

Downey 2012



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December 13, 2012

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A YEAR TO REMEMBER *Downey*

December 13, 2012

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INTRODUCTION

The title of this magazine is "A Year to Remember" but it easily could have been "A Year in Transition."

This was a year of unprecedented change in Downey. It started in January, when Downey said goodbye to longtime administrator Gerald Caton and welcomed Gilbert Livas as city manager. Livas, a redevelopment wizard, had his work cut out for him from the start, when Gov. Jerry Brown did away with state redevelopment agencies, forcing Livas to lay off a dozen city workers whose salaries were subsidized by tax dollars. It was the first time in Downey's history that the city laid off staff.

Downey has historically been a financially conservative city, socking away money during robust years, but the loss of redevelopment funds was a critical blow to the city's recent economic resurgence, which is why Livas' legacy will likely be determined by the success of Tierra Luna, the giant retail center replacing Downey Studios that is expected to create 3,000-plus jobs. Demolition work is already underway.

In June, the City Council was unanimous in its decision to pass a balanced budget that did not rely on the city's \$19.5 million reserves. A balanced spending plan, however, meant taking a fire engine out of service in south Downey and, consequently, increased firefighter response times.

In the last year, the number of Downey firefighters shrunk from 63 to 54. Coupled with the loss of a fire engine, it was enough to mobilize the firefighters union. They successfully lobbied the City Council to consider a proposal to disband the Downey Fire Department and contract with L.A. County Fire.

The decision to disband the Downey Fire Department ultimately falls to Downey voters, and any change must be approved by a two-thirds margin, but the fire union wants to change that. They're supporting a ballot measure that would strip voters of their right to make such a decision and put the matter solely in the hands of the City Council.

Firefighters are out collecting signatures to put the ballot measure in front of voters next year.

All of this made November's general election so important in Downey. Community leader Alex Saab, who said in no uncertain terms that he would not support disbanding the Downey Fire Department, won in a landslide over Salvador Franco, a former Bell Gardens councilman who was purposely ambiguous on the issue.

Luis Marquez won re-election and also proclaimed his support for Downey Fire. Residents are right to be skeptical, however, of a professional politician who aspires for higher office.

This year also saw the retirement of Police Chief Rick Esteves who, over the last three years, re-energized the Police Department with a renewed emphasis on technology and community outreach. The City Council had two qualified police captains waiting in the wings – Carl Charles and Steve Garza – to select as successor and settled on Charles. We don't expect Charles to make sweeping changes within the police department, mostly because none is needed. It's a solid, capable and well-run department and their commitment to Downey is not in doubt.

I want to take a moment and acknowledge David Gafin, who was termed out of office this month after eight years on the City Council. He represented the city with integrity, honesty and conviction. He did not seek the spotlight but he didn't run from it either. He was a great councilman.

2012 was a year of change for Downey and the transformation will extend into next year and beyond. With the right people in charge and an engaged community, the future looks brighter than ever.

Eric Pierce, Editor

Downey 2012
A Year to Remember
is an end-of-the-year
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JANUARY



- ▶ After closing its doors in late 2011, a wrecking crew demolished All-American Home Center on Firestone Boulevard. Owned by Andrews Rancho, the property remains vacant.
- ▶ Enchanted Paradise, the Downey Rose Float Association's entry in the 123rd Tournament of Roses Parade, won the Founders Trophy for "most beautiful entry built and decorated by volunteers from a sponsoring community or organization."
- ▶ Call it a sign of the times, but after more than 20 years in business, Freedom Vacations at Downey Avenue and 3rd Street closed up shop to operate as a home-based travel agency.
- ▶ David Hidalgo and Louie Perez, of the popular Latin band Los Lobos, performed at the Downey Theatre.

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- ▶ On an unanimous vote, the City Council approved the \$170 million Tierra Luna retail development on the former Boeing property south of Downey Landing. The project is expected to create 3,300 jobs and \$4.2 million in annual tax revenue for Downey. The retail center will be anchored by two big-box stores and include restaurants, a hotel, gym, new fire station, 16-screen movie theater, several junior retail stores and 300,000 square feet of medical and office space.
- ▶ Gilbert Livas took the reins as city manager, replacing Jerry Caton who retired after 22 years in the city's top administrative job. Downey also got a new city clerk (Adria Jimenez), librarian (Shannon DeLong), parks and recreation supervisor (Arlene Salazar) and assistant city manager (John Oskoui).
- ▶ Warren High School students and staff collected a whopping 20,000 cans of food during a two-week canned food drive benefiting local food pantries.
- ▶ In an effort to slow traffic in residential neighborhoods, the city installed 20 solar-powered speed feedback signs in areas with a high-volume of speeders.
- ▶ A family of four from Downey were among the survivors from the cruise ship disaster that took place off the coast of Italy. Dean Ananias, 64, his wife, Georgia, 62, and their daughters Valerie, 31, and Cynthia, 23, were unhurt but "emotionally shaken," the L.A. Times reported. "The Ananias family members were among the last passengers to get off the ship...crawling down a hallway with only a life-vest strobe to light the way," the Times reported.
- ▶ A Downey woman, identified only as Dilma A., won \$2 million playing a \$5 scratcher purchased at Stewart's Liquor on Paramount Boulevard. Dilma, a married mother of three, said she would use the money to purchase her first home.

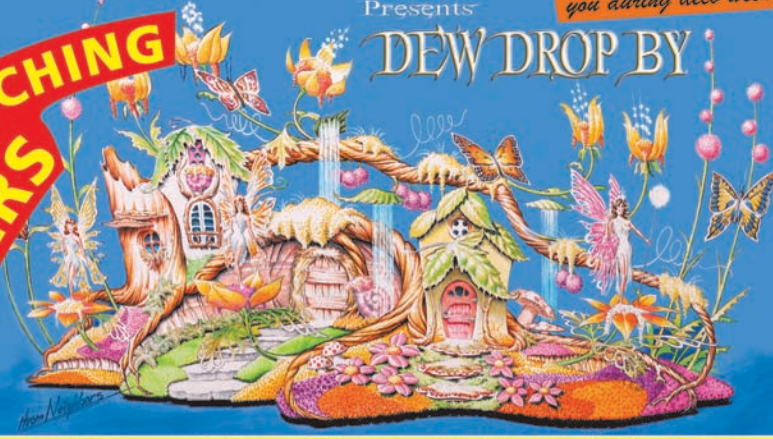
FEBRUARY

- ▶ Greg Fuller, Ray Brown and Rob Morck, former senior executives with All-American Home Center, announced they would open a home improvement store in the vacant Vons building on Paramount Boulevard. Hometown Hardware and Garden opened in the summer.
- ▶ Twelve city workers were issued pink slips as a result of Gov. Jerry Brown's elimination of state redevelopment funds. Downey's economic development manager, neighborhood preservation coordinator and the executive director of the Columbia Memorial Space Center were among the casualties.
- ▶ Raytheon unveiled its Public Safety Regional Technology Center, a 27,000 square foot facility that creates communication technology for police officers, firefighters, pilots and U.S. troops.
- ▶ Iglesia de Cristo Ministerios Llama Final, a new mega-church on Woodruff Avenue, opened its doors, becoming Downey's 93rd church. The church can seat up to 4,600 people in its 75,000 square foot main sanctuary and also features a 24,000 square foot radio and television production studio.
- ▶ Downey Care Center was fined \$80,000 after a patient died due to inadequate care, according to state health officials.

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Ray Brown optimistic about future of Hometown Hardware

Ray Brown, who was president of the Downey Rotary Club in 2000-01, is the club's current Rotary Foundation chairman. As such, he oversees gifts earmarked for the Rotary International Foundation.

At the same time, he is in his second year of a two-year term as president of the Arc of LA & Orange Counties. His service with Arc is driven by the fact that his 39-year old brother, who is gainfully employed at a restaurant in the downtown Disney area, has Down Syndrome. Another younger brother, aged 51, works for the state rehab services based in Santa Fe Springs.

A parishioner at Our Lady of Perpetual Help Church, Brown serves as church Lector and Eucharistic Minister as well as chairman of its Finance Council. He is also a member of the OLPH school board. He also serves as a member of the Supervisory Committee of the Downey Federal Credit Union.

Brown, I also found out, is on occasion in demand as a speaker and no doubt pulled this way and that way at other times to fulfill other time-consuming functions.

On top of it all, he, Greg Fuller and Rob Morck – who you will remember ran All American Home Center for years – opened Hometown Hardware and Garden last June, six months after All American ceased operations.

"To get Hometown Hardware off the ground, we used a combination of our own money and an SBA loan," said Brown, who is the newly-formed company's chief financial

officer, the same title he held at All American. "We had \$500,000 worth of merchandise the day we opened."

He said there are about 25,000 items on the floor, from a two-penny ¼-inch screw to a \$700 commercial water heater. Their major supplier is Do It Best, a large Indiana-based buying cooperative with a regional distribution center in Mesquite, Nevada.

While Greg Fuller remains as chief executive officer, an additional title, president, has been affixed to his name. Rob Morck's title is the same as before—chief operations officer. In terms of hardware management experience, Fuller boasts 35 years, Brown 32, and Morck 28—a combined total of 95 years.

"We spent a lot of our formative years working and learning the business," says Brown.

"Our sales associates consist of eight full-time and seven part-time staff," he continues, "and they all came from All American. Thus we have a most knowledgeable and experienced staff. We three principal officers count ourselves, for the moment, part of the eight full-time associates roster."

"How do we plan to succeed in this endeavor? Why, by concentrating on customer service, of course," Brown points out. "It's what separates us from, say, Lowe's. This is our number one strategic edge over other competitors. Ideally, at any given time, we should have four associates on the floor, ready to assist the customer with their needs.

Today we are still in grand opening mode."

The majority of customers are former All American customers, he says, with paints and hardware items the leading best-sellers so far.

What do customers look for when they go to Hometown Hardware? Convenience is number one, says Brown. Quality service is number two, and fair prices number three. An important consideration is customers don't want to be hassled. Example: parking shouldn't be too far from the store entrance.

One must be astute in merchandising: product availability is always important. Thus, quick delivery times, if orders are involved, are consciously pursued.

"Our efficiency levels have suffered somewhat because our computer system hasn't been fully set up," Brown says.

"Once this is done, we expect our inventory and other operating systems to function smoothly."

"Based on what we've experienced so far and our financial projections, our sense is that we will show a profit by the end of our fiscal year," Brown said. "We have set ambitious goals."

Brown, born in 1958 in South Gate, has a BS in business administration in finance and investments from Cal State Long Beach. He and wife Katherine have lived in Downey since 1991.

Writer: Henry Veneracion

Joined the Military

Army Pvt. Steven M. Aragon
Air National Guard Airman Danielle M. Brady
Air Force Airman Esteban R. Cruz
Air Force Airman 1st Class Russell Davies V. De Leon
Air Force Airman 1st Class Cinthia C. Guzman
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MARCH



▶ Downey residents Shane Baumann, James Bettencourt and Joseph Palacios (pictured from left) were enshrined in the National Football Foundation and College Hall of Fame.

▶ "Defending the Caveman," a popular one-man show in Las Vegas, was presented at the Downey Theatre over three days.

▶ The Temptations performed to a near sell-out crowd at the Downey Theatre.

▶ The City Council approved \$600K in upgrades at Treasure Island Park. The park will be equipped with a granite walking trail, new landscaping, benches and picnic tables, barbecues and more.

▶ After securing more than \$52 million in loans, Downey Regional Medical Center emerged from bankruptcy. The financially-troubled hospital first entered Chapter 11 bankruptcy in 2009.

▶ Councilman Fernando Vasquez was fined \$4,000 by a state ethics group for failing to report by the state deadline more than a dozen contributions during his 2010 campaign for city council.

▶ A Downey resident identified only as Jose D. won \$410,000 playing the Mega Millions lottery. Jose purchased the ticket at Mimi's Donuts on Lakewood Boulevard and received a marriage proposal after word of his new-found wealth was made public. Jose, who lost his job, house and wife all in the last three years, turned down the marriage proposal. "I don't want any problems," he said.

▶ Two Downey High School students tested positive for tuberculosis, prompting public health officials to test about 100 students for TB. School officials didn't reveal test results, citing state privacy laws.

▶ A 3-year-old boy died in a tragic accident after a space heater released toxic smoke into the child's bedroom, killing the toddler. The house was not equipped with smoke detectors.

▶ Two brass headstones were stolen from the Downey Cemetery, likely to be sold as scrap metal. Four bronze headstones belonging to U.S. veterans were stolen from the cemetery in 2011.

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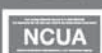


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APR=Annual Percentage Rate. Savings illustration based on rounded figures from actual member savings (Andre H. of Huntington Beach branch), May 2012. Balance of \$419k at 4.875% APR; payment of \$2460; 342 months remaining and remaining finance charge of 387k. Refinanced loan at \$415K; 3.875% APR; 360 monthly payments at \$1951 and finance charge of \$287k; resulting in savings of \$99,600 in finance charges and \$508/mo.

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DOWNEY HIGH SCHOOL FOOTBALL



Downey High School won its first CIF football championship since 1957 after defeating La Serna, 33-25, in the title game. "It feels great to bring a CIF title back to Downey after 55 years," said sophomore quarterback Jorge Reyna.

DOWNEY HIGH SCHOOL SOCCER



Downey High School's girls soccer team outlasted La Serna, 2-1, in overtime to capture the CIF Div. V championship. The Vikings had started the season with seven consecutive losses but rattled off 14 straight wins on their way to the championship.



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DOWNEY HIGH SCHOOL GOLF



Downey High School girls golf won the league championship after finishing 7-0 in league.

► Warren High School's boys golf team narrowly defeated Downey, 231-224, to clinch the league title.

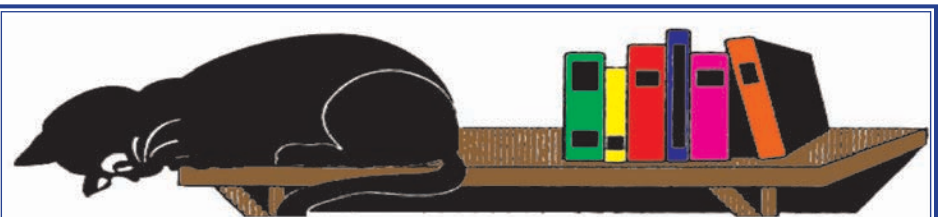
DOWNEY HIGH SCHOOL JV CHEER



Downey High School's JV cheer squad won first place at the USA Spirit Nationals, earning the top score out of nine squads in the Large JV Show Cheer Novice Division. The varsity squad earned third place out of 23 schools in the Medium Varsity Show Cheer Intermediate Division. Downey High cheer has placed first nationally in 2009, 2011 and 2012.

DOWNEY HIGH SCHOOL TRACK

Downey High School's Dakari Archer and Andrew Gonzalez won individual CIF championships in track. Archer earned a title in the high jump and Gonzalez in the pole vault.



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WARREN HIGH SCHOOL TRACK



Warren High School's girls track team finished 5-0 in league to win the San Gabriel Valley League title.

► Warren High School's boys cross country team dominated its final cluster meet in La Mirada to win another league championship.

WARREN HIGH SCHOOL WATER POLO



Warren High School's girls water polo team beat Pasadena Poly to win its second consecutive CIF Div. XI championship.

WARREN HIGH SCHOOL SWIM



After defeating cross-town rival Downey, Warren High School's girls swim team captured the San Gabriel Valley League title.

APRIL

► Nicole Nelson, a 17-year-old student at Warren High School, was crowned Miss Downey at a pageant at the Downey Theatre. Her court includes Christine Gonzalez, 17; Selena Gonzales, 17; Jessica Shaffer, 18; and Kaylee Pajak, 16. McKenzie Jackson, 14, was named Miss Teen Downey and her court includes Leah Lilley, 14; Molly Donahue, 14; and Cory Hayes, 15. Jr. Miss Downey went to Linden Hausmann, 12. Her court includes Senovia Villatoro, 12; Elizabeth Castillo, 10; and Natalia Loya, 10. Taylor Stephens, 8, was crowned Little Miss Downey. The Little Miss Downey court includes Analise Hoyveda, 8, and Valencia Raine Linden, 9.

► Sebastian Sidi performed a free concert at the Downey Theatre. The concert was filmed and later broadcast on public television.

► The city's Green Task Force briefly flirted with the idea of recommending a 20 MPH speed limit on residential streets but abandoned the proposal after deeming it impractical.

► Bastards, a new sports bar in Downtown

Downey, sparked controversy with its choice of a name. The restaurant's owners said the bar is "named in respect of those who have served in the finest infantry unit of the United States Marine Corps, 2nd Battalion 4th Marines nicknamed "Magnificent Bastards", and for the courageous Corpsmen of the United States Navy who care or have cared for them. Semper Fi."

► Kent Keiss, Teresa Wheeler, Karen Kjar and Eric Berchtold were named "Teachers of the Year" by the Masonic Lodge.

► Plans were announced for a Chick-fil-A on Firestone Boulevard, next to the shuttered Arby's restaurant.

► The Downey Unified School District began broadcasting 90-second commentaries on ethics over the PA systems at Downey and Warren high schools. The twice-weekly commentaries come from the Character Counts organization and are designed to inspire teens to discuss ethical issues relevant to their lives.

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MAY



NBC-4's "Today in L.A." morning show broadcasted live from the Columbia Memorial Space Center.

- ▶ Comedy legend Paul Rodriguez had the crowd rolling during a performance at the Downey Theatre.
- ▶ NWA Championship Wrestling put on its first live, non-televised card in front of a standing- room-only crowd at the Epic Lounge.
- ▶ Downey police officers acted in self-defense when they fatally shot a man last year at a homeless encampment near Firestone Boulevard and Old River School Road, the Los Angeles County District Attorney's office ruled. Manuel Vargas was fatally shot after he approached officers while holding a box cutter and 28-inch long stick.
- ▶ Dr. Mary Stauffer headlined this year's class of Hall of Fame inductees at Downey High School. Also enshrined were football coach John Mahlstedt III; hospital executive Arthur Ochoa; and

writer/director Doug Rittenhouse.

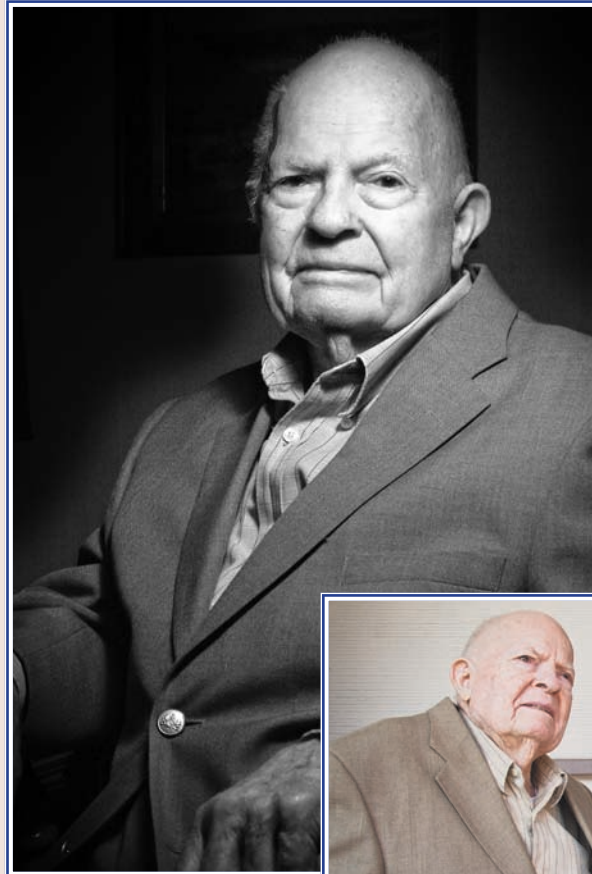
▶ The City Council voted to subsidize a downtown art gallery operated by Downey Art Vibe. Council members agreed to pay the gallery's \$2,000 monthly rent but stipulated that 90 percent of exhibited art must come from Downey-based artists.

▶ Detective Javier Sanchez was honored as Downey Police Officer of the Year and Craig Petersen as Downey Firefighter of the Year by the American Legion Downey Post No. 270

▶ Major League Baseball and the Major League Baseball Players Association donated \$33,000 to renovate the baseball field at Downey High School.

Samuel C. Hurd: Pearl Harbor Survivor

Writer: Henry Veneracion



Samuel C. Hurd is one of a thinning number of Pearl Harbor survivors whose

service to country, as well as those of other veterans of other wars, was honored on Veterans Day. The latest number of Pearl Harbor living survivors has been estimated at 2,000. Some 2,400 people, most of them in the military, were killed in the attack. Hurd, a resident of Downey since 1960 and who turned 91 this year, was a cook attached to Anti-Aircraft Battery F of the 251st Coast Artillery during WWII as part of the California Army National Guard. The unit was deployed initially in Hawaii and later in the larger Pacific Theater.

Their permanent station in Hawaii was at Camp Malakole, a couple of miles north of Barber's Point in Oahu.

Hurd says he enlisted in the Army when he was 18 because he didn't want to get drafted, opting for an anti-aircraft unit rather than get a random assignment. It is believed Grandma Hurd, a pacifist, was not happy when he joined the Army.

Born in Huntington Park, Hurd qualified as a cook because he distinguished himself in his cooking class back at South Gate High School, when he was able to make a "solid" custard.

Continue on Page 11

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Continued from Page 10

The other members of his unit came from all over, one or two from South Gate itself, others from Bellflower, Long Beach, Hemet, etc. A guy he came to know came from as far away as Buffalo, New York.

Working in the mess hall at Oahu's Ford Island, he says he usually cooked for 60-80 soldiers at a time but an additional 50 recruits from Rochester, New York arrived and he had to feed that many more mouths.

"We served three meals a day: breakfast at 6:30 a.m., lunch at noon and supper at 5:15 p.m.," he says. "A typical meal was hamburger steak, mashed potatoes and carrots."

December 7, the day of the Japanese attack, started as a lazy Sunday morning, says Hurd, when "about 90 percent of the base personnel were on leave." He somehow decided to work that morning. As it turned out, it was a fortunate decision because three of his buddies chose to rent an airplane to go sightseeing but never returned: no sooner were they airborne when seven Japanese zeroes appeared from nowhere and took their airplane down.

"We watched the Japanese planes flying overhead towards the harbor," he says, "and we ran towards the harbor, but there was nothing we could do."

Hurd could only recollect the bare outlines of key events and or places during the remainder of his tour of duty. Thus, in his retelling of the war, famous places and battle scenes flashed by: in mid-May, 1942, "we left for the Fiji Islands; in 1943-45, we went to the Solomon Islands. We were at Guadalcanal for 30 days. The Japanese were still on the island, and the Marines took over. Then we were in Bougainville."

"In 1945, we left the Pacific and disembarked at Louisiana. I had by then made Staff sergeant and First Cook," Hurd says. "I liked to listen to Louis Armstrong."

Returning to the familiar surroundings of South Gate and Huntington Park after he got out of the service, he hired on as a cabinet maker. It was at about this time that he met and married nurse Carola Schiller, with whom he eventually had three children, John, Trude and Steve. He can thank his bowling friend, Lou Wilson, for introducing him to Carola, who has since passed away.

The family moved to Downey in 1960 and bought a 3-bedroom house on Guatemala Avenue. He still resides there.

Hurd then worked at McDonnell-Douglas Aircraft in Long Beach. As a wood mock-up person, he installed cabinets and other fixtures inside the plane.

After getting laid off from Douglas, Hurd went to work for Modern Fixtures, which made cabinets and other fixtures--work with which by then he was very familiar.

Sam's older brother, John, also served in WWII with the Army Air Force in the European Theater. He was a B-17 Ball Turret Gunner. John flew 10 successful missions from England to Germany, was shot down over Germany in his 11th mission, and was a POW for over 365 days in the infamous Stalag 17B in Austria.

He died a few years ago.

Paging Dr. Frischer...



As 2012 draws to a close, I (as usual!) have some thoughts to share. It has once again been a challenging year. Focusing on health may seem to be a low priority for those who are merely managing day-to-day. For those to whom health is not a high priority, it's difficult to start making it one. Long-time habits are extremely hard to break. How do we begin?

I encourage you to think in terms of baby steps! Examine your lifestyle as it presently stands, and look for small ways to make changes in your routine. Park your car further from your destination. Put different foods into your grocery cart, and include more fruits and vegetables. Choose more whole grain products for your bread and cereal. If you are consuming more than two drinks of alcohol in a day, cut back a little bit. Do the same with your smoking habit – surely you can cut back just a little at a time.

Make an effort to put a little more love in your life. Focus on saying a few more kind words, and giving a few more hugs.

When searching for that internal push, hold onto these thoughts:

- 1) There is nothing holding you back except you.
- 2) You are limited only by your own imagination.
- 3) It takes fighting through some challenging days to get to the best days of your life.

I wish you all a healthy and prosperous New Year!

Dr. Alan Frischer is former Chief of Staff and Former Chief of Medicine at Downey Regional Medical Center

The Guerra Family

is thankful and proud to call Downey our home, a Character Counts community.



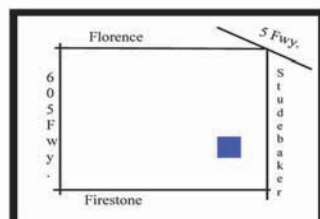
Our heartfelt gratitude to our community and our city staff for all your support and love as we served together in 2012. Thank you to Mayor Roger Brossmer for your leadership and friendship this past year. May God continue to bless us all. Councilman Mario L. Ann Guerra, Matt, Lynne, Haley, Ryan L. Mario II...Faith, Family & Friends



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JUNE

► Nearly 500 people packed the Columbia Memorial Space Center to watch the planet Venus pass directly between the sun and earth, a phenomenon that will not happen again until the year 2117.

► Downey High School student Juan Partida graduated with perfect attendance, having not missed a single day of school going back to pre-kindergarten.

► Navy Petty Officer David Saavedra visited Rio San Gabriel Elementary, where students had been writing to Saavedra while he was stationed overseas on the USS Carl Vinson.

► The City Council passed a \$135 million balanced budget. Council members opted not to dip into its reserves, which meant taking a fire engine out of service in south Downey, among other cuts.

► Patricia Kotze-Ramos was installed as president of the Downey Chamber of Commerce.

JULY

► The 128-ft. space shuttle replica owned by the city was moved out of its Downey Studios warehouse and into a tent, where it will remain until the city can come up with \$2 million to build a permanent housing facility next to the Columbia Memorial Space Center. The space shuttle mock-up was built by Rockwell International in 1972.

► Thousands enjoyed a fireworks show at Downey High School sponsored by Calvary Church of Downey.

► The union representing Downey's 58 firefighters and paramedics petitioned the City Council to consider disbanding the city's fire department in order to contract with the county for emergency services. A council majority ordered a study examining the feasibility of such a move, the results of which should be available in early 2013.

► Dr. Richy Agajanian was named chief of staff at Downey Regional Medical Center.

► In a calculated effort to prevent layoffs and cut city spending, Downey police officers and firefighters agreed to forfeit scheduled pay increases and accept reduced medical and retirement benefits over the next two years.

► A 20-ft. long mural at Downey High School created by the late artist Charlotte Von Troesch was destroyed during campus construction. Local preservationists tried to save the mural but school district administrators said it would have



cost up to \$20,000 to save the artwork.

► The Downey Police Department launched its "Return Home Registry," an opt-in program that helps detectives find lost residents who may wander off because of a mental condition or disease.

► Former NFL great Rosie Grier was keynote speaker at an awards luncheon sponsored by the Downey Chamber of Commerce.

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Greetings, Downey Family – from your 46th Mayor Mario A. Guerra



It is my privilege and honor to serve you as the 46th Mayor of the great City of Downey. A City that I hold very dear to my heart, a City I choose to raise my family in, a City that I have called home for over 35 years. I feel deeply humbled to be

your Mayor and as we move forward into 2013, I promise to carry on and share the same values, work ethic and morals that our previous Mayor, Mr. Roger Brossmer, has continued to instill in our community.

There are many exciting things that will occur in Downey during the next year and I intend to work hard to continue to move Downey in the right direction. There are several goals that I have laid out for my term as Mayor and I would like to take a moment to share these with you.

This year, my main emphasis for every single one of my goals will revolve around Downey's top five priorities to a "Healthy Downey." Last year, our City Council outlined the City's top priorities, which include Fiscal Responsibility, Efficiency & Adaptability, Economic Vibrancy, Quality of Life, and Public Engagement. My main goal is to use these priorities to highlight activities that will lead our community to practice healthy living. Figuratively and personally... Everything we do in our City will fit into one of these 5 basic principals. "Healthy Downey" will lead these goals.

Like most urban communities, Downey has a high obesity rate with 40% of obesity in our school aged children alone! (according to the California Pan Ethnic Health Network). I personally have struggled with being overweight and one of my biggest goals for next year is to be able to lead by example and promote a healthy lifestyle. I have committed to losing one pound every week for the next year and I will dedicate myself to doing this by changing my eating habits and exercising regularly... I invite you to join me in living a healthy lifestyle and helping our City be a HEALTHY community. My goal of losing 52 pounds during the next year is both achievable and practical. But I need your help and I need to educate myself and hopefully our community also. We can do this together.

One of the first activities I plan to do this next year is the "Mayor's Walking Wednesdays." In helping to promote an active lifestyle, I invite you to join me every other Wednesday and walk with me to share your thoughts and ideas about our City as well as being active and moving. By doing this, I also hope to provide an opportunity to highlight the great places we have in town. Whether it's a shopping district, local school or City park, it will be nice traveling to each location and walking with my fellow residents. I have laid out a schedule with a set Wednesday and location every month and you can find

that on our City website (www.downeyca.org), along with many other healthy resources. We have created a page specifically dedicated to a Healthy Downey, so please check it out and take note of the many things we are doing in Downey to stay active and healthy!.. I am also excited to have long time family friend, former UCLA great and NFL player Matt Ware working with me to help me eat right and exercise right. You will be able to find us at the Downey YMCA and during my Walking Wednesdays.

As part of my regular "Mayor's Walking Wednesdays," we will also be introducing the "Downey Walks to the Moon" program in which the goal is for our community members to walk as many miles as they can for the next year with the intent of reaching 1 million miles! How great would that be if we all walk together to reach this goal?!.. Residents will have the opportunity to log-in their mileage and every month there will be a special drawing at City Council meetings for those reporting their miles. Be part of helping Downey walk to the moon! Not only will you help improve your overall health, but you will also have the opportunity to win some great prizes.

In continuing to maintain strong communication with our local organizations, one of my other goals is to develop strategic health-related partnerships with local healthcare and social service organizations, as well as our wonderful school district, to promote healthy programs and activities. This will not only help reach out to our adult population, but our youth as well. Nutritional and physical fitness education is essential in teaching us about living healthy and I hope to broadcast this message to as many people as possible. Another way in which we will also help improve our City's quality of life is by offering healthy lifestyle workshops for the community. Dates for these workshops will be available soon so stay tuned!.. Kaiser, Appicare Medical, Coca Cola of Downey and the Downey YMCA have really stepped up as corporate and non-profit partners with us to make this a reality. Thank you.

During my first term as Mayor in 2008, I had the pleasure of recognizing outstanding volunteers in our community through the Diakonia (Servant) Award and beginning this January, I will have the pleasure of doing this once again. I will especially be acknowledging those who perform random acts of kindness. We have outstanding citizens in our community that do and give so much for others. This will be my way of honoring and thanking them for their service.

Many people have come to me asking how they can volunteer and give back to our community. Included as one of my Mayor's goals will be a new Volunteer Program that will be organized and coordinated through City Hall. The goal is to have a central location for anyone who wishes to volunteer. I am grateful that we have so many people eager to help out and this goes to show how many extraordinary people we have here in Downey.

In 2013, we have three very special anniversaries taking

place and all are worthy of recognition. The year 2013 will mark the 140th anniversary of the founding of our City, the 125th Anniversary of Rancho Los Amigos and the 10th anniversary of the Columbia Shuttle Disaster. Three very special anniversaries that mean a lot to our City and we will commemorate them appropriately throughout the year.

Veterans hold a very special place in my heart and I am proud that we now have a Veterans memorial to honor those who have so faithfully served our Country. I was proud to serve on this committee spearheaded by my good friend, former Mayor Roger Brossmer... Former Mayor Brossmer did a wonderful job in honoring our local service men and women by welcoming them home during special City Council presentations. He was also the proponent of our City's Military Banner program and as your new Mayor, I will continue to pay my respect and recognize our hometown heroes. I want to make sure that they know how much Downey appreciates their service and how grateful we are for having them.

Family and Friends, we live in a great City and I look forward to working together in 2013 to continue to make Downey a special place... Let's change, let's move and live a longer and healthier life. Let's make this a reality... Join me in the challenge. Let's Get Moving toward a Healthy Downey!

All my best, God bless.

Dn. Mario A. Guerra
Mayor of the City of Downey

AUGUST

- ▶ The farmers market relocated to Downey Avenue.
- ▶ The city's Parks & Recreation Department, formerly known as Community Services, moved from City Hall to Apollo Park.
- ▶ The View, a 50-unit affordable housing complex downtown, was approved for \$8 million in federal tax credits, the final piece of financing needed to move the project forward. Construction could start this winter.
- ▶ The Columbia Memorial Space Center opened its doors late so the community could watch the rover Curiosity touch down on Mars.
- ▶ St. Matthias High School announced it would become a co-ed campus with the start of the 2013-14 school year. It will also have a new name: St. Piux X – St. Matthias Academy.
- ▶ DUSD superintendent Dr. Wendy Doty announced her retirement, effective March 2013. The school board began a national search for her replacement.
- ▶ A nurse was arrested and charged with sexually assaulting at least two women as they recovered from surgeries at Kaiser Permanente Medical Center. The victims were assaulted while they were sedated and police suspect there could be more victims.

City of Downey

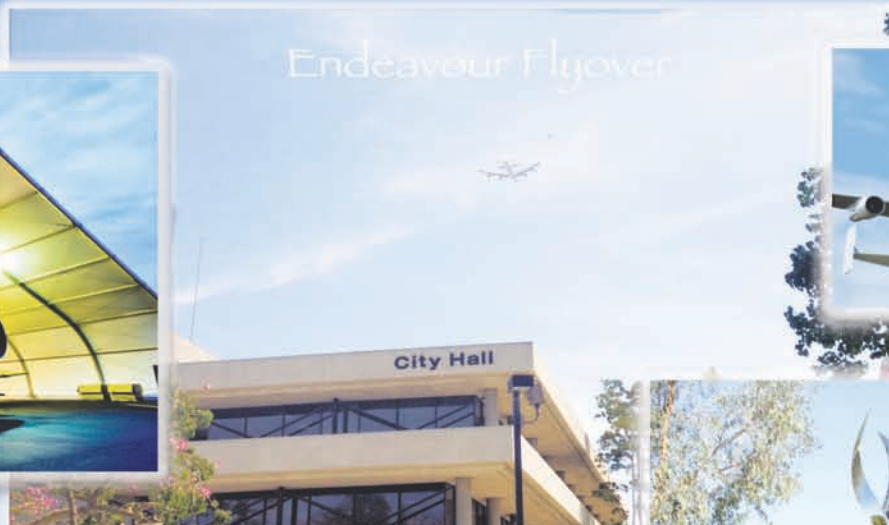
2012 Year in Review



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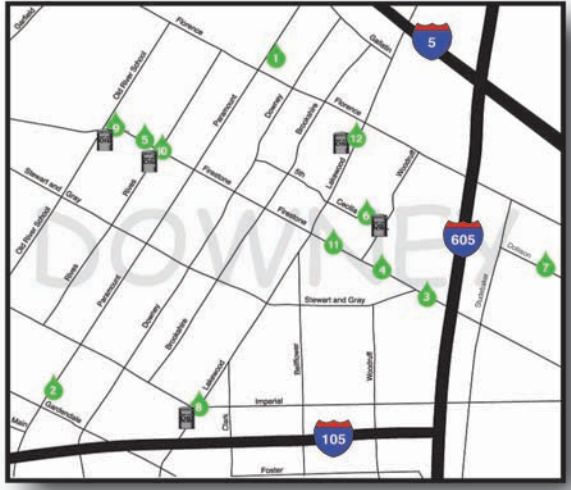
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Cleaned Parks, Donated Books to Downey Library, Donated Trees to the Rancho Los Amigo Hospital Wellness Garden, Served Lunch to all Downey Fire Stations and Police Department on September 11, and gave tribute to military veterans both REALTOR and Community.

Amigos Club building a bridge between general and special ed programs

Writer: Christian Brown

DOWNEY – While walking through the halls of Downey High School one afternoon, Cindy Salceda had an epiphany.

"I was just tired of seeing our special education students in a corner by themselves," said Salceda, who oversees the vocational education program for special education students at Downey High.

"The special needs population is often isolated and rarely included in all that goes on socially here at school, which is where we come in," she said. "We created a social club on campus to give the gift of friendship and show our students that there's no difference between them and general education students."

Marking its second year on campus, the Amigos Club of Downey High School hosted its first social event of the year in October, a taco dance party that brought together more than 350 general and special education students in order to emphasize peer acceptance while creating new opportunities for sustainable friendships.

"The purpose is to make connections, getting them together to create these opportunities so they don't feel intimidated," said Salceda, faculty advisor over the club. "My personal goal is for all our intellectual or developmentally disabled students to feel like they are part of the Downey High School family."

From barbecues and athletic games to dances and shopping excursions, the Amigos Club hosts regular events that encourage students in the general population to make new friends by introducing themselves to students with special needs.

For students like 17-year-old Mohammed Khan, the experience is something new.

"I have no family or friends that are in special education, but I thought this could be something to make a difference," Khan said. "This is our first meeting of the year, half of us are returners and we're having a blast."

As a result of the club's efforts, interactions have carried over into snack breaks and between passing periods as general and special education students are beginning to feel more comfortable exchanging hugs and hellos.

"Some of our special education students have even gone



home and asked their parents to start a Facebook account for them," Salceda said. "So there's interaction online in the news feed now as well."

Monique Madrigal not only asked for an account on Facebook, but one on Twitter too.

"I have 10 friends on Facebook [so far]," Madrigal said with a smile. "Yes, I got a Twitter...we love meeting amigos, I like making more friends."

The club's popularity has increased among the general student population since it started, ballooning from 120 interested participants last year to roughly 365 this year.

"All of our special education students are in the club," said Salceda. "General education students who want to be in the club must show up to the first meeting and attend all

meetings...we have a lot of active participants."

Seventeen-year-old senior Bexy Zapatero believes the club is helping break down barriers and stereotypes on campus.

"When I heard about the club and peer acceptance, I thought it was a really good message," she said. "I really like working with special education kids. They make jokes, they love being with us. It makes them feel really good."

For senior Steve Sedano, the Amigos Club is more personal, drawing up memories of his brother's battle with polio.

"Sometimes they feel alone like outcasts, but to interact with them and be interacted with makes our school as one," he said. "It's rad – it's their chance at normalcy, to have friends. Putting that smile on a student's face is invaluable."

With full support from the school's administration, Salceda is hopeful the group will continue to expand next year.

"Mr. John Baker...He is one of the assistant principals on campus and our biggest supporter," she said. "He always takes time out of his busy schedule to meet with me regarding the club, and loves to be involved with planning and putting together every event we put on." Salceda said the Amigos Club's goal is to host events every month to encourage bonding among the entire student population including a Thanksgiving dinner, Christmas shopping trip, and Valentine's Day sweetheart dance.

"I want the community to know that our general education students care about the special needs population in the community. What these kids are doing is helping to make a difference," said Salceda. They're helping to end that segregation and make everyone feel like they are a part of the Downey High School community."



SEPTEMBER



► The space shuttle Endeavour thrilled local residents as it flew over Downey two times, a final voyage before it was permanently retired at the California Science Center.

► Marsha Moode, executive director of the Downey Civic Light Opera, reached an agreement with city officials that allowed her to keep control of her own

Downey food festival, which this year also included an art show and beer garden.

► Olympic cyclist Tony Cruz led a coalition of local bike enthusiasts in a rally at City Hall, where they implored the City Council to consider installing bicycle lanes in Downey.

ticket sales in exchange for providing the city with its customer list and ticket sales information. Whether the DCLO continues past the 2012-13 season remains to be seen.

► The Downey branch of the American Association of University Women held its last meeting, shutting down after more than 50 years due to declining membership.

► An estimated 2,500 people attended the city's third annual Taste of

Photo by Richard Bravo

OCTOBER

► A 43-year-old Downey woman pleaded not guilty to manslaughter charges after her SUV flipped over on a freeway off-ramp, killing three passengers. Vanessa Torres, 24, Angela Prado, 49, and Sara Flores, 40, all from Downey, were pronounced dead at the scene.

► Councilman Mario Guerra hosted his annual town hall meeting, where much of the discussion centered on the future of the Downey Fire Department. A proposed ballot initiative that would strip residents of their right to vote on the future of the Fire Department was labeled by Guerra as "disingenuous at best, a coup at worst."

► Police officer Steven Gilley acted lawfully and in self-defense when he shot an unarmed Michael Nida last year, the L.A. District Attorney ruled. Nida fled from police who were investigating an ATM robbery near Imperial Highway and Paramount Boulevard in October 2011.

► Capital murder charges were filed against a man accused of fatally shooting three people and wounding two others. The three people killed were Josimar Rojas, 26, Irene Cardenas Reyes, 35, and Susana Perez Ruelas, 34. Jade Douglas Harris allegedly went to the United States Fire Protection business facility in Downey after responding to an Internet advertisement for a vehicle for sale. At the business, he shot and killed Rojas and Cardenas Reyes and shot another woman, injuring her. Harris then allegedly forced Perez Ruelas to drive him and the boy to a nearby home where the vehicle was located. At the residence he shot Perez Ruelas and the boy. The 13-year-old survived.

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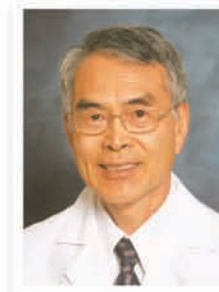
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The Downey Organization That Has Been Helping People Get Clean and Sober for 40 Years

Writer: Tina Vasquez

Technically, Southern California Alcohol and Drug Programs, Inc. (SCADP) is just a nondescript building on Paramount Boulevard. The organization has been there for 40 years, though most Downey natives don't know that those who shuffle in and out of the building are on their way to becoming whole again. This is because visitors to SCADP have a unique common thread: they've all admitted that they are powerless over their addiction and that their lives have become unmanageable.

Anyone familiar with Alcoholics Anonymous or Narcotics Anonymous will recognize this as the first step to recovery. Since 1972, 11500 Paramount Boulevard has been the home of SCADP's corporate headquarters, though the organization's many recovery centers are sprinkled all over the city, from Downey Avenue's La Casita, which serves pregnant and parenting women and their children, and Dolan Avenue's Positive Steps/CIDER House, offering residential treatment and mental health services to men who have been incarcerated, homeless, or affected by HIV/AIDS, to Clea Street's Youth and Family Services, which provides substance abuse treatment and counseling services for youth ages 12-24.

Since its inception, SCADP has been at the forefront of progressive treatment programs, aiming to help underserved and disadvantaged populations while also targeting co-occurring issues like domestic violence, mental health, and homelessness. The services SCADP offers are also free of charge to those who cannot pay for treatment.

SCADP began by making history and it's continued to do so over the years. The organization was founded by California superior court judge Leon Emerson, who invented the "court card," which gave those convicted of an alcohol-related crime the option of attending AA in lieu of more severe punishment. Other landmark programs have included the 1985 opening of Foley House, Southern California's first treatment shelter to accept women and their children, and Awakenings, launched in 1988 as the United States' first American Sign Language drug treatment program.

For 40 years, SCADP executive director Lynn Appel has been at the helm of it all. Appel

began in the mental health and rehabilitation field in San Francisco in the 1960's and joined SCADP in 1972 when it was still an affiliate of the National Council on Alcoholism.

SCADP is now a 501(c)(3) non-profit organization receiving federal, state, and county funding, though all of SCADP's programs struggle financially. What's needed, according to Appel, is a comprehensive approach and adequate funding, which would enable patients to receive the proper dose and duration of treatment.

"To truly address the core issues surrounding addiction, society has to want to provide the resources that are needed to fund programs like ours. Our field is tragically underfunded because it's believed that it's cheaper to lock a person up for being an addict than it is to address the issues that make them use," Appel said. "This permeates all social classes; no family is safe, but being poor or part of a disadvantaged population compounds all of life's problems. Even though Downey is middle class, these problems exist in this city."

Martha Varela has been with SCADP for 15 years and as program director of Youth and Family Services, one of the most successful evidence-based youth programs in the country, providing three months of out-patient treatment and three months of after care. Most of Varela's clients have been court-ordered to attend her program.

"There's a pattern: when they're very young they start with inhalants, alcohol, and marijuana and if they keep on the same track it always leads to meth," said Varela, who says kids are using as young as eight-and-nine-years-old. "There's an epidemic in Downey. A majority of my clients are from this city, but it's like Downey is pretending that substance abuse isn't happening."

According to Dave Zimmerman, the narcotics supervisor for the Downey Police Department, specific records aren't kept on the number of drug-related arrests or crimes that occur in the city and even if it's clear that a person is struggling with

Continue on page 20



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website:

A YEAR IN REVIEW...

Downeykiwanis.org

EVENTS: Rancho Los Amigos Pediatric Barbecue and annual Carnival, High School Senior Scholarship Luncheon, Las Casitas Relay for Life, Hero Run, ARC Walk, Kiwanis Family Night, Cal Nev Ha District Convention, International Convention, Veterans Day Supply Drive, Kiwanis One Day/Compton Initiative, and the following Youth Club Support: K-kids from Gauldin Elementary, Builders Club Sussman, East, Griffiths, West, St. Raymonds, Downey KIWIN'S, Key Club of Downey, Key Club of Lakewood, Kiwanis Bring Up Grades Program at Gauldin Elementary, Kiwanis Green Team and Memorable Social events such as monthly dinner meetings for Networking and Social mixer, Opportunity Drawing, Key Leader, Keep Downey Beautiful

Thank you to all of our members that made this year possible. Kiwanis of Downey SALUTES YOU!



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Meetings: 12:10 PM Thursdays at Rio Hondo Event Center

Kiwanis is a global organization of volunteers dedicated to  changing the world one child and one community at a time.

Continued from page 19

substance abuse problems, they are never referred to SCADP or other treatment facilities. Zimmerman says the use of the stimulant methamphetamine doesn't appear to be a problem in the city, though a majority of the Downey residents being treated by SCADP programs used meth as their drug of choice.

Youth and Family Services patient and 18-year-old Downey resident Gilbert Hilton began drinking beer in seventh grade and by his freshman year in high school, he was regularly ditching school to smoke marijuana with his friends. He also dabbled with cocaine, ecstasy, and various pills, which he says were easy enough to find at Downey and Warren High School, before he was eventually introduced to meth at the age of 15.

Hilton says that at first, doing drugs was about having fun and partying, but he soon began to use them to run away from his problems. His use worsened when his 17-year-old cousin Noah Armendariz died in 2008. Armendariz, a Downey High School wrestler, made national headlines after dying from complications of a staph infection.

"I didn't like meth at first, but it got to the point where I did it every day because it took my mind off of things. I pushed my family away and my mentality really began to change," Hilton said.

As of October of 2012, Hilton only had two months of sobriety under his belt because of a relapse the previous month. Like many others, Hilton was court-ordered to attend the program. While homeless, he had a warrant for his arrest and was arrested for possession.

Varela tries to make Youth and Family Services as safe and welcoming as possible for young patients like Hilton,

going as far as having weekly family potlucks where she and her staff provide home-cooked meals.

"The biggest problem in Downey is ignorance and a lack of information and understanding about addiction. We can't pretend this isn't a problem here because most of my clients are from Downey and this is a problem everywhere," Varela said. "It's still amazing to me that we can be here for so many years, but so few people know what we do here."

Varela is trying to help young people like Hilton avoid the fate of residents at facilities like Positive Steps/CIDER House, where decades of addiction have led to homelessness and incarceration.

Pete Lewis is the program director for Positive Steps/CIDER House and though the program currently has about 40 clients between the ages of 18 and 65, most of the residents began using around Hilton's age.

"A healthy teen knows that boredom is a part of life. Our guys learned early on that if you use, the boredom goes away. When you begin using heavily at a young age, you don't really mature. We're treating grown men, but many of them have the emotional intelligence of teenagers," Lewis said.

Many of the men in Positive Steps/CIDER House struggle with an addiction to meth, including 40-year-old Benny Castro. These days, Castro is absolutely radiant and fired up about his recovery. After using meth for 25 years and being faced with a 12-year prison sentence for a March 6 arrest, he was given the option of doing the time or entering a recovery program. At that point in his life, it was an easy decision.

"I was sick and tired of being sick and tired. I was living in

the riverbed on Firestone wondering, 'Is this going to be the rest of my life?' I was tired of going to jail, tired of isolating myself and being alone," Castro said.

This is Castro's first attempt at sobriety and he actually requested to be transferred to Positive Steps/CIDER House after completing 90 days in another program. He was so committed to his recovery, in fact, that he walked from East L.A. to Downey to attend the program. His reason: "I used to walk miles for a sack of dope that was ruining my life, so why not walk a few miles to a place that's going to make my life better?"

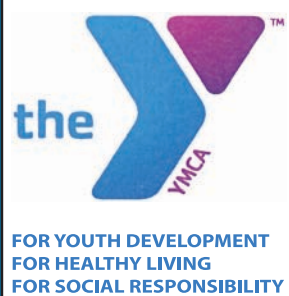
From where he sleeps in his bed at Positive Steps/CIDER house, Castro can hear the train that cuts through Downey each morning, the same train he'd hear while homeless. It serves as a reminder of where he is now and where he's been. After struggling with homelessness, 18 years in the prison system, and years of pain and turmoil inflicted upon himself and his family, men like Castro are becoming empowered by SCADP's programs, but they're also learning about the devastating affects their long-term drug use has had on their bodies.

For over 13 years, David Kane, MA, LMFT, has been a Licensed Marriage and Family Therapist specializing in treating individuals and families who struggle with chronic substance abuse problems. For the past five years, he has been overseeing Kaiser Permanente's Addiction Medicine Program in Downey.

Kane says the reason why meth use is so prevalent is because the drug is relatively easy to produce, inexpensive, and long-lasting. The high it produces is also unmatched by anything else because it floods the

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brain with dopamine, the neurotransmitter that produces pleasure.

"Meth is an insidious drug and there's nothing natural that matches the reward system it creates – not food or sex; meth is one-thousand-times more potent," Kane said. "The cost to the brain is significant. It's like driving a car with jet fuel; you're going to burn the engine out. In the long-term, it alters the structure of the brain and decreases the natural production of dopamine."

This is why users experience crippling withdrawal and those who kick the drug permanently may continuously struggle with depression – or anhedonia, the inability to feel pleasure – because they've damaged the system in the brain that regulates emotion and pleasure. Addicts must also face the stigma of addiction, something that hits female addicts particularly hard.

"Much of the stigma is just extreme guilt stemming from neglecting their duties as a caregiver. Men still aren't considered primary caregivers and if they're addicts, chances are they don't see their kids often or have custody of them; their involvement is basically minimal. When you're the primary caregiver, as most women are, there's more of a stigma," Kane says.

No one knows this better than the women of La Casita and Women's Council, the outpatient counseling program led by Rose Nieves and Rosalind Pelayo. Many of the women in both programs currently have open cases with the Department of Children and Family Services (DCFS) and are actively working on their sobriety and attempting to be reunited with the children they lost.

La Casita program director Karen Bagarry says that

many of the women were self-medicating as a way of dealing with childhood trauma. Others were unknowingly perpetuating a cycle that had been playing out in their families for generations. In other words, if you come from a family of addicts, you're more apt to normalize the behavior and become one yourself.

"If you hang out in a barbershop long enough, you're going to get a haircut," Bagarry said. "For the girls who find themselves in that situation, we have to teach them to look at their families from a safe distance in order to examine the issues that might have contributed to their addiction."

Like Positive Steps/CIDER House, the women at La Casita are kept on a strict schedule and required to attend weekly classes focused on drug and alcohol education, anger management, trauma therapy, vocational education, self-esteem/co-dependency, relapse prevention, and NA meetings led by recovering addict and La Casita administrative assistant, Marie Rosa.

Sober since January of 2006, Rosa has helped countless women at La Casita, including women like Maria Arguelles, 35, who calls La Casita a lifesaver.

Arguelles was a meth addict for nine years, using during her entire pregnancy with her youngest daughter. In 2011, after failing to get sober at another facility, she was transferred to La Casita.

At the time, DCFS told Arguelles that she would never get her children back, including her oldest child, 17-year-old Marlene Ramirez, who hadn't been in Arguelles' custody for five years. After six months of intensive treatment at La Casita, Arguelles was reunited with her children and has now been clean for nearly two years. The mother of four

now lives in La Casita's sober living house.

On the display in the living room of the sober living house are five massive books, which Arguelles calls her "wreckage." In actuality they're her records she obtained from the county, hundreds upon hundreds of pages painstakingly detailing Arguelles at her worst, featuring notes and photographs from DCFS workers documenting the poor living conditions she subjected her children to. They are a reminder of her past and everything she's hoping to avoid moving forward.

"I owe my life to La Casita. It gave me everything back that I thought meth took away forever. This is my safe place. It helped do for me what I couldn't do for myself," Arguelles said. "Now I'm just working on putting my life back together and making amends with my children."

This is no easy task. Intellectually, Arguelles' oldest child understands that her mother's neglect was the result of an addiction, but emotionally, it's hard to overcome the damage that was done. Ramirez experienced the usual forms of neglect the children of meth addicts become accustomed to: a lack of food in the house, filthy living conditions, and general chaos, but while Arguelles was using, her children were often forced out of the house for 12 hours a day while their mother used inside the home. It was during these times, when she was just 12-years-old, that Ramirez was repeatedly raped by a family friend who was entrusted to look after her.

No longer able to keep the secret, Ramirez told her social worker what was going on. At this time Arguelles was in and out of various rehabs while her daughter was in and out of foster care, group homes, and psych wards, often

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running away to be with her mother.


Tragedy is something that goes hand-in-hand with addiction and unfortunately, what happened to Ramirez isn't a rare occurrence. Because of the added stigma placed on women, the recovery process for mothers is so much more complicated. Essentially, these women must face the devastation they caused their children without reverting back to their most familiar coping mechanism: using drugs and alcohol, but sometimes the past is too overwhelming.

You can now find Nicole Moorefield in Women's Council four times a week, four hours

a day. She's not court-ordered to be there, she doesn't have an open DCFS case. As a matter of fact, her eight-month-old daughter Sofia is always with her, propped on her hip, playing in a bouncer Moorefield sets up in Pelayo's doorway, or quietly sitting in her lap. Anyone in the group will tell you that Moorefield is a great mother, but when she was battling her meth addiction she was anything but.

The 33-year-old did her first line of speed at the age of 12, the same year the heavily tattooed mother of four got her first tattoo: a letter "T" on her finger, which stands for "tweaker." Moorefield became pregnant at 18 and gave her son up for adoption, a

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heartbreaking event she says sent her on "a rampage." She was using heavily when she became pregnant a second time with her daughter Savanna in 2004, who she decided to keep. On January 13, 2005, Moorefield left her newborn daughter with a friend and fellow addict who was high at the time. The specifics of what happened are still unclear, but the end result was that Savanna was violently shaken by Moorefield's friend, giving her shaken baby syndrome. Moorefield was charged with felony child endangerment and was sent to prison for two years, where she got clean. She got out of prison and enjoyed three more years

of sobriety, even giving birth to her third child Jeramey in 2007. All the while, Savanna remained in a hospital in a permanent vegetative state. On December 4, 2009 Moorefield chose to take Savanna off her breathing machine. Something unexpected happened: Savanna kept on breathing. Moorefield stayed in the hospital for three weeks caring for her daughter, but shortly after her life began spiraling out of control. "It was the guilt and shame of it and I really didn't even see the relapse coming, but looking back I should have," Moorefield said.

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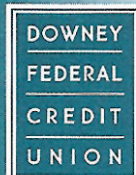


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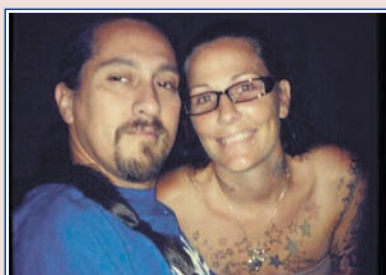
It began with drinking, but before long she was smoking meth, which wasn't her preferred method of use, so Moorefield didn't consider herself too far off track. As she says, this is the insanity of addiction. It took just a few weeks before Moorefield was once again a full-blown meth addict, neglecting her son, selling drugs, and using the drug intravenously.

It was around this time that Jose Gutierrez was released from one of his many stints in prison. He and Moorefield met "at a dope spot" when Moorefield was just 17-years-old. The two have enjoyed an on-again/off-again relationship for nearly 17 years and never once during that time had they ever been clean together.

Gutierrez grew up in Paramount and had been using and selling meth since the age of 17. Never once, not during the multiple arrests for possession, the dangerous lifestyle that selling meth necessitates, or the 18 years that Gutierrez spent in and out of Folsom, Pelican Bay, and other California prisons, did he ever think his drug use was a problem. It was a way of life and he'd become just as addicted to the lifestyle and fast money as he was to shooting meth – until one day he wasn't.

"One day I woke up and I was done," Gutierrez said. "I'd had enough and I told Nicole it was going to be all or nothing: we were going to do this together and mean it or not at all."

During Women's Council meetings it's not unusual for Pelayo to remind the women in group that they are miracles and only one in 10 women will actually beat the odds and stay clean. Technically, Moorefield and Gutierrez shouldn't be clean. Last year Moorefield decided she didn't like the rules at La Casita – an often used excuse



to leave and relapse – so she left. Gutierrez got kicked out of Positive Steps/CIDER House for breaking the rules and meeting up with Nicole on his 29th day in the program; personal visits are only allowed after 30 days in treatment.

Instead of using; however, Moorefield began religiously attending Women's Council meetings. Gutierrez enrolled in a six-month long SCADP narcotics course before moving into sober living. Miraculously, they stayed clean – together, even though recovering addicts are strongly urged not to enter intimate relationships during their first year of sobriety.

Gutierrez says that his life with Nicole is full of blessings.

In December the couple will both have 20 months of clean time under their belts, but they know it can all be taken away in an instant if they use again.

If you ask anyone – Moorefield, Nieves, Pelayo, any of the men at Positive Steps/CIDER House, or any of the kids at Youth and Family Services: are you confident you'll never use again? If they're being honest and if they have a true understanding of their addiction, they will say no. They will say no because there is no predicting the future with the disease of addiction. It can lay dormant for years and then explode, or it can be kept at bay for the rest of their lives if they work the program, do their steps, and go to

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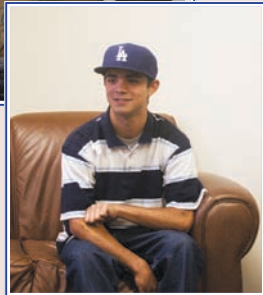
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Photos by Ramiro Rubio

meetings. And this is why SCADP is so crucial to the community. As little known as its services are to most Downey residents, it's an organization that is literally saving lives by giving those in recovery the tools they need to fight back against their disease. "Going through one of our programs isn't just about that person getting clean and sober; it's much bigger than that," Appel said. "You get clean and sober and for the first time in a long time, you're no longer in a fog. You're clear-headed and open to the possibilities of life and for that person's family, it's the first step to unraveling a long chain of problems. Sobriety changes your path in life. There is hope for anyone with an addiction and we want the community to support these programs and the people in them."

Rotary Club of Downey



PO Box 339 Downey, CA 90241
www.downeyrotary.org

ABOUT ROTARY

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business professionals, and community leaders. The Rotary Club of Downey does this through a variety of community and internationally based service projects. We meet weekly for fellowship.

There are 1.2 million Rotarians and 34,000 clubs worldwide. Join us and make a difference in the world.

SERVICE


Rotary's commitment to Service Above Self has been channeled through the Avenues of Service, which form the foundation of club activities. The Avenues of Service are: Club Service, Vocational Service, Community Service, International Service and New Generations (otherwise known as Youth Service).

MEETINGS


We meet every Tuesday for lunch from 12 noon until 1:30 p.m. at the Rio Hondo Event Center

Visit us at any of our lunch meetings or events.
Contact us at:
Ray@Andazola.com
or visit us on the web:
www.downeyrotary.org






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IN MEMORIAM

In honor of those who have passed, the following is a list of residents who were memorialized with an obituary in The Downey Patriot through December 1, 2012.


Mary Helen Aguilar	Floyd Cole	Paul Guggiana	Charlotte Day McCollum	Therese Roesch
Charles Arbino	Patricia Helen Cornair	Louis Haddad Jr.	Robert McConnell	William Rollins Jr.
Pat Augimeri	William (Bill) H. Cunningham	Richard J. Haiden	Mercedes "Mary" Escondon	Janice Russell
Carol Axon	R. D'Angelo	Carl Hale	Nunez Mertz	John Wayne Shipley
Robert Baca	Ellia Deblois	Edith Hall	Janeen Milton	James Robert Shoop
Kathy Rae Bach	Dennis Deem	Wayne Harvey	Sandra Mitrowski	Alex Smick
Marjorie Ball	Sandra Dickinson	Mildred Boudreau Heinlein	Art Morris	Jane Smith
Claude Bowman	Jill DiLoreto	John Hesketh	Ferne Mulder	Gene (Egildo) Sposto
William Bray	Chester Dorazio	Nini Horn	John Mussachia	Vickie Summers-Graham
Charles Brown	Donna Caroline Dorn	Witold Hryniewicki	John Nordbak	John Swoboda
Virginia Brumley	Alice Edwards	Margaret Ingham	Karen O'Briant	Joseph Vasapoli
Edward Bulian	Homer Lee Ellison III	Trude Koll	Douglas O'Leary	Shelby Walker
Thelma Cacioppa	Royal Englehart Jr.	Lafleche Jacqueline Laporte	Maria Perez	Grace Warren
Brent Cannady	Del Esguerra	Jerome Lewis	Lucia Persico	Florence Wilkinson
Rose Carpenter	Rosemary Ferraro	Vincent Louis Lindsay	Marian Perumean	Paul Winslow
Arturo Castellanos	Isabel Flecha	Lenna Lockhart	James Petersen	Beverly Winter
Muffy Chiccarelli	Frances Lee Fleischman	Christopher Lueke	Winston Kanakaokai Piohia Sr.	Leo Vaag
Connie Clark	Florence Burke Goepel	Joe Luna	Richard Pope	Robert Verderber
	Mark Guastella	Raymundo "Ray" T.	Doris Mae (Martin) Potter	
	Angelica Guerrero	Martinez	Grazia Ragusa	
		Trudy McCaughan	J. Stephen Reed	

NOVEMBER

- ▶ With more than 9,000 votes, community leader Alex Saab won a seat on the Downey City Council. Incumbent Luis Marquez won reelection by narrowly beating opponent Michael Murray. Meanwhile, Cristina Garcia won a seat on the state Assembly and Measure D, a telecommunications tax in Downey, won in a landslide.
- ▶ Rock legend Eddie Money played a two-hour concert at the Downey Theatre. Grammy Award-winning trumpeter Arturo Sandoval also performed in Downey.
- ▶ A developer announced plans to build a 46-unit condominium complex on Lakewood Boulevard, behind Chris & Pitts.
- ▶ A veterans memorial was dedicated in front of City Hall.
- ▶ A Walmart grocery store opened on Paramount Boulevard, replacing the former Alin's Party Depot. As part of grand opening ceremonies, Walmart donated \$13,000 to local charities.

DECEMBER

- ▶ Carl Charles was sworn-in as the city's newest police chief. Charles replaced Rick Esteves, who retired after three years as police chief.




DN. MARIO A. GUERRA
Mayor 2013

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MESSAGE FROM THE PUBLISHER

For several different reasons, 2012 has been a year of personal growth, experience, discovery and, yes, anxiety. But most of all it's been a year of fulfillment.

I'm proud of the fact The Downey Patriot, Inc. has been able to expand into neighboring Norwalk with the Norwalk Business Call newspaper. The sad truth is that too many communities in the Southeast Los Angeles area lack quality newspapers, which are so important to a city's identity and sense of community. Residents deserve a newspaper they can turn to for honest, unbiased journalism. A quality community newspaper like ours is not afraid to publish factual news when it unfolds and we can assure you we will never publish stories of fiction or those laced with heavy innuendo, all for the sake of creating news.

While we hope our Norwalk newspaper continues to grow and prosper, our dedication to Downey has not wavered. We're continually looking at ways to enhance our product and that will never change.

I want to thank our readers and advertisers for making The Downey Patriot possible. While other newspapers, magazines and online news sites have come and gone, the Patriot is in its 11th year of continuous publication with no plans of slowing down. And we couldn't have done it without the support of the community.

Among my other duties this year, I volunteered as chaperone to the Miss Downey Court which took me back to my roots. In 1990 and 1991, I served as a princess on the Miss Downey Court. Serving as chaperone was at both inspiring and nostalgic as I was able to see the girls continue the proud tradition of donating their time and talents to so many wonderful causes in Downey. The Miss Downey Court was in attendance at ribbon cuttings, community events, fairs, the Downey Christmas Parade, Arc Walk and many other public gatherings, always representing their hometown with grace and enthusiasm.

It has been incredibly rewarding to see the girls grow into responsible young women and I know their time on the court will benefit them immensely as they continue on in life.

When I was a Princess on the Miss Downey Court, Jean Albrecht was my Miss Downey chaperone. Jean did an



excellent job of enforcing the rules of representing Miss Downey Royalty. She took an active role in our lives, and for me, turned into a role-model. Jean held us to a high standard, because she believed in each of us. She wanted the best for us, she encouraged us to continue our education, volunteering and finding what makes us happy. While I was on court, most of us thought that Jean didn't want us to have "fun" - especially with the "no boyfriends" rule. I now realize that she was only concerned for our well-being, wanting us to be safe and surrounding us with people who wanted us to succeed.

Serving as chaperone also gave me direct insight into several of the local non-profits and service organizations that make Downey unique as a community. It reignited my passion for community service and helping those less fortunate. I know most of the amazing and talented people that serve on the Boards for many of these organizations, and they spend countless hours volunteering, working on fundraisers, planning events and simply making Downey a great city to live and work in.

Saying goodbye to 2011 can not be done without a

huge Congratulations to all CIF Champions at Downey and Warren! Especially to Downey High School Varsity Football...

A special Thank You to Dr. Frischer who's column teaches us to be live well, healthy and make good choices. Also, Thank You to Mark Fetter for an outstanding job covering high school sports and thank you to all of our other contributing writers. We could not have accomplished what we did this year, without a fantastic and talented staff. Thank you to the team at The Downey Patriot and Norwalk Business Call who make coming to work each week fun and eventful. Thank you Eric, Henry, Christian, Cristina, Jonathan, Dorothy, MaryAnn, Tammy, Linda and Jim.

Jennifer DeKay-Givens, Publisher

CONGRATULATIONS DOWNEY VIKINGS - CIF CHAMPIONS



CIF SOUTHEAST DIVISION CHAMPIONS
DOWNEY HIGH VIKINGS 2012



By Ace Attorney Twitter

Space Shuttle Endeavour Flies over Downey

By Francisco Rodriguez



By Christopher Feliciano



By Gus Valle



By Space Shuttle over Rancho by Greg Waskul



By Rick Salyer



By John Burgos



By George Sanchez



By David Weinberger