



# The Downey Patriot



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Friday, May 23, 2008

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



"Hula Apples" is one of many offset lithographs by artist Scott Moore. A 1967 Downey High School graduate, Moore will be inducted into the school's hall of fame at ceremonies today. Image courtesy www.scottmooreart.com

## Downey High inducting five into hall of fame

**DOWNEY** – Five Downey High School graduates, each distinguished in their respective field of work, will be inducted into the school's hall of fame in a campus ceremony at 10 a.m. today.

The inductees were chosen by a panel of DHS administrators and alumni from six categories, including Arts; Athletics; Business; Education; Civic, Community and Government; and Professional. Except under special circumstances, inductees are graduates of Downey High School.

The following is a brief biography of this year's inductees, as provided by the school.

**James P. Ball (1952), Outstanding Track Athlete** – James Ball graduated from Downey High School in 1952. He attended UCLA, graduating with a BS in Physical Education in 1957. He then served his country in the United States Air Force in the field of Operations and Intelligence from 1957 – 1979 and was a track coach and instructor at the United States Air Force Academy from 1964 – 1967. He retired from the Air Force as a lieutenant colonel.

Ball's athletic record is as equally impressive as his academic accomplishments. He was an alternate for the 1960 U.S. Olympic track team in the 110-meter high hurdles, a member of the UCLA NCAA championship track team, had the fastest time in the world high hurdles, holds a black belt in judo and aikido, was an All-American in volleyball between 1983 – 1985 and again from 1994 – 1995, was an advisor and track coach for high-altitude training for the Philippine track and field team for the 1968 Olympics, and was only the second American to be named Adopted Son by the Baguio City, Philippine City Council.

Ball has also held numerous posts on many community organizations, including the August Rotary Club, Kiwanis, Olympic

### 2008 DHS Inductees

**James P. Ball**  
**David R. Gafin**  
**Jack Kyser**  
**Shari McMahan**  
**Scott Moore**

Torch Relay Taskforce, Greater Augusta Sports Council, Augusta Volleyball Association, and currently chairs the Evans High School Career/Tech Ed Advisory Board.

**David R. Gafin (1972), Mayor, City of Downey** – David Gafin's community involvement includes being past president of the Downey Chamber of Commerce, Gangs Out of Downey and the Downey Los Amigos Kiwanis Club. He was also chairman of the Downey City Planning Commission, Downey Holiday Lane Parade and the Downey Street Faire.

He was vice president of the Downey Coordinating Council and is a member of Citizens for Downey and the Downey Rose Float Association.

Currently the mayor of Downey, Gafin's responsibilities include being the city representative to the Downey Chamber of Commerce Board of Directors, the Chamber's City Affairs Committee, the Columbia Memorial Space Science Learning Center Foundation, Gangs Out of Downey, the Gateway Cities 91/105 Needs Assessment Study Corridor Cities Committee, I-5 Consortium Cities Policy Board, L.A. County Sanitation Districts 2 and 18, the Budget Subcommittee and the Lakewood Subcommittee.

He is also an elected regional council member for District 25 representing Downey and South Gate

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## Rancho's savior: Tom Hale hailed for innovative patient devices

BY HENRY VENERACION,  
STAFF WRITER

**T**he paths of Tom Hale and the world-famous Rancho Los Amigos National Rehabilitation Center were meant to converge.

After spending his entire 57-year work career designing components of aircraft, rockets, missiles, and systems, including the Apollo and the GPS, for Downey-based North American Aviation (Rockwell and Boeing), Hale answered an ad for Rancho volunteers two years out from his retirement in 1978, with momentous consequences.

Sensing a good catch when they saw one, the officials at Rancho promptly took him on. To everyone's delight and edification, Hale's contributions were to prove exactly what the doctor ordered.

As a volunteer, Hale initially put in four hours a day, three days a week at Rancho's Head Trauma Unit, now called the Brain Injury Department. He was soon involved in repairing basic therapy equipment for the patients.

With him playing a principal role at the annual sports festival held on the grounds, he was also called upon to repair, and build, appropriate equipment participants used for the event. Followed were requests from therapists, patients, and other departments (who by this time had heard of his ability to build unique devices for a variety of purposes) to build special equipment for patients who had suffered spinal injuries, stroke, and so on. The patients included children and seniors — the ambulatory as well as the wheelchair-bound — each equipment built according to each patient's special requirements.

With the coming of the computer, Hale took advantage of its capabilities to enable patients to use their mouthsticks with the aid, say, of "hold-downs," and craft patient-specific wheelchair lapboards as well as special electronic communication devices on wheelchairs, equipment modifications for muscular dystrophy patients, etc.



In 1978, newly-retired Downey resident Tom Hale answered an ad in a Downey newspaper seeking volunteers at Rancho Los Amigos National Rehabilitation Center. His contributions to the hospital since then have been immeasurable. Photo courtesy Rancho Los Amigos

## Staggering amount of money raised by Downey High kids

BY BROOKE KARLL,  
STAFF WRITER

**DOWNEY** – Sitting amongst thousands upon thousands of pennies, nickels, dimes, and quarters (with the occasional dollar bill here and there), Downey High School's ASB officers precisely count the money raised by their student body for the Olive Garden's Pasta for Pennies fundraiser, which benefits the Leukemia & Lymphoma Society.

For those who haven't seen the billboard on Brookshire Avenue in previous years, Downey High has been one of the top fundraising schools in the nation for this particular program since 2004. And this year was no different – the school raised \$29,551.63, ranking fourth in the nation and first in the Greater Los Angeles region.

Since 1999, when Gordon Weisenburger took the reins as ASB advisor, the school has raised a total of \$194,086.70 for the Leukemia & Lymphoma Society. During that time, Downey High also placed first in the nation in 2006, raising \$50,046.30.

"The students have just been incredible," said Weisenburger, who has been at Downey High for 23 years. "They see a need and they give – no questions asked."

Part of what Downey High did this year to promote the fundraiser was host an opening ceremony before the three-week campaign began. The assembly welcomed three-year-old Nicholas Lee Wynn, who has been diagnosed with acute myeloid leukemia, and the family of 11-year-old Victor Alvarez, who recently passed away after battling acute lymphoblastic leukemia.

According to Weisenburger, Victor, who attended Old River Elementary School, told his mom one day that he needed to take \$500 to school. She asked why and he explained he wanted to donate to Pasta for Pennies to help kids his age with leukemia. Two months later, Victor himself was diagnosed with the disease. Following six months of chemotherapy and preparation for a bone marrow transplant, he died.

Both Nicholas and Victor have been designated as Downey High's sponsors, essentially "putting a face to the cause," even though the money raised by the school helps patients throughout the nation.

"We raise money in honor of and in memory of leukemia patients," Weisenburger said. "Nicholas and Victor are visual reminders as to

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Some of the devices are made from plastic, some from metal, but most are made of wood.

"I've designed hundreds and hundreds of devices requested by therapists, by all the other departments at Rancho," Hale says, "including innumerable special adaptive devices, so patients for example can stretch unaided, paint, or do whatever they are instructed/advised to do for physical therapy and otherwise rehab purposes."

For these and other stellar contributions, Hale has received many honors, among them the Distinguished Volunteer of Los Angeles County award in 1986, the Los Angeles County Department of Health Services Volunteer of the Year award in 1998, the Volunteer of the Year Marge Saunders Memorial Award twice (in 1985 and 1998), and the Lifetime

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Dr. Gary P. McCaughan, a Downey Cemetery Board Trustee, will lead this year's Memorial Day program. Photo courtesy city of Downey

## Memorial Day program at Downey Cemetery

**DOWNEY** – Downey Cemetery will commemorate Memorial Day with a wreath laying ceremony and rifle salute by American Legion Post 270 this Monday.

The ceremony is open to the public and will begin at 11 a.m.

A free shuttle service will transport visitors from the Green Line parking lot on Lakewood Boulevard to Downey Cemetery and back. No parking will be permitted at the cemetery.

The ceremony will take place at

the Veteran's Memorial Wall and garden and will last about one hour.

The historic Downey Cemetery traces its history back to the 1870's and serves the cities of Downey, Bellflower, Paramount and parts of South Gate.

The cemetery is governed by a three-member Board of Trustees appointed by Los Angeles County Supervisor Don Knabe.

For more information on the Memorial Day program, call Stephanie Shorthill at (562) 904-7236.

## Warren students honored with Hispanic Youth Award

**DOWNEY** – The Hispanic Heritage Foundation (HHF) recently announced Natalie Renay Bertinelli and Trent Jared Fuenmayor of Warren High School as recipients of the Los Angeles Regional Hispanic Youth Awards (HHYA).

Bertinelli and Fuenmayor are two of the 21 local high school students to be honored at UCLA this Thursday. The 2008 Los Angeles Youth Awardees will each receive educational grants in the amounts of \$3,000 (Gold Medallion); \$2,000 (Silver Medallion); and \$1,000 (Bronze Medallion). The Teacher Award, presented by Staples Foundation for Learning, will recognize a teacher that has made a significant impact on the lives of their students.

In 12 regions across the country, 252 Youth Awardees will receive more than \$500,000 in total

grants after being selected from an original pool of thousands of applicants.

Bertinelli, a recipient of the Gold Medallion in Academic Excellence, currently holds a 4.0 GPA at Warren and is an AP Scholar, a California Scholarship Federation Seal Bearer, Girls State participant, member of the Columbia Scholastic Publishing Association, and a recipient of NCTE Achievement in Writing and the Kodak Young Leaders Award. She also runs the school's coffee shop as the Coffee Shop Chair for the Girls' League. While volunteering at Downey Regional Medical Center, she found her calling in the field of medicine and plans to major in English and minor in biology at UCLA.

Fuenmayor, a recipient of the Silver Medallion in Academic Excellence, also holds a 4.0 GPA at

Warren and is a National Merit Scholar and National Merit Hispanic Scholar. He has received the CalTech Signature Award; Dr. Stauffer 3.5 Varsity Athlete Award; Golden, Silver, and Bronze Bears; and is a participant in the National Council of Teachers of English Writing. An aspiring political advisor or analyst, Fuenmayor will be attending Princeton this fall, studying history and anthropology.

"The Los Angeles Awardees are role models and leaders who excel inside and outside of the classroom," said José Antonio Tijerino, president and CEO of HHF. "They and their fellow regional honorees represent the next generation of emerging Hispanic professionals, and we are committed to providing them with opportunity and support."

For more information on the Hispanic Heritage Foundation, visit [www.hispanicheritage.org](http://www.hispanicheritage.org).



Downey High School ASB students count loose change the campus collected over a three-week period to benefit the Leukemia & Lymphoma Society. The students did a lot of counting: the final tally was \$29,551.63, good enough for fourth in the nation. Photo courtesy Downey High School

## Kindergarten enrollment ongoing at various elementary schools

**DOWNEY** – Early registration for children who plan to enter kindergarten at a Downey Unified School in September will be held at the elementary schools during May and June.

To be eligible for kindergarten, children must be five years of age on or before Dec. 2, 2008. Proof of age must be presented at the time of registration. This may be done with a birth certificate, baptismal certificate, or other legal document. At the time of Kindergarten Round-Up, parents must also bring to the school proof of residence in the District.

In addition, parents must bring evidence their child has received a physical examination, which must be completed after March 1, 2008. Parents must also bring their child's immunization record and ensure that their child is current on

their immunizations which include five DTP (four doses meet requirement if at least one was given on or after the fourth birthday); four Polio (three doses meet requirement if at least one was given on or after the fourth birthday); three Hepatitis B; and two MMR (the first dose of MMR must be given on or after the first birthday).

Parents must also verify that the child has received the varicella immunization or a statement from a doctor stating that the child had chicken pox. Parents must provide the results of a Mantoux test for tuberculosis; the test must be done after Sept. 1, 2007.

A new requirement by the California Department of Education is that parents must provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or other

licensed or registered dental health professional. Oral Health Assessments that have happened within the 12 months before your child enters school meet this requirement (examination must be completed after Sept. 1, 2007).

Kindergarten Round-Up locations and dates are as follows: Lewis Elementary, May 23; Ward Elementary, May 27; Unsworth Elementary, May 28; Rio Hondo Elementary, May 30; Alameda Elementary, June 2; and Rio San Gabriel Elementary, June 3

For specific information about registration times, morning or afternoon sessions, and other areas of concern, call (562) 469-6500 and ask for your local school. If you do not know which school your child will attend, call (562) 469-6553.

## DRMC testing itself with mock disaster drill

**DOWNEY** – Downey Regional Medical Center (DRMC) is seeking volunteers to participate in a disaster drill on June 4 from 7 a.m. to 2 p.m. The drill will take place at DRMC's campus, 11500 Brookshire Ave. in Downey.

Hospitals must be prepared to respond to natural and manmade mass casualty incidents that may cause sudden demands on services. Disaster drills help train employees and test aspects of a hospital's

response in the event of a disaster. By conducting an annual disaster drill, DRMC is able to identify specific areas for improvement and promote continuing efforts to strengthen hospital disaster preparedness.

Approximately 75 volunteers are needed to portray disaster victims who may be severely ill or injured. Volunteers are asked to wear old clothing and will be asked to sign a consent form acknowl-

edging their permission to participate and to take their picture for training purposes. Parental consent forms are required for any minors participating. A continental breakfast and lunch will also be provided.

To participate, call DRMC's Education Department at (562) 904-5580.

## Fundraiser: Other DUSD schools raise more than \$66,000.

*Continued from page 1*

why this is so important to us."

Downey High's ASB held numerous fundraisers throughout the year, selling popcorn, snow cones, and churros; going door-to-door in local neighborhoods asking for donations; and raising money through "Couples for a Cure," a friendly competition between two couples on campus to see who can raise the most money.

"I thought it was really important for us to help as much as we could," said Devi Khoday, Downey High's ASB commissioner of campus and community. "All I could think about were Nicholas and Victor and how so many kids need our help."

Downey High wasn't the only local school to raise money. Numerous schools throughout Downey, both public and private, also participated in the campaign this year, raising more than \$66,000.

"Downey is our best city – we are really fortunate to work with such a great group of schools," said Clare Cameron, director of School & Youth Programs for the Greater Los Angeles Chapter of the Leukemia & Lymphoma Society.

"And I'm so proud of Downey [High]. They have been the top school for a very long time and have the most respectful and dedicated students. They are so easy to work with – they just get everything right."

Once again, a billboard will go up on Brookshire Avenue sometime this summer or fall, honoring Downey High and their fundraising efforts.

According to Cameron, there are currently 888 schools in the Greater Los Angeles Chapter and for the past year, the region has been ranked first in the nation

"Our goal this year is to (raise) \$990,000, but I think we will reach \$1 million," Cameron said. "It would be incredible if we did and with Downey's help, we are that much closer."

Pasta for Pennies is a yearly nationwide fundraiser that collects loose change from elementary, middle school, and high school students during a three-week period. Since the program's launch in 1994, more than \$36 million has been raised for the Leukemia & Lymphoma Society by more than 10 million students. Classes that raise the most amount of money at

### Pasta for Pennies

*Below is a look at how much money Downey schools raised in the Pasta for Pennies fundraiser in 2007, the last year for which numbers are available.*

- Downey High School: \$33,375.77
- Rio San Gabriel: \$8,128.18
- Lewis Elementary: \$6,132.33
- Warren High School: \$6,118.16
- St. Matthias High: \$5,024.98
- Rio Hondo Elementary: \$4,562.05
- Sussman Middle: \$3,797.79
- Old River Elementary: \$3,352.97
- Williams Elementary: \$3,255.72
- Gallatin Elementary: \$2,724.69
- Montessori's Children's Academy: \$2,012.84
- Maude Price Elementary: \$1,188.10
- Imperial Elementary: \$1,081.96
- Columbus High School: \$497.74
- Good Shepherd Lutheran School: \$278.50

*Source: Greater Los Angeles Chapter of the Leukemia & Lymphoma Society*

their respective schools are rewarded with a pasta party delivered and served by their local Olive Garden.

## SAT preparation classes for Downey students planned this summer

**DOWNEY** – The Assistance League of Downey is offering SAT I/PSAT preparation classes the weeks of June 30 and July 7 at Downey High School for sophomores and juniors in the Downey Unified School District.

Prerequisites for those wanting to participate include successful completion of Algebra I, with a recommended completion of Geometry. In addition to the two sessions taking place June 30 – July 3, and July 7 – 10, students may also participate in a follow-up

session on Oct. 11 from 8:30 a.m. to noon. Regular sessions will take place from 8 to 10:30 a.m.

All sessions meet prior to SAT I administration on Nov. 1 and PSAT administration on Oct. 18.

Cost is \$35, which includes materials. However, if registration is received on or after June 7, cost is \$50. Students are asked to bring a photocopy of a report card that indicates his/her first semester or third quarter course grade in their most recent math class.

Enrollment is limited and registration will be accepted in the order received.

For more information, or to register, call Alice Yamada at (562) 861-2318.

## Cancer Society prepares for Relay

**DOWNEY** – The Downey Rio Hondo Unit of the American Cancer Society (ACS) is hosting their annual Relay for Life, June 7 – 8, at Columbus High School.

The event will begin with an opening ceremony that will honor all cancer survivors, as they complete the first lap around the track. A luminaria ceremony will take place in the evening.

Relay for Life is a 24-hour team event designed to increase cancer awareness throughout the community, while also raising funds for ACS. Teams that sign up to participate camp out on the track and have team members walk, run, jog, and even skip around the track for 24 hours.

The public is invited to attend all ceremonies and festivities.

For those interested in participating or volunteering, call Larry Sandoval at (562) 776-0201, or visit [www.cancer.org](http://www.cancer.org).

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## 5K run/walk benefits hurricane victims

**DOWNEY** – The Moravian Church of Downey is organizing a 5K Run/Walk on June 14 at 8:30 a.m. with proceeds benefiting reconstruction efforts in Central America caused by Hurricane Felix.

The community is invited to participate, which will begin and end in the church's parking lot located on the corner of Old River School Road and Irvinggrove Drive.

For more information about the 5K Run/Walk and registration, call (562) 927-0718, or visit [www.downeymoravian.org](http://www.downeymoravian.org).

## Federal employees meeting Wednesday

**DOWNEY** – The Downey chapter of the National Association of Active and Retired Federal Employees will hold their regular monthly meeting this Wednesday at noon at Furman Park.

The group will also be accepting sign-ups to attend their June 25 luncheon at the Downey Woman's Club. Cost of the luncheon is \$6.50, which includes cordon bleu chicken or roast beef, salad, potatoes, beverage and dessert.

New members are welcome to Wednesday's meeting, and are encouraged to take a sack lunch. Beverages and cake will be served.

For more information, call chapter president Robert Knerr at (562) 943-5513.

## CalMet picking up extra green waste

**DOWNEY** – During the month of June, CalMet Services will be picking up extra bags of clean green waste from Downey residents.

Items such as bags of leaves or bundles of branches (up to 4 feet in length and under 50 pounds) will be accepted. Residents may place up to five bundles or bags out at the curb.

Residents can schedule a pick-up by calling 24 hours in advance of their regular service day. The special service will be available June 2-30 for Downey residents.

For more information, call CalMet customer service at (562) 259-1239.

## West Point admission process explained

**DOWNEY** – All area high school students are invited to an informational talk Tuesday on life at and admission into West Point Military Academy.

Cadet Mathew J. Archuleta, class vice president at the United States Military Academy, will be the guest speaker.

The meeting starts at 6:30 p.m. at American Legion Post 723, located at 11269 S. Garfield Ave. in Downey. For more information, call (562) 923-6668.

## Christian club sending gifts to troops

**DOWNEY** – "Flag Day" is the theme of the Downey Christian Women's Club June 11 lunch meeting at the Los Amigos Country Club.

Led by Mary Ann Cordova, the club will discuss "Packages of Gratitude" and their shipment of gifts to troops in Iraq and Afghanistan.

Hermína Vink will provide the meeting's music and Mary Nixon will be the guest speaker. Her topic is "How to step on a crack without cracking up."

Men are invited to the 11:45 meeting. Price is \$12 and includes a buffet lunch. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

# Hall: Inductees range from economist, to mayor of this city, to nationally recognized artist.

*Continued from page 1*

in the Southern California Association of Governments.

Gafin has won awards as Kiwanian of the Year, Downey Chamber of Commerce Director and Committee Person of the Year, Outstanding Community Service Volunteer for the Downey Coordinating Council, and Small Business of the Year by the Downey Chamber of Commerce.

He lives in Downey with his wife, Brenda, who also graduated from Downey High School, and has a son, Brent Gable, who graduated from Downey High School as well.

**Jack Kyser (1951), Chief Economist** - Jack Kyser is the chief economist on staff at the Los Angeles County Economic Development Corporation (LAEDC). Called the "guru of the Los Angeles economy" by the "Los Angeles Business Journal," Kyser is responsible for interpreting and forecasting economic trends in the Los Angeles region (Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties), and for his close analysis of the major industries of the region. Utilizing this information, he helps develop job retention and creation strategies for Los Angeles County. Kyser's insight is frequently sought by business, government and the media.

The LAEDC is a private, not-for-profit membership organization whose mission is leadership in the retention and creation of jobs and

economic base in the Los Angeles area. Kyser's analytical research work and insightful knowledge of the regional economy has helped to elevate the LAEDC to recognition as the pre-eminent source of economic information and forecasts on Southern California. In late 2007, the LAEDC named its research function "the Kyser Center for Economic Research."

Prior to joining the LAEDC, Kyser was chief economist for the Los Angeles Area Chamber of Commerce. He has also worked for Security Pacific National Bank, First Interstate Bank, and the Union Pacific Railroad in Omaha, Neb., where he was transportation economist. He has taught economics at the University of Nebraska - Omaha, and served as a business reporter and commentator for radio station KVNO, also in Omaha.

A native of California, Kyser was born in Huntington Park. He resides in Downey where he graduated from Downey (Union) High School. He holds a Bachelors of Science degree in Industrial Design and an MBA from the University of Southern California. He has also pursued additional course work at UCLA.

**Shari McMahan (1981), Nationally Recognized Educator** - Dr. Shari McMahan is professor and chair of the Department of Health Science at California State University, Fullerton. She received her B.A. and Ph.D. degrees in Social Ecology from the University of California, Irvine and her M.S.

degree in Health Science from California State University Northridge.

She was included in 1998 as a special advisor for the California Governor's Council on Physical Fitness and Sports. She has served as VP Research and VP Health for the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance. In 2005, she won the Distinguished Faculty Member Award for the College of Health and Human Development.

McMahan is a reviewer for the "American Journal of Health Promotion," "American Journal of Health Behavior" and "American Journal of Health Studies." She is co-editor of the "California Journal of Health Promotion."

McMahan also directs the Center for the Promotion of Healthy Lifestyles and Obesity Prevention and is very active in the community preventing obesity, promoting health in aging workers, and reducing the risk of cardiovascular disease in young women. In her spare time she teaches group fitness classes in Orange County.

**Scott Moore (1967), Nationally Recognized Artist** - In 1970, while in his senior year at

California State University, Long Beach, Scott Moore joined the U.S. Marine Corps where he worked as an artist on the island of Oahu, Hawaii. At 20 years old, he was responsible for designing and building oversized backdrops that would adorn the main ballroom of the Hawaiian Hilton for the Pacific Fleet's Marine Corp Ball, not to mention any other art-related project that came across his desk.

Returning to civilian life in 1972, Moore continued his art studies at Long Beach State and in 1973 married Carol LaGette, his childhood sweetheart (a Downey High School 1971 graduate). They moved to Laguna Beach in 1980 where Moore pursued his full-time artist career, exhibiting at the summer festivals and raising their two children, Brady and Hayley.

Moore is past president of the Festival of Arts and Pageant of the Sawdust Festival Benevolence Fund. He holds prestigious memberships in the American Watercolor Society, New York and the National Watercolor Society, Los Angeles. His watercolor and oil paintings are collected around the world and are in numerous private and corporate collections.

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Ballet folklórico was a popular attraction at last year's Family Fun Night at Downey High School. The performance returns at this year's event, this Thursday from 4 to 9 p.m. Photo courtesy Downey High School

## Downey High hosting Family Fun Night

**DOWNEY** – Downey High School will be hosting their 10th Annual Family Fun Night this Thursday from 4 to 9 p.m.

The evening will include a variety of ethnic foods, games and activities. Families can also enjoy a petting zoo, which will include camels, zebras and ponies.

Entertainment for the evening will include dance performances in Native American dance, Polynesian dance, African dance, and ballet folklórico; as well as performances by Downey High students and DW3. The evening will conclude with Mariachi Santa Cecilia, comprised of Downey High graduates from the 1993 and 1999 classes.

The evening will also feature free karate classes and demonstrations, and pet adoptions, sponsored by SEACA.

For more information, call Karen Dabney-Lieras at (562) 869-7301, ext. 5579, or email kdabney@dusd.net.

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## Credit union celebrates character in students

**DOWNEY** – Downey Federal Credit Union (DFCU) recently recognized 34 students from Lewis Elementary School, the credit union's Adopt-A-School, who best exemplify the Character Counts program.

The students, grades K – 5, were nominated by each of their teachers and include the following:

- **Kindergarten:** Julieta Meillon, Jesus Casas, Carla Donlucas, and Aubriana Lopez;
- **Grade 1:** Lindsay Adams, Chiamaka Ikejiofor, Tiphonie Carrillo, Jocelynn Cuevas, Christine Navarro, Jason Sosa, and Gabby Fernandez;
- **Grade 2:** Carlos Quiñonez, Arturo Vega, Christopher Tapia, Hector Palma, Jaelyn Gutierrez, Isabel Castillo, Giselle Rodriguez, Jaime Casas, and Jasmine Moyado;
- **Grade 3:** Nathan Fisher, Oscar Serrano, Natalie Morataya, Valerie Cortez, Alicia Garcia, Jessica Garcia, Zackary Hardin, and Martin Garcia;
- **Grade 4:** Byron Solis, Dezirae Walker, and Maricela Navarro; and
- **Grade 5:** Isaac Varela, Areli Dominguez, and Gabriel Martin.

Lunch and educational gifts were provided by the credit union and given to each winner.

"The credit union has been very supportive of our school, particularly our Character Counts program," said Robin Martin, principal of Lewis Elementary School. "We are pleased that DFCU has adopted Lewis Elementary to participate in their programs. Both students and staff have benefited from our partnership."

To find out more about Downey Federal Credit Union, call (562) 862-8141.

## Brotherhood visits Hollywood Bowl

**DOWNEY** – The Brotherhood of Temple Ner Tamid of Downey invites the community to travel with them to the Hollywood Bowl on July 12.

The Hollywood Bowl's feature that night will be "Some Enchanted Evening" and will include a fireworks display.

Tickets are \$70 per person, which includes transportation, dinner at Steven's Steak House in Commerce, and the show.

The bus will depart from the back parking lot of Temple Ner Tamid at 5 p.m. For more information, call the Temple office at (562) 861-9276.

## Grad Night committee seeks donations

**DOWNEY** – The Warren High School Grad Night Committee is soliciting donations for their 20th annual Grad Night, this year scheduled to take place June 19.

Gift certificates, merchandise and/or monetary gifts will help provide Warren students with a supervised outlet to celebrate their graduation. Their theme this year is "A Magical Night."

Gift can be sent directly to Warren High School in care of Grad Night 2008. The Grad Night Committee is a non-profit organization. Their tax I.D. number is 95-6006586.

For more information call Reggie Donahue at (562) 756-2427.

## CRTA meeting in Whittier

**WHITTIER** – Current and retired teachers and educators are invited to a "wine and cheese afternoon soiree" this afternoon hosted by the California Retired Teachers Association Greater Whittier Area at the East Whittier Women's Improvement Club, 14148 E. 2nd St., in Whittier.

Members and officers of CRTA, Division 31, will answer questions and tell of the role of CRTA within the state. For information, call (562) 696-4474.

**Connections Networking**

Join us Thursday at 7:30am

**NORDIC FOX**  
10924 Paramount Blvd.  
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## The Poet's Corner

### Memorial Day

To all those who've served so gallantly  
To preserve our land and liberty,  
We thank and commemorate you  
For the battles fought for our Red, White and Blue.

Oh that these past wars would forever ensure  
That peace and happiness might endure.  
But, regrettably, this isn't so,  
And the victories won a long time ago  
Are still threatened by terrorists all around -  
Their destruction and killing still abound.

What a wonderful world this would be  
If all could look back in history  
And realize that hatred has to cease  
And be replaced by love to achieve a peace.

To all those in service and in combat today,  
We honor you this Memorial Day,  
And thank you for keeping America strong  
And fighting injustices so very wrong.

– **Martha J. Morrissy,**  
**Downey**

### Don't Be Led Astray

Some people will lie, and lead you astray  
for Money or some material gain.  
Thinking that is what they must do.  
Some people will lie, and lead you astray.  
To get a better position of Power, or Fame.  
Without a second thought about you.

Some people will lie, and lead you astray,  
for they haven't got nothing to do.  
They Gossip all Day.

Making up Stories about their Neighbors, and Friends.  
The Stories get bigger and the lies never end.

Some people will lie, and lead you astray.  
Thinking they are clever when they do.  
They will make up a Story, to get you to believe.  
Then tell all your Friends, that you are a fool,  
but who is the fool in the end.

Some people will lie, and lead you astray,  
not knowing what they say is a lie.  
They heard it from Joe, they heard it from Mike,  
they heard it from a guy down the Street.  
Not looking for truth.

Claiming they though it was a reliable source.  
They will do it time after time.

Don't listen to lies, or Gossip,  
for you may be led astray.  
Let Truth be your guide in all your endeavors,  
as you go from Day, to Day.  
If you follow Truth, the Truth will set you free,  
and when your Life is over you can face Eternity.

– **James E. Jones,**  
**Downey**

## Basketball game pits dwarfs versus DUSD

**DOWNEY** – A team of Downey Unified School District employees will take on the Los Angeles Breakers, the nation's top-ranking dwarf basketball team, May 30 at Downey High School.

The Breakers are comprised of male and female athletes. They are 10-time National Champions and

three-time World Champions of Dwarf Basketball.

A special set of rules are used to make the game as fair as possible. The last time the Breakers played DUSD, the game ended in a 65-65 tie after two overtimes.

Proceeds from the event will benefit the TLC Family Resource

Center, which provides a variety of health and counseling services to low-income Downey families.

Pre-sale game tickets are \$5. Tickets at the door will be \$8. Doors will open at 6:30 p.m. while tip-off is at 7.

To purchase tickets, call TLC at (562) 904-3577.

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**Contact person:**  
Cecilia Butler  
Camp Program Director  
(562) 862-4201 ext. 1740

**Financial Assistance:**  
The Downey Family YMCA has special funds available to assist families in managing the cost of camp. Financial Assistance (Camp Scholarship) applications can be picked up at the main YMCA facility, and should be turned in to the Downey Family YMCA Camp Program Director, Cecilia Butler.



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## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Are bacteria good for us? They most certainly are, and that's the concept behind the new field of *probiotics*. Your body contains billions of bacteria and other microorganisms. Probiotics refers to dietary supplements or foods that contain beneficial, or "good" bacteria.



Early in the last century, the Nobel Prize-winning biologist Dr. Eli Melchnikoff proposed the "intoxication theory" of disease. He believed that toxins released by unfriendly bacteria in the intestines accelerated aging, and that helpful bacteria in fermented milk products explained the longevity of certain ethnic groups who favored breast feeding or dairy consumption.

Melchnikoff recommended consuming cultured foods like yogurt, which contain healthful bacteria. From there, the field of probiotics was born. He identified lactic-acid secreting bacteria as among the most beneficial ones, and that made lactobacilli the early focus. Dr. Henry Tissier from the Pasteur Institute then identified bifidobacteria. Today, probiotic microbes are routinely fed to livestock, and the widely accepted belief is that lactobacillus and bifidobacteria species hold great promise for enhancing human health.

What do probiotic microbes do in the human body? In our intestines, a constant battle is waged between good and bad bacteria. The more healthy bacteria we harbor, the less room there is for harmful bacteria. Probiotic microbes help the body fight infections that are caused by the bad bugs (pathogens) by competing with them for limited supplies of food and other nutrients.

The study of probiotics lends yet more scientific support to the practice of breast-feeding, since breast milk is rich in nutritional factors that foster the growth of bifidobacteria - one of the beneficial bacterial families that keep a baby's intestinal ecosystem healthy and disease-resistant. Though the field of probiotics is still in its infancy, preliminary research suggests that it prevents, treats, or reduces risk factors for many common conditions, including:

- Vaginal bacterial and yeast infections
- Inflammatory intestinal disease including inflammatory bowel disease (IBD)
- Food allergies, asthma and eczema
- Cardiovascular disease
- Intestinal cancers
- The duration of gastroenteritis
- The severity of traveler's diarrhea
- Tooth decay

Other possible benefits, including reducing cholesterol, blood pressure, and the incidence of colon cancer, are under investigation. Though it may be hard to swallow that intentionally eating bacteria is a good idea, scientists are in agreement that it has merit. Bacteria, both good and bad, are in absolutely everything we eat and drink. The GI tract is considered the body's largest immune organ because there is such a huge population of bacteria residing in it.

What kind of probiotic products should we add to our diets? Two good bacteria, lactobacillus and bifidobacteria, can be found in a number of foods that use beneficial bacteria for fermentation, including some yogurts (such as Dannon's Activa), cheeses and kefir, fermented and unfermented milk, miso, and some juices and soy drinks. Read food labels to see if they contain these good bacteria. Probiotics can also be taken in capsule form. On a personal note, my wife took Culturelle, one brand of probiotic capsules, prior to and during a recent international trip. I did not. Guess whose intestinal system was the happiest? There's nothing to lose and much to potentially gain by including these foods in your everyday diet.

As always, be a cautious health care consumer and do your own research. Talk to your doctor before starting any new medication or supplement. Bon appetit - to your health!

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

## AARP meetings open to the public

**DOWNEY** - The American Association of Retired Persons (AARP) currently meets at the Barbara J. Riley Community & Senior Center every second and fourth Wednesday of each month at 11:30 a.m.

Upcoming meetings include a Mother's Day luncheon this Wednesday; Jessie James on June 11; and a Father's Day luncheon on June 25. Each meeting is followed by Bingo from 1 to 2:30 p.m.

For more information, call Lorene Frazier at (562) 861-6075.

## Self-help group meets on Tuesdays

**WHITTIER** - Recovery International, a non-profit self-help mental health organization that "provides tools and practice in changing thinking habits so individuals can gain personal control over distressing emotions and improve general well-being," conducts weekly meetings every Tuesday at 7 p.m. at Merrill Gardens, 13250 E. Philadelphia St., in Whittier.

For more information, call (562) 929-2797.



Twelve physicians and staff from Lakewood Regional Medical Center recently visited Costa Rica and donated over \$5,000 in medical supplies to the local Red Cross in Filadelfia. Pictured above are (far left) Ben Russo, director of business development, and hospital CEO Mark Korth (far right) delivering medical supplies to Red Cross representatives.



Representatives from Downey Regional Medical Center, Western University's College of Osteopathic Medicine, the Downey Chamber of Commerce and the city of Downey participated in a ribbon cutting ceremony two weeks ago for the Osteopathic Center for Well-Being, located in the Brookshire Medical Building across the street from Downey Regional.

## Osteopathic Center officially opens

**DOWNEY** - Downey Regional Medical Center officially opened its Osteopathic Center for Well-Being on May 7.

The Center, also sponsored by Western University's College of Osteopathic Medicine, offers osteopathic manipulative treatment (OMT), a manipulative therapy which takes advantage of the body's ability to heal itself. Ailments that can be addressed using OMT include sinusitis, asthma, neck and back pain, sciatica, joint pain and carpal tunnel syndrome, among others.

The Center is an outgrowth of the physician residency and teaching program at Downey Regional and works in conjunction with Western University's College of Osteopathic Medicine.

For more information on the Center, which is located in the Brookshire Medical Building across from Downey Regional, call (562) 869-6400.

## Wellness center offers holistic approach in battle against cancer

CONTRIBUTED BY DOWNEY NUTRITION & WELLNESS CENTER

**DOWNEY** - Cancer and wellness are the same issue within the body. While one is the lack of health, the other is the abundance of health. Both of which affect the body and how we live our lives.

Downey Nutrition & Wellness Center, located at 8416 Florence Ave., specializes in a whole body nutritional approach for the revitalization of individuals who have undergone, are undergoing, or about to undergo conventional cancer treatment utilizing chemotherapy, radiation, immunotherapy, or surgery.

It has been well-documented that while these therapies are beneficial for the eradication of cancer cells, the side effects of such treatment can injure healthy cells in the process and places too much metabolic stress on the patient, which can slow down their recovery. The potential side effects can last many years, even after the treatment effects have worn off. The long term side effects from cancer treatment can increase one's chances significantly for other chronic diseases, such as diabetes, heart disease, and osteoporosis.

In cancer care there are two complementary goals of treatment. One, is the usual medical goal, which is to kill cancer cells and tumors, or reduce their numbers and their ability to grow, reproduce, and spread (metastasis).

The other, perhaps best called the "Healing Goal," is to support the well-being and adaptive resistance of the patient. Adaptive resistance simply stated is the body's ability to withstand the external and internal stress placed upon it from conventional cancer treatment. This provides a means for the body's chemistry, known and unknown, to fully function to the best of its ability to protect the body and lead it into a balance of health and well-being.

A major problem with conventional treatment approach to cancer is while medicine aggressively attempts to eliminate cancer cells, it does little or nothing to promote health, vitality, and well-being of the person with cancer. A natural holistic and complementary approach, along with conventional cancer treatment, is now being recognized as a vital step towards long-term recovery and offsetting side effects.

In addition, cancer survivors who are better nourished, better supported, and better balanced emotionally will have a better balance of health and well-being with less chance of developing long-term side effects as a result of conventional treatment only.

Our mission at Downey Nutrition & Wellness Center and the AfterCare Post Cancer Therapy Program is not designed to treat cancer, but to help assist the primary oncology medical team in guiding you through and winning your battle with cancer.

All AfterCare therapy programs are designed to provide optimum health, vitality, and well-being for those individuals maintaining survivorship before, during and after conventional cancer treatment.

For more information about the AfterCare Program and the service at Downey Nutrition & Wellness Center, call (562) 923-4800.

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

Imagine if all it took to prevent tooth decay in your children was to "convince" them to eat lollipops? This may not be as farfetched as it sounds. In fact, a professor with joint appointments in UCLA's dental and medical schools recently realized the benefits of diligent laboratory work when he and his team identified the natural ingredient found in licorice that kills the primary bacterium (Streptococcus mutans) that causes tooth decay. He then incorporated this agent into sugar-free, orange-flavored herbal lollipops that taste good enough for kids to lick them willingly. By eating the recommended two lollipops a day for ten days four times per year, the doctor hopes to greatly reduce tooth decay in children.

This column about lollipops has been brought to you in the interest of better dental health. We believe in preventive dentistry. We know that you wish to receive your general dental care from a highly trained, caring staff; therefore, professionalism is very important to you. Our promise to you is that our office will provide you with dental care of the highest quality available, utilizing the most modern procedures and an extremely qualified staff. Please call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307.

P.S. Nearly four out of five children get a cavity by age 17.  
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# Hale: Handmade tools built to Rancho patients' personal specifications.

Continued from page 1

Achievement Award from the Sacramento-based California Federation of Occupational Therapists in 2004.

His latest honor came last April 5 at the 22nd annual Amistad Gala. He was presented with Rancho's highest honor, the Amistad Award for Individual Achievement. His encomium, in part, read: "He is being honored for more than 27 years of extraordinary volunteer service to Rancho. He has become an indispensable part of the Rancho treatment team because of his unique and highly valued ability to design and build customized devices to fit the very special needs of the hospital's patients. He has created thousands of devices for patients that fit their highly specialized needs. These devices range from specialized wheelchair control pieces to accessible easels for artists with disabilities, to customized chairs, all created in Mr. Hale's [as he is affectionately called at Rancho] workshop in the basement of Rancho's Jacquelin Perry Institute.

"Without his generosity and genius, these many wonderful devices would not be possible, and several generations of Rancho patients would have found far less ability in their disabilities... His incredible creativity and enthusiasm have endured through the years as he has taken care of some of Rancho's most complex patient needs. He is a great volunteer, a great man, and a great American. His personal commitment to helping others is an inspiration to us all."

Born in 1922 in Ft. Collins, Colo., Hale and his family knew hard times. The Depression hit them hard. His family lived on two separate farms outside Ft. Collins. "When the bank foreclosed on our farms," he recalls bitterly, "it left us destitute."

Having no choice, he relates further, "My father and grandfather built a two-room shack covered only with tarpaper. The family did farm labor for other farmers. In 1933 the family moved to an uncle's farm in Eastern Wyoming. We didn't have running water for many, many years."

While still in high school, Hale joined the National Guard Cavalry in Torrington, Wyo. Training included Wyoming State maneuvers with remount horses. In 1939 maneuvers were held in the state of Washington, and the Western State National Guard Cavalry scored a rare victory over the U.S. Army. He graduated in 1940 at the age of 18. That summer he took a government-sponsored training course in basic machine shop operations. Finding employment with Remington Arms Co., he was assigned to its Denver Munitions Plant through April, 1942, when he joined the Marines with the rank of Technical Sergeant.

While with the Marines, he studied aircraft maintenance and aerial gunnery. He married his wife, Marjorie, who was to teach later for the Downey Unified School District, before shipping out in 1944 for overseas duty. He would serve in the South Pacific Theater till November 1945.

"I was with the 1st Division of the 4th Marine Air Wing, and was involved in the invasion and occupation of the Peleiu Islands," was his terse comment.

After his discharge from the Marines, he and Marjorie moved to Iowa to attend college from 1946 to 1951, working summers and odd periods in construction and as a chemist with the Iowa State Highway Commission. He graduated from Iowa State College in Ames, Iowa with a BS in mechanical engineering degree.

His first, and only, fulltime job was with North American/Boeing. He would specialize in hydraulic, pneumatic, and mechanical design for aircraft and missiles. He had been serving as a supervisor in reliability engineering for 10 years when he retired in 1978.

He was to enjoy two years of unadulterated retirement before his fateful encounter with Rancho.

Another fateful encounter would occur in 2000, the year Hale was diagnosed with macular degeneration. It was clear some sort of a replacement was needed. That replacement turned out to be the equally remark-



Tom Hale was recently honored for his volunteer service at the 22nd annual Amistad Gala. Photo courtesy Rancho Los Amigos

able and likewise often-honored colleague, Karl Burger. "We've been doing these things (providing patients with therapeutic devices) together for the last six years. Karl, I tell you, is such a remarkable man and more than qualified to do the work. We work very well together. We're a great team."

A similar scare had happened to Hale before. "In 1975, I started having shoulder and arm problems," he relates. "In fact, the following year, I lost full control of both arms. Fortunately, 3-1/2 hours of daily physical therapy for three years led to a full recovery. From 1977 to 1980, I remained at home as cook and bottle washer. While Marjorie taught school, I was at home all day, and went from 150 to 205 pounds. The whole situation made me a dull individual. What saved me from further [iniquity] was answering that call for volunteers at Rancho in the Downey paper."

"I feel that serving at Rancho has been more fulfilling than my tenure at North American/Boeing," he went on. "I found my niche here. Not only has my work with devices helped patients develop their full potential as human beings, it has provided opportunities for therapists to expand their [range of usefulness]. We continue to help identify, and improvise, solutions to special exercise devices, for both in-house and outpatients. Really, everybody is great to work with here—the people, the management, the therapists, and especially Karl."

"I have two strong desires," he says. "One, that Rancho continue the work Karl and I have been doing. And two, that steps are taken to have other rehabilitation centers throughout the U.S. adopt what we have pioneered here."

Finally, he says, "Rancho is a fabulous place to work. I wish more retired people will take advantage of the many volunteer opportunities available here. Really, Rancho gives more than it gets."

# David J. Matthews served in Korean War

**DOWNEY** – David J. Matthews, a longtime Downey resident, passed away on May 12. He was 74.

Matthews was born on April 26, 1934 in Springfield, Mass. to Harold and Helen Matthews. He served during the Korean War in the Army Special Services and was stationed in Japan Sky Patrol. He played baseball with the farm team for the Boston Red Sox and enjoyed camping, fishing and hunting.

Matthews is preceded in death by his sister, Betty Pessalano. He is survived by his daughter, Laura; son, Garon (Nikoel) Matthews; siblings, Nancy Rapisarda, Harold "Sonny" Matthews Jr., Robert (Naomi) Matthews, Shirley (Gene) Streeter, and Edward (Florence) Matthews; and numerous nieces and nephews.

A memorial service will military honors will be today at 3 p.m. at Park Lawn Memorial Park in Commerce.



# Senior center plans for busy summertime

**DOWNEY** – The Barbara J. Riley Community & Senior Center will host a Beach Party Bash for seniors on July 17 from 5 to 7:30 p.m. Reservations are required and each ticket is \$5 per person, which includes dinner.

•Registration continues for senior excursions to the Huntington Library and the Los Angeles County Fair. The trip to the Huntington Library in San Marino departs Sept. 3 at 9:30 a.m. Tickets are \$30 per person and includes a private group tour of the new Chinese Garden and time to visit the newly-renovated Huntington Mansion on your own.

The excursion to the Los Angeles County Fair will take place on Sept. 17 from 10 a.m. to 6 p.m. Tickets are \$15 per person and includes fair admission and lunch.

•The community center is taking registration for pre-school children and their parents to visit the circus at the Honda Center in Anaheim on Aug. 1 from 9 a.m. to 2 p.m. Tickets are \$15 for child and \$18 for adult.

•The city of Downey is accepting registration for its summer full-day care from June 23 – Aug. 29 for children in grades K-5th. Daycare will be provided at Imperial Elementary and Gallatin Elementary on Monday through Fridays. Cost is \$105 per child per week, plus a one-time registration fee of \$20 and \$6 for a T-shirt. The fees include daily snacks, all-day care between 6:30 a.m. and 6 p.m., arts and crafts, interactive activities, and a mid-week excursion.

To register, call Imperial Elementary at (562) 904-7234 or Gallatin Elementary at (562) 861-5052.

For more information on activities at the community/senior center, call (562) 904-7227.

# Norwalk hosts free small business fair

**NORWALK** – Congresswoman Grace F. Napolitano (CA-38), Assemblyman Tony Mendoza, and Judy Chu, chair of the California State Board of Equalization, are sponsoring a free small business fair on June 3 from 9 a.m. to 2:30 p.m. at the Norwalk Marriott.

Admission is free and those interested in attending are asked to register at [www.boe.ca.gov/sutax/tpsched.htm](http://www.boe.ca.gov/sutax/tpsched.htm).

The Norwalk Marriott is located at 13111 Sycamore Dr. in Norwalk. For more information, call (213) 593-1311.

# 10-20 Club annual golf tournament

**DOWNEY** – The 10-20 Club, in conjunction with Gangs Out of Downey, will present its fourth annual golf tournament fundraiser Wednesday at the Rio Hondo Golf Club.

The price to participate is \$125, a decrease of \$25 from last year. The price includes green fees, golfing, golf cart, lunch and dinner. Money raised will benefit the 10-20 Club, which works to keep Downey kids out of gangs.

Tea sign sponsorships are also available for \$100. Raffle prizes are also being accepted.

The tournament will begin with a shotgun start at noon. To register, call Robert Buckley at (562) 923-3494 or Darrell Jackson at (562) 618-2550.

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Restrictions apply. Call for details.

# Travel team plans meeting with parents

**DOWNEY** – SKO HOOPS, a travel basketball program, is having a parent information meeting this Wednesday from 6:30 to 8 p.m. at Apollo Park.

The program provides players with a chance to compete on a local and national level.

For more information, call Shari Lim at (562) 806-3258 or (562) 822-8753.

# Senior lunches available at discount prices

**DOWNEY** – The Human Services Association provides lunch for seniors over the age of 60 Monday through Friday starting at 11:30 a.m. at the Barbara J. Riley Community & Senior Center.

The cost of the congregate meal is \$2 per person. Bingo is played each Wednesday and Friday from 10:15 to 11:15 a.m. before lunch.

Lunch reservations are required by calling (562) 862-8800.

# Downey can't climb out of hole; season over

By Scott Cobos, Contributor

**DOWNEY** – The Downey Vikings' baseball season came to an end with a 4-1 loss versus visiting Quartz Hill High School Tuesday afternoon at Yanez Field.

For a team who averaged over five runs a game in the regular season, the Vikings only had three hits and didn't scratch on the scoreboard until the final inning of the game.

Missed opportunities plagued the Vikings as they were able to get runners on base but were unable to move them over or hit them in.

"We couldn't come up with that big hit to score a run," said Downey manager Jess Gonzalez. "And being down 2-0 it was tough. And once you were down 4-0, it's difficult to come back in the playoffs in that situation."

Downey's offensive woes came in part from the pitching of Quartz Hill's Brian Morgan. Morgan pitched a complete game in what was his first start of the postseason. On the season, Morgan was 10-1 in games he pitched.

"He was throwing strikes and keeping them off balance," said Quartz Hill's manager Aaron Kavanagh. "Last week we heard that the success to keeping [Downey] down offensively was keeping them off balance. So a lot of fastballs and curveballs, anything for strikes. He's been money for us almost all year."

Downey ace Nate Coronado tried to do his best to keep up with Morgan but didn't have the same dominating arsenal that he has had all year.

Quartz Hill scored two early unearned runs off Coronado, who had 10 strikeouts, then broke the back of the Vikings in the fifth inning when outfielder Mike Massari hit a two-run double down the third baseline.

Gonzalez thought his ace lefty pitched well enough to win but acknowledged that Morgan figured out a way to get them out at the plate.

"They played a good game," he said. "Their lefty pitched a good game. [Morgan] made some big pitches in some big situations and got them back in the dugout and unfortunately we were down 2-0 early."

Morgan struck out four in his performance and enjoyed his time at Yanez Field on the Downey High School campus.

"It felt great," he said. "This is a good field to pitch on. I like the mound and I was really confident in my team."

Hitters No. 1 through 5 for Downey combined for only two hits. The Vikings' biggest offensive weapon, Ivory Thomas, was hitless in his two at-bats.

Things really started to unravel emotionally for the Vikings when starting second baseman Greg Hamrock was ejected from the game for arguing balls and strikes.

The Vikings finish their season one win short of 20 overall (19-11, 10-5). Next year, the Vikings will have all but four players returning, the list including Thomas who will be entering his senior year.

The season is over for the Vikings but the beat goes on for the Rebels who will have played yesterday.

According to Kavanagh, he feels as if his team needs to improve in situational hitting and suggested it may be a little bit more difficult because his team strategy changed from being an offensive force to playing small ball.

## What are the odds?

**DOWNEY**—Using an 8-iron, Stan Carmichael, owner of a State Farm agency in Downey that bears his name and incumbent president of the Downey Rotary Club, scored his *third* hole-in-one on the fourth hole at Mile Square's more demanding Players' Course on May 15 while playing with friends, the same group he played with when he made his *second* hole-in-one on the *same* hole on June 23, 2005. The lucky ball he used bore the Arc/Rotary International (wheel) markings.

Note the juxtaposition of the dates and holes: Carmichael scored his *first* ace on June 23, 1990 (on the same day as his second) on a San Diego golf course. He sports an 89-handicap.

—Henry Veneracion



The Downey U16 girls soccer team overcame 100-degree weather to take first place in the Quartz Hill Shootout held at the Lancaster National Soccer Complex in Lancaster on Sunday. After three undefeated games, Downey beat Thousand Oaks 3-0 in the championship game. The team includes Coach Octavio Calvillo, Amanda Hernandez, Jackie Garcia, Brani Lee Neilan, Lorena Ruiz, Alexis Clavesilla, Vicky Correa, Vanessa Calvillo, Assistant Coach Robert Correa, Marysol Flores, Stephanie Angulo, Jessica Rauda, Robin Serpas, Rebecca Flores, Karen Castillo and Rocio Hernandez.

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Please call The Downey Patriot with any questions regarding your announcement. Phone (562)904-3668

## Counsel's Corner: Avoiding foreclosure in these tough times

BY STEVE LOPEZ, THE LAW OFFICES OF STEVE LOPEZ

Hardly a day goes by during this housing crisis that the media does not report on families in foreclosure proceedings, and/or in arrears in repayment on mortgages that, when purchased, had close to zero down payment requirements and/or low "teaser" interest rates.



The main reason for these home plight is that the borrowers did not understand that these introductory interest rates might rise a lot after a few years, or that they would have negative equity in their homes if housing prices stopped rising and began to fall.

This miscalculation has translated to millions of Americans losing or close to losing their homes. Foreclosures in the U.S. are hitting record numbers. If you're having trouble paying your mortgage, you must take quick action so you can save your home and help protect your credit rating.

**Consider your options.** Don't give up and let the lender foreclose on your home without considering your options. A foreclosure will hurt your credit rating and make it difficult, if not impossible, to buy another home anytime soon. In addition, if the profits from selling your home don't cover the unpaid portion of your loan, your lender might sue you for the rest. Your best options if you're having trouble making mortgage payments include:

- Negotiating with your lender
- Getting government help
- Filing for bankruptcy
- Selling your home yourself, or
- Giving your home deed to the lender

As soon as you realize you'll have trouble paying your mortgage – ideally, before you've missed any payments – contact your lender. Now, more than ever, lenders are willing to negotiate with home loan borrowers, if only to reduce the number of foreclosures they're dealing with. If you call soon, you may be able to work out a solution with your lender. The lender may accept partial payments for a few months (although you may have to agree to make up the difference later), accept a late payment, or agree to redo the terms of your loan.

**Determine if you need government help.** The U.S. government currently has a program to help homeowners who are facing foreclosure. It is called the FHA Secure and was recently expanded in April of this year. More information is available from the U.S. Department of Housing and Urban Development at [www.hud.gov](http://www.hud.gov).

If you cannot work out a deal with your lender and the government is not able to assist, you can consider bankruptcy. When you file either a Chapter 13 or Chapter 7 bankruptcy, the court automatically issues an order (called the Order of Relief) that includes a beautiful thing known as the "automatic stay." The automatic stay directs your creditors to cease their collection activities immediately, no excuses. If your home is scheduled for a foreclosure sale, the sale will be legally postponed while the bankruptcy is pending – typically for three to four months. However, there are two exceptions to this general rule:

First, if the lender obtains the bankruptcy court's permission to proceed with the sale (by filing a "motion to lift the stay"), you may not get the full three to four months. But even then, the bankruptcy will typically postpone the sale by at least two months, and more if the lender is slow in pursuing the motion to lift the automatic stay.

Second, unfortunately a bankruptcy's automatic stay won't stop the clock on the advance notice that most states require before a foreclosure sale can be held (or a motion to lift the stay can be filed). For example, before selling a home in California, a lender has to give the owner at least three months' notice. If you receive a three-month notice of default, and then file for bankruptcy after two months have passed, the three-month period would elapse after you'd been in bankruptcy for only one month. At that time the lender could file a motion to lift the stay and ask the court for permission to schedule the foreclosure sale.

New bankruptcy law took effect in 2005 and it has become more difficult to qualify for Chapter 7 bankruptcy. You should consult a bankruptcy lawyer when this option is chosen.

If negotiating with your lender, obtaining government help and filing bankruptcy are not options for you, you can consider selling your home if your home has appreciated in value since you bought it. Again, contact your lender, who may let you stop making payments until the house is sold. Ideally, the proceeds from the sale will cover your mortgage and selling costs. But if they won't, ask your lender to consider what's called a "short sale." That means the lender accepts the sale proceeds even if they're less than the amount you owe.

If no one is interested in purchasing your home, ask your lender if they may agree to take the deed and cancel your debt. This is called a deed in lieu of foreclosure. The idea is that the bank can then sell your house (as with an actual foreclosure) but won't report it as a foreclosure to the credit rating agencies – in fact, you can negotiate with the bank about how it can help you preserve your credit rating.

Be cautious when selling your own home. Beware of scams related to mortgage problems and foreclosures. Solutions that sound too simple or too good to be true usually are. If you're selling your home without pro-

fessional guidance, beware of buyers who try to rush you through the process. Unfortunately, there are people who may try to take advantage of your financial difficulty.

Protect yourself by not signing any papers you don't fully understand. Make sure you get all "promises" in writing. Beware of any contract or sale of loan assumption where you are not formally released from liability for your mortgage debt. Check with a lawyer or your mortgage company before entering into any deal involving your home. Further, if you're selling the house yourself to avoid foreclosure, check to see if there are any complaints against the prospective buyer. You can contact your state's attorney general, the State Real Estate Commission, or the local District Attorney's Consumer Fraud Unit for this type of information.

Hopefully this information has been helpful, and if nothing else, leave you with other options that are available to you other than foreclosure.

*The purpose of this column is to provide general information on the law, which is subject to change. It is not legal advice. Consult a lawyer if you have a specific legal problem.*

### Seniors invited to join Rancho Owls

**DOWNEY** – In 1983, the Older Adult Health Services at Rancho Los Amigos National Rehabilitation Center in Downey began the Rancho Owls, a group for older individuals with the purpose of improving communication between healthcare providers and older adults.

The group also worked at promoting improved healthcare to older persons through education and advocacy.

Over the years, Rancho Owls has expanded to become a social/educational group for its members. The group meets every Tuesday at Rancho Los Amigos from 9:30 a.m. to 12:30 p.m. for peer support, education relating to aging, field trips, and other recreational activities. A light breakfast and full lunch are served.

Active and alert persons between the ages of 65 and 100 are invited to attend. Transportation can be provided. For more information, call Jan Brady and Sherlyn Marsh at (562) 401-7402.

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And we must sell this 4 bedroom, 3 bath, newer cabinets, granite counter tops, new windows, new paint, excellent neighborhood and easy access to freeways and school.

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**Put Your Money On This One**  
This 4 bedroom, 4 bath home is special! Circular driveway, vaulted ceiling, fireplace, central air. Owner needs to sell! Virtual tour: [www.towncenter.com/10719](http://www.towncenter.com/10719)

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 <b>Opportunity Knocks!</b> Gorgeous 5 BD, 5 BA N. Downey pool home with large master suite, many upgrades, & 3,929 sq. ft. of living space. Priced to sell @ \$1,095,000 Virtual tour at <a href="http://www.MichaelBerdelis.com">www.MichaelBerdelis.com</a>	 <b>CORPORATE OWNED!</b> <b>Such a Deal</b> Repossessed 5 BD + loft, 4 BA, 3750 sq ft, pool and spa, priced to sell at \$1,049,000 Call Michael Berdelis at (562) 818-6111	 <b>CORPORATE OWNED!</b> <b>Super Buy!</b> 5 BD, 4 BA, 3800 sq ft, pool and spa, 3 car garage. Priced @ \$1,099,000. Virtual tour at <a href="http://www.MichaelBerdelis.com">www.MichaelBerdelis.com</a>
 <b>CORPORATE OWNED!</b> <b>Orange Estates - Must Sell!</b> 5 BD, 4 BA, 3622 sq ft, 6800 sq ft lot, pool and spa. Listed at \$1,099,000 Call Michael Berdelis at (562) 818-6111	 <b>Custom Built Beauty!</b> 6BD, 5.5 BA, 5,380 sq. ft. lot. Features several upgrades that won't be seen in any other new construction, beautiful pool & spa & a large covered patio. This is an entertainers dream house. Proudly presented \$1,749,900 Virtual tour at <a href="http://www.MichaelBerdelis.com">www.MichaelBerdelis.com</a>	 <b>Classic Tuscan Country Estate!</b> 6 BD, 4.5 BA, over 5,000 Sq. Ft of living space, on a 14,600 Sq. Ft. Lot. Price: \$1,799,000 Call Michael Berdelis at (562) 818-6111

View these homes at: [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

## St. Raymond's Catholic Church All American Festival May 16 - 18

St. Raymond's Catholic Church hosted their annual All American Festival last weekend, featuring numerous performances by various musicians and dancers; a plethora of food ranging from snow cones to pizza; and an assortment of games and activities, from dunk tanks and craft tables, to inflatable jumpers and carnival games.

Photos by Brooke Karli



The St. Raymond's annual All American Festival featured various venues of entertainment throughout the weekend, including the dancers pictured above, who danced vibrantly for the crowd despite the heat.



Kids participated in carnival games and craft tables at St. Raymond's All American Festival last weekend.



Festival-goers young and old raced up and down huge inflatable jumpers at St. Raymond's All American Festival last weekend.