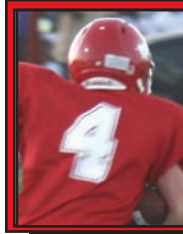




# The Downey Patriot



**Sports season gets underway**  
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**Frank Gasdia mourned**  
See Page 11



**Sheila Pautsch loves challenges**  
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Friday, September 14, 2007

Vol. 6 No. 21

11525 Downey Ave., Suite A, Downey, CA 90241

## It's showtime at Rancho



Visitors at last week's Pediatrics Day Carnival at Rancho Los Amigos enjoyed free performances from talented dance groups like the one above. Music, food and shows were provided free of charge by various organizations in and beyond Downey. Photo by R.D. Salyer

## Rancho patients enjoy free summer carnival

■ Volunteers donate time and talents to annual Rancho carnival designed for kids with physical disabilities.

BY MARY FORNEY, CONTRIBUTOR

**DOWNEY** – Hit by a car when he was three years old, Brandin Velasquez relearned how to walk, talk and eat.

Despite having to use a walker for balance, the now six-year-old Velasquez made it across the parking lot where the Rancho Los Amigos Pediatrics Day Carnival was being held last Saturday. Taking one step at a time, he was determined to reach the place where he could play with many of those who have helped him regain his mobility and speech.

"It's nice they have this every year so he can have fun seeing the familiar faces who helped him out since he was hit by the car," said his mother, Patricia Velasquez, 33. "These are people who have helped him in every way."

More than 62 patients and 165 family members enjoyed the game booths, music and food provided for free from various local community organizations.

The Los Angeles Laker Girls cheered the guests on, stopping to take pictures and sign autographs. Miss Downey and her court also spent the day spreading goodwill to the visiting children and their relatives.

"I thought it would be a good experience to help these kids have a good day," said Ashley Campuzano, 15, who is this year's Miss Teen Downey.

The Downey Fire Department and Auxiliary were found treating children in a variety of ways – from giving tours of fire trucks to handing out free books, food and stickers.

"We volunteer because it (touches) us seeing others less fortunate than ourselves," said Steve Doreck, 33, a member of the Downey Fire Department Auxiliary. "We want to help by doing whatever we can for these children."

Other sponsors of this year's carnival were the Las Floristas Foundation, Downey Kiwanis, Downey Optimist Club, Starlight/Starbright Foundation, LF Teen Outpatient Support Group, Kids Who Care, and disc jockey Javier Padrone.

Paws 4 Healing also entertained the children with a rabbit and several dogs trained for animal therapy.

Providing an opportunity for the pediatric patients to socialize with their health care professionals in a fun environment has fostered positive relations and long-term friendships, officials said.

"It's all about the smiles," said Julie Helgren who served as chairman of this year's event. "Our patients are our celebrities so we get excited when we see them and get to hug them," she said.

## Strople to remain CEO at Downey Regional

■ 'Interim' label comes off as hospital makes Ken Strople permanent president and CEO.

**DOWNEY** – Kathy Hampton, chairman of the Downey Regional Medical Center corporate board of directors, announced this week that Ken Strople has been named DRMC's new president and chief executive officer, effective immediately.

Strople had been serving as interim CEO since the termination of Allen Korneff in June.

Strople has served as the hospital's executive vice president and chief administrative officer since April 2006. As CEO, he will work with his executive management team, which includes executive vice president and COO Rob Fuller and CFO Bruce Bowne.

"Ken Strople has been a dedicated and talented leader in hospital administration for more than 25 years," said Hampton. "His leadership skills and commitment are evident to all who have worked with him."

Prior to being named executive vice president and chief administrative officer, Strople served as senior vice president of operations at Community Memorial Hospital of San Buenaventura. He earned a Master of Business Administration degree, a Master of Science degree in medical technology,

See STROPLE, page 4



Ken Strople

## Time Traveler Loss of father cast shadow over her diary

BY JOHN ADAMS, EDITOR EMERITUS

No history of Downey is complete without Mary Refugio Carpenter Pleasants, the daughter of Lemuel Carpenter who killed himself after losing his huge Rancho Santa Gertrudes estate which included Downey.

Mary was born July 4, 1845, and the tragic death of her father in 1859 left a lifelong shadow over her life.

Lemuel Carpenter had borrowed \$5,000 from John Downey and James P. McFarland, druggists, in 1852. At the exorbitant interest rates of the times, his debt was \$104,000 by 1859.

Four days before his land was to be sold at sheriff's auction, Carpenter put a bullet through his head.

Two months after her father's passage, Mary began a diary. She had spent Christmas, 1860, at the home of her aunt and uncle, William and Maria Wolfskill, who lived on Alameda Street in Los Angeles.

In her first diary entry she mentions visiting the grave of her father that day. She was only 14, but she kept a total of six diaries which ran through 1865.

Mary and other members of her family attended a private school maintained by her uncle for his own and his friends' children. This, and later schools, allowed her to earn a certificate to teach in the primary schools of Los Angeles County in 1866.

Among those she met in the social whirl of the Wolfskill home was Joseph Edward Pleasants, a friend of Wolfskill from Solano County above San Francisco.

Mary and Pleasants were married in 1868, at the Plaza Church in Los Angeles, by Father Francisco Moro.

Pleasants owned 100 acres of the old Santa Gertrudes Rancho that had once belonged to her father. He had purchased it from the now ex-governor John Downey, who had picked up the rancho in the sheriff's sale.

Pleasants had lost his Downey vineyards and orchards to a huge flood

See TRAVELER, page 4



Appearing at the Downey Theatre tomorrow night will be The Beach Toys, a tribute to the Beach Boys, Monkees and Beatles. Tickets are \$25 and will be available at the box office, which will open at 4 p.m. Showtime is 7:30 p.m. Tickets will also be available today at the Downey Chamber of Commerce, 11131 Brookshire Ave., or by calling (562) 923-2191. Half of the proceeds will go to Easter Seals.

## Gallatin student stabbed to death in Bellflower

■ Nine-year-old Lisette Guereca was killed while visiting family in Bellflower, authorities said.

BY ERIC PIERCE, CITY EDITOR

**DOWNEY** – A nine-year-old Gallatin Elementary School student was stabbed to death Monday while visiting family in Bellflower, police authorities announced this week.

The girl's cousin, 23-year-old Efrain Martinez, was arrested and charged with murder, the Sheriff's Department said.

Lisette Guereca, a fourth grader at Gallatin, was at a family gathering at a relative's home in Bellflower when she was attacked, authorities said. Lisette was transported to Long Beach Memorial Medical Center where she died.

"Based on...what we know so far, we believe that she came to this house to visit relatives and for some unknown reason she was attacked by one of her cousins," Lt. Dan Rosenberg of the Los Angeles County Sheriff's Department told K-ABC TV.

Martinez is currently being held without bail. Authorities said they knew of no motive.

According to sources close to the investigation, Martinez had been battling drug problems and recent bouts with depression.

A letter was sent home to Gallatin parents on Tuesday by Principal Steven Means. Grief counselors were also made available to students and staff.

## Service academy workshop Oct. 27

**DOWNEY** – Congresswoman Lucille Roybal-Allard will host her annual “Informational U.S. Service Academy Workshop” at the Downey City Library on Oct. 27 at 8:30 a.m.

The service academy is for those interested in earning a university degree in return for five years of service in the military.

Academy representatives and current students will be at the free workshop to answer questions regarding eligibility requirements, cadet life, academics, athletics and career opportunities after graduation.

Visitors will also learn how to obtain a congressional nomination for service academies.

## Tadeo graduates from basic training

**DOWNEY** – Army National Guard Pvt. Manuel O. Tadeo Jr. recently graduated from basic training at Fort Jackson in Columbia, S.C.

During his nine weeks of training, Valenzuela studied the Army mission, history, tradition and core values and physical fitness. He also received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

Tadeo is a 2004 graduate of Bell Senior High School and son of Virginia Tadeo of Downey.

## Student art competition underway

**DOWNEY** – The 15th Annual 34th Congressional District Student Art Competition is now underway, with the grand prize winner going on a trip to Washington, D.C. and having their artwork displayed in the U.S. Capitol for one year.

All artwork must be two-dimensional, no larger than 26x26 inches, and one or a combination of the following mediums:

- Paintings – oil, watercolor, acrylic, collage, etc.
- Drawings – pencil, pen, chalk, pastel, charcoal, etc.
- Prints – lithographs, silk screens, monotypes, woodcuts, intaglio methods.

Photography – no smaller than 8x10 inches, no computer manipulation allowed, negative of photo must be attached to qualify.

The competition is open to all high school students in grades 9 to 12 residing in the 34th Congressional District. Entries must be an original concept; the entry may not reproduce an image from somebody else’s work in the same way or any other medium.

For more rules or information, call Veronica Flores at (213) 628-9230. The deadline to submit a work is Feb. 18.

## Poetry slam at Downey Library

**DOWNEY** – The Downey City Library invites teens who read and write poetry to attend their “Poetry Slam and Open Mic” event on Sept. 18 from 3:15 to 4:30 p.m.

Teens ages 13 to 19 who have written original poetry, song lyrics or short prose will get a chance to share their work at the event.

“This is a great opportunity for teens to share their thoughts and their talent,” said Julia Butler, young adult librarian. “Some teachers may give extra credit for participating, so be sure to sign up.”

To register, or for information, call (562) 904-7360, ext. 32.



Irma Salgado (left) of Washington Mutual Bank recently gave George Saikali, formerly of the Downey YMCA, a check for \$5,000, in support of the YMCA’s youth and government program, an educational program that unites 10th graders in discussing issues facing California. Teen delegates write bills, select government positions to role-play, attend statewide training conferences, and run for various elected offices. The donation also went towards the California YMCA Model United Nations, a program for students in grades 6 through 9 that research, debate and establish policies throughout California.

## Applications for next Mr. Downey accepted

**DOWNEY** – Applications for the 2007 Mr. Downey and Little Mr. Downey Competition are now being accepted.

Contestants for Mr. Downey must be between the ages of 15 and 23 and must live, work, or attend school in Downey. They are to have never been married, fathered a child, or been convicted of a misdemeanor or a felony.

Contestants for Little Mr. Downey must be between the ages of 5 and 8.

The competition will be held on Nov. 10 at the Downey Theatre. Scholarships will be awarded in categories such as “Audience Choice,” “Volunteerism,” “Academic,” “Athletic,” and many more.

Applications are available at Downey City Library, Downey Rent-A-Tux, Downey Chamber of Commerce, and at [www.downeyrose.org](http://www.downeyrose.org).

Applications, as well as the \$15 application fee, can be mailed to the Downey Rose Float Association (DRFA), Mr. Downey and Little Mr. Downey Competition, P.O. Box 765, Downey, 90241. Deadline is Sept. 23.

Orientation will also be held on Sept. 23 at 7634 Brookmill Ave. at 1 p.m.

For registration or sponsorship information, call (562) 824-7172.

## Arc thrift store closing its doors after 43 years

■ Store will close in October due to increases in competition and operating costs.

**DOWNEY** – Arc of Southeast Los Angeles County will be closing their thrift store operations after 43 years – a move officials say will not impact Arc’s expanding programs and services.

Arc started in the thrift store business as a fundraising venture in 1964, with its main store in Lynwood and smaller outlets in Downey and Hawaiian Gardens. The stores initially thrived but increased competition and the escalating cost of running the shops was costing Arc money, according to Executive Director Kevin MacDonald.

“This was a wonderful fundraiser for decades and we are extremely grateful to all those that donated clothing and goods over the years,” said MacDonald. “We had to make a decision before it affected our current services for people with disabilities.”

Arc’s store in Hawaiian Gardens will remain open for one year, so clothing donations will still be accepted at Arc’s main office at 12049 Woodruff Ave.

Arc provides services to over 400 people with developmental disabilities. In the past year Arc has added a new service for seniors with disabilities, re-opened its Center for Human Rights and started a new Employment Center.

“It is a time for expansion of services and we thank our donors for making this happen,” said MacDonald.

For more information on Arc, call (562) 803-4606.

## Donna Wares speaks on ‘My California’

**DOWNEY** – The Downey City Library will be celebrating National Literacy Month with an event featuring Donna Wares, editor of “My California: Journeys by Great Writers,” on Sept. 17 at 7 p.m.

A professor at California State University, Long Beach, Wares has been a writer and editor for the *Los Angeles Times*, the *Miami Herald*, and the *Orange County Register*. She will discuss how she worked with the 27 authors represented in the book.

Copies of the book will be available for purchase and signing at the event.

For information, call (562) 904-7360, ext. 32.

## Middle school students invited to dance

**DOWNEY** – The City of Downey Community Services Department will be hosting a “Back to School Dance” for middle school students on Sept. 28 from 7 to 10 p.m.

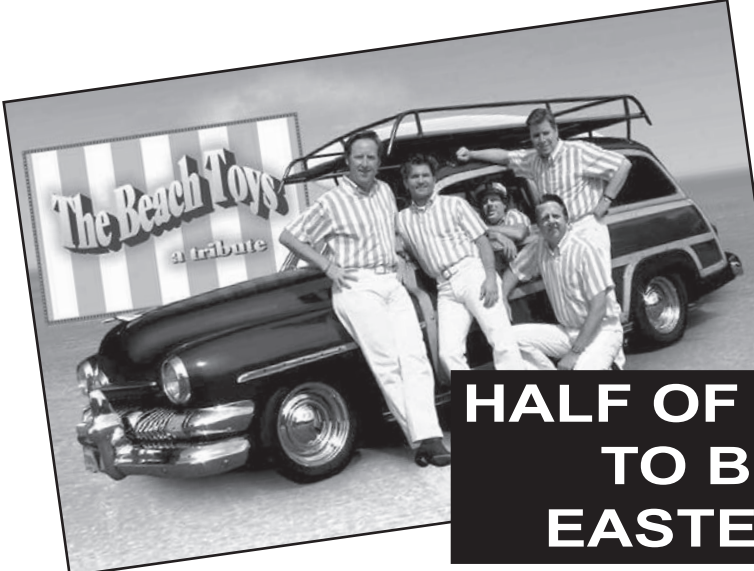
The dance will be held at the Gary P. McCaughan Gymnasium at Apollo Park and music will be provided by DJ Rudy.

Those invited to attend must be in grades 6 to 8 attending a Downey school, and permission slips must be signed by a parent.

Cost is \$5 and advanced tickets can be purchased the night of the dance, or at City Hall with school identification.

For information, call the Community Services Department at (562) 904-7238.

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## City adjusts salaries for its top employees

■ City prepares to hire three new employees as two possible redevelopment projects loom on the horizon.

BY ERIC PIERCE, CITY EDITOR

**DOWNEY** – The City Council established salary ranges and job duties for three new city positions and adjusted the pay for other top employees – including the city manager – at Tuesday’s council meeting. The city also announced they would not fill the vacant City Planner and Building Official positions.

According to a city staff report, City Manager Gerald Caton will earn \$17,666 per month (\$211,992/year) while an Assistant City Manager will pull in approximately \$13,000 to \$16,000 per month.

The salary adjustments will take effective Sept. 24.

“The new salary ranges are intended to address issues of recruitment, retention and internal consistency,” Assistant City Manager Lee Powell said in an agenda memo. “The City is currently recruiting for the positions of Community Development Director and Economic Development Director and desire to obtain highly qualified persons for these positions.” Powell continued: “Because of existing and future employee vacancies, no budget appropriations for these items are requested at this time. Staff intends to keep the vacant City Planner and Building Official positions unfilled.”

The three new positions (Deputy City Manager/Special Projects, Deputy City Manager/Community Development and Economic Development Director) will help the city as they plan for two looming projects: the potential redevelopment of Downey Studios and a section of Rancho Los Amigos.

“These projects will be major activities for the next two to three years,” Powell said.

The Deputy City Manager/Special Projects will direct the city’s legislative advocacy program, coordinate relationships with legislators and other governments, represent the city manager at community group meetings, prepare city council agenda reports, and more.

The city is requiring a bachelor’s degree in public administration or related field and eight years administrative or project management experience in municipal government.

The Deputy City Manager/Community Development will be responsible for community development operations in Downey. The employee, according to Powell, should implement programs and services that will benefit the city’s Community Development program and will work on city-wide projects that intersect all departments.

A bachelor’s degree in public administration and at least eight years experience is required by the city.

The final position, Economic Development Director, will be responsible for “economic development operations of the City which includes the administration of redevelopment programs; to coordinate assigned activities with other City departments and outside agencies; and to provide highly responsible and complex administrative support to the City Manager.”

The full-time position requires a bachelor’s degree in planning or public administration and eight years experience in local government planning and redevelopment.

## Downey High Band holds car wash

**DOWNEY** – The Downey High School Band and Colorguard will be hosting a car wash tomorrow from 9 a.m. to 3 p.m. at Downey High.

Cost is \$5 per vehicle, with proceeds benefiting the school’s band and colorguard programs.

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**Downey Kiwanis members volunteered at last Saturday’s Pediatrics Day Carnival at Rancho Los Amigos. The organization prepared and served donated food and drinks. Photo by Gwynn Gustafson, Kiwanis Club of Downey**

## Microsoft Word class offered to adults

**DOWNEY** – The Downey City Library will be offering “Beginning Microsoft Word,” a free class teaching adults how to use Microsoft Word, on Sept. 19 from 10:30 a.m. to noon.

Students will learn how to create, select and modify text, as well as how to edit and save documents.

The Downey City Library is located at 11121 Brookshire Ave. in Downey.

For information, call (562) 904-7360, ext. 32.

## Hume Foundation honors volunteers

**DOWNEY** – The John Hume Performing Arts Foundation will be hosting the 3rd annual Margene Glenn Award on Oct. 13 at 12:30 p.m. at Granata’s Italian Villa in Downey.

The Margene Glenn Award is an annual recognition of outstanding volunteer service to the community. This year’s honorees are Tony and Joyce Dusich, longtime residents of Downey that have contributed their time and resources to numerous civic projects including the Downey Children’s Theatre, Inc.

The event includes lunch and those interested in attending must make reservations by Oct. 6.

To make reservations, or for information, email friggie@roadrunner.com, or call (562) 869-0422.

## Students visit Knott’s Scary Farm

**DOWNEY** – The City of Downey Community Services Department has scheduled a Knott’s Scary Farm trip for middle school students for Oct. 12, from 6 p.m. to 1 a.m.

Check-in is at 5:30 p.m. at the City Hall flag pole. Those invited to attend must be in sixth to eighth grades attending a Downey school.

Cost is \$40 per person and no costumes are permitted at this event.

For information, call (562) 904-7238.

## Public hearing on Cornuta Ave. property rescheduled

BY HENRY VENERACION, STAFF WRITER

**DOWNEY**—At the request of the applicant, which the City Council granted, a continuance of the public hearing on the applicant’s appeal of the denial of Zone Variance No. 07-84—a request to deviate from the maximum allowable amount a detached accessory structure can encroach into the required rear yard setback—for property located at 13108 Cornuta Ave., has been scheduled for the next regular public meeting of the Council on Sept. 25.

Because of the circumstances involved, including “a change in circumstances” resulting from the demolition of the residence on the property, as well as the absence of “a special condition or circumstance that is peculiar to the subject site and is not generally applicable to other lands in the same vicinity and zone,” and not least of which is the Planning Commission’s contention that approval of the Zone Variance would confer on the applicants a special privilege that is denied to other property owners in the area, staff’s recommendation is for the Council to uphold the original Planning Commission’s decision on the matter and approve the resolution.

In other action, the Council:

- Approved an amendment to the agreement with Smith-Emery Co. in the amount of \$35,000 for structural testing and inspection services related to the Columbia Memorial Space Science Leaning Center Project;

- Authorized the replacement of the Heating, Ventilation and Air Conditioning Unit at Fire Station No. 1 and appropriated \$8,500 from the Equipment Replacement Fund;

- Approved an agreement with Reddinet for Fire Department emergency medical communications services and equipment for \$10,500; the communications system, operated by the Hospital Association of Southern California, provides 24/7 hospital receiving facility information for Fire Department paramedics and basic life support ambulance crews;

- Adopted a resolution setting the fine schedule, basically unchanged, with regard to parking penalties and other related charges for parking violations within the city;

- Adopted a resolution authorizing city representatives to acquire federal surplus property for the city;

- Adopted a resolution adopting class specifications and establishing salary ranges for specified positions, in anticipation of potential redevelopment of properties located along/near Firestone Boulevard, the Downey Studios site, the county Rancho Los Amigos site, and others; the net budgetary cost increase for the proposed changes for the 2007-08 fiscal year is \$201,022;

- Adopted a resolution adopting the memorandum of understanding concerning salary ranges and benefits between the city and the Downey Fire Management Association, covering June 1, 2006-June 30, 2010;

- Introduced ordinances amending Section 3186 of the Downey Municipal Code relating to the speed limits for Cecilia Street and Fifth Street (unchanged except for an increase on a portion of Cecilia), and those for Telegraph Road; and

- Approved the waiver of fees in favor of the Downey Council PTA for the use of the Boggs Auditorium and the kitchen at the Barbara J. Riley Community and Senior Center.

The next regular public meeting of the City Council will be at 7:30 p.m. on Tuesday, Sept. 25 inside council chambers at City Hall, 11111 Brookshire Ave., Downey.

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## TRAVELER

Continued from page 1

in 1866. But on marriage to Mary he moved with her to a homestead in Santiago Canyon in the Santa Monica Mountains. They lived there until her death from consumption in 1888.

Her earlier diaries depict the love and loss she felt at her father's death. Jan. 3, 1860, "The day was very clear but towards the evening the clouds began to gather. Last night I saw my father in my dreams. I was not happy."

On Tuesday, July 4, her birthday, she wrote a stirring entry. "How little do we think how kind our Heavenly Father is. We do not think that he could take our lives any moment he wished. Oh how ungrateful we are. Today I am 15. Will I be in the world next year, the 4th, only my Heavenly Father knows. Thy will be done. I was more sad than happy all day. After dinner they danced. I danced two times, then laid down on the sofa. Went to sleep. Woke up and found myself all alone."

Originally published December 5, 1997

## STROPLE

Continued from page 1

and a Bachelor of Science degree. A nominee for the American College of Healthcare Executives, he is also a clinical laboratory technologist for the State of California.

"I am excited about the opportunity to lead one of Southern California's most respected full-service hospitals," said Strople. "I look forward to continuing to work with our doctors, nurses, board of directors, business community, government leaders, and individual residents to provide the best quality facilities, programs and care in our region."

Hampton lauded Strople's experience and was confident in the hospital's future.

"We have great confidence in Ken's leadership. His talent and personal qualities, as well as his experience and knowledge of the health care system will allow for a seamless transition," said Hampton. "His vision of providing quality care for residents close to home will set the stage for a strong future. Ken is dedicated to expanding our experienced local network of physicians and hospital staff who focus on administering comprehensive, quality treatment to help make our communities healthier."

Strople and his wife, Peggy, relocated to Long Beach from their former home in Camarillo. They have two sons and one grandson.

## Roybal-Allard invests in college financial aid

WASHINGTON, D.C. - Congresswoman Lucille Roybal-Allard joined her colleagues in the U.S. House and Senate in voting on Sept. 7 to approve legislation that makes the single largest investment in college financial aid since the 1944 GI Bill, helping millions of students and families pay for college - and doing so at no new cost to U.S. taxpayers.

The legislation, the *College Cost Reduction and Access Act*, will boost college financial aid by about \$20 billion over the next five years. The legislation pays for itself by reducing excessive federal subsidies paid to lenders in the college loan industry by \$20.9 billion. It also includes nearly \$750 million in federal budget deficit reduction.

"At a time when college costs continue to skyrocket, I am proud to join

my colleagues in voting for the *College Cost Reduction and Access Act* that makes college more affordable for 6.8 million college students with need-based federal student loans," said Roybal-Allard. "The *College Cost Reduction and Access Act* will significantly help talented students from my district, many of whom are the first in their families to attend college and rely on Pell Grants and need-based federal student loans to pay for the cost of college."

"According to the College Board, tuition and fees at most four-year public institutions have soared in recent years, rising 35 percent since 2001. These high costs are financial barriers for many students seeking a college degree," Roybal-Allard said. "The *College Cost Reduction and Access Act* will significantly help talented students from my district, many of whom are the first in their families to attend college and rely on Pell Grants and need-based federal student loans to pay for the cost of college."

Under the legislation, the maximum value of the Pell Grant scholarship will increase by \$1,090 over the next five years, reaching \$5,400 by 2012. Nearly six million low and moderate income students will benefit from this increase.

The measure also makes landmark investments in Hispanic-Serving Institutions (HSIs), where Hispanics constitute 25 percent or more of the total enrollment at either the graduate or undergraduate level, or both. Hispanic-Serving Institutions serving students from the 34th Congressional District include California State University, Los Angeles, East Los Angeles College, and Cerritos Community College. The *College Cost Reduction and Access Act* of 2007 provides \$200 million in grants to HSIs over the next five years. This investment focuses on building the capacity of HSIs to produce more graduates in science, technology, engineering and mathematics.

The *College Cost Reduction and Access Act* cuts interest rates in half on need-based student loans, reducing the cost of those loans for million of student borrowers. The measure cuts interest rates from 6.8 percent to 3.4 percent over the next four years. Once fully phased-in, this will save the typical student borrower - with \$13,800 in need-based student loan debt - \$4,400 over the life of the loan. For the average four-year college student in California, the savings would be \$4,830 over the life of their loans.

"The savings made possible through this legislation will be a lifeline for low and middle income students as they deal with increased financial pressures after college, such as paying for rent, utilities, groceries, health care, and other essential costs, in addition to paying off their loans," said Roybal-Allard.

The legislation also prevents student borrowers from facing unmanageable levels of federal student debt by guaranteeing that borrowers will never have to spend more than 15 percent of their yearly discretionary income on loan repayments and by allowing borrowers in economic hardship to have their loans forgiven after 25 years.

The *College Cost Reduction and Access Act* includes a number of other provisions that will ease the financial burden imposed on students and families by the cost of college, including:

- Tuition assistance for excellent undergraduate students who agree to teach in the nation's public schools
- Loan forgiveness after 10 years of public service and loan repayment for college graduates that go into vital public service professions as first responders, law enforcement officers, firefighters, nurses, public defenders and prosecutors.

The *College Cost Reduction and Access Act* is supported by a broad coalition of student advocacy groups and labor organizations.

## The Poets' Corner

### Marilyn the Fifth Street Bird Lady

The lady has zeal, and she is a looker,  
but the singing of the Birds must of hooked her.  
I think all the Birds, are womanizers  
for they set, and harmonizer her.  
Hot, or cold, rain or shine,  
she feeds the Birds right on time.  
Some Birds are plain, and some have color,  
some are cute, and some are fuzzy.  
The more she sees them, the more she loves them.  
Sometimes they can get in a frenzy.  
They can really keep her busy,  
but she don't let it get her in a tizzy.  
Sometimes they can vocalize, be organized, be undersized,  
be uncivilized, and make her feel victimize until she gets authorize.  
Tomorrow morning same routine.  
The Birds are singing, and a chirping like they are about to win a prize.  
Marilyn knows she is the biggest winner,  
because the Birds make her so, so happy, and she feels rejuvenated.

--James E. Jones,

Downey

### Step by Chance

To find a rhyme in time is late  
For once be true to brain in case  
There's a light inspite of rain  
Stop for leaves to win the game  
Being agitated with fate is doubt  
Behind the mind without a flout  
Comes a nerve willing to deal  
Force becomes medium with real  
Who deserves to prance?  
Only step by chance  
-- James Hernandez,  
Downey

## Former student credits Cerritos for success

CONTRIBUTED BY CERRITOS COLLEGE

NORWALK - Paulo Amaral, former ASCC president at Cerritos College, returned home last summer to his parent's home in Artesia after spending his first year at UC Berkeley, where he is double majoring in peace and conflict studies and development studies.

Even after carrying a heavy academic load all year at UC Berkeley, Amaral was eager to take a few summer courses at his former campus, Cerritos College. He signed up for two summer classes: a microeconomics class in the business division along with a triathlon class.

Amaral, who is trilingual in English, Portuguese and Spanish, says he is enjoying his time at UC Berkeley while majoring in development studies, which examines developing regions and nations, as well as interpersonal, local and international conflicts.

"I was very prepared by my classes at Cerritos College," says Amaral, who majored in business while attending the institution. "I am proud to say that I came from a community college. The Cerritos College faculty is just as phenomenal as at Berkeley."

When he began in fall 2006 at UC Berkeley, Amaral cut back on his previously busy life. Less than a year and a half ago, he was committing vast amounts of time and energy to his role as Cerritos College's ASCC president and student trustee while concurrently managing his own business, Jump for All, which rents bounce houses for parties and events.

During his first year at UC Berkeley, Amaral focused on adjusting to university life. But even after initially placing a focus solely on his studies, it didn't take Amaral long to be recruited by UC Berkeley officials to assist in serving in student advisory and leadership roles at the campus.

"One of the things I do is to serve as a founding member on an advisory board of five students representing the peace and conflict studies (PACS) major to the faculty and administration," he explains.

"We meet twice a month. Our present academic year, 2007-08, will include outside review for department accreditation. We'll be taking a major part in analyzing the courses and suggesting changes. My experience serving in the curriculum committee and as a student trustee at Cerritos College was really good preparation for this new job."

This fall, Amaral is serving on an additional advisory council of 16 undergrads who meet once a month to talk about student life and provide feedback to administration.

Amaral credits his two years at Cerritos College for helping him to mature and to gain leadership skills. A graduate of John Glenn High School, he regularly meets former Cerritos College students at UC Berkeley.

"Cerritos College, for me, was a learning experience," he says. "Academically and socially it helped me grow as a person, a leader, a community person and a citizen."

One particularity about UC Berkeley that Amaral says surprised him was the higher costs at the student health clinic on campus. At Cerritos College, most services at Student Health Services are free for students. He says he wants to use Cerritos College as an example in encouraging UC Berkeley to adopt free or subsidized health services for students.

Next semester, Amaral will again have an intensely full academic load of 17 units, including a graduate course from the UC Berkeley International and Areas Studies Department. He plans to graduate from UC Berkeley in fall 2008 and is planning to enroll in a program that would enable him to concurrently complete a master's degree in public affairs and a law degree. Before he commits to graduate school, however, Amaral hopes to spend a semester "off," possibly volunteering at Cerritos College.

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**Word of MOUTH**  
by Soheir S. Azer, D.D.S.

The cone-shaped canine teeth ("eye teeth") are the only teeth in the mouth with a single cusp. This characteristic, coupled with the fact that their roots are extra long and large, makes them particularly useful for piercing and tearing food. Ordinarily, these unique teeth erupt as permanent teeth between the ages of 11 and 12. However, if a child shows no signs of canine eruption by age 13, the teeth may be impacted. This problem may be detected initially by feeling above the gums in young patients, followed by an x-ray examination to substantiate a diagnosis. The dentist can then extract the primary tooth that stands in the way and guide the permanent tooth into its proper position.

Our friendly and professional staff takes pleasure in welcoming parents and their children to our office. We encourage you to talk to us about oral issues. Your health is our first priority. Preventing dental disease is less costly and more rewarding than correcting the problem once it occurs. We will show you how to care for your teeth. After all, teaching you how to prevent dental disease is our primary goal. We provide quality, personal dental care in a comfortable, immaculate, professional environment at 10800 Paramount Blvd., Suite 307. Let us help you bring out that natural smile.

P.S. Situated at the corners of the mouth, the canines perform the important cosmetic function of giving our smiles an aesthetic symmetry.

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# Let's make sure too much is not lost by our generation

By John Adams

Journalists throughout the world expressed concern over the impact of the purchase of Dow Jones and its highly acclaimed voice, *The Wall Street Journal*, by Rupert Murdoch, the right-wing foil of the liberal left who previously shocked many by his purchase of the *London Times*.

The *Journal* has been considered by many as one of the five top newspapers in the world in terms of balanced coverage of world events. Murdoch's history as head of News Corp. has been questioned as often self serving in terms of advertising and political bent.

In response to doubters Murdoch has offered to establish an independent committee to ensure the *Journal's* continued editorial independence. Only time will tell if this works.

There were other suitors for the hand of Dow Jones: General Electric and Microsoft come to mind. But would they have meddled any less than Murdoch? We doubt it. The world is changing and ethics and values are being challenged on every front. Let us continue to ask questions while hoping that the new world order is not too strange.

## Cruising I-15

By Eric Pierce

I was out of town for a portion of this week, soaking up the (hot) sun in Las Vegas. Waiting for me on my desk upon my return was a fat stack of press releases, media alerts, calendar announcements and phone messages (not to mention the hoard of unread e-mail).

E-mail, I'm sure you've noticed, tends to pile up quickly when ignored, like dirty dishes.

My point is, I didn't have the time or energy to write a full column this week. So what you get is a mish-mash of collected thoughts straight from the top of my head; it's a scary thought, I know, but it was either this or a piece by the Ayn Rand Institute, so please be thankful.

..

The Beach Toys will be in concert tomorrow night at the Downey Theatre. According to those who've seen them, they do outstanding imitations of the Beach Boys, the Monkees and the Beatles.

Any band that doesn't feature "F this" and "F that" in any of their lyrics, I think the community should support.

..

The Downey Police Department's Citizens Academy started up again this week, and I'm fortunate enough to be a participant. The class - initiated again this year thanks to funding by the City Council - meets once a week for three hours, providing citizens with an inside look at how Downey's police force operates.

Class attendance was diverse; students included residents, business owners, clergy, government representatives, and others.

Featured this week was an overview of how Downey's first police chief, Ivan A. Robinson Jr., managed to assemble the City's inaugural police department in only 59 days. It's a very intriguing story, which I'll try to publish next week.

..

If you haven't read it yet, I have a blog on the Patriot website, [www.thedowneypatriot.com](http://www.thedowneypatriot.com). I update it almost every day with news, pictures, commentary and ruff raff.

If you don't want to wait until Friday to find out what's happening in the city, it might be worth a look. I don't make any money off of it, I swear.

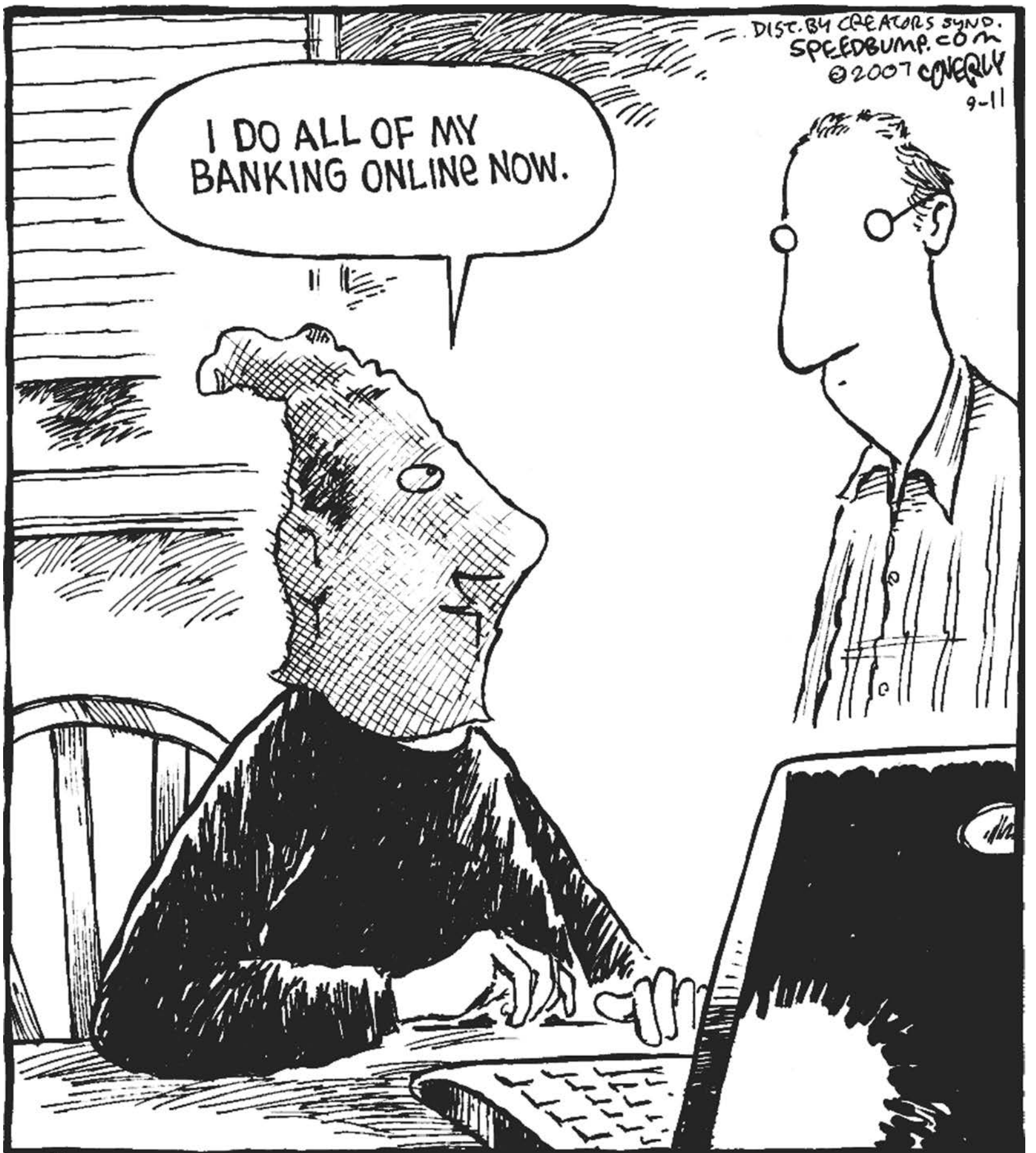
..

Next week marks the end our "Faith in Downey" series, which has finally run its course. I hope you found the series to be insightful and enjoyable. Kudos to staff writer Brooke Karli, who did a marvelous job in undertaking the both massive and sensitive project. She has earned a spot in heaven.

..

I have yet to try the new tofu restaurant on Downey Avenue.

You go first.



## Omit needless words, omit wasteful ways

BY HENRY VENERACION, STAFF WRITER

I recently chanced upon two reviews, one in *The New York Observer* and the other in *The Wall Street Journal*, of "Um... Slips, Stumbles, and Verbal Blunders, and What They Mean," by Michael Erard (Pantheon, 287 pages), a journalist who specializes in writing about language. The information and insights he provides are funny and demonstrate that we are all saddled with speech defects and prone to committing verbal blunders. He describes his book as "a work of applied blunderology."

Erard posits two main categories of verbal blunders: slips of the tongue and "speech disfluencies." A slip is "a momentary loss of control over speaking" ("cuff of coffee"), while a disfluency is "one of the blurps and interruptions in what we think should be smoothly flowing talk" ("um" and "uh"—a circle of space fillers whose most prominent dweller is President Bush). So-called verbal ties (*y'know, like, basically, I mean*) also belong to this category.

Well-known slips, according to him, include the malapropism, named after the character Mrs. Malaprop in Richard Brinsley Sheridan's "The Rivals," and the spoonerism, named after the Rev. William Archibald Spooner (1844-1930), "the soapy-tongued warden of New College, Oxford." A spoonerism is a reversal of the initial letters or syllables of words, as in *jawfully loined* or when Spooner reputedly toasted Queen Victoria: "Here's to our queer old dean!"

A malapropism he defines as a "humorous confusion of words that sound alike, as when Curly of the Three Stooges says, "I resemble that remark!" One special type of malapropism is the eggcorn, a word someone uses incorrectly but believes to be correct, based on mishearing or mispronunciation: *for all intensive purposes; when all is set and done*. He points out that "eggcorn" itself is an eggcorn for acorn.

To these I'll add, "Give us this day, our jelly bread." I also once had this Harvard-trained economics professor who was fond of uttering a phrase in his Boston accent, hoping to gain his favor, I used the phrase in a term paper. When the class met again, a wave of recognition swept over me: without naming names, he had singled out my term paper to read to the class! The instant he read the phrase I used, the class erupted in laughter! I had written *state-of-the-odds* instead of "state-of-the-art."

If you think President Bush is the example *par excellence* of a mangler of speech, how about this quote provided by one of the reviewers: "Uh, I, I, my message is for the, the voters of the country. Uh, I ask for their support. I'm not taking a single vote for, for granted." The man responsible for uttering these words, delivered during the 2000 presidential campaign, was Al Gore.

It is a sad commentary on the times, of course, that the leading example of speech desecration is the careless and undisciplined use of language by no less than the president of the greatest country on earth. There was a golden time when eloquence was prized by those who dared to lead, and demanded of leaders by the led. It is true radio and TV may have debased speech standards set by the likes of Demosthenes and Cicero, but the examples of Lincoln and Kennedy, and even arguably Clinton (Rf. "The ideal orator/speaker is the thoroughly educated, moral man"), provide proof that heights can be scaled. At any rate, repeated attempts at mastery or excellence in anything can only result in improvement.

There is a well-worn acronym that should still pay dividends in every area of human activity: K.I.S.S. (Keep it simple, stupid!). In the conduct of meetings, in discussing even the most complex of issues, yes, in speaking, in the interest of time, in the interest of courtesy, in the interest of efficiency, this rule should be borne in mind. We'll all be the better for it.

## Congresswoman assists victims of domestic abuse

WASHINGTON D.C. - Congresswoman Lucille Roybal-Allard (D-CA, 34) and Congressman Ted Poe (R-TX, 2) introduced the Security and Financial Empowerment Act (SAFE - HR 2395) this summer in order to give victims of domestic violence greater economic stability and to create a federal standard for employers to address the effects of domestic violence on employees.

"While physical and psychological consequences are the most obvious results of domestic violence, victims also suffer economically," Roybal-Allard said. "One of the key reasons victims stay with or return to their abusers is because they are financially dependent upon them. In order to break this cycle of dependence and abuse, I have introduced the SAFE Act to provide victims of domestic violence with greater employment protections and increased economic stability."

Poe said, "Victims of domestic violence have already suffered enough abuse at the hands of their batterers. They should not be victimized by their employers as well. The SAFE Act institutes policies and provisions that allow domestic violence victims to seek the help they need to end the abuse without fear of losing their jobs or fear of being denied employment. This is an essential piece of legislation that needs to be enacted swiftly for the sake of all domestic violence victims and survivors."

Under the SAFE Act, victims of domestic violence who are forced to leave a job because of the abuse would be eligible for unemployment benefits. They would also be able to take unpaid leave from work without the fear of being fired to address immediate needs such as obtaining legal assistance, medical care or to find a safe place to live.

More than half the states in the country - including California - already

have state laws that extend unemployment compensation to victims of domestic violence in certain circumstances. Roybal-Allard said, "The SAFE Act would replace the uneven and often insufficient protections offered by existing state laws with a federal standard that would apply uniformly throughout the nation."

More specifically, the SAFE Act would do the following:

- Allow eligible employees to take up to 30 days of unpaid leave to handle domestic violence-related priorities such as finding a new place to live, obtaining medical care, seeking counseling and attending court appearances related to restraining orders and divorce and child custody proceedings.
  - Allow victims who are forced to leave their jobs because of domestic violence to qualify for unemployment benefits.
  - Prohibit employers from discriminating against victims of domestic violence in areas such as hiring, compensation and other conditions of employment.
  - Prohibit insurance companies and employers from dropping insurance coverage of victims of domestic and sexual violence because of a fear of abuse-related insurance claims. The bill would also establish confidentiality guidelines regarding a victim's past injuries and treatment.
- "Domestic violence is not only a personal tragedy, it negatively impacts employers as well, costing them significantly every year in sick leave, absenteeism, and loss of productivity," Roybal-Allard said. "The SAFE Act is good for businesses because it reduces domestic violence-related absenteeism and lost productivity, saving businesses money. After all, when employers are able to retain staff, they improve morale and avoid recruitment and training costs."

### The Downey Patriot



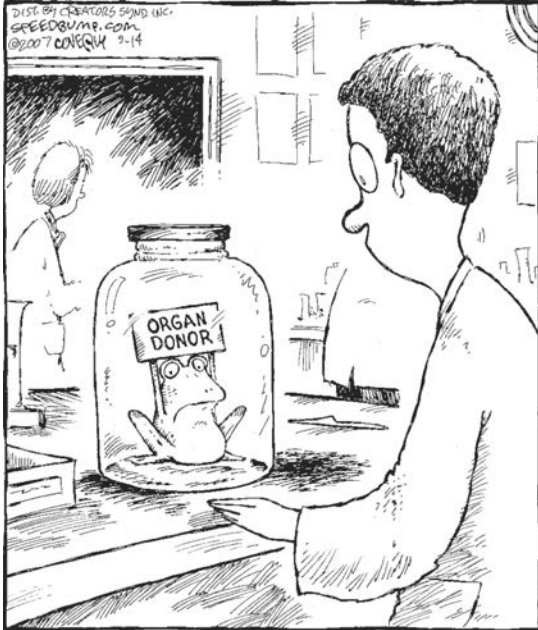
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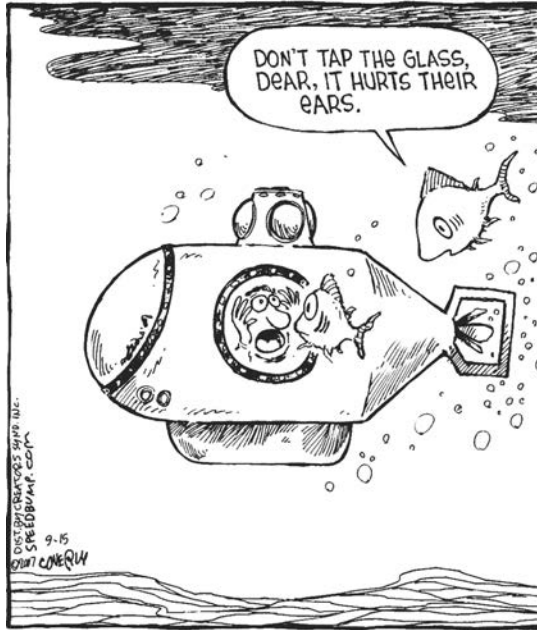
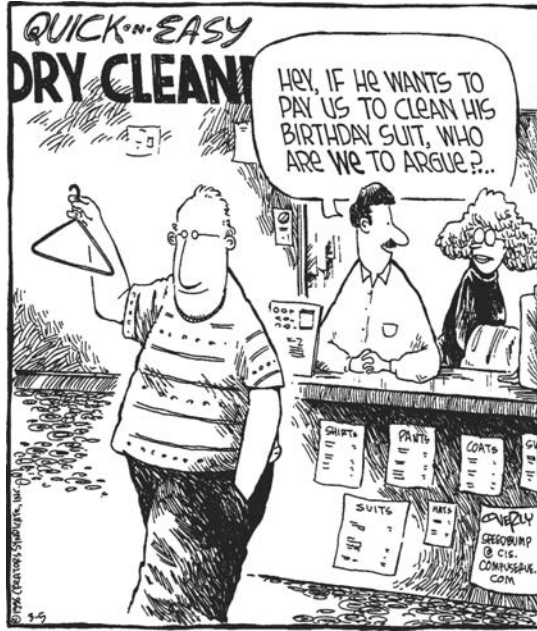
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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For September

- Sat. Sept. 15: **Beach Toys Concert**, Downey Theatre, 7:30 p.m.
- Sat. Sept. 15: **Car Wash**, Downey High School, 9 a.m.
- Mon. Sept. 17: **"My California: Journeys by Great Writers" Discussion**, Downey Library, 7 p.m.
- Wed. Sept. 19: **Immunization Clinic**, Warren High School, 3 p.m.

### City Meetings

- 1st Tuesdays, 6:15 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 7:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
- 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.
- 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
- 2nd & 4th Wednesday, 6 p.m.: **Design Review Board**, Council Chamber at City Hall.
- 3rd Thursday, 3:30 p.m.: **Parking Place Commission**, Second Floor Training Room at City Hall

### Regularly Scheduled Meetings

#### Mondays

- 6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner**, mtg., for information call 426-6786.
- 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 3rd Mon., 7 p.m.: **American Legion Post 270**, Los Amigos Country Club, call 869-1053.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 861-3989.

#### Tuesdays

- 9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Vince Zoida at (714) 761-4439.
- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 9:30 a.m.: **Adventure with the Bible**, at the First Baptist Church call 928-4153.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Darren Dunaway at 806-5400.
- 12 p.m.: **Exchange Club of Downey**, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call 928-2658.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 7 p.m.: **Boy Scout Troop 441**, at Apollo Park Activities Room, for information call 923-3659.
- 7:30 p.m.: **Southland Harmony Chorus of Sweet Adelines**, at Downey's Woman's Club, for information call 947-6802.
- 2nd and 4th Tues., 7:30 a.m.: **Chamber "Rise&Shine" Networkers**, at Nordic Fox, for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Bakers Square, for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
- Last Tues., 11:00 a.m.: **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, for information call 869-8782.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, for information call 927-9790.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 1st Weds., 7:30 p.m.: **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd Weds., 7:30 p.m.: **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.
- 2nd Weds., 11:45 a.m. - **Downey Christian Women's Club**, at Los Amigos CC, Call 927-8488.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.
- Wed.& Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

#### Thursdays

- 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.
- 7:30 a.m.: **Connections Networking**, at Nordic Fox 10924 Paramount, for information call 869-1414.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.
- 12 p.m.: **Optimist Club of Downey**, at Sambi's, for information call Steve Allen at 622-7655.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

#### Fridays

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

## On This Day...

- Sept. 14, 1901: William McKinley, the 25th president of the United States, dies as a result of an assassination attempt a week earlier. He is succeeded by Theodore Roosevelt.
- 1948: United Nations headquarters in New York City holds its groundbreaking.
- 1959: Soviet space probe Luna 2 crashes into the lunar's surface, making it the first man-made object to reach the moon.
- 1975: Pope Paul VI canonizes Elizabeth Ann Seton, the first American saint.
- 1982: Princess Grace of Monaco, previously known as the actress Grace Kelly, dies at age 52.
- 1994: Major League Baseball Commissioner Bud Selig cancels the season due to an ongoing strike.

## THE NEWSDAY CROSSWORD

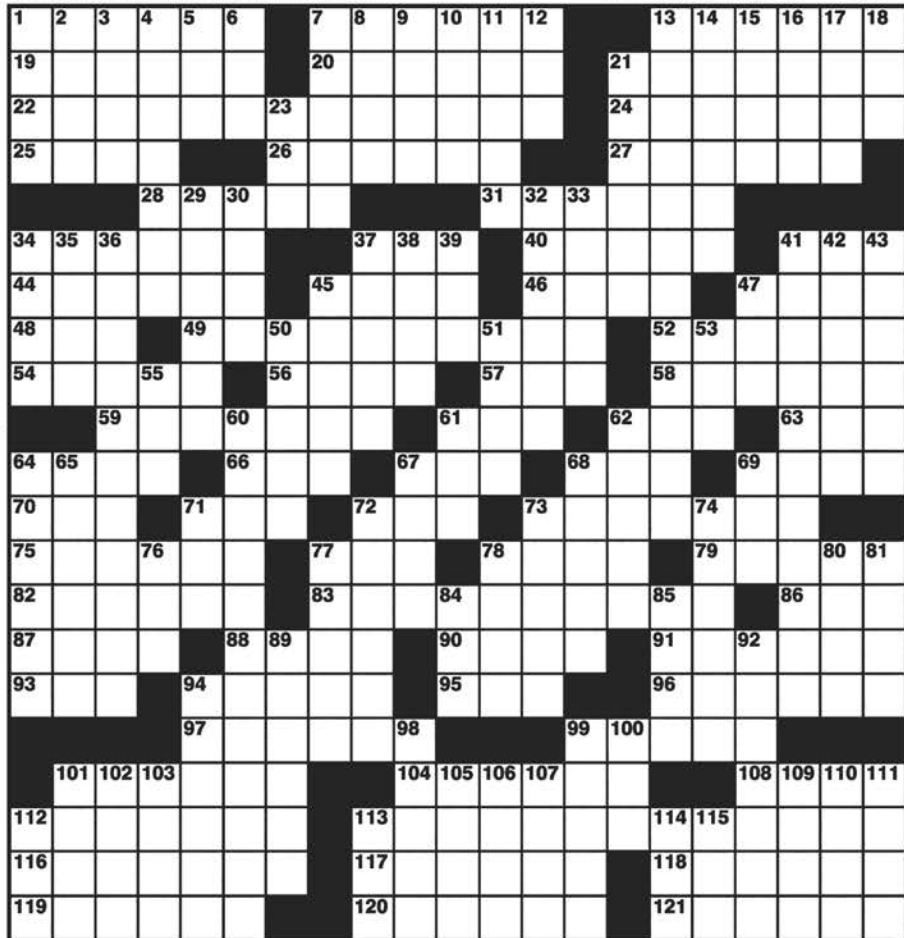
Edited by Stanley Newman (www.StanXwords.com)

DO THE MATH: No numbers necessary

by Gail Grabowski

- ACROSS**
- 1 Outstanding football player
- 7 Go to
- 13 Pops, as a balloon
- 19 Steering-system component
- 20 Apartment sharer
- 21 Beethoven pieces
- 22 Workplace purchase
- 24 Card-raising event
- 25 Dole (out)
- 26 Waterproof overshoe
- 27 Distance runners
- 28 Floral display
- 31 Store, as fodder
- 34 Chinese restaurant beverage
- 37 Plating material
- 40 Iridescent stones
- 41 Cricket club
- 44 Prayer
- 45 Large coffee vessels
- 46 Note to the staff
- 47 Strong wind
- 48 Precious stone
- 49 Site for park dining
- 52 Like a certain Jack
- 54 Get wind of
- 56 Sailing
- 57 Furniture wood
- 58 Coloring stick
- 59 Becomes enraged
- 61 Touch lightly
- 62 Billiards stick
- 63 Knox and Dix: Abbr.
- 64 Vapor
- 66 Gallery display
- 67 Simple card game
- 68 Talk too much
- 69 Like a snoop
- 70 Lawyer's letters
- 71 Underhanded
- 72 Calendar box
- 73 Endlessly
- 75 Chewy candy
- 77 Former nuclear agency: Abbr.
- 78 Choir member
- 79 Clio award contenders
- 82 Dies down
- 83 Opportunity for cheek-to-cheek dancing
- 86 Colorado Indian
- 87 Show concern
- 88 Oceanic predator
- 90 Fountain of jazz
- 91 Supermarket lanes
- 93 Before, of yore
- 94 What March comes in like
- 95 Dazzle
- 96 Food and drink
- 97 Accepted practice
- 99 Thickly packed
- 101 Nebraska river
- 104 Trying experience
- 108 Pennsylvania city
- 112 Woman's sitting room
- 113 Shareholder's payment
- 116 Weather-affecting currents
- 117 Sang alone
- 118 Brainstorm
- 119 Excavate further
- 120 All the rage
- 121 Excuse
- DOWN**
- 1 Molecule part
- 2 Existence
- 3 Took off
- 4 Some clergymen
- 5 Sinbad's transport
- 6 Tribute in verse
- 7 Impressive grouping
- 8 Level or bevel
- 9 Commotion
- 10 Ostrich cousins
- 11 Cubbyhole
- 12 Police rank: Abbr.
- 13 Stew flavor source
- 14 Family-reunion attendees
- 15 Fixed charge
- 16 Mix together
- 17 New Mexico art center
- 18 W-2 info
- 21 Dr. Seuss character
- 23 Links org.
- 29 Folks
- 30 Princess of India
- 32 Vegetarian's request
- 33 Take the floor
- 34 Monopolizes
- 35 City near Provo
- 36 Media focus each 12/31
- 37 Brought before the bench
- 38 Ancient Andes dweller
- 39 Hush-hush org.
- 41 Contents of some bottles
- 42 Parcels out
- 43 Itty-bitty
- 45 Not fully fixed
- 47 Early ABC show
- 50 Haul
- 51 Crowd sound
- 53 Make angry
- 55 Diminutive suffix
- 60 Homemade mouth rinse
- 61 Fork over
- 62 Chocolate substitute
- 64 Threaten
- 65 Weather-map line
- 67 Texas city
- 68 "I have no ideal"
- 69 Actor Beatty
- 71 Freelancer's encl.
- 72 Part of FDR
- 73 Champagne holder
- 74 Fluctuates
- 76 Bell Atlantic + = Verizon
- 77 Fancy tile
- 78 Once more
- 80 Simone's summers
- 81 Bird berth
- 84 FDR program
- 85 Make
- 89 Stair parts
- 92 One caught with radar
- 94 Broadway opening
- 98 Travel by car
- 99 Kid's cry
- 100 Connecticut collegian
- 101 One from Warsaw
- 102 Crescent shape
- 103 Take \_\_\_ (swim)
- 105 Actor's part
- 106 Raid competitor
- 107 Scratched (out)
- 109 Sit down with a book
- 110 Gung-ho about
- 111 Site in a Steinbeck title
- 112 Part of B&B
- 113 Former JFK lander
- 114 Bigshot, briefly
- 115 B.C. neighbor

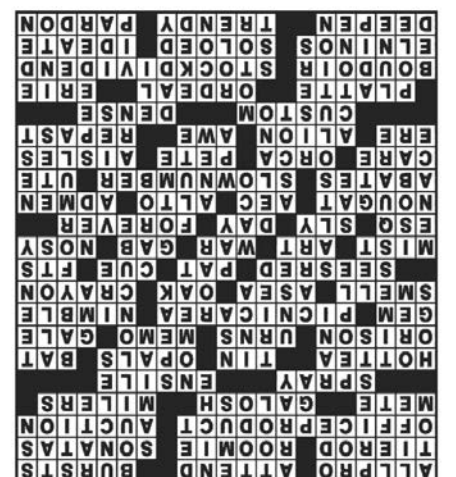
CREATORS SYNDICATE © 2007 STANLEY NEWMAN WWW.STANXWORDS.COM 9/9/07



- 68 "I have no ideal"
- 69 Actor Beatty
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The word NOUGAT (75 Across) comes from the French language; it is ultimately derived from the Latin for "nut." The PLATTE River (101 Across) provided part of the route for several major westward trails, including the Oregon and Mormon Trails. As used at 73 Down, a FLUTE is a slender, stemmed glass for champagne.



## Paging Dr. Alan Frischer...

By DR. ALAN FRISCHER

Let's take a look at marijuana, the most commonly used illegal drug in the world. Though surely none of my readers use it, or even know anyone who does, let's explore its social and scientific implications. Is marijuana safe? Is it addictive? Should it be legalized?



curiosity

Some of the signs of marijuana use are dizziness and trouble walking, red bloodshot eyes, trouble remembering things that just happened, and silly behavior for no apparent reason. Quite often, marijuana increases hunger (the munchies) and thirst. Marijuana can induce several additional responses such as relaxation, introspection, feeling "in tune" with the world, and irrationality. Negative effects can also include severe paranoia and anxiety.

We live in a world that has become quite tolerant of substance abuse. It is almost fashionable for our social icons to be pasted across covers of magazines and newspapers, getting in trouble for some form of substance abuse. College students across America pride themselves on outdoing one another with alcohol-laden parties. Tobacco and alcohol companies market heavily to our youth.

Drug use is not new, and people have used a wide variety of substances throughout history to satisfy a desire for pleasure enhancement, to relieve stress, and to cope with long working hours. Young people abuse substances for the same reasons that adults do. However, additional social pressures are placed on the young, including the search for identity, the yearning for acceptance, and the need for escape, and those pressures help to explain the popularity of marijuana.

Teens are most often introduced to this drug by friends, and use it for the first time to be sociable. While the majority of teens do NOT smoke marijuana, the trends are disturbing. Drug and alcohol use among American youth showed substantial increases among eighth, tenth, and twelfth graders from 1992 to 1997. Between 1991 and 2001, the percentage of eighth graders who used marijuana doubled from one in ten to one in five. At the same time, the percentage of students who thought that using marijuana was harmful declined. The average age of first use, for those who use it, is around 14. Those who don't start using marijuana during their adolescence tend not to do so in the years that follow.

Commonly cited reasons for marijuana use among the young include:

- Demonstrating independence
- Developing values distinct from parental and societal authorities
- Developing strong peer bonds
- Seeking novel and exciting experiences
- Taking risks and satisfying

### Hospice in need of volunteers

**SANTA FE SPRINGS** – Companion Hospice Care is in need of volunteers in the Downey area. Volunteers become friends to someone during the last phases of their lives, and sometimes help with errands and shopping.

Training sessions will be held on Saturdays, Oct. 6, 13, 20 and 27 in Santa Fe Springs. For more information, call Deanna Miles at (562) 944-2711.

### Bernabé Center needs volunteers

**DOWNEY** – Downey's Bernabé Community Center is searching for volunteers at least 15 years old to help the youth sports program a couple of hours per week.

The Center is in need of football, soccer, basketball and softball coaches. To volunteer, call Dennis Dennehy, Director, at (562) 863-1899 or e-mail dennis@bernabec.org.

•THC reduces pressure in the eye caused by glaucoma, thereby helping to prevent blindness. Glaucoma is the third leading cause of blindness in the United States.

•THC has been used for treating pain, and is as effective as codeine as a pain reliever.

•THC seems to be effective in treating the tremors, spasms and pain of Multiple Sclerosis.

Why is marijuana illegal? This subject is incredibly complex. First of all, the legal ramifications of buying, using, or selling marijuana vary significantly from state to state. The federal position, which overrides the state, is that it is illegal to use, buy or sell. Marijuana has, in fact, been illegal for approximately 1% of the time it has been known and used. Evidently, it has been around since 7000 BC, and was last legal during the childhood of President Ronald Reagan. America's first marijuana law was not what you would expect it to be: in 1619, the law mandated that farmers in Jamestown Colony, Virginia had to grow the hemp plant. They were allowed to pay their taxes with hemp (don't try this today!). The United States census counted 8,327 plantations growing cannabis hemp for cloth and canvas, one of which belonged to our first president, George Washington.

The reasons for marijuana being legal or illegal have not been strictly rooted in the medical or scientific facts. For now, we live in a country where marijuana is illegal, and we should all respond accordingly.

What steps can you (especially parents) take to help avoid a marijuana problem in your home?

- Be aware of your own relationship with intoxicants, and show a readiness to make healthy choices
- Strive for parenting down the middle, without being overly restrictive nor overly lax
- Look for natural opportunities to discuss substance use issues
- Help your children with their decisions by weighing perceived benefits with risks
- Young people base their decisions on their perception of what is "normal" - point out that in fact most adolescents do not use illegal drugs
- Be alert to problems in their life
- Watch for declining grades in school, declining performance at work, changes in social groups, changes in appearance, etc.
- Be aware of available community resources
- Listen and try to understand their perspective

I wish you health, happiness...and good judgment.

*Dr. Alan Frischer is former chief of staff at Downey Regional Medical Center. Write to him in care of this newspaper at 11525 Downey Ave., suite A, Downey, CA 90241*

### Immunization clinic at Warren High

**DOWNEY** – St. Francis Medical Center, in cooperation with Downey Unified School District, will be providing free immunizations on Sept. 19 at Warren High School from 3 to 7 p.m.

Children, ages 4 to 18, can be immunized for Chicken Pox, Hepatitis A and B, DPT/Tdap, MMR, Polio, Meningococcal, as well as receive a TB skin test. All immunizations are free and no appointment is necessary.

Parents are asked to accompany children and provide official immunization cards with past immunization history.

Warren High School is located at 8141 De Palma St. in Downey. For information, call (562) 469-6552.

## Drug-free withdrawal from addictives

CONTRIBUTED BY NARCONON OF OKLAHOMA, INC.

Family members of an addicted person commonly wish for the addicted person to quit using drugs and get back to a productive, happy life. And those who are addicted often wish the same thing with all their hearts. Even when a workable rehabilitation program is located, a key step in the process is getting the addicted person successfully through the withdrawal process. The more humane the withdrawal process, the higher the likelihood of success. Can a withdrawal be made more humane?

Every drug has its own set of agonizing symptoms experienced when an addict withdraws abruptly from drug use. For example, heroin withdrawal ordinarily results in muscle and bone pain, nausea and vomiting, cold flashes and diarrhea. Withdrawal from marijuana often results in insomnia, loss of appetite, fatigue, anxiety and depression. An addict may become so sick and experience so much pain and distress that staying addicted looks like a much better idea than kicking their habit. And so they revert to drug or alcohol use.

Some programs prescribe a drug such as methadone or one of several newer drugs to prevent the onset of withdrawal symptoms. However, this approach also prevents the addict from being able to eliminate drug use. He or she is still dependent on a chemical substance and is not able to build a new, drug-free life.

The ideal solution would be a withdrawal process that is tolerable and drug-free, that would rebuild the health that was damaged by drug use and poor lifestyle. This type of withdrawal is a feature of the Narconon program available at Narconon Arrowhead, one of the country's leading drug and alcohol rehabilitation centers in Canadian, Okla.

Vitamin and mineral supplements such as a calcium-magnesium drink and frequent doses of multivitamins help soothe the body's reaction to the detoxification. Special relaxing and re-orienting exercises referred to as assisters further calm the muscles and the mental stresses of the withdrawal. The end result for most addicts is a tolerable withdrawal.

"I have battled with my methamphetamine addiction for over twenty years, with the last year being out of control. I have tried to get off of the ice myself several times, always failing. The withdrawal I've been through at Narconon was virtually pain-free." – S.D.

For information, call Narconon Arrowhead at (800) 468-6933, or visit [www.stopaddiction.com](http://www.stopaddiction.com).

## Migraines are not just for women

CONTRIBUTED BY THE NATIONAL HEADACHE FOUNDATION

Despite the long-held belief that a migraine headache is only a "woman's disease," a recently online survey conducted by the National Headache Foundation (NHF) revealed that men who were diagnosed with headaches were most often diagnosed with migraine headaches (36 percent).

An estimated 7.5 million men in the United States suffer from migraine. Migraine can be a debilitating condition for which treatments are available.

"Unfortunately, many men who are suffering from migraine are not discussing their condition with their healthcare providers," said Suzanne Simons, executive director of the NHF. "It is important that men take the time to talk about their headaches so they receive the appropriate diagnosis and treatment plan."

According to the survey, nearly a third of men who suffer from headaches have not had their headaches diagnosed by a physician. Twenty-four percent reported that they did not visit a doctor about their headaches because they felt they should be able to "tough it out," and an equal number felt that it was not a serious enough condition to warrant a doctor visit.

The survey also found that most men with headaches obtain their health-related information from their healthcare provider (79 percent) or the Internet (67 percent). Of particular interest, 55 percent of men with headaches had a family history of headaches, and of those, 52 percent had a mother who had headaches.

"It is important for people who suffer from headaches – both men and women – to visit their healthcare providers and discuss their headaches," said Dr. Roger Cady, vice president and board member of the NHF. "Headaches can be treated and managed, so there is no need for men to 'tough them out.'"

About 30 million Americans suffer from migraines, which is most commonly experienced between the ages of 15 and 55. Seventy to 80 percent of sufferers have a family history of migraines. Less than half of all migraine sufferers have received a diagnosis of migraines from their healthcare provider. Migraines are often misdiagnosed as sinus or tension-type headaches.

## Free hearing screenings tomorrow

**DOWNEY** – Free hearing screenings are being offered tomorrow at the Barbara Riley Senior Center. Sponsored by Sertoma International, the screenings are open to all ages and will be administered by Britt Rivers, a licensed hearing specialist with the A.W. Britt Rivers Group in Downey.

This is the third year Sertoma International of Downey has sponsored the free screenings to the local community. In the past, the screenings were conducted in a mobile unit at the city library, but Sertoma is hoping to get greater participation by holding the screenings at the senior center.

"We can't use the mobile unit anymore because it costs about \$1,000 a day to rent it," Rivers said. To keep the costs down, this year's screenings will include use of a portable audiometer donated for the day by Audio Med in Santa Fe Springs and an audioscope.

"This is a screening – not testing," said Rivers, who donates his time for this public service event as a member of Sertoma. "The purpose of screening is to find out if someone has a hearing problem and if they do, offer direction and choices where to go for testing and help," he said.

The hearing screenings will be held from 10 a.m. to 2 p.m. at 7810 Quill Ave. in Downey. Appointments are preferred and can be made by calling (562) 862-9629.

### Local cleanup planned for tomorrow

**DOWNEY** – Keep Downey Beautiful (KDB) is participating in the 23rd annual Coastal Cleanup Day with a cleanup tomorrow. The community is invited to help by meeting in the Del Taco parking lot, 8028 Firestone Blvd., at 9 a.m.

"Coastal Cleanup Day isn't just about the beach," said Carol Rowland, coordinator of Keep Downey Beautiful. "Maintaining clean inland streets, storm drains, and watersheds is a major component of keeping our oceans clean and healthy for all of us."

KDB will provide safety vests, trash bags and gloves. Volunteers should wear close-toe shoes and old clothes. An adult must accompany anyone under the age of 14. For additional information, call (562) 904-7159.

## VOLUNTEERS NEEDED

**We are looking for volunteers to participate in a health function & mental well-being research project**

**Eligibility:** Adults between the ages of 21 and 44.

**Research focus:** Our Center is studying changes in health, function and mental well-being in both able-bodied and people with one of the following disabilities of spinal cord injury, cerebral palsy, polio, rheumatoid arthritis, or stroke.

**Participants:** We are currently recruiting able-bodied people who are between the ages of 21 and 44 years old to be participants in our study.

**What you would do:** Participants involves a one-time interview with 3 health professionals covering health history, functional assessment, breathing and reaction time tests and mental well-being questions. Upon request, we will reimburse for mileage.

**Benefits:** Participants will receive a free multidisciplinary assessment from health professionals, and a copy of the breathing ability report. This is a great opportunity to experience being part of a large scale health research study, especially for PT, OT, nursing and gerontology students.

**Language:** English/Spanish

**Where and When:** Rancho Los Amigos National Rehabilitation Center, RRTC on Aging and Disability, Building 804, Room 45 & 48, Downey, VA. Monday or Thursday.

**Contact:** If your are interested in participating, or just have more questions, contact Penni LaVoot, Research Coordinator at 562-401-6780 or [pennirrtc3@verizon.net](mailto:pennirrtc3@verizon.net).

## GRAND OPENING

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[www.TheDowneyPatriot.com](http://www.TheDowneyPatriot.com)

YOUR HOMETOWN  
COMMUNITY NEWSPAPER

## The Downey Patriot

www.TheDowneyPatriot.com

## Panini sandwiches a popular grilled treat

BY RITA DeBENEDICTIS, CATERING MANAGER, CAFÉ N STUFF

Much like cappuccino and pastas in the 80's and coffee houses of the 90's, panini is the food for the new millennium. Panini means "sandwich" or "small bread" in Italian but in the U.S. it refers to a hot, grilled sandwich served on flatbread with ridges and is quickly becoming a lunchtime favorite.

The panini grill, a new kitchen appliance destined to take up yet more space on our kitchen counters, is still in the early stages of being understood, will ultimately prove to be one of the easiest pieces of equipment we will use. However, in that simplicity lays a creativity that will produce dozens of delicious variations.

So what is the difference between a panini and a grilled sandwich? Quite simply, it's the ridges and sandwich ingredients. An essential ingredient is the cheese because this single ingredient will melt or fuse all of the other ingredients together, creating a truly unique eating experience. Some popular combinations are grilled chicken and Swiss cheese with Ortega chilies or perhaps the breakfast panini made with eggs, smoked ham and cheddar cheese.

Even a panini made with only cheese is a taste treat. Simply combine cheddar, Swiss, jack and provolone together and you have a very adult version of our childhood All-American favorite, the grilled cheese sandwich.

The panini's popularity is growing quickly; you can purchase a grill of your own and make them at home, or you can find them in your local grocer's freezer section made by Stouffer's or Healthy Choice, but nothing beats a delicious freshly grilled panini.

Served with a salad or soup, the panini can make a complete, fast and healthy meal any time of the day, depending of course on what you add to the middle of that delicious flat bread.

## Golf tournament benefiting Queen Mary

**LONG BEACH** - The Queen Mary has announced plans for its first Queen Mary Charity Golf Tournament, to be held Sept. 24 at the Newport Beach Country Club with a reception, concert, auction and awards dinner following aboard the Queen Mary in Long Beach.

The tournament will include 18 holes of golf with registration at the club at 9 a.m. followed by practice and breakfast. Tee time, with a shotgun start, is at 11 a.m.

The fee is \$375 per player and includes the tournament and evening activities aboard the Queen Mary. Tickets to attend only the events aboard the Queen Mary are \$100 per person. For more information, call Bruce Vancil at (562) 499-1691.



Downey resident Karl Schott can be seen as "Ernest Ludwig" in *Cabaret* Sept. 21 through Oct. 13 at the La Habra Depot Theatre.

## Downey resident gets lead in 'Cabaret'

**DOWNEY** - Downey resident Karl Schott has been cast in a lead role in the La Habra Depot Theatre's production of *Cabaret*.

Schott, who plays the role of Ernest Ludwig, is no stranger to the stage. Regional roles include, "Oscar" in *The Odd Couple*, "Elwood" in *Harvey*, "Cassio" in *Othello*, "Barnard" in *Sexual Perversity*, "Capt. Jack" in *The Rivals*, "Zach" in *A Chorus Line*, "Jaques" in *As You Like It*, "Biggley" in *How to Succeed*, and "Max" in *Lend Me A Tenor*, to which he won a W.C.T. best acting award. He also spent two years in the Far East and European tour of *The 1940s Radio Hour*. Schott was last seen on TV in the TNN Original, *Small Shots*.

He can be seen in *Cabaret* at the La Habra Depot Theatre from Sept. 21 to Oct. 13.

Tickets are \$15 for adults, and \$12 for students and seniors. Performances are Friday and Saturday evenings at 8 p.m., and Sundays at 2:30 p.m. The show is not recommended for children under the age of 18.

The La Habra Depot Theatre is located at 311 S. Euclid St. in La Habra.

For information, visit [www.lhdepottheatre.org](http://www.lhdepottheatre.org), or call (562) 905-9625.

## 'High School Musical' goes on ice

**LONG BEACH** - "Disney's High School Musical: The Ice Tour" will premiere in October at the Staples Center followed by performances at Long Beach Arena and Los Angeles Sports Arena.

The ice tour will feature a live fusion of songs and dance to celebrate the music of the original Disney Channel movie.

The ice tour will feature music from the popular "High School Musical" soundtrack, including "We're All in This Together," "Get'cha Head in the Game," "Start of Something New," and "Stick to the Status Quo," along with new music from "High School Musical 2."

The tour will be at Staples Center Oct. 4-5, Long Beach Arena Oct. 6-7, and the Los Angeles Sports Arena Oct. 9.

Tickets range in price from \$18-\$75 and are available at all Ticketmaster locations.

## Fall concerts at Cerritos College

**NORWALK** - Students in the Cerritos College Music Department will showcase their talents in a variety of performances this fall. The season will include performances by the Cerritos College jazz band, orchestra and chorus, among others.

All performances are open to the public, and many are free. For a complete schedule, call (562) 467-5058.

## Queen Latifah making Orange County debut

**COSTA MESA** - Acclaimed singer, rapper and television and film actress Queen Latifah will perform for the first time at the Orange County Performing Artscenter (OCPA) on Nov. 13 as part of a national tour for her soon-to-be released album, "Trav'lin' Light."

The album is Latifah's second foray into the realm of jazz, soul and blues. On "Trav'lin' Light," Latifah adds her warm vocals and playful personality to familiar classics and forgotten jewels inspired by a sultry and saucy mix of fabled female vocalists.

The New York Times says, "Latifah knows what she's doing, phrasing with warmth and a touch of jovial flirtation. At least there is one rapper who can sing."

Tickets to hear Queen Latifah at the Orange County Performing Artscenter are \$34-\$94 and go on sale Sept. 16. They're available by calling (714) 556-2787 or online at [www.ocpac.org](http://www.ocpac.org).

"Trav'lin' Light" will be released Sept. 25 by famed jazz label Verve Records in conjunction with Flavor Unit Entertainment. Produced by three-time Grammy winner Tommy LiPuma and by Geffen Records chairman Ron Fair, the album is the follow-up to Latifah's critically-lauded and Grammy-nominated release, "The Dana Owens Album." Latifah explores the songbooks of Peggy Lee, Etta James, Sarah Vaughan, Nina Simone, Shirley Horn, Carmen McRae, Roberta Flack, Mary Wells, Phoebe Snow and more.

Latifah is joined on "Trav'lin' Light" by piano and keyboard pioneers George Duke and Joe Sample and bass virtuoso Christian McBride.

## New Entertainment this week

### CD Releases

Rebe McEntire - *Reba Duets*  
Mark Knopfler - *Kill to Get Crimson*  
KT Tunstall - *Drastic Fantastic*  
Paul Potts - *One Chance*  
James Blunt - *All the Lost Souls*  
Gloria Estefan - *90 Millas*  
Dropkick Murphys - *The Meanest of Times*  
Barry Manilow - *The Greatest Songs of the Seventies*  
Counting Crows - *August and Everything After (Extra Tracks)*  
Pat Monahan - *The Last of Seven*  
Source: Amazon.com

### Concerts

**FRIDAY, SEPT. 14**  
Alejandro Fernandez - Gibson Amp.  
Common - Wiltern  
Daryl Hall & John Oats - Hollywood Bowl  
Incubus - Verizon Amphitheatre  
Kings of Leon - Greek Theatre  
Tierra, Malo - L.A. County Fair  
Machine Head - HOB Anaheim  
Stereo Total - El Rey Theatre  
Temptations - Pechanga  
**SATURDAY**  
Alejandro Fernandez - Gibson Amp.  
Art Laboe Show Live - Hyundai Pavillion  
Ben Kweller - Coach House  
Common - HOB Anaheim  
Daryl Hall & John Oats - Hollywood Bowl  
Heart - L.A. County Fair  
Kittie - Galaxy Concert Theatre  
Lucinda Williams - El Rey Theatre  
Vince Gill, Amy Grant - Greek Theatre  
**SUNDAY**

### DVD Releases

**MOVIES**  
Beyond the Gates  
Boss of it All  
Brooklyn Rules  
Camden 28  
The Condemned  
Grindhouse  
Lucky You  
Two Weeks  
We Are Marshall  
**TV/MISC.**  
Boston Legal - Season 3  
Source: Box Office Mojo

### Video Game Releases

Juiced 2: Hot Import Night - PS2, X360  
SingStar 80's - PS2  
Honda: SBK-07 Superbike - PS2  
Warriors Orochi - PS2, X360  
Syphon Filter: Dark Mirror - PS2  
Eternal Sonata - X360  
Blazing Angels 2: Secret Missions - X360  
Stuntman: Ignition - PS3  
Stranglehold - PS3  
My Sims - Wii  
Cosmic Family - Wii  
Fishing Master - Wii  
Mercury Meltdown: Revolution - Wii  
Source: ebgames.com

### Book Releases

"The Age of Turbulence: Adventures in a New World" by Alan Greenspan  
"Dead Heat" by Dick Francis  
"Louder than Words: A Mother's Journey in Healing Autism" by Jenny McCarthy  
"The Bone Garden" by Tess Gerritsen  
"When You Need a Lift: But Don't Want to Eat Chocolate, Pay a Shrink, or Drink a Bottle of Gin" by Joy Behar  
Source: barnesandnoble.com

**Book Releases**  
"Dave Barry's History of the Millennium (So Far)" by Dave Barry  
"Other Colors: Essays and a Story" by Orhan Pamuk  
Source: Casenet

## DINING-OUT DEALS IN DOWNEY

**FREE DRINK\* OR FREE FRENCH FRIES\*** with the purchase of any Fresh Made Authentic Philly Steak Sandwich

**Philly's Best**  
Please bring this ad offer with you.  
\*With purchase of any Philly's Best sandwich. Offer valid only at the Downey Landing location. Not valid in combination with any other offer. Limit one Free Item per purchase. Expires 09/27/07

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## Ex-cop Sheila Pautsch likes big challenges

BY HENRY VENERACION, STAFF WRITER

**DOWNEY**—As recreation manager for the city's Community Services Department, assisted by three full-time supervisors, one full-time coordinator, and some 65 middle school Volunteers, 5'9-1/2" Sheila S. Pautsch oversees the operation of eleven city parks, a gymnasium, a skate park and tennis center, an Olympic size aquatics facility, and the Rio Hondo golf course, and their associated year-round programs—youth and adult sports (skate jams, tennis lessons/programs), park programs (pancake breakfast, fishing event), day camps (Little Buddy Camp, Camp Hollywood, Wilderness Camp), facility reservations and sundry city-wide special events (talent shows, Easter Egg hunt).



To the uninitiated, such an array of functions may look intimidating. Not to Sheila. She has the credentials, the background, the experience, and, perhaps most important, a grasp of the essence of municipal recreation within the context of delivering appropriate community services to the city.

Raised in Downey by a German dad and an Irish mom, Helen, a nurse practitioner for 42 years at Rancho Los Amigos Hospital, Sheila subscribes to the notion that one must be sensitive to the needs of the community so that meaningful services may be provided, services that make/keep them "happy, healthy, and safe, while contributing to their sense of community pride." Thus, if through interaction with the kids and their parents, who are, happily, in a lot of ways "very involved," there is expressed a preference for trips, or special classes, or more outdoor activities, you can be sure Sheila and her staff will try to oblige them.

Sheila knows she cannot operate in a vacuum, so she has cultivated alliances with other departments and entities in the furtherance of her division's objectives. A former teacher herself, she has worked closely with the Downey Unified School District, for instance, especially with regards to the use of the school fields and the Aquatics Center which jostles Downey High. An ex-Downey police officer, she collaborates very closely with Public Works physical services superintendent Lee Sharpe, with whom she has on a regular basis discussed park issues, maintenance, capital improvement projects, field allocation and graffiti. She says this continuing education on her part (she is also a serious listener at City Council meetings) about such matters comes at an opportune time: the Columbia Learning Center's sports complex is gradually taking shape, stirring up excitement.

God knows, she says, how "we really need space, for soccer, for softball, for baseball." (The sports complex should be completed in January, followed by a 90-day turf growth period: inauguration is scheduled in the spring).

She says that early on in her career she also learned much just by being around former department directors Jim Jarrett and Bonnie Kehoe ("My mentor"). Working with current director Thad Phillips, who is as focused and supportive as one can hope for, hasn't hurt, either. Holding a B.A. in physical education from Point Loma Nazarene University, she expects to earn her master's in recreation administration from CSU-Long Beach next year. Older sister Shawna is vice-principal at Rosary High School in Fullerton.

One reason why Sheila moves with a certain sureness and grace in managing her division is because she's been there and done that. She played volleyball, basketball and softball in high school, and lettered in volleyball in college. As recently as last October she took part in the 500-man field Ironman Triathlon (swimming, bike riding, running) held in Clearwater, Fla., saying she got up a little earlier than usual to work out and prepare herself for the ordeal. Her regimen consisted of swimming in Long Beach, riding her bike on the riverbed along PCH, and running "just about anywhere." Asked why she undertook such a punishing program, she says: "Because I like setting up challenges for myself."

Sheila vividly recalls the time when she was in first grade, and her dad was hospitalized for one year. "My mom would take my older sister and me, and we would sit in her college classes. This taught me perseverance, to be an all-around strong person, that you just can't give up, that you have to keep pushing on, you learn to better yourself and look on the positive side." Her 6'5" dad would eventually die of cancer, at age 57.

She has been to the County of Cork in Ireland, ancestral land of her mom. "It was beautiful. You see greenery everywhere, and the people were very nice. The churches had the look of old stone cathedrals, very different from what we've got here in California." She goes on: "We had an RV back then, and dad loved to travel everywhere. We went to Virginia, D.C., Chicago, all over the place."

In any case, the bottom line, Sheila says, is that Downey is "a great city to work for."

## Wrestler, stuntman, video game tester... What a life for Leroy

BY BROOKE KARLI STAFF WRITER

As if Leroy Patterson's resume isn't decorated enough — video game tester, part-time professional wrestler, and stuntman — he can now add reality show contestant to that list.

The 24-year-old Downey resident was recently eliminated from "Solitary 2.0," an eight-week FOX Reality Original Series show that puts contestants through psychological tests and physical treatments, challenging their personal limits while in complete isolation.

Psychological tests require extreme patience and the winner of the test receives immunity from the treatment, also being awarded with either extra sleep or a warm meal.

An example of a psychological test, provided by Fox Reality, may include having a contestant successfully stand up 400 dominos on two tables and two bridges while standing the entire time. The dominos must all fall continuously and the contestant may only touch one domino to initiate the run. If any of the dominos are left standing, the contestant must repeat the challenge to stay in the game.

Physical treatments, which test a contestant's stamina and endurance, look for a loser, sending home the first contestant to quit the treatment.

An example of a physical test, also provided by Fox Reality, may include having a contestant stand on three increasingly painful pegboards for extended periods of time. There are three rounds for each board and if all of the contestants make it to the tenth round, the contestants must stand on the most painful board without a time limit.

Although this may sound like fun and games, the catch is this: Each of the nine contestants has their own "pod," meaning they are in complete isolation — under 24-hour surveillance — not knowing how the other contestants are doing with each challenge. And according to Leroy, contestants get very



Leroy Patterson sits in a "pod" as he competes in the Fox Reality show, "Solitary, 2.0", as seen in this still shot. Patterson was eliminated earlier this month. Photo courtesy Fox Reality

little sleep and hardly anything to eat.

"I had to definitely get used to it, but I would do it again," said Leroy, a 2000 graduate of Warren High School.

Leroy was eliminated during the second episode after throwing up his physical treatment. Leroy said at first, the treatment wasn't all that bad: "We had to drink a combination of breakfast items...I was okay drinking bananas, yogurt, wheat pancakes, frosted flakes and even eggs benedict blended together, but when they threw in a breakfast burrito, I was done — I can't do spicy food, it's my weakness."

Although Leroy didn't hit the red button to quit, he was automatically eliminated because, according to the show's rules, if your body gives up (in this case, by vomiting), then you give up.

Even though Leroy didn't walk away with the \$50,000 grand prize, he doesn't regret being on the show.

"It's the only show that I know

to be truly realistic," Leroy said. "Being a contestant wasn't just about the money, but also the experience of testing myself."

However, Leroy's elimination doesn't reflect his tolerance for pain.

Since 2002, Leroy has been a part-time pro wrestler, having been contracted with Xtreme Pro Wrestling (XPW) for a year (2002-03), and recently starting to participate in death matches. Death matches, according to wikipedia.org, have a heavy emphasis on the use of foreign objects to induce bleeding. Leroy

will be featured in "Best of Death Match Wrestling, Vol. 6," which is to be released this October.

Leroy has also been a video game tester since 2000, when he started working for THQ, Inc., testing Nickelodeon games. In 2003, Leroy worked for EA Games, working primarily on "Medal of Honor: Rising Sun."

Currently, Leroy is a full-time stuntman working on small projects.

He may not have won "Solitary 2.0," but Leroy Patterson sure has proved otherwise that his personal limits are hard to overcome.

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MR. WOODCOCK PG-13	(12:20, 2:45, 5:00), 7:20, 9:45
3:10 TO YUMA R	(11:05, 1:55, 4:35), 7:25, 10:10
SHOOT 'EM UP R	(11:00, 1:10, 3:20, 5:30), 7:45, 9:55
HALLOWEEN R	(11:55, 2:40, 5:20), 7:55, 10:40
BALLS OF FURY PG-13	(12:25, 2:50, 5:15), 7:35, 10:05
SUPERBAD R	(11:25, 2:10, 5:05), 7:50, 10:35
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# Faith in Downey: The Downey Church for Spiritual Enrichment

BY BROOKE KARLI  
STAFF WRITER

Since 1960, The Downey Church for Spiritual Enrichment has served the community of Downey.

Following their incorporation in 1971, the church settled into their current building on Paramount Boulevard in 1984, also opening the Downey Wedding Chapel. The chapel averages 200 weddings a year, uniting couples not only from Downey, but also Paramount, Bellflower, Norwalk, Pico Rivera, and more.

Although the church has been around for quite some time, the congregation is currently going through a transitional phase, looking to join the Downey Chamber of Commerce, host interfaith services, and become involved with the Unity and Diversity World Council.

"We practice an interfaith belief system – we acknowledge truth in all spiritual paths," said Rev. George Hines. "And we stress affirmative thinking, affirming the visible, and affirming the potential."

The church also stresses the importance of community outreach. In addition to sending care packages to troops overseas, the congregation also makes contributions to the Armed Forces Recruitment Center in Downey, as well as Positive Steps, a recovery home in Downey, and Mariposa, a recovery home in East Los Angeles. And recently, the church began showing spiritually-orientated films, previously showing "The Secret," a film about the law of attraction.

The Downey Church for Spiritual Enrichment, which has over 30 members, is a member of the United Centers for Spiritual Living denomination. According to [www.religiousscience.org](http://www.religiousscience.org), they believe in the following:

- God, the living Spirit Almighty; one, indestructible, absolute, and self-existent cause. This one manifests itself in and through all creation, but is not absorbed by its creation. The manifest universe is the body God; it is the logical and necessary outcome of the infinite self-knowingness of God.
  - The incarnation of the Spirit in us, and that all people are incarnations of the One Spirit.
  - The eternity, the immortality, and the continuity of the individual soul, forever and ever expanding.
  - Heaven is within us, and that we experience it to the degree that we become conscious of it.
  - The ultimate goal of life is to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.
  - The unity of all life, and that the highest God and the innermost God is one God. We believe that God is personal to all who feel this indwelling presence.
  - The direct revelation of truth through our intuitive and spiritual nature, and that anyone may become a revealer of truth who lives in close contact with the indwelling God.
  - The universal spirit, which is God, operates through a universal mind, which is the law of God; and that we are surrounded by this creative mind which receives the direct impress of our thought and acts upon.
  - The healing of the sick through the power of this mind.
  - The control of conditions through the power of this mind.
  - The eternal goodness, the eternal loving-kindness, and the eternal givingness of life to all.
  - Our own soul, our own spirit, and our own destiny; for we understand that our life is God.
- "We have the ability to direct our thinking and co-create our experiences," said Hines. "We are capable of participating in creating our own experiences."

According to the church's vision statement, "The Downey Church for Spiritual Enrichment is a beautiful, growing, and thriving community where the unconditional love of God is embodied and felt by all. We welcome each individual as a unique expression of our oneness with God.

Through the teachings of science of mind and spirit we are empowered to achieve our spiritual potential in this abundant universe."

Services at The Downey Church for Spiritual Enrichment are Sundays at 10 (meditation) and 10:30 a.m. (worship and study).

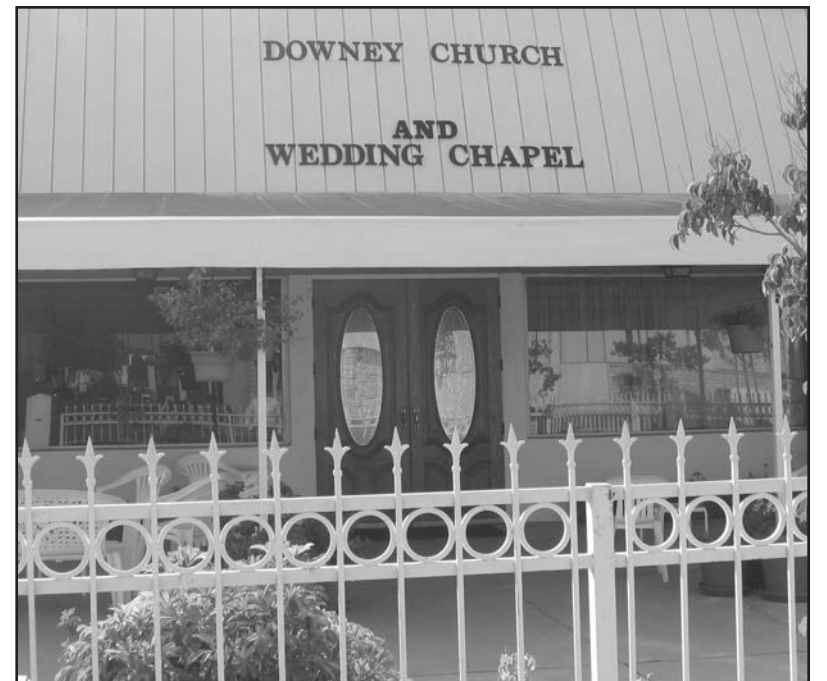
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10000 Paramount Blvd.  
(562) 928-6469  
[www.religiousscience.org](http://www.religiousscience.org)



The altar at The Downey Church for Spiritual Enrichment is home to Rev. George Hines and teachings regarding affirmative thinking. The church also welcomes leaders of other faiths to speak to the congregation, promoting an interfaith belief system. Photo by Brooke Karli



The Downey Church for Spiritual Enrichment's sanctuary also serves as the Downey Wedding Chapel. Over 25 people attend on an average Sunday morning and over 200 weddings take place a year at the chapel. Photo by Brooke Karli



The Downey Church for Spiritual Enrichment has been in Downey since 1960, becoming incorporated in 1971 and opening the Downey Wedding Chapel in 1984. The church and wedding chapel currently share a building on Paramount Boulevard. Photo by Brooke Karli


## A message from the congregation:

In the Bible, I John 4:8 states that "God is love," this statement seems to be universally accepted, love is one of the many attributes of God. Metaphysicians would say not only that "God is love" but also that "Love is God." How do these statements differ? Love is not only an attribute of God, but if love is God, then wherever we see love in action we are seeing God in action. To say that "Love is God" is to make a statement equivalent to a Christian's declaration that, "Jesus is Lord," or a Muslim's declaration that, "there is one God and His name is Allah." It is a statement that love is the supreme factor of our existence. The ways in which we practice our spirituality are just the details of what works best for us in our efforts to express and experience love.

The spirit of the age is "inclusiveness," we are connected. In this informational age marked by global internet access and instantaneous mass media coverage of global events, it can be said that we have a global brain at work. What the world needs is a global heart network, in a world where everyone is included and no one is excluded, where compassion and understanding balance the technological and scientific advancements of our age. The vision of United Centers for Spiritual Living is to create such a world that works for everyone, regardless of religious or philosophical preference.

When our spiritual communities can come together with motives based on pure love and address the issues facing the world, healing can take place. We are love in expression. There is some expression of love that each of us can give to everyone we come in contact with. Love is giving and sharing of ourselves. We must learn individually and collectively how to recognize which expression of love will be most beneficial in each situation and to act accordingly. Working together in this spirit, we can create a world that works for everyone because active love will heal all the current wounds of society.

—Rev. George Hines,  
Downey Church for Spiritual Enrichment



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**Fall boutique at United Methodist**

**DOWNEY** – Downey United Methodist Church will host their annual fall boutique tomorrow from 9 a.m. to 1 p.m.

The event, produced by the "Busy Bee's" and the United Methodist Women, will feature a granny's attic and baked goods. Lunch and dessert will also be available.

This year's event is being done in memory of Avalon Walker. The church is located at 10801 Downey Ave.

**Anatolian opens coffee house program**

**DOWNEY** – Christ Lutheran welcomes the Anatolian Music Ensemble to the September "Third Sunday Coffee" House on Sept. 16 at 7 p.m.

The Ensemble will be performing music from Turkey, Armenia, the Middle East, the Balkans, and Greece.

The event is free and coffee, tea, cold drinks and desserts will also be provided.

The event opens Christ Lutheran's "Third Sunday Coffee House" program.

Christ Lutheran is located at 7707 Florence Ave. in Downey.  
For information, call (562) 927-4421.



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For more information, call (562) 925-5073.

Present this coupon at Saint Joseph High School (DP) Family Fun Festival and receive a free hot dog and drink!

**Mormon church presents 'Sound Truth'**

**DOWNEY** – On Sept. 16, missionaries of The Church of Jesus Christ of Latter-day Saints will be presenting "Sound Truth," a musical depicting the story of the restoration of Christ's church.


The show will start at 7 p.m. at the church located on 10511 Paramount Blvd. in Downey. Parking is free and the community is invited to attend.

For information, call (562) 851-8450.

**Catholic school hosts Thanksgiving Mass**

**DOWNEY** – St. Raymond School, in celebration of their 50th anniversary, will be hosting a Thanksgiving Mass on Sept. 22 at 5 p.m. and Family Mass on Sept. 23 at 11 a.m., at St. Raymond's Catholic Church in Downey.


For information, call (562) 862-3210.



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**Temple Sisterhood to meet on Sept. 19**

**DOWNEY** – The Sisterhood of Temple Ner Tamid will hold its next board meeting on Sept. 19 at 11 a.m.

A luncheon will follow the meeting at noon. Donation is \$6 per person.

Temple Ner Tamid is located at 10629 Lakewood Blvd. in Downey.  
For information, call (562) 861-9276.

**Temple celebrates Fall Festival of Sukkot**

**DOWNEY** – Temple Ner Tamid will be celebrating the Fall Festival of Sukkot on Sept. 26.

The community is invited to attend and asked to bring a dairy/Parev dish for the potluck dinner at 6 p.m.

Following dinner, at 7:30 p.m., a Sukkot service will be held.

Temple Ner Tamid is located at 10629 Lakewood Blvd. in Downey.  
For information, call (562) 861-9276.

# Frank R. Gasdia was accomplished veteran

**DOWNEY** – Frank R. Gasdia, longtime Downey resident, passed away on Aug. 27 at the age of 88.

Gasdia was born on Aug. 26, 1919 in Newark, New Jersey. After graduating high school at the age of 15, he enlisted in the U.S. Army in 1940. Prior to his enlistment, Gasdia played lead clarinet in the New Jersey All-State Symphony Orchestra.

During World War II, he graduated first in class of 400 from Officer's Candidates School, and rose to rank of 1st Lieutenant. In 1945, he served as the United States officer in charge of a German prisoner of war camp in Belgium.

Before going overseas aboard the Queen Mary, Gasdia was stationed in California, where he met wife of 63 years, Elenore. They settled in California at the end of World War II, moving from Maywood to Downey in 1953.

Gasdia then attended Southwestern Law School, graduating first in class in 1951. He practiced law for 53 years, and with expertise in Interstate Commerce Law, tried cases in federal court in several states.

He also was on retainer to a number of trucking and chemical manufacturing companies throughout his career. He was active in the Southeast Bar Association, serving as its president in 1962. He was also an arbitrator with the American Arbitration Association and served as a trustee of the Los Angeles County Law Library.

Gasdia was the campaign chairman for Congressman Del Clawson for his 16 years in the U.S. Congress. He was a member of the Rio Hondo Golf Course Authority and Downey Community Hospital Authority, the entities responsible for the City's current golf course ownership and the hospital's current location and facilities.

He was active in, and also president of, the Lion's Club in Huntington Park, the city where he first built his law practice. He was later a member of the morning Kiwanis Club for several years in Downey. He was also an inaugural member of Candlewood Country Club in Whittier.

Gasdia also practiced law with his son, Brian, from 1982-1997.

Gasdia was preceded in death by brother Ronald in 2004, also a World War II veteran.

He is survived by wife Elenore; son Brian and daughter-in-law Noreen (McCaughan); grandchildren Kristin, Nicholas, Andrew, and Jaelyn; and sister Eileen Baker.

## Downey cheerleaders giving clinic

**DOWNEY** – The Downey High School cheerleaders will offer their annual cheerleading clinic on Oct. 6 from 8:30 a.m. to noon at the Downey High cafeteria.

Girls between the ages of 5 to 13 will learn game-action cheers and perform during halftime of the Downey High School varsity football game on Oct. 12.

The cost of the clinic is \$25, which includes a T-shirt and two admission tickets to the Oct. 12 football game. For information and registration, call Kim Buss at (562) 822-4265.

## Warren cheer clinic on Sept. 22

**DOWNEY** – Warren High School's cheer squad is hosting their annual cheer clinic for girls 5-13 on Sept. 22 from 8 a.m. to noon inside the school's gymnasium.

The cost is \$25 and includes a snack, pom poms, and admission to the Sept. 28 football game (for one girl and one parent) where girls who participate in the clinic will perform.

An optional picture with the Warren Bear mascot will be available at the game for \$10.

Sign-ups are available by contacting any Warren cheerleader. Walk-ins are also welcome. For information, call (562) 400-8703.

## Flag football registration begins

**DOWNEY** – The Downey Junior Athletic Association is now taking sign-ups for flag football.

Open registration will be on Sept. 15 and 22 from 10 a.m. to 1 p.m., and Sept. 20 from 6 to 8 p.m. All players must be in grades first through eighth.

Cost is \$60 and players must bring a copy of their birth certificate and school identification card. For information, call (562) 861-3727.



Frank R. Gasdia was a 1st Lieutenant in the United States Army. He died Aug. 27.

# Cpl. Goeckner speaks on life with Downey PD

BY GWYNN GUSTAFSON, KIWANIS CLUB OF DOWNEY

**DOWNEY** – Cpl. Terence Goeckner, special enforcement team for the City of Downey is a longtime Downey resident, having attended Warren High School prior to pursuing his career in law enforcement.

Working with a partner and supervisor, Goeckner's primary duty is now overseeing the thousands of permit applications made annually, for everything from alarm permits to opening a massage parlor.

"If you have an alarm system in your home or business, you must have a permit renewed every year," said Goeckner. "Whether you are opening a retail business or a home-based business, you need an annual permit to do so."

During his presentation at Kiwanis Club of Downey, Goeckner encouraged attendees to share his message with children: "Decisions you make today will greatly affect your career opportunities tomorrow. Avoid temptations where you think, 'I'll just try that one time.' One time can spiral into a lifetime of addictions."

When asked why the image of the police department is so different from that of the fire department, Goeckner said that the public image of the fire department is as "rescuer." The public forgets that the police are often the first on the scene of car accidents and render emergency first aid – the first on the scene when babies are born inside cars, first on the scene when kids are accidentally locked inside cars, first on the scene to handle domestic violence, and always first on the scene to address crimes of violence.

Yes, law enforcement officers are often in the line-of-fire. "Those who love the job, accept those risks," said Goeckner.

In closing, Goeckner said there would soon be 12 openings and encouraged qualified women and men to apply. The Downey Police Department has one of the highest retention rates because benefits are greater. Along with paying for all your equipment, you are on the payroll as soon as you're accepted into the Police Academy. Requirements are listed at [www.downeypd.org](http://www.downeypd.org).

# Symphony auctions off treasures at banquet

■ A treasure trove of items await bidders at the Rio Hondo Events Center on Sept. 28.

BY JOYCE SHERWIN  
DOWNEY SYMPHONY

Suppose you had the chance to bid on two adult passes to Disneyland plus free parking at that most magical place – all the proceeds going to a worthy Downey institution. Would you give it a whirl?

How about a round of golf for four at Candlewood Country Club, with use of a golf cart thrown in? Or a six-month complimentary membership for the family at Downey's friendly YMCA?

How about two nights at the fabulous La Costa Resort Hotel and Spa in Carlsbad – a suite of two bedrooms, two baths, parlor, dining room, kitchen – roomy enough for six people. Take the family and have a blast. Go with friends and have a blast. All for a very good cause.

Does it sound interesting?

Those are some of the live auction items being offered by the Downey Symphonic Society at its gala fundraising Golden Jubilee Banquet on Sept. 28.

But wait, there's more – a marvelous offering of live and silent auction goodies plus a bunch of reasons to purchase opportunity tickets, all in celebration of the Downey Symphony's 50th anniversary.

Try these: generous credit cards to All American Home Center – you always need lots of stuff from All American Home Center; a handsome basket of great products for nails and hair, plus an expert styling at the J.C. Penny Salon in Downey; complimentary passes to that endlessly fascinating Aquarium of the Pacific in Long Beach; two breakfasts at the city's new IHOP, conveniently located on Paramount Boulevard at Firestone Boulevard (mmm, smell those pancakes!); passes to the new productions offered by Downey's Civic Light Opera.

Want something truly special for the grandkids? There's an auction basket enchantingly done up, overflowing with excellent children's books and a soft bunny for little hands to cuddle as the stories are read at bedtime. Want something special for the adult palate? We have fine wines, collections of coffees and teas, pastas with all the necessary trimmings, and chocolates to make you weep for joy.

There's a fitted picnic basket with certificates for excellent sandwiches created by The City Life Deli. There's beautiful, luscious pearl jewelry. Well, on and on it goes.

The celebratory evening is on Sept. 28 at the Rio Hondo Events Center. With a sumptuous dinner menu, entertainment from Downey High School's Jazz Ensemble and popular singer Don Snyder, and all the auction enticements you could handle at one time, how can you resist?

Reservations are \$50, half of which is tax-deductible, and can be made by calling (562) 928-4122 – but hurry, seating is going fast!

## Help offered for tax reimbursement

**DOWNEY** – The office of Assemblymember Hector De La Torre can help eligible constituents apply for a property tax reimbursement through the Homeowner and Renter Assistance Program. The program offers a once-a-year payment from the State of California that partially reimburses residents based on the property taxes assessed and paid on one's residence.

To be eligible, applicants must meet the following criteria:

- 1.) As of Dec. 31, 2006, applicants must be 62 years of age or older, or blind, or disabled;
- 2.) Have paid \$50 or more in rent in 2006 or lived in one's own home on Dec. 31, 2006;
- 3.) Household income for 2006 must be \$42,770 or less, and
- 4.) Applicants must be a United States resident, designated alien, or qualified alien when the claim is filed.

For additional information, call Mike Hollon, office of Assemblymember Hector De La Torre, at (562) 927-1200.

The recommended filing period ends Oct. 15.

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## Razorbacks in a winning mood as they open season

CONTRIBUTED BY CHRIS BAUMANN

**DOWNEY** – The Downey Razorbacks opened their 56th season of youth football in fine fashion as every team but one was victorious last Saturday at Downey High School.

Downey's Mity Mite Red (7-9 year olds) defense played Lynwood to a 0-0 score at halftime then erupted with three touchdown runs by Kieffer Enslin and one by Jordan Mayes to seal a 26-24 victory. Middle linebacker Aaron Ramirez and the offensive line were credited with fine play by coaches.

Mity Mite White was tied at the half at 6 against Paramount. Downey quarterback Jordan Cardenas scrambled for 70 yards, then the Hogs scored on a 20-yard run by Adrian Ochoa. Jonathon Garcia capped Downey's scoring with a five-yard touchdown reception. Final score: Downey 13, Paramount 6.

Junior PeeWee (8-10 year olds) Razorbacks held on to win, 20-19, in an exciting finish. Running backs Huff (two TD's) and Rodriguez (1 TD) consistently gained important yardage. The Razorbacks came from behind in the fourth quarter, and then sealed the victory by getting a first down on a third-and-seven on a hard run by Huff.

The PeeWee Razorbacks played their typical tough defense against Lynwood. They trailed at half, 6-2, but scored late in the game to get the win, 8-6.

Speedy and elusive Lynwood Junior Midgets completely outclassed the Razorbacks, 20-0. The Hogs appeared unprepared to contain the speedy running and accurate passing of the Knights.

It was all over after the first two plays in the Midget game. Derrick Smith took the kickoff 70 yards to the house, and Eddy Cyprus Moreno kicked the two-point conversion for an 8-0 lead.

Shane Baumann powered his way for 25 yards and a 16-0 lead. Smith dashed around the left end for his second touchdown to give the Hogs 24 points. The defense scored with a long interception by Andrew Magana and Dwayne Franklin bulled his way into pay dirt to give the Razorbacks 42 points.

The second string offense scored after an Alex Martinez interception and a Dominick Cortez run. The Razorbacks gave up only one score and walked away with a 48-6 victory.

Downey's Razorbacks are home again tomorrow. Games begin at 8 a.m. and continue all day until 6 p.m. at Downey High School.



Downey Razorbacks opened their season last week, winning five of six games. Games continue all day Saturday at Downey High School's Allan Layne Stadium. Photo courtesy Chris Baumann

"They're a lot of young enthusiastic guys that want to play," said Warren Head Coach Jeff Welch about his defense.

Santa Fe quarterback Darren Fooks played victim to Warren's defense being sacked twice and throwing one interception. Fooks' arm was kept in check as well completing fewer than half of his pass attempts.

Warren's offense also put up big numbers. Returning quarterback Alphonso Gonzalez had a near perfect night completing nine of his 10 pass attempts. Gonzalez found five different receivers on the night and accumulated 148 yards through the air, completing three of his attempts for touchdowns.

The surprise of the night was the emergence of running back Nate Colbert. Colbert who watched his playing time become minimal last year because of running backs in front of him on the depth chart, has become the workhorse of Warren's ground-attack.

Colbert carried the ball 25 times rushing for 117 yards. He also had 18 receiving yards, scored twice and caught an interception on defense.

"He was behind [Jose] Green last year," Welch said. "He worked hard behind him last year and worked really hard in the weight room and has become a very good football player."

Warren scored first on a four yard pass to Colbert. The Bears went on to score another 17 unanswered points highlighted by a 69-yard touchdown pass to wide receiver Bailey Cowins. Although the defense was spectacular the whole game, the offense went from explosive in the first half to below par in the second half.

"We have to get the killer instinct back," Welch said. "I was not very happy. Our motto this year is to finish strong and we didn't do that tonight."

Santa Fe had an opportunity to score in the first quarter but a missed field goal attempt kept them off the board until the final minutes of the game. The Chief's final drive resulted in a 3-yard touchdown run by Aaron Turner.

The Bears are on the road tonight to face off against the Arroyo High School Knights. Game time is 7 p.m.

## Vikings fail to get coach his first win

■ New coach Will Capps emphasizes defense as Downey gives up 44 points in season opener.

BY SCOTT COBOS, CONTRIBUTOR

**DOWNEY** – It was a rough start for a new beginning with the Downey Vikings as they lost to La Habra 44-21 in new head coach Will Capps' season debut. Capps takes over the head coaching position for Grant Warhurst who headed the Vikings for 14 years.

While the Capps era started last Friday, his defense stayed in neutral as they allowed too many points to La Habra.

"We didn't play well at all on defense," Capps said. "We didn't hit, we didn't complete our assignments, we just didn't play well."

Although the defense allowed La Habra to handle them, the offense did manage to show its potential even though the scoreboard didn't show it.

"I believe when we look at the stats, we out-gained them in the air and on the ground," Capps said. "We did make some mistakes though."

Downey was led through the air by quarterback Antonio Mendez, a transfer student from St. John Bosco. Mendez was 17 for 32, passing for 193 yards and connecting with running back Eric Hayes for a touchdown.

Hayes also hoisted the rushing load as he carried the ball 12 times in the game for 48 yards. He also had four receptions for 93 yards.

Teammate David Mullins led the team in rushing yards with one carry for 67 yards and a touchdown while also pulling in five receptions of his own for 63 yards.

With change, time is needed for success as understood by Capps. "We're mainly looking at league this year," he said. Capps was also quick to mention that a lot of starters were lost from last year's team.

Downey takes on Schurr tonight at home and the level of play is expected to be higher. "We're working hard this week and expect huge improvement," Capps said.

Game time is 7 p.m.

## Warren's defense lifts team to 31-7 victory

BY SCOTT COBOS, CONTRIBUTOR

**DOWNEY** – Before the game, Santa Fe High's team doctor was wandering around Warren's Justice Stadium, complaining about sunflower seeds and Coca-Cola getting on the artificial turf, saying it ruins the field. The Bears gave him something else to worry about as their defense beat up the Chiefs allowing only one touchdown in the game to beat Santa Fe 31-7.

The Chiefs who appeared in the CIF finals in their division last year had no answer for a hungry Bears defense. Warren allowed only 186 total offensive yards and watched the only touchdown scored come with 1:22 left in the game.

"The Warren Bears looked awesome," said Santa Fe Head Coach Jack Mahlstede. "We will have to improve a lot."

Warren stuffed the running game and put immense amounts of pressure on Santa Fe's quarterbacks sacking them three times. The Chief's offense was so baffled they shuffled three quarterbacks in and out looking for the right combination. By the time they did get into the end zone it was too late.

Warren, known for their hard hitting defenses, stayed relentless throughout the game and forced many quick offensive sets. The Bears also forced three turnovers in the game.

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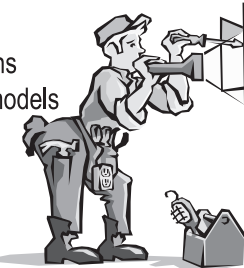
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# Rancho Los Amigos Pediatrics Day Carnival

Photos by R.D. Salyer



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Rancho patients, along with family and friends, enjoyed the afternoon carnival.



Miss Downey, Miss Teen Downey and their courts interacted and played games with the kids throughout the day.



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**\*Primary Responsibilities.**  
 • Plan and implement fun and enriching activities for members of after school club; recruit and retain club participants - 20/1 ratio.  
 • Develop positive relationships with program youth, parents, and school staff.  
 • Write and turn in lesson plans of program activities for each session in advance.  
 • Develop program activities according to program goals and monthly themes maintain and turn in attendance daily; supervise and participate in children's activities.  
 • Organize "end of session" performances or displays "Culminations".

\*(For details please refer to the official copy of the agency's job description)

**We are looking to fill positions with qualified people that have one or more of the following skills:**

<ul style="list-style-type: none"> <li>♦ <b>Basic Engineering</b> - model building, bridge building, basic electronic board construction, tower building, basic robotics, etc.</li> <li>♦ <b>Basic Gardening Skills</b> - victory gardens, bonsai, general plant care, etc.</li> <li>♦ <b>Dance</b> - drill, modern, hip-hop, tap, folk, etc.</li> <li>♦ <b>Puppetry</b> - design, construct, perform, etc.</li> <li>♦ <b>Basic Journalism</b> - newsletter writing, etc.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>Swim Programs</b> - comfortable being in a pool, pool safety, swim lessons, etc.</li> <li>♦ <b>Martial Arts</b> - style, technique, "the way", etc.</li> <li>♦ <b>Sports</b> - "ALL-Around", softball, flag, basketball, soccer, yard games, etc.</li> <li>♦ <b>Musicians</b> - guitar, recorder, keyboards, piano, etc.</li> <li>♦ <b>Traditional Summer Camp Specialist</b> - archery, camp fire, camp crafts, hiking, naturalists, astrology, etc.</li> </ul>
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Please call to make an appointment to interview:  
**Narine Ovsepyan, Human Resources**  
 Email: [avillalobos@woodcraftangers.org](mailto:avillalobos@woodcraftangers.org)  
 (213) 249-9293, X254  
 Web Site: [www.woodcraftangers.org](http://www.woodcraftangers.org)

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The truth is, you're not likely to find a real estate professional who knows the intricacies of the local market like Dale. When you're looking not only for the right home, but the right neighborhood to fit your needs, Dale has the knowledge to make it happen. When you add the fact that he's been in the business since 1983, it seems only fitting that he's considered the local expert. Put simply, when it comes to your next move, there's no better professional to turn to than Dale. Give him a call today. You'll be glad you did!

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 Doing Things Better

**ATTENTION HOME SELLERS!**  
 Ask Dale for his special report, "10 Mistakes You Can Make When Selling Your Home That Will Cost You Thousands (and How to Avoid Them)." This valuable information is offered to you free of charge. Just give Dale a call and he'll be glad to send you one today.

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**FEATURED PROPERTY!**  
 Excellent Northeast Downey Location! This gorgeous home is located on a 10086 sqft corner lot and features 3BD, 3BA, 2443 sq ft, country kitchen w/ bkfst nook, family room, inside laundry room, formal dining room, charming patio breezeway, and many more details. Price: \$899,888

**Stunning Downey Home!**  
 This gorgeous home is completely upgraded and includes 3BD, 2BA, 1860 sqft, gourmet kitchen, large den, hardwood floors, recessed lighting throughout, sparkling pool, master suite w/ jacuzzi, and much more! Price: \$665,888

**Delightful NW Downey Deal!**  
 This charming 3BD, 1.75BA home includes 1366 sq.ft of living space, and a 5716 sq ft lot. Features a newly remodeled kitchen, open floor plan, spacious living area, brand new bathroom, and much more! Price: \$569,88

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Nice Downey home on a corner lot. 2 bedrooms, 1 1/2 bath, 10,200 sq. ft. lot. 3 1/2 car garage, new carpet, fireplace, parking for large RV. Site for potential development. Price reduced to \$599,900. Call (562) 923-5507

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Beautiful Downey home has 2 bedrooms, 1 1/2 baths. Den could be used as 3 bedroom. Formal dining room, fireplace in living room, hardwood floor. Price reduced to \$599,000. Call (562) 923-5507  
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When you see this 3 bedroom, 2 baths, attached 2 car garage, central A/C and heating, walk-in closet, nice location.  
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When you buy this...4 Bedrooms and 4 Bathrooms, central air, fireplace, vaulted ceiling, oversized garage and lots of storage. Great home near Rio Hondo School.  
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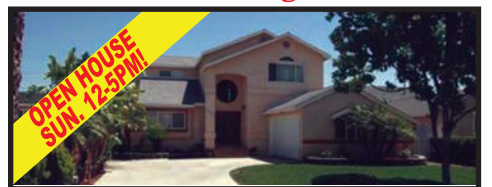
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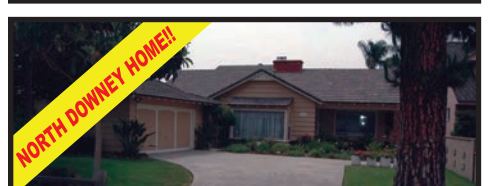
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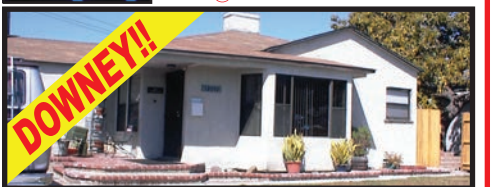


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**North Downey Value!**  
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Call Vicki Spearman @ 562-367-9520



**COMING SOON!**  
2 Bedrooms & 1 Bath.  
Great Condition!  
ONLY: \$399,900  
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**Spanish Beauty!**  
3 bedroom 1.75 baths, Formal dining room, large remodeled kitchen, huge 7,500 sq. ft. lot. Bonus room at rear with bath. \$569,999  
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**I'm Gorgeous Inside!**  
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A MUST SEE!! Priced at: \$639,000  
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**Home Sweet Home!**  
3 Bedrooms, 1 3/4 Baths, Living Room w/ Fireplace Family Kitchen w/ Eating Area, 2 Car Garage, 1,610 Sq. Ft. Priced @ \$699,000  
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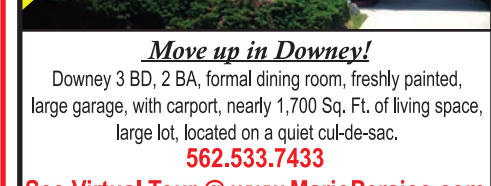
**NEWLY LISTED!**  
3 BD, 3 BA, living room w/ fireplace, master suite, central air & heat, pool & spa, 2 car garage, 1,540 sq. ft. Move In Condition! Call for Reduced Price!  
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**N. Downey...Original Owner!**  
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**MOVE RIGHT IN!**  
Downey 3 BD, 2 BA, formal dining room, freshly painted, large garage, with carport, nearly 1,700 Sq. Ft. of living space, large lot, located on a quiet cul-de-sac.  
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**Condo Living!**  
Lovely South Gate Condo with new paint, new carpet, 3 BD, 2 1/2 BA, & 2 car garage.  
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**Summer Delight**  
Charming Downey home with 3 BD, 1.75 BA, hardwood floors, remodeled bathroom, lovely backyard & patio  
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**Downey Duplex!**  
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**2 Units In Downey!**  
Lovely Duplex in Downey. Each unit has 2 BD, 1 BA, laundry room & one car garage. Live in one, Rent the other! Priced @: \$699,900  
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**North Downey home near Stonewood Mall!**  
3 BD, 1 BA, 2 car garage, patio & nice backyard. RENT: \$2,250 per month. Available October 2007  
Call Carrie Uva TODAY! @ 562.382.1252

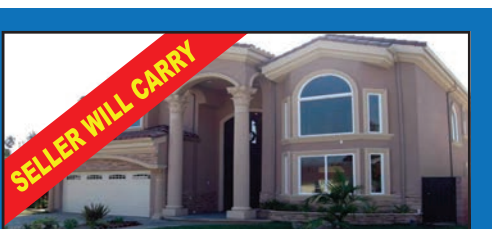
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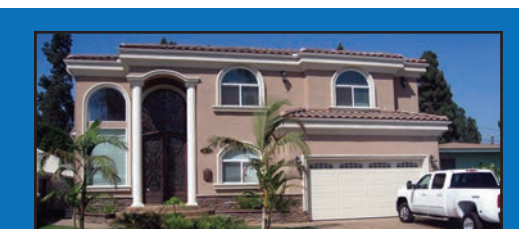
**One of a Kind!**  
5 BD, 4 BA, large master suite, new kitchen, rock pool & spa w/ waterfall & slide, 4,729 sq. ft. on a 7,560 sq. ft. lot  
Priced to SELL: \$1,495,000  
Virtual tour at www.MichaelBerdelis.com



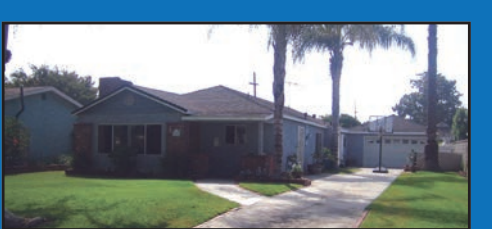
**Just Listed!**  
Spectacular 5 bedroom, 4 baths. 3,900 sq. ft North East Downey, new construction on a 7500 Sq.ft lot w/a two car detached garage.  
Price: \$1,399,000.  
Virtual tour at www.MichaelBerdelis.com



**Honey. Stop the Car!**  
4 BD, 4 BA main house & 2 BD, 1 BA guest house on a 10,920 sq ft lot in NW Downey. Both houses have remodeled kitchens & baths.  
Price: \$824,950.  
Virtual tour at www.MichaelBerdelis.com



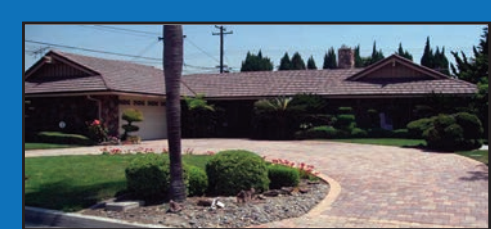
**Quality & Elegance! - Built in 2007**  
5 BD, (4 up & 1 down) 4.5 BA newly constructed home w/ Lg. master BA, marble floors, granite kitchen, & 2 car garage.  
Price: \$1,249,000  
Virtual tour at www.MichaelBerdelis.com



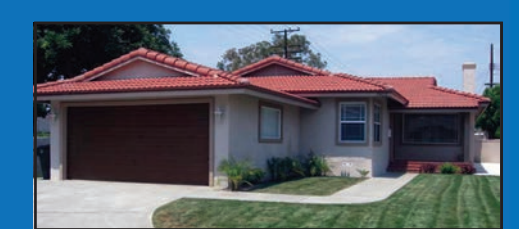
**A Rare Find!!!**  
Great 4 bed, 2 bath Downey home with large lot, 2 car detached garage, and long driveway to park many cars.  
Price: \$699,950  
Virtual tour at www.MichaelBerdelis.com



**Custom Built Beauty**  
5 bed, 4 bath, 3100 sq ft, North Downey mini-mansion.  
Price: \$1,199,000  
Virtual tour at www.MichaelBerdelis.com



**Northeast Downey Pool Home!**  
4 bedrooms + office, 2.5 bathrooms, remodeled kitchen, living room & family room with fireplaces, formal dining room, large master bedroom, & pool / spa.  
Price: \$1,149,950  
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**Gorgeously renovated from the ground up!**  
Amazing 4 bed, 2.5 bath, formal living room, dining room, large family room, and new kitchen with granite countertops and large island, 2682 sq ft of living space North Downey Home on a 8200 sq. ft lot.  
Price: \$849,950  
Virtual tour at www.MichaelBerdelis.com



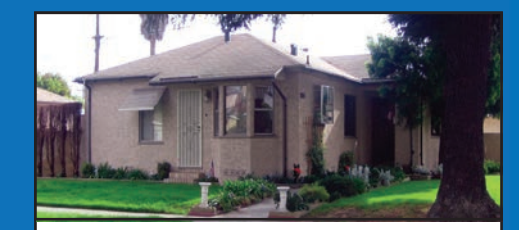
**Remodeled Like New in 2007**  
New construction 4 bed, 3.5 baths, Granite counter tops in kitchen and baths. 2200 sqft., central air & heat, with beautiful landscaping.  
Price: \$749,950  
Virtual tour at www.MichaelBerdelis.com



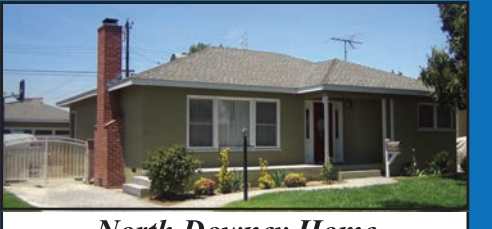
**Warm and Cozy!**  
3 bed, 2 bath pool home with extra large 2 car detached garage on quiet street in Downey. Home is 2189 sq ft on a 7380 sq ft lot.  
Price: \$699,950  
Virtual tour at www.MichaelBerdelis.com



**Too Good to be True...But It Is!**  
3 bed, 2 bath NW Downey home w/ attached guest house, remodeled kitchen, possible RV parking, and circular driveway.  
Price: \$675,000  
Virtual tour at www.MichaelBerdelis.com



**"Guest Quarters!"**  
3 BD, 2 BA, Downey home w/ large guest house including kitchen and bathroom  
Priced at: \$675,000  
Virtual tour at www.MichaelBerdelis.com



**North Downey Home**  
3 Bed, 2 bath, living room & family room, new kitchen, central air, and new windows. This house has it all!  
Priced at: \$625,000  
Virtual tour at www.MichaelBerdelis.com



**Happily Ever After!**  
3 bed, 2 bath Downey home w/ new kitchen w/ corian countertops, hardwood floors, large master bedroom, new windows, and large yard w/ fruit trees.  
Price: \$549,950  
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**Charm! Charm! Charm!**  
4 bed with den & bonus room, 2 baths, approx 2200 sq ft living space, near Stonewood Mall, Rio San Gabriel Elem & East Middle  
Price: \$695,000  
Virtual tour at www.MichaelBerdelis.com



**A Great Buy!**  
2 bed, 1 bath N Downey home w/ large yard, dog run, & covered patio.  
Reduced for a fast sale to \$399,999!  
Virtual tour at www.MichaelBerdelis.com

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