HENRY VENERACION

# Observe the moon from space center

DOWNEY – The Columbia Memorial Space Center will celebrate “International Observe the Moon Night” with a moon gazing event Oct. 8 from 7-9 p.m.

Families are invited to the space center where they can gaze at the moon through telescopes. NASA promotional items will also be given away.

Admission is \$5 or free for space center members. The event is taking place outdoors so visitors should dress accordingly.

For more information, go to [columbiaspacescience.org](http://columbiaspacescience.org) or call (562) 231-1200.

# Doctor to talk colon cancer

CERRITOS – A physician from Pioneer Medical Group will discuss colon cancer at a workshop Sept. 28 at 1 p.m. at the Cerritos Senior Center.

Dr. Sanat Patel will discuss colon cancer and ways to prevent the disease.

The lecture is free to anyone ages 50 and older. The senior center is at 12340 South St. in Cerritos.

# OLPH Guild meeting Sept. 21

DOWNEY – The Our Lady of Perpetual Help Women's Guild is inviting the public to its general meeting on Sept. 21 at 10 a.m. in the Parish Center, located behind OLPH School.

For a donation of \$10, visitors can play bingo and enjoy a lunch, including wine.

Parking is available in the lot on the south side of the school.

# Lottery ticket worth \$9 million

PICO RIVERA – Superior Super Warehouse, located at 9100 Whittier Blvd. in Pico Rivera, sold a lottery ticket last week worth \$9 million.

The ticket matched all six numbers in the Aug. 31 Super Lotto Plus draw for \$18 million. A second winning ticket was sold in San Diego.

Superior Super Warehouse will receive \$45,000 for selling the ticket. Jackpot winners have 180 days from the date of the draw to claim their prize.

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## Get Involved...

On 9/11/11 stop by our table at Furman Park and send a note to the troops! 4pm - 7pm

**SOROPTIMIST INTERNATIONAL OF DOWNEY IS PROUD TO PARTNER WITH LADIES OF LIBERTY AND SOLDIERS ANGELS**

**Our goal:** To support deployed service women in their mission by sending letters and supplies especially for the female soldier.

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## Wiseguys to play at food festival

**DOWNEY** – The Wiseguys Big Band Machine, a regular at summer concerts in the park, will offer live entertainment at the second annual Taste of Downey food festival taking place Sept. 30 in front of City Hall, city officials announced this week.

Thirty local restaurants will take part in the festival, which is from 5:30 to 9 p.m. Tickets are \$20 for 12 "tastes" from participating restaurants.

Tickets are currently on sale at City Hall, the senior center and the Downey Chamber of Commerce. Tickets will also be sold at the event.

In addition to the Wiseguys band, visitors can also enjoy an art walk featuring work by Downey artists.

Parking will be available in the nearby Civic Center parking lots and across the street at Downey High School.

The Taste of Downey event is co-sponsored by Coca-Cola Bottling Company of Southern California and the Chamber of Commerce.

For a list of participating restaurants, go to [downey-ca.org/taste](http://downey-ca.org/taste) or call (562) 904-7151.

## Gourmet food trucks at mall

**DOWNEY** – A gourmet food truck festival will take place at Stonewood Center in October, mall officials confirmed.

Details – including the date – are still being finalized, but 10-15 food trucks are expected to take part.

Golf 'N Stuff in Norwalk hosted gourmet food trucks last month to large crowds.

# Granata family to sell Italian restaurant

■ After 58 years of ownership, family is selling Granata's Italian Villa.

BY HENRY VENERACION, STAFF WRITER

**DOWNEY** – After 58 years of continuous operations with owner Ralph Granata, then son Paul, at the helm, Granata's Italian Restaurant is changing hands.

The transfer funds are now in escrow, and the takeover of the business' assets (stock in trade, fixtures and equipment, trade name, and that immeasurable yet real and precious thing called goodwill) takes place as soon as the new ownership obtains its liquor license. It's expected to be issued any time now.

The buyer is Few & Sons Enterprises, Co. of Downey, whose president, Frank E. White, has resided here for at least nine years. He brings to his new acquisition an impressive business and management background.

Heretofore a major player in the U.S. Hispanic music industry, this is his first venture in the restaurant business. His lack of a track record in the restaurant industry does not faze him, however. He says a brother-in-law, Guillermo Cepero, who has just arrived from Cuba, has 20 years of solid experience with Italian, Spanish and Cuban cuisine, and will manage the restaurant.

"He's a very strong manager," Frank said.

Moreover, he says the other people around him know what they're doing. (His wife, for example, who has begun decorating the place, will handle accounting, billing and financing.) "In the meantime, we've been buying new plates and silverware—no more

plastic cups," he said.

The two parties chose to be mum about the exact terms of sale. However, the required bulk sales notice that recently ran in this paper contains the stipulated purchase price of \$250,000 – broken down into \$30,000 in cash and a promissory note of \$220,000. The deal does not include the land and the building located at 11032 Downey Ave., long a familiar landmark and destination of choice among premium Italian cuisine lovers.

Ralph Granata cites advancing age (he just turned 82) as a main reason for his decision to sell the business. Another strong factor is a desire to enjoy greater peace of mind. At this point in his life, he says his energies will find better employment in sorting out inheritance, etc., matters among his three children; the sooner he resolves these, the sooner he can fully savor his annual visits to his hometown of Gaeta, Italy, where he basks in the warm and unconditional welcome of kinfolk and childhood friends.

Frank White says the music and artist management business has seen a contraction recently, so he started to look around for other viable business opportunities. Having his brother-in-law in the equation made him seriously consider the restaurant business.

A U.S. Air Force brat, he was born in Minah, North Dakota and raised in Madrid, Spain. Armed with a degree in business administration from El Escorial in La Salle, Spain, Frank has had a very successful run in the musical talent management business, after a priceless seven-year tour of duty in sales and marketing at Coca-Cola.

But now he says it's time to take a new tack. His future plans for Granata's include a change of name, to Granata's Restaurant & Tapas Bar (Fine Italian Cuisine & Spanish Tapas). One of his keen marketing credos is the efficacy of 'branding'.

New features he will introduce at Granata's include an expanded menu (he says he has traveled extensively and has eaten at the best restaurants in the world), and assorted musical presentations on weekends to rev up the place.

Thus, in addition to what old Granata's has offered over these years, Frank especially mentioned two new tapas items he's sure to offer: (hot) Tortillas Espanola, with Spanish potato omelet with onions, and Patata a la Brava, with Grilled Spicy Potatoes; and (cold) Tablado Espanol, with assorted Spanish



The Granata family has owned Granata's Italian Villa since it opened 58 years ago on Paramount Boulevard. Now situated in the heart of downtown, the restaurant is in the process of being sold to Frank White, a former music industry executive.

cold cuts and Spanish chorizos and morcilla; and Boquerones a la Vinagrete, with sliced anchovy fillets cured in house vinaigrette dressing.

Prior to entering into negotiations with Granata's, Frank says he was already considering buying a Cuban restaurant in Corona, as well as looking at another one in Glendale. But as fate would have it, "I settled on Granata's. I love the location, plus I believe the name has a certain value. Because of this I'm keeping the name and just adding 'Tapas'," he said.

Ralph Granata first came to this country in 1947 and worked for a while with an uncle in a rural town in Maine. Then he worked in Boston for a while. Enlisting in the Army, he served as cook for two years during the Korean War. After his discharge, he went back to Boston, decided the weather was too cold, and moved here to Downey.

He said there was only one steakhouse here when he arrived; he worked there for two years. Then in 1954, he opened his own Italian steakhouse on Paramount Boulevard. Soon he was seating 60 people. Moving to Florence Avenue, he first started seating 60-65 people. Pretty soon, "I had 120 people at a time, so I added another room. We worked our butts off all those years," Ralph said.

Then the move to Downey



Photo by Joan Anderson/DowneyDailyPhotos.com

Avenue, whereupon Ralph turned over the management function to son Paul.

Frank's plans for the place include adding special touches here and there. He's taking out the carpet and replacing it with "acid wash flooring with clear coat." One of Ralph's two major pieces of advice to Frank is: he has to get city hall approval for any substantive renovation he contemplates.

The chief thrust of all this renovation and improvement is, of course, to attract and earn the loyalty of customers. Frank says he wants the place to be a place where people will have a fine dining experience, where they will have a good time, "with good ambiance."


He says he has studied and ana-

lyzed all the ramifications of the business, and the costing, supply availability and sources, staff training, budgeting and promotional strategies, and other considerations have all found their way into a comprehensive business plan—with the ultimate goal of providing patrons with the optimum level of dining experience.

"If I were younger," Ralph sighed, "I wouldn't give this up. I'm glad, though, that the next owners seem very capable and very determined to make a success of this venture. If they succeed, everybody will be happy."

Ralph went on: "Frank is a guy who listened intently to what I had to say about the business. I like that. He's a good listener. To assist him at the start, I offered to accompany him to where I buy my fish and seafood, and things like that. I told him I'll be around to introduce him to my old patrons, and so on." "I spent my whole life working hard to make sure the business thrives. In the process, a lot of goodwill has been generated, along with mutual respect and patrons' loyalties. I told myself early on never to serve anything I myself wouldn't eat. I never cheated on the quality and quantity of the dishes we served. This I emphasized to Frank. And he was listening. The other bit of practical advice I gave him was retain the present staff.

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# Metro Briefs

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 Metro's Weekly Pass is now a flexible 7-Day Pass, good for 7 consecutive days starting the first day it is used, rather than for a specific calendar week. Similarly, Metro's Monthly Pass has become a 30-Day Pass, good for 30 consecutive days starting the first day it is used. Look for details at [metro.net](http://metro.net).

**Just \$5 For A Metro Day Pass**  
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**Get Breaking Metro News Online**  
 Get instant updates on the issues and actions that keep LA County moving. Just go to "The Source," an online news and feature service that is updated throughout the day. For Spanish speakers, there is the nation's first transit agency blog "El Pasajero." Look for them today at [metro.net](http://metro.net).

**K-12 Student Passes Now On TAP**  
 All Metro reduced-fare student paper passes have been converted to TAP, the electronic fare card that is now in use throughout the Metro system. Students in kindergarten through 12th grade need special TAP cards to be eligible for reduced fares. Look for instructions and applications aboard Metro buses and trains or go to [metro.net](http://metro.net) for details.

**Construction Begins On Metro ExpressLanes**  
 Nighttime construction and overnight closures of bus stations has begun on the Harbor Freeway and will take place periodically over the next year as part of the ExpressLanes project. The Metro and Caltrans project is converting carpool lanes along the Harbor and San Bernardino freeways to High-Occupancy Toll (HOT) lanes. For more information, visit [metro.net/expresslanes](http://metro.net/expresslanes).



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## Paging Dr. Frischer...

By Dr. Alan Frischer



clear that the strength of the colon wall diminishes with age, and may be a factor. Beyond that, there are two main schools of thought in the literature:

•In one camp are researchers who believe sitting on toilets (vs. squatting) while having a bowel movement results in more strain on the bowels. The idea is that when bowels are subjected to lifelong excessive pressure, the result can be protrusions through the bowel wall.

•Others note that diverticulosis became a significant disease in the United States during the early 1900's, when processed foods were introduced to the American diet. To this day, it is commonly found in countries where dietary fiber has been replaced with processed carbohydrates. Diverticular disease is rare in many African and Asian countries where the typical diet contains abundant natural fiber. Therefore, a lack of sufficient dietary fiber could well be the cause of diverticulosis.

Are you over 60? If so, there's a one in three chance that you have this condition. It affects a whopping four out of five people who are over 80! This is an ailment that we should all be familiar with.

Diverticulosis occurs when the outer layer of the large intestine weakens and gives way in many places, leading to the inner lining bulging outward and forming pouches or sacs. Imagine the inner tube on a bike that protrudes out through holes on the walls of a worn out tire. In 10 to 25% of cases the pouches rupture, or become inflamed or infected. This is known as diverticulitis. It mainly affects the sigmoid colon (the part of the large intestine on the left side of the abdomen, leading to the rectum).

Diverticulosis doesn't usually display symptoms. When it flares into diverticulitis, however, there is a sudden onset of unrelenting pain in the left lower abdomen, fever, and diarrhea or constipation (or even both, on an alternating basis!). It is the most common cause of lower intestinal bleeding, but the bleeding generally resolves in time with treatment.

To diagnose this condition, most doctors will order a CT scan of the abdomen, and a blood test to look for an increased white blood cell count, an indication of an infection.

The treatment is straightforward. In mild cases it can be treated at home with a clear liquid diet, antibiotics, and pain medication. In more severe cases, hospitalization is required for complete bowel rest, intravenous antibiotics, and pain medication. On rare occasions surgery may be necessary to remove a portion of the large intestine.

The actual cause of diverticulosis remains controversial. It is

## Mexican papayas linked to salmonella poisoning

■ Mexican papayas denied entry into U.S. unless proof is shown that the fruit is safe.

CONTRIBUTED BY THE U.S. FOOD AND DRUG ADMINISTRATION

The U.S. Food and Drug Administration and its counterpart agencies in the Mexican government, the National Service for Agroalimentary Public Health, Safety and Quality (SENASICA) and the Federal Commission for the Protection against Sanitary Risks, are expanding their collaboration to reduce the risk of contamination of food that moves across the U.S.-Mexican border.

This new level of collaboration has added importance as papayas from Mexico have been linked to approximately 100 cases of salmonella in 23 U.S. states.

U.S. and Mexican officials have been working closely together to find the source or sources of contamination of Salmonella in fresh papayas entering the U.S. from Mexico. From May 12 to Aug. 18, FDA analysis found a 15.6 percent Salmonella contamination rate. The positive samples were from 28 different firms and include nearly all the major papaya producing regions in Mexico.

Now, under an FDA Import Alert issued earlier this month, papayas from each source in Mexico may be denied admission into the United States unless the importer shows they are not contaminated with salmonella, such as by using private laboratories to test the papayas. FDA may consider five consecutive commercial shipments over a period of time, analyzed from a validated laboratory, as being adequate for removal from the Import Alert.

Simultaneously, FDA and Mexican officials are stepping up their joint effort to trace recent contamination incidents back to their source and discover their cause or causes, in order to inform future prevention strategies. FDA and Mexican officials also are collaborating on laboratory methodologies used in Mexico for testing fresh papayas for salmonella.

Beyond these immediate steps, the Mexican government and papaya industry have agreed to a longer range action plan that will define proper food safety procedures throughout the chain of production and distribution in Mexico and verify that the procedures are working effectively through product testing and other government oversight. Mexican officials are overseeing the industry's implementation of the action plan and the FDA is collaborating



Twenty-three U.S. states have reported cases of salmonella poisoning, which have been linked to papayas imported from Mexico.

with the Mexican government in this effort.

"Collaboration between FDA and the Mexican government in the management of food safety problems is essential to fulfilling our responsibility to consumers in our respective countries," said Michael R. Taylor, FDA deputy commissioner for foods. "It is equally important that we work together to prevent problems in the first place by implementing sound measures to prevent contamination throughout the chain of production, processing, distribution and sale. FDA is committed to a strong food safety partnership with Mexico."

"I am confident that this joint effort will reduce the risk of contamination of produce moving across our common border," said Enrique Sanchez Cruz, director in chief of SENASICA. "The strategy we have adopted in this case is aligned very well with the strategy undertaken by the Mexican Ministry of Agriculture, Livestock, Rural Development, Fisheries and Food for papayas."

The FDA has also been working closely with the Centers for Disease Control and Prevention and state health and regulatory officials, including those in Texas and Illinois. On July, 23, 2011, Agromod Produce, Inc. of McAllen, Texas, voluntarily recalled its papayas after FDA found the outbreak strain in samples of Agromod papayas.

## Retina disease and vision loss

The retina is the light sensitive tissue that lines the inside of the eye. It is responsible for converting light signals to electrical signals that are then carried to the brain to create the image that we see.

There are many conditions that can affect the health of your retina and lead to serious and permanent vision loss.

In younger Americans, the most common disease that affects the retina is diabetes. In fact, changes in the retina from diabetes, known as diabetic retinopathy, can often be seen before a patient is even aware that they have diabetes. These changes are preventable with good blood sugar control and having your eyes checked regularly by an eye specialist. Just as patients with diabetes often seek care by an endocrinologist, a medical specialist with advanced training to treat diabetes, patients may also see a retina specialist, an ophthalmologist with specialized training to treat retinal diseases.

The most common cause of vision loss in patients with diabetes is swelling of the retina, called diabetic macular edema. In the past, the mainstay of treatment for this condition was laser therapy. Although effective, there is some damaging effect of the laser. In recent national studies, new medications that can be injected into the eye by a retina specialist have been proven to be an effective treatment. These medicines are often used alone or in combination with laser to treat the edema with fewer side effects.

In older Americans, Age-related Macular Degeneration (AMD) is the most common cause of vision loss and the number of patients affected is rising exponentially. There are two forms of AMD: Dry and Wet. Dry AMD is more common and usually less severe. It can be prevented and managed with a healthy diet and stopping smoking. In the past, there was no effective treatment that would improve the vision in patients with wet AMD, only treatments that would slow the loss of vision. However, in the past few years, revolutionary medicines have been developed that have been shown to improve vision in patients with wet AMD if treated early.

No matter your age, there are many conditions that may affect the health of your retina. If you or someone you know is having symptoms of vision loss, seeking evaluation and treatment should be a high priority. The sooner the condition is diagnosed and treated, there is a greater chance of preserving or regaining your vision.

—Retina Institute of California

## Frozen seafood seized by FDA

At the request of the U.S. Food and Drug Administration, U.S. Marshals last month seized seafood products manufactured by the Meiko Food Co. of South El Monte because the products are adulterated.

A complaint, filed in the U.S. District Court for the Central District of California, alleges that Meiko Foods manufactures and packages ready-to-eat seafood, including cooked seafood balls and fried fish cakes, without having a Hazard Analysis Critical Control Point (HACCP) plan in place, in violation of the Federal Food, Drug, and Cosmetic Act.

The HACCP program is a science-based system of preventive controls for food safety that was designed to increase the margin of safety for U.S. consumers, and to reduce the potential for illnesses to the lowest possible levels.

FDA regulations require commercial processors of fish and fishery products to conduct a hazard analysis to determine whether there are potential food safety hazards and to identify and develop preventive measures to control those hazards.

The FDA issued a warning letter to Meiko Food on Nov. 3, 2010, for not having a HACCP plan in place. A subsequent FDA inspection conducted between April and May 2011 revealed that the firm did not correct the deviations cited in the November 2010 warning letter, including significant HACCP deviations.

There have been no reported illnesses associated with these products.

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**Word of MOUTH**

by Sohair S. Azer, D.D.S.

### Baby-Bottle Tooth Decay

Few things relax infants more than sucking milk or fruit juice from a bottle. When babies are allowed to suck on a bottle at bedtime until they go to sleep, however, this habit can prove to be potentially harmful. Bathing teeth in a sugary liquid in this manner promotes tooth decay. According to various studies, as many as 11% of pre-school children have cavities caused by sucking on a bottle. If a bottle-fed child's mouth is not properly cleansed after sucking on a bottle by lightly swabbing his or her teeth and gums with a water-dampened cloth, plaque will accumulate to cause cavities. If your child must have a bottle at bedtime, provide one filled with water. I invite you to ask for more details by calling (562) 923-3714, or Email me at SAZERDDS@aol.com

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## Gutsy (or dumb) picks highlight fantasy draft

There were some very interesting picks in the Downey Patriot Fantasy Football draft this weekend that I wasn't really able to wrap my head around. But then again, I had some picks that I'm still having trouble wrapping my head around.

"Ahhh that was a bad pick," I said during the middle rounds of the draft. "That was a total panic pick."

"Such a rookie mistake, Cobos!" our one and only PGA apprentice and special contributor Greg Lake said. It was also a common response for someone taking the Eagles defense in the 10th round of a relatively deep draft.

I was however disappointed in the amount of autopickers we had. It's too bad that Warren baseball manager Paul Alvarez, City of Downey's Kevin Ellis and Downey head basketball coach Larry Shelton weren't able to make it.

Shelton was not scheduled to make an appearance, which was understood, but I was almost 100 percent sure that we would see Ellis and Alvarez. But after seeing Alvarez's first autopick being Arian Foster and Ellis' pick being Jamaal Charles, I'm not too bummed.

It was funny to see Alvarez make some changes to his team a couple days after the draft. I could only imagine him saying "Are you serious?" to some of the picks he was given.

I am, however, trying to understand Warren basketball head coach Ryan Hart's (assisted and basically general managed by Justin Muller) first pick, No. 9 overall. I feel like he could have gotten Drew Brees in the third or fourth round at the latest.

While it might not work out in the long run for the boys from Warren, I'm delighted because with the No. 10 and 11 picks overall, I had an opportunity to take Aaron Rodgers in the first round, then swipe Andre Johnson to start the second. Straight up thievery, right?

Like I said in earlier columns though, Lake still scares me. I'm sure he was thinking getting Ray Rice No. 7 overall was a great pick considering in a ton of mock drafts all over the internet, Rice actually went No. 1 overall, and No. 2 only to Adrian Petersen.

Lake then chose Roddy White with his second round pick. I'm still a little bit wary of White, but when you're the best receiver on your team by far, there's no reason to have another big season. Lake's third round pick was alright I guess, even though I'm sure he'll tell you otherwise. Miles Austin I'm sure is in store for a good season, but he'll be splitting receptions with Dez Bryant, and his receptions will also be dictated by Tony Romo's season (or his personal life, which ever comes first).

He however did admit that I broke his heart, taking Antonio Gates with my pick in the fourth round. It probably didn't help that he told me his normal draft strategy a day before. It's ok Greg, you and I will be doing some business in the future I'm sure.

Yours truly picked up DeSean Jackson in the third round. How did everyone miss on him? No idea. But I do know that my team is all of a sudden predicated on the success of two of the best



SCOTT COBOS

receivers in the league.

Warren athletic director Russ Heicke, one of the nicest guys I've met in a very long time, had a surprisingly good draft. I should've taken advantage the night before though to get an advantage over him at Warren's football season opener. After a mistake on the gridiron by the Bears, Heicke was standing right behind me.

"Don't write that, don't write that, don't write that," he said under his breath, kind of laughing at the same time.

I quickly whipped around and responded "Is it worth your first round pick in tomorrow's draft? I can forget all about that!"

He laughed harder, but after he picked Maurice Jones-Drew in the first round with the No. 8 pick and Phillip Rivers with the No. 13 pick, I'm assuming I'm not going to be seeing either one of those players on my roster.

I need to pick on our city editor Eric Pierce for a little bit. First off, he grabbed a team name off my top and bottom 10 fantasy football names. Somewhere Over the Dwayne Bowe. Second, with the No. 3 overall pick of the draft, he grabbed Chris Johnson.

That had to be one of the gutsiest picks I've seen in a while considering he did not have a contract yet and could've been suspended for a few games during the season. Lucky, Eric. Very lucky. Then in the second round, he took Frank Gore. Alright, I guess he started to warm up a little. But then he dropped this doozy. He took Peyton Manning with his third round pick.

Eric, he's most likely not going to play until week three or so. All I have to say is have fun with Mark Sanchez as your primary starter. I hate Sanchez as a quarterback, and especially as a fantasy football quarterback. Tell you what, I'll give you Matt Cassel for Mike Tolbert and lunch. Deal?

The biggest risk-reward pick in the draft came immediately with Downey football head coach Jack Williams taking Michael Vick No. 1 overall. We all know that Vick can completely dominate a week by himself, but what if he gets hurt?

Like myself, Williams went receiver heavy in the first couple rounds taking Hakeem Nicks in the second round, Jeremy Maclin in the fourth round, and Marques Colston in the fifth round. I have to say, that's not a bad receiving core. But like all receivers in fantasy football, there's no such thing as a sure thing.

What is a sure thing? The season starts this weekend. Check in on the website for complete rosters and a link to the webpage for up-to-the-second updates on this weekend's action.

## Warren drops season opener

■ **FOOTBALL:** Bears offense is out of whack in 10-3 loss to Burbank.

BY SCOTT COBOS, STAFF WRITER

**BURBANK** – Warren football head coach Gil Jimenez didn't have a word to say to his team after the game except for a couple screams to scramble over to the band in the stands before they started playing their alma mater.

Those same words were echoed to his coaches who were seen walking behind. But when it came to his team's performance in a 10-3 season opening loss to Burbank, the words that were unspoken were louder than any of his yells could be, as he refused to answer any questions after the game.

Scoring their only 3 points in the first quarter after a 32-yard field goal by kicker Thomas Brisenio during their first possession, Jimenez watched his offense go flat, and outright haywire.

Showing how undisciplined they were coming out of summer practices, Warren committed 14 penalties for 85 yards, and all but gift wrapped a victory for the Burbank Bulldogs.

Burbank wasn't exactly making it easy for themselves either, committing 13 penalties of their own for 111 yards. But what made the difference between both teams' stumble out of the gates was the fact that the Bulldogs were able to punch in a score when red zone opportunities were presented.

After a poorly timed holding penalty by the Bears that would have put Burbank third-and-10, the Bulldogs seized the opportunity with quarterback Zack Tomlinson finding a gaping hole in the defense, driving up the field for a 57-yard jaunt that set up running back Herman Castro's 3-yard touchdown run, the only end zone visit of the game.

Warren had four red zone opportunities and came out empty all four times, including a red zone stand within the 5-yard line that resulted in a turnover with running back Michel San Angelo getting stripped by a defender at the 3-yard line.

Another opportunity squandered came late in the fourth quarter when the Bears needed a touchdown to take the lead. Instead of finding themselves scoring 6 points or attempting a field goal, the Bears moved backwards with a plethora of holding and false start penalties.

Things went from bad to worse for the Bears offense during one of their final possessions of the game. Quarterback Robert Quinones on a busted option play tried a jump pass over the defender blocking him from his option back, Ryan McFadden. Instead of taking the sack for a minimal loss, Quinones threw the ball 20 yards behind McFadden, allowing Burbank to recover the ball.

Burbank on their next possession kicked a 29-yard field goal with 4:53 left in the game for precious insurance points that all but sealed the victory.

But Warren marched up the field with the clock ticking down and had an opportunity to tie the game. On the final play at the 33-yard line, Quinones managed to scramble around to buy time for McFadden to get down field.

Quinones threw a pass toward the front pylon of the end zone with the pass deflecting off McFadden's outstretched hand out of bounds.

The two hooked up six times for 40 yards. Quinones completed 11 of his 20 passes for 93 yards and an interception but was sacked three times. Daryl Donnerson led all rushers with 14 carries for 55 yards.

Warren will host Santa Fe this week, a team who they've historically struggled against. Santa Fe is just returning home after playing Hamilton of Chandler, Ariz., the team with the second longest win streak in the nation.

## Dallas Lopez shines in Vikings' loss

**DOWNEY** – It was Downey quarterback Dallas Lopez's show, but it was Mayfair's win to take home after a 38-28 win over the Vikings at Allen Layne Stadium, Friday night.

Lopez rushed for a game high 225 yards on 27 carries, and also passed for 176 yards on 17 completions, but Mayfair's running back Jerry Smith put his team on his back and pushed them to their season's first win.

Smith had 4 touchdowns, and ran all over Downey's defense, including a 99-yard kick off return.

The Monsoon s started off the game with an 18-yard touchdown pass from Christian Woo to receiver Keenan Wright. Mayfair marched 80 yards downfield for the score.

Downey, probably feeling the nerves of their first game of the season, allowed Lopez to get sacked in their opening drive in their own end zone for a safety, quickly putting them behind 9-0.

Mayfair scored again on their next drive, this time pushing downfield 58 yards for a 15-yard touchdown run by Smith, putting them up 17-0.

Downey's Jabari Ruffin put the Vikings on the board in the following drive with a 4-yard touchdown run, after a 41-yard kickoff return by Jeremy Villa.

Grabbing a couple more touchdowns in the second quarter of the game after a 6-yard touchdown pass from Lopez to Villa, and a 5-yard touchdown trot by Lopez, Downey was only down 24-21 close to halftime.

But a kickoff return for a touchdown by Smith gave Mayfair a 31-21 lead, a game-deciding touchdown for the Monsoons.

–Scott Cobos, staff writer

## Defense will be key as Downey visits La Serna

**DOWNEY** – The Downey Vikings will look to bounce back in Week 2 of the season after a disappointing loss to the Mayfair Monsoons.

While the Vikings did not get the victory they had expected, they did shine some light on what we can expect from the team throughout the season.

The offense really did shine when they were needed most to keep the team afloat, with quarterback Dallas Lopez and wide receiver Jabari Ruffin leading the charge.

Lopez and Ruffin combined for a total of three rushing touchdowns and also combined for 346 of the team's total of 352 rushing yards.

The Vikings will go into great depth during practice this week looking to prepare for this upcoming game against the La Serna Lancers, but will also look to fine tune some of the mistakes that hurt the team last week.

One of the Viking's main focuses has to be on the defensive side of the ball.

The Vikings defense did not have its strongest performance in their first showing of the season but are likely to respond this week after looking over film of the Mayfair game and making adjustments.

The defense gave up a total of five touchdowns to Mayfair, including four from the rushing attack.

Three of the rushing touchdowns for the Monsoons came from running back Jerry Smith.

The Vikings defense will plan around the Lancers' key player on offense, quarterback Frankie Palmer, as they try to contain him and not let him take over the game.

Palmer led the Lancers' offense last week with 111 passing yards and 52 rushing yards against Bonita Vista.

The Vikings keys of success this week will be to rally around their playmakers in Ruffin and Lopez on the offensive side of the ball and perfect their strategy on the defensive side to stop Palmer. That is what they will need to do to lead their team to victory.



The Downey Vikings will travel to Whittier College to play La Serna on Friday at 7 p.m.

This will definitely be a close contest but the Vikings should pick up a victory on the road, 30-21.

–James Williams, contributor

James Williams is a Downey resident currently studying journalism at Cerritos College. Follow his blog [ports-minded.tumblr.com](http://ports-minded.tumblr.com), and his sports-based Facebook page at [facebook.com/SportsMinded029](http://facebook.com/SportsMinded029) for sports news and updates daily.

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# Epic Lounge's re-opening adds to local social scene

■ Epic Lounge reopens and is already filling a niche within the young adult crowd.

BY NICHOLE HAMILTON, CONTRIBUTOR

DOWNEY – While you won't see a big, glamorous sign lighting up its exterior, one of Downey's newest venues has many young adults in the area talking.

The Epic Lounge, located on 2nd street in Downtown Downey, is one of the newest locales for adults of all ages to meet up for a variety of different occasions. It doesn't boast a grand entrance or pretentious interior design, but the events that the lounge hosts allow for a perfect meeting place for Downey's youth, as well as adults.

The lounge is located in the plaza next to Ichiban restaurant and across from Krikorian Theaters, and adds a new element to Downtown Downey's growing nightlife.

The venue hosts a number of different acts such as musicians, comedy performers and even hosts a nightclub. It caters to a large audience and diverse community, and serves a variety of food as well

as alcohol to those of legal drinking age.

The lounge recently hosted a comedy and music night that featured two comedy groups: Cherry Spitz and The Rotatoes. Jeff Echegoyen, Downey High School alum and comedysportz veteran, performed with The Rotatoes and had positive things to say about the venue after the comedy group went on.

"I really liked the people that came out," Echegoyen said. "We were a little scared about how everyone would react to our show, but everyone was really great, and the energy was fantastic. We can't wait to go back to the lounge on the 8th."

A native Downey resident, Echegoyen said he was pleased with Downey's latest addition.

"I think The Epic Lounge is a great place for Downey," he added. "It's such a great place and I hope it sticks around for a long time to come - people need a place like that."

The lounge was previously open but was closed down due to violations of state regulations. Owner David Devis has revamped the venue and changed age restric-



The Epic Lounge in Downtown Downey hosted a comedy night two weeks ago that attracted a standing-room crowd.

tions for its 2011 reopening. The lounge is now open to people of all ages.

He recently completed building renovations on the property, including the installation of fire alarms and additional bathrooms, and the planning commission will review the nightclub's operating permit in six months.

"This is what we're trying to promote downtown, have some people some dancing, have a good time," planning commissioner Michael Murray told Devis last month, when the lounge was granted its liquor license. "I hope you're successful and do a good job. I'm in favor of this."

## Wine bar hosting art exhibit

DOWNEY – Mari's Wine Bar will host its second "Art on the Vine" exhibit Sept. 10 at 6:30 p.m., featuring local artists Rocio Alejandra Garcia and Carlos Durazo.

The event, sponsored by the Downey Arts Coalition, will also feature live jazz music by saxophonist Sergio De La Trinidad and his friends.

"Come out and support the Downey Art Coalition's efforts to bring more arts and culture events to our city," organizers said in a statement. "We're an all-volunteer effort and are putting these together for our neighbors in order to build community and conversations."

The art exhibit is free to attend but visitors must be 21 or older.

## Free admission to Downey space center

DOWNEY – The Columbia Memorial Space Center will offer free admission to children and adults on Sept. 10 from 10 a.m. to 5 p.m.

The free admission is courtesy of Financial Partners Credit Union.

The space center houses space exhibits, flight simulators, rocket launchers and a LEGO robotics lab. There will also be a bounce house, rocket contest and more.

The space center is located at 12400 Columbia Way.

## Masons hosting seminar on Constitution

DOWNEY – The Downey United Masonic Lodge will hold a free educational seminar on the U.S. Constitution on Sept. 15 starting at 7:30 p.m.

Lt. Cmdr. Matthew Waldron, from the San Pedro Coast Guard Station, will be the principle speaker. He will explain the mission of the U.S. Coast Guard in both inland and international waters, while working within the framework of the Constitution.

The event is free and open to the public. Guests can attend a 6:30 p.m. dinner for a nominal donation.

Reservations for the dinner are requested by calling (562) 862-4176. No reservations are required for the program.

## Concert planned at Moravian Church

DOWNEY – Moravian Church of Downey will host a concert Sept. 19 featuring classical, folk, jazz and sacred music.

Featured performers include church organist Peggy Jamieson, trombonist Steven Humenski, the Celtic band Willow Bend, baritone Doug Shabe, and couple Christie and David Melby-Gibbons.

Also set to perform are Ralph Alberstrom and Paul Stein of the Los Angeles Philharmonic.

Admission to the concert is free but a freewill offering will be taken. The concert starts at 7:30 p.m.

For more information, call (562) 927-0718.

## Free hearing tests Sept. 17

DOWNEY – Adults can receive free hearing tests Sept. 17 from 10 a.m. to noon at the Barbara J. Riley Community and Senior Center.

Appointments are recommended by calling (562) 862-9629.

The hearing tests are sponsored by Downey Sertoma Club.

## America concert tickets on sale

DOWNEY – Tickets are now on sale to see English-American folk rock band America perform at the Downey Theatre on Nov. 5.

The performance is jointly presented by the Downey Chamber of Commerce, Century 21 My Real Estate and the city of Downey.

A portion of the concert proceeds will be donated to Easter Seals, which has benefited from concerts in the past. For the past six years, the chamber has worked with My Real Estate for concerts that benefit Easter Seals.

America originally included members Gerry Beckley, Dewey Bunnell and Dan Peek, who were barely out of their teens when they became a musical sensation during 1972, scoring No. 1 hits and winning a Grammy for Best New Artist.

Their recording success stretched throughout the 70s; some of the band's best-known songs are "A Horse with No Name," "Sister Golden Hair," "Ventura Highway," "Tin Man," "Daisy Jane" and "Lonely People."

For information on sponsorships and advertising opportunities, call (562) 923-2191. To buy tickets, call the box office at (562) 861-8211.

## Retired police officer to speak

DOWNEY – Retired police officer John Reed will be guest speaker at the Sept. 14 meeting of the Downey Christian Women's Club, which starts at 11:45 a.m. at Los Amigos Country Club.

Reed, a retired sergeant from the Santa Ana Police Department, is also a ventriloquist. His topic is "How Life Gets Better with Age."

Cost to attend is \$14 and includes a buffet lunch. Reservations are requested by calling Sonja at (562) 862-4347.

The meeting is open to the public, including men.

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The Downey Expos, a mix of Downey and Warren high school alumni baseball players, won the championship in the Long Beach Spring Adult League. The Expos finished the season with an overall record of 9-2-1, and won their playoff and championship games via the mercy rule. Back row, from left: Michael Del-Rio, Ryan Ellis, Jimmy Shull, David Gullett and Matt Parker. Front row: Christopher Del-Rio, Josh Forsythe, Manuel Martinez, Steven Ramirez and Matt Nestor. Not pictured: Anthony Santana, Andrew Santana and Todd Slater.

**PATRIOT ON VACATION**



Howard Phillips enjoyed a week in Waikiki with his girlfriend Linda Heer (previously from Downey). They visited the USS Arizona at Pearl Harbor, the Dole Plantation, went snorkeling and "spent a lot of time here at the beach in Waikiki!"



Downey residents Marcelo and Alicia Miranda recently took *The Downey Patriot* with them on vacation to New York City - just a week before the earthquake and Hurricane Irene. The Brooklyn Bridge is visible behind them on a clear, sunny day from the South Street Seaport.

**Apartment complex sold**

**DOWNEY** - A 41-unit apartment building in Downey has sold for an undisclosed price to a real estate management company.

The La Reina Apartments was sold to the RIO Company, the company's second acquisition this year. Juan Cardenas of ReMax Commercial brokered the transaction.

The apartment complex was built in 1960.

**Property values increase statewide**

**SACRAMENTO** - Following two consecutive years of declining assessed values, the total value of state- and county-assessed property rose to \$4.3 trillion for 2011-12, an increase of \$11.6 billion (0.3 percent) from the previous years, state officials announced.

Thirty-eight counties experienced year-to-year declines in value, with Plumas the only county declining by more than five percent. For the third year in a row, declines in assessed values were especially concentrated in the state's Central Valley.

Values dropped by 2.9 percent in the Greater Sacramento Area, and declined 2.7 percent in the North San Joaquin Valley.

The valuation in California's 15 coastal counties gained 0.9 percent. The increase in the San Francisco Bay area was 0.3 percent, in line with the statewide figure.

Of the 12 counties with rolls exceeding \$100 billion, seven counties posted an increase in assessed value, while values in five counties fell. Values increased in the counties of San Mateo and Orange (1 percent), Santa Clara (0.9), San Francisco (0.5), San Diego (0.4) and Alameda (0.1).

Los Angeles County, with the largest assessment roll at \$1.079 trillion, increased by 1.4 percent, up \$15 billion over 2010-11.



Lois DeLine, of Downey, and Marge Surdock, formerly of Downey and now living in North Carolina, cruised to Glacier Bay and took a copy of *The Downey Patriot*.



Downey resident Christine Isham, who works in the East Middle School cafeteria, recently returned from a month-long holiday to Sydney, Australia and the north island of New Zealand. She was in Sydney for 12 days and then in New Zealand, including Auckland and around the north island, for 18 days. "It was truly a trip of a lifetime," she says. The picture above was taken in Sydney Harbor and shows the iconic Opera House in the background. Isham has a daughter who attends Griffiths Middle School.

**Job fair in Santa Ana**

**SANTA ANA** - A job fair is scheduled for Sept. 14 from 11 a.m. to 3 p.m. at the Holiday Inn in Santa Ana, 2726 S. Grand Ave.

The job fair is tailored for veterans, seniors and handicapped persons, but all qualified candidates are welcome to attend.

Participating employers include Verizon Wireless, Bed, Bath and Beyond, Delta Dental, Viewsonic, Aflac, Southern California Gas Company, Memorial Care Health System, Spanish Broadcasting Systems, the Art Institute, and more.

Admission is free. Business attire is required and guests should be prepared to interview.

For more information, go to [citycareerfair.com](http://citycareerfair.com) or call (562) 409-0056.

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**FEATURED PROPERTY**

**Nice Duplex!**  
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**IN ESCROW**

**Another Happy Client!**  
Run! Don't walk to this excellent opportunity in Downey. This property features 3 bedrooms, 2 bathrooms and a bonus room with an in ground spa. This home also has an extra large garage and workshop for great storage. This one won't last! **Priced at an amazing \$280,000!**

**Spectacular Downey Home**  
WOW! This custom North Downey home has it all. The property features 5 bedrooms, 4 bathrooms, bronzed dual pane windows, marble entry and a wet bar. French doors in the master suite, walk-in closets, granite in the kitchen and a large basement make this home a must see. **Call today for more information**

**Pride of Ownership**  
This is a very clean property! This cute and cozy Downey home features a formal dining room for entertaining, fresh interior paint and central air & heat. The updated bathroom has a separate shower and tub. This home also includes copper plumbing, new carpet in the bedrooms and dual pane windows. **Priced to sell at \$339,000**

**Investors Wanted!**  
Great income property! This property features 2 large units. Each unit has 3 bedroom and 1 bath. Both units have been recently upgraded with carpet, paint, kitchens and floors. The back unit has a private balcony and garden. **Call for more information today!**

**Need More Space?**  
Beautiful Downey home built in 2003. This property features 5 bedrooms, 5 bathrooms, 3291 sq.ft. of living space with central air & heat. The kitchen has granite counter tops and an island for convenience. The backyard setup for entertaining completes this master piece. **Call today for more information!**

**North Downey Charmer**  
This beautiful 3 bedroom and 2 bath home located on a cul-de-sac is waiting for you! The remodeled kitchen with corian counters & built in seating area, large laundry room with extensive pantry, a water softener & beautiful hardwood floors complete this masterpiece. **Priced at \$449,900!**

**What A Deal!**  
This is an adorable 3 bedroom, 2 bathroom pool home. This property features central air and heat, a fireplace in the living room and a 2 car garage. Close to freeways and shopping make this one an excellent opportunity. **Priced right at \$359,000**

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 <b>GREAT NEIGHBORHOOD</b> North Downey home with 3 BD, 2 BA, 1,329 sq. ft. & 7,536 sq. ft. lot. <b>\$399,900</b> Call Carrie Uva 562-382-1252	 <b>HORSE PROPERTY IN LANCASTER</b> 2,750 sq. ft. living space with a HUGE 109,000 sq. ft. lot. Totally Fenced! <b>\$250,000</b> Call Julio Garcia (562) 533-3359	 <b>9556 FARM, DOWNEY</b> 2 BD, 2 BA - den, family room, pool, 1,590 sq. ft., 7,900 sq. ft. lot. <b>STANDARD SALE Let Mario DO IT for you too!</b> <b>IN ESCROW! IN ESCROW! IN ESCROW!</b>
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 <b>WHY PAY RENT!</b> Chino home with 4 BD, 2 BA, 1,439 sq. ft., built in 1977. Priced at: <b>\$295,000</b> Call Carrie Uva 562-382-1252	 <b>14233 COOLBANK, LA MIRADA</b> 3 BD, 2 BA, 6,510 sq. ft. lot <b>SOLD FOR \$327,000 I CAN SELL YOURS TOO!!</b> Call Pam Lee (562) 618-0390	 <b>MARIO PERSICO DID IT AGAIN IN ESCROW</b> <b>AND HE DID IT AGAIN...</b> <b>SOLD</b>
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 <b>JUST LISTED</b> <b>A-1 Neighborhood!</b> 9,047 sq ft lot on beautiful North Downey street! 3 BD, 2 BA, formal dining room, cozy fireplace, newer roof, newer heater. Price: <b>\$420,000</b> View online at www.MichaelBerdelis.com Call Michael at (562) 818-6111.	 <b>JUST LISTED</b> <b>Owner says, "Sell It!"</b> 3 BD, 1 BA, 1071 sq ft living space, hardwood floors, amazingly remodeled bathroom. Looks great! Price: <b>\$279,900</b> View online at www.MichaelBerdelis.com Call Michael at (562) 818-6111.	 <b>REDUCED</b> <b>A Rare Find!</b> 4 BD, 2.5 BA Spanish-style home, 2,698 sq ft living space, 10,710 sq ft lot, RV parking & easy access to property from 2 entrances. Reduced to: <b>\$499,000</b> View online at www.MichaelBerdelis.com Call Michael at (562) 818-6111.
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## 2nd Annual Walk For Life September 10, 2011

Registration begins at 6:30 AM  
Walk Begins at 8:00 AM

- Grand Marshal:  
**Dave Lopez**  
- Special Guests:  
**The Laker Girls**

- Walk coincides with National Suicide Prevention Week
- Proceeds will benefit colleges mental health initiatives
- Event is free to participate in, but donations are graciously accepted.
- Route is approximately 2.6 miles in length
- Register online or in person
- Event begins and ends in front of BJ's/Acapulco
- Drawing for raffle prizes at 9:30 a.m.
- Chili's post event fundraiser with 15% of purchases donated back to foundation, pick up flyer at walk.

Foundation Goal - Saving Lives - Suicide Awareness - Prevention





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