



The Downey Patriot



**Delta Kappa
installs board**
See Page 3



**July's fashion
tips for teens**
See Page 9



**Ball concludes
chairman term**
See Page 2

Friday, July 11, 2008

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

Johnie's Broiler fully demolished

■ City officials hopeful new Bob's Big Boy can open as early as January.

BY ERIC PIERCE, CITY EDITOR
DOWNEY – A small fleet of bulldozers and other heavy machinery descended on Johnie's Broiler Monday, helping to fully demolish the iconic diner and make way for a new Bob's Big Boy restaurant.

City officials and representatives from Bob's Big Boy were on hand for the first day of heavy duty clean-up, after a contamination crew treated the site for asbestos last week.

Construction could begin next month, and the restaurant may open as soon as January, said Gilbert Livas, community development director for the city of Downey.

The new Bob's Big Boy will be built to Johnie's Broiler's original design and specifications, down to the stone walls, wood trimming, and side-by-side carhop service stalls, said Jim Louder, franchise owner of the Bob's Big Boy in Downey.

"Whenever you undertake a project of this size, there's a certain amount of apprehension," said Louder, who also owns the Bob's Big Boy in Torrance. "But the folks from town have been very supportive and made us feel very welcome and that goes a long way. We're

very excited about this."

City officials said they expect to see design plans for the new restaurant next month. If approved, construction could begin immediately afterwards.

Adriene Biondo of the Los Angeles Conservancy said she was happy to see a Bob's Big Boy take over Johnie's Broiler and predicted success for the new eatery.

"I don't think there's anybody better to step in on this project," said Biondo, whose group had been battling for years to save Johnie's Broiler from the wrecking ball. "There's a sense of relief today. This is a culmination of so many years of work."

Christos Smyrniotis purchased Johnie's Broiler in 1966 from original owner Harvey Ortner. Smyrniotis said he was also relieved to see Bob's Big Boy take over the property.

"I'm very happy to see this happen," he said. "I owned five restaurants in the 1960s, and I'll never own another one."

Johnie's Broiler was illegally demolished on Jan. 7 of last year by then-tenant Ardas Yanik, who had been rebuffed by the city in previous attempts to redevelop the property into a strip mall.



One famous fat boy will soon be replaced with another... Bob's Big Boy will replace Johnie's Broiler, and could open as soon as January. Photo by Eric Pierce

Face-lift at DUSD gives edge to learning

**BY HENRY VENERACION,
STAFF WRITER**

The tell-tale signs of construction activity at Downey Unified School District sites emerged in 1996 with the makeovers of a smattering of elementary schools. This was followed by sweeping updates of the middle schools.

Funding came out of bond money, to the tune of \$27.5 million. When this money ran out, Downeyites approved another bond measure in 2002 of some \$67 million, to finish construction/renovation at these places and start work on the high schools.

Since then, major improvements have been made to the schools' stadiums and other areas, and dramatic highlights of the district's modernization program have been provided by the completion of the Margo Hoffer Science Hall at Downey High School and the Donald La Plante Science Building at Warren High School.

Construction of 34 new classrooms, along with a mini-theater that will seat 250-260, at DHS, as well as a new library and 26 new classrooms at WHS with six computer rooms, today proceeds full-blast. The cafeteria at the latter place is also meanwhile undergoing renovation, and will feature a juice bar and food court-style serving points. It will also be convert-

ible to accommodate meetings and such. It is anticipated that all this activity will be done by 2010.

"This is when the money will run out," says the man in charge of all these frenetic goings-on, Milwaukee-born but a Pius X graduate Buck Weinfurter, DUSD Director of Operations, Maintenance and Transportation Services. "In the meantime, it's my job to anticipate cost build-ups due to the rising cost of everything versus completion times. We factor in the costs of new technology in the design phase. Now we have to factor in the increases in utility and other costs.

"We have to be energy-conscious. Down the road, for the contemplated new culinary arts facility at Warren High School, one of the options is the use of solar panels."

"The task of modernization is by no means complete," he says. High on the list of priorities is a set of four locker rooms and two gymnasiums at the two high schools, for which no funding has yet been secured. The sets will cost \$5.8 million each.

There is also increasing awareness to accommodate the burgeoning infrastructure requirements of the district's suddenly ultra-relevant CTE (Career and Technology Education) program. Indeed, an

See DUSD, page 2

Summer concerts in full swing

■ Oldies band up next at free Furman Park concert series.

DOWNEY – Captain Cardiac and the Coronaries, a popular 50's and 60's rock n' roll band, will make a return visit to Downey when they play at the city's free Twilight Summer Concert Series at Furman Park this Wednesday at 7 p.m.

Last seen in Downey at the Chamber of Commerce "Oldies but Goodies" concert in September of 2006, Captain Cardiac have been featured performers at many venues, including Disneyland, Universal Studios and Six Flags Magic Mountain. They have also appeared at the Cotton Bowl and all three Super Bowls in Dallas, Tex.

The band distinguished themselves with their work on the Norwegian and Carnival Cruise Lines for over 12 years, and performed at the inaugural ceremonies for the governor of California and Los Angeles mayor Antonio Villaraigosa.

In 2000, the band performed at the Millennium Party in Germany.

"From Las Vegas to New York, from the Caribbean to Aspen, they have been leaving crowds screaming for more," said Kevin O'Connor, director of the Downey Theatre. "So fasten your seatbelts and get ready for take-off to blast into the past with Captain Cardiac and the Coronaries."

The Downey Museum of Art will be open before the perform-



Captain Cardiac and the Coronaries will give a free concert this Wednesday at Furman Park, beginning at 7 p.m. Photo courtesy Downey Theatre

ance and the Downey Rose Float Association will be selling food and drinks. Upcoming performances include the Wiseguys Big Band (July 23), Polynesian Paradise (July 30), the Side Street Strutters (Aug. 6), Downey Symphony (Aug. 13), "Yesterday Once More – A Musical Tribute to the Carpenters" (Aug. 20), and the

Marine Corps AGCC Band (Aug. 27).

For more details on the concerts, call the city's Community Services Department at (562) 904-7238.

Residents urged to complete traffic calming applications

DOWNEY – The city of Downey reminds residents July 31 is the deadline to submit applications for inclusion in the pilot program to calm traffic on residential streets.

Residents concerned about the speed or volume of traffic on their street are encouraged to submit a one-page application detailing their concern, location, and other pertinent information.

Streets eligible for the program must be defined as "local" by state law and have a posted speed limit of 25 mph.

Streets will be ranked on severity of speeding and/or volume

of traffic. Based on these rankings, the top eight to 12 streets will be selected for inclusion in the pilot program.

If selected, applicants will be required to obtain signatures from residents living in the proposed project area indicating neighborhood support for the program.

"I initiated and strongly support the program, which formalizes a way to expand the current options available to residents to solve traffic issues on local neighborhood streets," said Mayor David Gafin.

"The number one concern expressed at my town hall meetings held last year was the need to

slow traffic on local streets."

In response to the concern raised by residents, Gafin directed the city manager to investigate options available to slow traffic on neighborhood streets. The Traffic Calming Program was adopted, with direction for a pilot phase, by the City Council in May.

Applications are available by calling the city of Downey at (562) 904-7286, or emailing the request to spomrehn@downeyca.org. Forms are also available at www.downeyca.org.

Applications received after July 31 will be held for inclusion in subsequent phases.

Downey in Action



The Downey Patriot is happy to introduce a new series, "Downey in Action," beginning this week. The series will be a weekly feature of local clubs, groups and organizations that help make Downey an active city.

A different club will be featured each week. We begin by highlighting the Southland Harmony Chorus of Sweet Adelines (page 11). Would you like your group featured? Call us at (562) 904-3668 or e-mail downeypatriot@yahoo.com.

DUSD: School district stays busy modernizing out-of-date buildings.

Continued from page 1

application to the State for funding of its envisioned state-of-the-art Automotive Technology Facility at DHS has already been approved by the DUSD board.

Something has to be done also, it is agreed, to upgrade the look and facilities at Columbus High and the Downey Adult School. But these are at present below the "funding line," Weinfurter says.

"There are buildings within the district that are 50 years old or older. They need a fresh coat of paint at least, don't you think? All the sites have bungalows for classrooms. I want to eventually eliminate them and construct 'more permanent' buildings for our kids. I totaled the costs of all the items, everything I could think of, on my building wish list once, and I came up with a cool \$97 million. And this figure is in today's dollars."

"The Board, Superintendent Wendy Doty, and Asst. Superintendent-Business Services Kevin Condon are the ones who set the priorities," he says. "And they're the ones who have supported me in all these projects."

Why modernize at all? I asked. Weinfurter had a ready answer for this one: "Because building improvements raise property values."

"The big thing for me," he says, "is that the citizens of Downey wanted something, and the district provided that."



Construction is a constant at Downey and Warren High Schools, benefactors of a \$67 million bond measure approved by voters in 2002.



Stonewood Center shoppers enjoyed a performance by "H2O, Where Did You Go?" at the "Kids Care...About the Community" event on June 21. Over 200 people attended the event, which included participation from Keep Downey Beautiful, Downey Family YMCA, and Gangs Out of Downey.

Ball finishes term as trust chairman

DOWNEY – Jim Ball completed his two terms as chairman of Downey Regional Medical Center's Memorial Trust Foundation on June 30.

The Foundation's Board of Trustees is comprised of medical staff and community leaders who oversee fundraising activities which benefit the hospital.

Ball chaired a "historic" meeting on June 10 when the Foundation took the first steps towards becoming an official non-profit organization rather than a committee of the hospital.

Ball is owner of Sure-Grip International in South Gate, a manufacturer of standard and in-line roller skates. He lives in Downey.



Bring your picnic to Temple

DOWNEY – Temple Ner Tamid of Downey will host a "Shabbat Under the Stars" next Friday.

The congregation will host a picnic dinner at 6 p.m. (bring your own picnic) before the services.

For more information, call the Temple office at (562) 861-9276.

Time to sign up for Golf Classic

DOWNEY – Registration is underway for the 12th Annual Downey Chamber Golf Classic, a fundraiser scheduled for Sept. 29 at the Rio Hondo Golf Club.

Proceeds from the event will benefit the Downey Chamber of Commerce.

Individual players can sign-up for \$140. The cost for a foursome is \$560.

Sponsorships are also available, ranging from a tee sign (\$100) to a gold sponsorship (\$2,500).

The event will include live and silent auctions for jewelry, sports memorabilia, autographed items, and more. Drawings will also be held for TVs, radios, vacations, gift certificates, and a 42-inch flat-screen TV.

The event will start with a putting contest at 10:30 a.m. Lunch will follow at 11 and a shotgun start at noon. Dinner and awards are at 5 p.m.

For more information, call the Downey Chamber of Commerce at (562) 923-2191.

Chamber to honor exceptional businesses

DOWNEY – The Downey Chamber of Commerce will host "Downey Idol" on July 25, a recognition ceremony where they will honor this city's businesses of the year.

The Chamber will also recognize their "Outstanding Committee Persons of the Year," "Director of the Year," and "Volunteer of the Year."

The ceremony will be held at the Rio Hondo Event Center at noon. Cost is \$25 and reservations are required. For more information, call the Chamber at (562) 923-2191.

Corporate strategist giving talk

DOWNEY – Paris Abboud, a corporate strategist with Anthony Robbins Co., will speak at the July 22 meeting of Rise 'N Shine Networking at Nordic Fox restaurant.

Abboud's topic will be "Turning Knowledge into Action."

The meeting will start at 7:30 a.m. and cost to attend is an order from the menu. RSVPs are requested by calling the Downey Chamber of Commerce at (562) 923-2191.

'Mile-long yard sale' on Pangborn

DOWNEY – Residents of Pangborn Avenue, between Firestone Boulevard and Florence Avenue, will host their eighth annual "mile-long yard sale" on July 26.

Residents are invited to shop at the sale, which will be held from 7 a.m. to noon.

July proclaimed 'Parks and Recreation Month'

BY HENRY VENERACION, STAFF WRITER

DOWNEY—Mayor David Gafin proclaimed July as "Parks and Recreation Month," while noting that the city will open in the fall its first new park in 35 years, the Discovery Sports Complex.

In his proclamation, Gafin said that more than 100,000 Downey residents take advantage annually of the "wide range of services, facilities and programs" offered by the Community Services Department's Recreation Division "in every Downey neighborhood."

He said the department promotes the use of the parks through programming, while the Public Works Department maintains them, for the community's enjoyment.

He urged all residents to "visit a park and participate in an outdoor activity."

In other action, the Council:

- Appropriated \$42,821 in State 9-1-1 funds for upgrades to the Police Department Communications Center;

- Appropriated \$15,836 in Edward Byrne Memorial Justice Assistance grant funds for FY2008-09; the federally-administered funds are normally used for the city's Neighborhood Preservation Program, community education programs, and special overtime programs aimed at crime suppression and prevention, most notably during the holidays;

- Authorized the payment of \$559,683 to Southern California Edison for Underground Utility District No. 23 Project (Phase 2) along Lakewood Boulevard and further authorized the city manager to execute any need-

ed transactional documents;

- Approved the agreement with Gateway Cities Council of Governments to participate in the coordinated monitoring (of pollutants) plan for the Los Angeles River and Tributaries Metals TMDL (Total Maximum Daily Load), adopted by the Los Angeles Regional Water Quality Control Board;

- Approved the extension of the street sweeping contract with Nationwide Environmental Services of Norwalk for a five year period at an annual cost of \$338,571;

- Accepted and appropriated \$191,386 from the 2006 State Homeland Security Grant for the purchase of self-contained breathing apparatus;

- Adopted a resolution approving the submittal of a grant application for federal Safe Routes to School Program (Cycle 2) for the Woodruff Avenue at Via Amorita pedestrian traffic signal; and

- Adopted a resolution providing for the conduct of a special runoff election for elective offices in the event of a tie vote at the general municipal election of November 4, 2008.

The next public meeting of the City Council will be held at 7:30 p.m. on Tuesday, July 22 at City Hall, 11111 Brookshire Ave., Downey.

Foreclosure workshop July 19

DOWNEY – The community is invited to a free foreclosure prevention workshop being hosted by Congresswomen Lucille Roybal-Allard (D-34) and Linda Sanchez (D-39) at West Middle School on July 19 from 9 a.m. to 1 p.m.

Credit counselors and lenders will be available for on-site assistance, one-on-one counseling, and to offer information on viable options.

Presentations will also be conducted on topics including: Understanding Your Mortgage Options; Fraud Prevention and Awareness; and Improving and Restoring Credit. Visitors are encouraged to bring their loan and other relevant financial documents to the workshop.

The event is being done in conjunction with the U.S. Department of Housing and Urban Development, L.A. County Neighborworks Centers for Foreclosure Solutions, and the Los Angeles Neighborhood Housing Services. For more information, call (213) 628-9230.



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Newcomers honoring member for service

DOWNEY – The Downey Newcomers Club will honor Jeanne Beleckas at this monthly meeting this Monday at Los Amigos Country Club. The lunch meeting begins at 11 a.m.

Beleckas was selected in recognition of her service to the club. She has served on various committees in past years, including the telephone and welcoming committees.

Reservations to the meeting are required by calling Paul Lou Roberts at (562) 861-2545.

Ezra Center examines hoarding

DOWNEY – The Ezra Center for Mature Adults in Downey will host a meeting this Tuesday entitled, “What is Hoarding? Is it Collecting, is it Cluttering, or is it Saving?”

Registrations begins at 9:45 a.m. The program, to be led by Monika White, executive vice president of the External Affairs and Program Innovation of Wise and Healthy Aging, will conclude at noon.

Museum to feature Yosemite exhibit

■ Black and white photographs by Tom Ferderbar have never been displayed publicly.

DOWNEY – The Downey Museum of Art will exhibit a series of Tom Ferderbar’s 1958 black and white photographs of Yosemite National Park, museum executive director Kate Davies announced this week.

The show, which will feature photographs that have never before been displayed publicly, opens Sunday with an artist reception from 3 to 6 p.m. The exhibit will continue through the fall.

In 1958, Ferderbar studied with famed landscape photographer Ansel Adams. By scraping together “every cent he could find,” Ferderbar drove from his home in Milwaukee to Yosemite where he experienced one of the most memorable times of his life: dinner with Adams, cooked by his wife, Virginia.

The photographs in the exhibit were made at that time using a large format 8x10-in. view camera, providing “an incredible amount of detail” in the prints. Once Ferderbar found the perfect vantage point for a composition, he would carry an Ansco view camera, a case of Dagor Golden lenses, a case with steel film holders and the sheet film, and a 25-lb. tripod up a mountain, across narrow ledges and onto rock outcroppings.

There, he would wait. And wait, until lighting conditions were optimal for the shot.

“Tom’s photographs are monumental and intimate at the same time, capturing the essence of Yosemite at a time when the landscape was more remote to the average person,” said Davies. “Yosemite battles ecological challenges that underscore the importance of the photographs. Ferderbar has captured the essence of an idealized place.”

After 43 years in the advertising photography business, Ferderbar sold Ferderbar Studios, Inc. in 1997, and returned to his first love – fine art photography. He just completed a book of photographs on Route 66.

Last month, Ferderbar made an emotional trip back to Yosemite – the first in 50 years.

“It felt like no time had passed, except for my knees,” he laughed. “Yosemite is the kind of place you feel in your gut. I swear Ansel (Adams) was looking over my shoulder.”

The exhibit features 20 black and white photographs, many of which are in the permanent collection at the Virginia and Ansel Adams Center for Creative Photography at the University of Arizona, as well as the Milwaukee Art Museum and numerous private collections.

The Downey Museum of Art is located at Furman Park, 10419 S. Rives Ave. They are open Monday through Saturday from 1 to 5 p.m., except Wednesday, when they are open until 8 p.m. For more information, call (562) 861-0419.



The Delta Kappa Chapter of Delta Kappa Gamma works to promote “professional and personal growth of women educators.” The club recently installed their new executive board. From left: Denise Taylor, Sara Jamison, Theresa Petit, Margo Stevens, Alyda Mir, Janice Hobson, Melissa Finn and Joan Martin.

Delta Kappa Chapter installs new board

DOWNEY – The Delta Kappa Chapter of Delta Kappa Gamma has installed its new executive board for 2008-10.

The new officers are: Denise Taylor, president; Sarah Jamison, first vice president; Melissa Finn and Peggy Meehan, second vice presidents; Theresa Petit, recording secretary; Margo Stevens, corresponding secretary; and Alyda Mir, treasurer.

Serving as parliamentarians are former presidents Janice Hobson and Joan Martin.

The past two years, under the guidance of Hobson and Martin, the chapter adopted Waveland Elementary School in Mississippi, which was ravaged by Hurricane Katrina, causing many of the teachers to lose their homes.

The Delta Kappa Chapter sent off learning center activities that they assembled during their monthly meetings, and teachers were mailed gift cards to purchase school supplies.

Locally, the chapter supported the TLC school program, purchasing furniture and donating books. The chapter also provided scholarships to graduating women who are planning to enter the field of education. Eleven individual \$500 scholarships were presented to graduates of Downey, Warren and Columbus High Schools, and Downey Adult School.

The mission statement of Delta Kappa Gamma Society International is to promote “professional and personal growth of women educators and excellence in education.”

Teens explore life beyond Earth

DOWNEY – Young adults ages 13-19 are invited to register for an all-day excursion to the Griffith Observatory tomorrow from 9 a.m. to 5 p.m.

Teens will learn about planets and stars and will have the chance to attend “Water is Life,” a planetarium show that takes viewers on a search for water and life beyond Earth.

“This will be an exciting experience for students who love astronomy,” said Julia Butler, young adult librarian. “They have the opportunity to learn about the universe, see quality exhibits and have a fun, relaxing day with friends.”

To participate, students must register for the library’s Teen Summer Reading Program and turn in permission slips completed by their parents.

The trip is sponsored by the Friends of the Downey City Library.

For more information, call (562) 904-7360, ext. 3.

Dog show tomorrow at Apollo Park

DOWNEY – The Downey Dog Obedience Group will present their annual dog show Saturday at Apollo Park. Entries begin at 5 p.m. and judging starts at 6:30.

Trophies will be presented to first through sixth place winners in different categories. Residents can enter their dog into the show for \$6.

The event will include an optional hotdog dinner at 6 p.m. Price is \$5 for adults and \$2.50 for children.

Bingo luncheon this Sunday

DOWNEY – The Italian Catholic Federation of St. Raymond’s Parish is hosting a bingo luncheon this Sunday at 1 p.m. inside the Msgr. Robert Gipson Hall, 12348 Paramount Blvd.

The cost is \$10, which includes one Bingo card, door prizes and lunch. There will also be a raffle for a \$25 money tree and other prizes.

For tickets or information, call Aline Amatisto at (562) 693-9430 or Charlene Drobeck at (562) 928-1937.

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Audrae E. Costa

April 10, 1909
To
July 10, 1998

My happy heart went with you called away, and now I'm sad and lonely. I live from day to day.

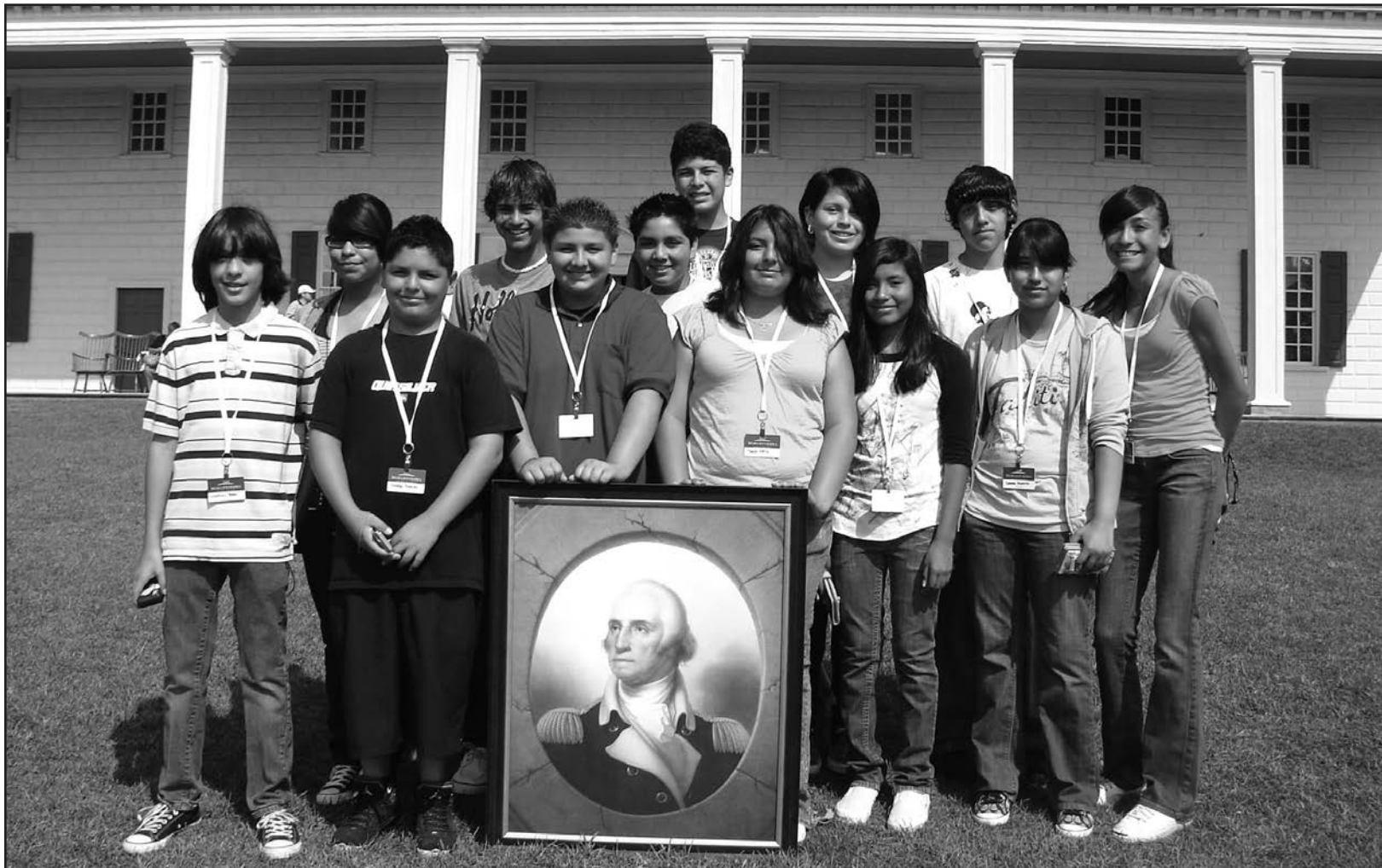
My life is cold and empty. The skies are never blue, my aching heart is throbbing with memories of you.

Each day is with out purpose, the nights are filled with tears. I'm living without reason in doubts and fears.

I should not spend life grieving, but this is how I feel, I am in a web of sorrow, grief cannot conceal.

Time may heal my heartache, but no happiness I'll see 'til the LORD brings us together just as it used to be.

I miss you so much, Sweetheart. Wally



Griffiths Middle School students visited Mount Vernon last month, where they learned about this nation's first president, George Washington. The students also took back a 30x36-in. portrait of Washington.

Washington returns to the classroom

■ Students from Griffiths Middle School recently visited Mount Vernon and received a limited edition portrait of George Washington, which will be displayed at the school this upcoming school year.

MOUNT VERNON, VA – Students from Griffiths Middle School visited historic Mount Vernon on June 22 and received a limited edition portrait of George Washington during a special presentation at Washington's mansion.

The portrait, a framed 30x36-in. copy of a painting by Rembrandt Peale, was presented by Mount Vernon as part of its George Washington Portrait of a Leader Program which puts the once-ubiquitous portraits of Washington back in schools.

"We have found that George Washington has disappeared from the classroom," said Ann Bay, director of education at Mount Vernon. "Our goal is to give students at schools like Griffiths Middle School a tangible connection to Washington, and what better way to be reminded of his character and leadership than to gaze up at his portrait in an auditorium, library, or other space where students congregate."

Accompanying the portrait was a "George Washington Celebration Kit" with lesson plans, a flag flown at Mount Vernon, a board game, and

other tools to bring Washington back into the classroom.

As the historic home of George and Martha Washington, Mount Vernon hosts over 1 million visitors each year, including approximately 300,000 students. The restored mansion and outbuildings, a working farm with animals, slave quarters and cabin, and reconstructed 18th century innovations such as a functioning distillery and gristmill allow students to learn about Washington's leadership in ways that directly correlate with national standards in history, government, and civics, Mount Vernon officials said.

A large museum takes students through 23 galleries and theaters, and the facility features interactive exhibits, original movies, over 700 artifacts, and an immersive "snow" experience.

Griffiths Middle School students visited Mount Vernon as part of their participation in the WorldStrides educational program. WorldStrides is an accredited travel school that provides national and international educational travel opportunities to elementary, middle, and high school students.

Virginia M. Hojel lived here most her life

DOWNEY – Virginia M. Hojel, a Downey resident since 1960, has died. She was 68.

Hojel was born Aug. 2, 1939 in Manchester, England. She passed away July 6 at Downey Regional Medical Center.

Hojel was catholic, and a homemaker.

She is survived by her husband, William; daughter, Susan; son, Roy; grandchildren, Michael, Brandon and Shannon; son-in-law, Joe; and his mother, Gloria.

A memorial service will be held tomorrow at Miller-Mies Mortuary at 1 p.m.



Melvin John Corth was World War II veteran

DOWNEY – Melvin John Corth, Downey resident for 35 years, passed away on July 6. He was 87.

Corth was born on Feb. 17, 1921 in Hutchinson County, S.D. to Henry and Amelia Corth. After graduating from Menno High School, Corth attended Mitchell Business College, later joining the National Guard and serving in World War II with 147FA in the South Pacific.

He married his wife, Marjorie Abbey, in 1948 and the two lived in Downey for 35 years. She preceded him in death.

Corth is survived by a brother, Lindy Corth; and nephew and nieces.

Visitation will be held Monday from 4 to 7 p.m. at Miller-Mies Mortuary. Funeral services will be Tuesday at 10 a.m., also at Miller-Mies, followed by burial at Rose Hills Memorial Park.

The Poet's Corner

My Prayer

My prayer this is my prayer

Today my Father is a special day
I ask for peace in every way
The pain is constant and it leaves me not
The years have gone
But I've not forgot

My prayer this is my prayer

The one I love the most is gone away
He's in your care where he can not sway
I pray each morning every noon and night
This struggle within shall be no fight

My prayer this is my prayer

With you my Father by my side
I know I can forget my pride
My son he meant the world to me
Your son He died to set the world free

Life goes on as I am told
This struggle seems to be two-fold
So ease this burden in my soul
Lord please guide my every goal

My prayer this is my prayer

So I close this prayer with much delight
Please guide me Lord to see your light
And when we meet in eternity
I'll see my son again with me

My prayer this is my prayer

This is my prayer this is my prayer
– **Fay Campbell,**
Downey

Come Back With Me

Come back with me
Come back to a long time ago
With me and my memories
Eighty years or so
The moon with its silvery glow
Reflecting like diamonds
On the earth below

The meadow and the trees
They tremble in the breeze
The fairies all are dancing
You can even hear them singing
As I watch from my window
On the magic far below

– **Leona Swanson,**
Downey

Ripened

A green apple
Held in my hand

I sink my teeth into it
The crisp skin
The tart juices excite my tongue

My apple has changed
From green to red
It has ripened

The once tart juices
Are now sweet and safe
But they are still delicious

– **Nicholas Baxter,**
Downey



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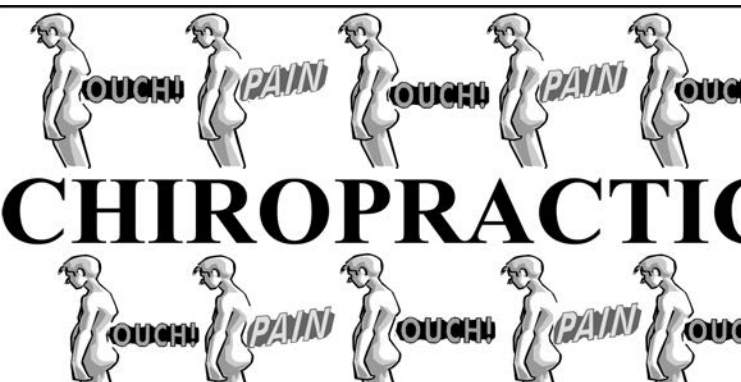
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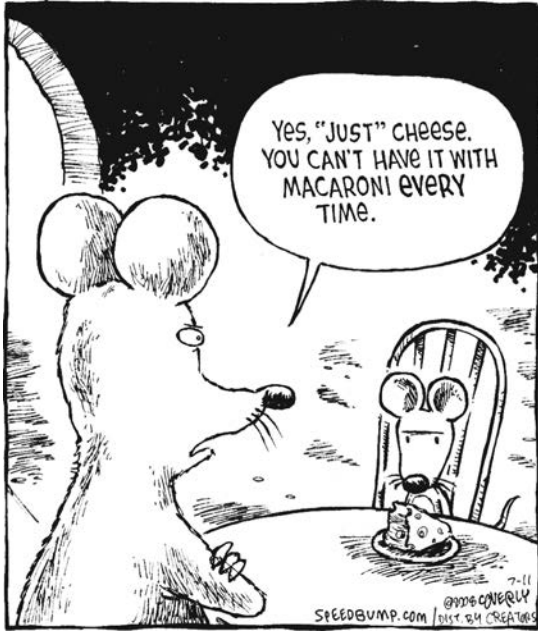
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For July

- Sat. July 12: **Griffiths Observatory excursion**, Downey City Library, 9 a.m.
- Sat. July 12: **Dog Show**, Apollo Park, 5 p.m.
- Sun. July 13: **Bingo luncheon**, St. Raymond's Catholic Church, 1 p.m.
- Mon. July 14 - Fri. July 18: **KidzKonnection Summer Tour**, First Presbyterian Church of Downey, 8 a.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 862-6666.

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.
- 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., 11:45 a.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**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 1st Weds., 7:30 p.m.: **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.
- 1st & 3rd Weds., 7:00 p.m.: **AfterCare Post Cencer Therapy Group**, for information call 923-4800.
- 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.
- 2nd & 4th Weds., 11:00 a.m.: **AARP**, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.
- 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 Samb'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.

Sundays

- 3rd Sun. Odd # Months 1:30 p.m.: **Aerospace Legacy Foundation**, at First Baptist Church Room 120.

On This Day...

- July 11, 1804:** Vice President Aaron Burr mortally wounds former Secretary of the Treasury Alexander Hamilton in a duel. Burr was charged with murder, but the case never made it to trial.
- 1914:** Hall of fame baseball player Babe Ruth makes his major league debut with the Boston Red Sox. He struck out in his first at-bat.
- 1922:** The Hollywood Bowl opens with an inaugural performance by the Los Angeles Philharmonic.
- 1955:** The phrase "In God We Trust" is added to all U.S. currency.
- 1989:** Prolific actor Laurence Olivier dies of cancer. He was 82.

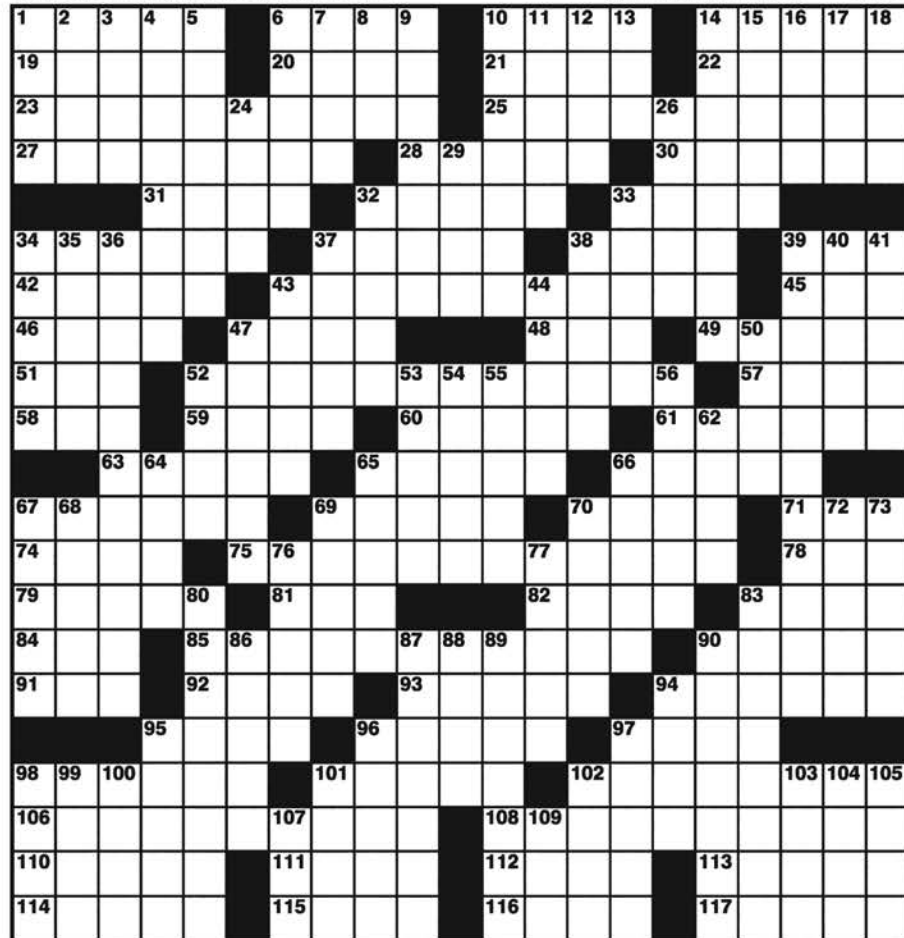
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

THE HOLE THING: Or, "Opening Day"
by S.N.

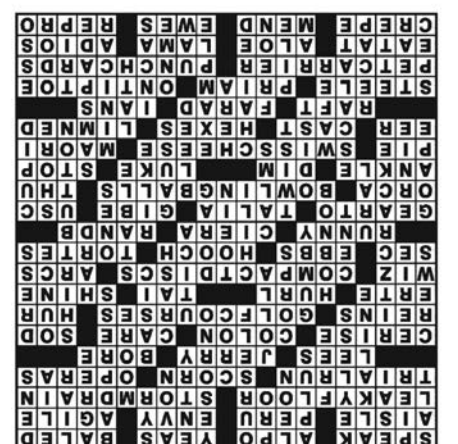
- ACROSS**
- 1 Give an address
- 6 Dog Chow alternative
- 10 All those in favor
- 14 Made a bundle
- 19 Theater path
- 20 Andean land
- 21 "Green" feeling
- 22 Mentally quick
- 23 Thing with holes
- 25 Thing with holes
- 27 Pre-test
- 28 Look down on
- 30 Tosca and Turandot
- 31 Bottom-of-barrel contents
- 32 Seinfeld character
- 33 Make yawn
- 34 Red shade
- 37 List introducer
- 38 Meticulous attention
- 39 Pre-grown grass
- 42 Slows down, with "in"
- 43 Things with holes
- 45 Ben-
- 46 Art Deco artist
- 47 Do the pitching
- 48 Mai _ (rum drink)
- 49 Be brilliant
- 51 Go-to guy
- 52 Things with holes
- 57 Rainbow shapes
- 58 Wine specification
- 59 Dwindles
- 60 Moonshine
- 61 Rich cakes
- 63 Not solidified
- 65 Erstwhile Olds
- 66 Music category, for short
- 67 Fine-tune for
- 69 Al's Godfather sister
- 70 Deride
- 71 Trojans' sch.
- 74 Oceanic predator
- 75 Things with holes
- 78 Datebook abbr.
- 79 Place for a bracelet
- 81 Not very likely
- 82 Gospel writer
- 83 Leave off
- 84 Pizza order
- 85 Thing with holes
- 90 New Zealand native
- 91 Poetic adverb
- 92 Prepare, as a horoscope
- 93 Puts a spell on
- 94 Described
- 95 Large quantity
- 96 Electrical unit
- 97 Actor Holm et al.
- 98 Addison partner
- 101 Cassandra's father
- 102 Walking daintily
- 106 Thing with holes
- 108 Thing with holes
- 110 Annoy
- 111 Hand-cream ingredient
- 112 Priest of Tibet
- 113 Fernando's farewell
- 114 Blintz relative
- 115 Fix up
- 116 Wool sources
- 117 Printer's proof
- DOWN**
- 1 Snow melter
- 2 Docking place
- 3 Morales of NYPD Blue
- 4 Having a high pH
- 5 With 11 Down, high-tech door feature
- 6 High mark
- 7 Nuevo _ (Mexican state)
- 8 In favor of
- 9 Pronoun akin to the "royal we"
- 10 Impatient demand
- 11 See 5 Down
- 12 Bard's river
- 13 Isr. neighbor
- 14 PR firm's bane
- 15 Go along
- 16 Undependable person
- 17 Director Kazan
- 18 Cub Scout groups
- 24 Unfettered
- 26 English sculptor
- 29 Peter Pan beast
- 32 La __, CA
- 33 Having a high pH
- 34 Work gangs
- 35 Weird
- 36 Thing with holes
- 37 Cadets in quantity
- 38 Computer breakdown
- 39 Thing with holes
- 40 Fluid measure
- 41 Garb
- 43 Kidvid clay character
- 44 New York city
- 47 Mix socially
- 50 Troublesome
- 52 Euro fraction
- 53 Cookoff specialty
- 54 Wheel alignment
- 55 Hair cover
- 56 Not volatile
- 62 Bills depicting pyramids
- 64 Russian river
- 65 Quiets down
- 66 Poet from Prague
- 67 Rant and rave
- 68 Buddy of Bert
- 69 Plot surprise
- 70 German physicist
- 72 Sandy spot
- 73 Amorous archer
- 76 Shelley or Keats
- 77 Run in the wash
- 80 Intensify
- 83 Fictional falcon finder
- 86 Semiconductor slice
- 87 Led, as a meeting
- 88 Queen of Olympus
- 89 Paragon
- 90 Small wheels
- 94 Wooden strip
- 95 Sports summary
- 96 Former refrigerator
- 97 Ancient 20 Across natives
- 98 Risky business org.
- 99 Lacerate
- 100 Miniaturizing ending
- 101 Accumulate, with "up"
- 102 "I'm paying!"
- 103 Misstep
- 104 Telltale sign
- 105 Canadian oil company
- 107 Push firmly
- 109 Detroit-based labor org.

CREATORS SYNDICATE © 2008 STANLEY NEWMAN WWW.STANXWORDS.COM 7/6/08



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.

TALIA SHIRE (69 Across), sister of Ford Coppola, portrayed the sister of Al Pacino's character in the film. British sculptor Sir Henry Moore (26 Down) is best known for his large bronze abstract works. The use of FREON (96 Down) as a refrigerant was phased out in the 1990s because of environmental concerns.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Can you hear me now?

By age 65, one out of every three people will live with a hearing loss. It is one of the most common physical ailments.



Many who have become hard of hearing are unaware of their hearing problems; it typically develops gradually, and often we are in denial and refuse to even acknowledge the problem. Ask yourself (or your loved one) the following questions:

- Do you ask people to repeat what they say?
- Do you give inappropriate responses to questions?
- Do you watch a speaker intently to understand them?
- Do you frequently mispronounce words?
- Do you fail to hear someone talking behind you?
- Do you find that you keep turning up the volume on the TV or radio?
- Do you sleep through your alarm clock? (Teenagers need not answer this question.)

There are two main types of hearing loss. Conductive Hearing Loss (CHL) is the result of a mechanical problem in the external or middle ear. The three smallest bones in the human body (the ossicles) are found in the middle ear. Hearing problems occur if they fail to conduct sound to the cochlea in the inner ear, if the eardrum doesn't vibrate properly in response to sound, or if fluid accumulates in the middle ear.

Sensorineural Hearing Loss (SNHL) results from troubles in the inner ear; most often when the tiny hairs (cilia) that transmit sound are injured. This type of hearing loss is sometimes called "nerve damage," although that is not an accurate description.

CHL may be reversible, while SNHL is not. Factors that may lead to hearing loss include:

•Aging, which leads to cell damage in the inner ear from normal wear and tear over the years. Of our five senses, hearing is the most sensitive to age. As noted above, one of three of us are affected by hearing loss once we hit 65 – but that number rapidly rises to one in two once we're 75!

•Sounds above 90 decibels for an extended period of time will lead to hearing loss. This can include occupational exposure, environmental noise, music, and shooting guns. One-third of the 30 million people with hearing loss can blame loud noise.

•Researchers fear the growing popularity of portable music players, cell phones, and other items that attach directly to the ear will be contributing to more hearing loss among younger people. Time will tell.

•Genes certainly contribute to the likelihood of suffering some types of hearing loss. Otosclerosis is a hereditary disorder in which a bony growth forms around one of the ossicles in the middle ear, preventing it from vibrating when stimulated by sound.

•Some medications may lead to hearing loss. The antibiotic gentamicin, for instance, can damage the inner ear, lead to hearing loss and tinnitus (ringing in the ears).

•Infections can lead to hearing loss. Otitis media is an infection of the middle ear in which an accumulation of fluid may interfere with the movement of the eardrum and ossicles. Fortunately, this is reversible. Any infection that results in high fever can lead to a more permanent damage to the cochlea, however. Childhood infections that can lead to permanent hearing loss include meningitis, mumps, measles and scarlet fever.

•Meniere's disease is a disease of the inner ear that can lead to hearing loss, usually in only one year.

If you suspect hearing loss, see your primary care doctor first. A simple evaluation may reveal an uncomplicated answer. It's seldom that a physician has the opportunity to cure a significant problem easily, but sometimes restoring hearing can be as simple as removing earwax or a foreign object from a patient's ear! Allergies are another common cause of hearing loss. Simply treating sinus congestion with nasal sprays, antihistamines or decongestants can restore hearing.

The next step may be to see an ear, nose, throat (ENT) doctor or an audiologist. If indicated, an audiologist will test your hearing, determine the frequency and severity of loss, and plan, with the ENT, the best approach to dealing with it. Surgery can be curative in a small number of cases, but more typically, hearing aids can help one learn to live with hearing loss, just as those of us with poor vision wear glasses. Hearing aids are far less visible and are more effective than in Grandma and Grandpa's time.

Other devices are also available to make everyday life easier, including special telephones, headphones or subtitles for watching TV, and headsets for live theater. There are a number of nation-wide informational and advocacy organizations for the deaf and hard of hearing, including the American Association of the Deaf-Blind and the National Association for the Deaf.

Of course, wherever possible, prevention is the best strategy. Keep the volume turned down on those iPods and cell phones, and bring earplugs to your next rock concert!

As always, I wish you good health, and good hearing.

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

LRMC expands cardiac catheterization laboratory

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – Lakewood Regional Medical Center (LRMC) recently announced that it has broken ground on a \$10 million expansion of its cardiac catheterization laboratory. Due to the increasing number of cardiac patients being treated, LRMC found it necessary to expand the cardiac cath lab by 7,000 square feet. The new lab, slated to open in January 2009, will not only increase the number of patients that can be seen and treated, but will also enhance the types of cardiac services LRMC can provide to patients.

According to Kevin Brown, cardiovascular service line director, "The decision to expand the cardiac program was in response to the increasing demand to treat cardiovascular disease within the community we serve. The expansion of technology will offer a state-of-the-art, fully sustainable cardiac care unit."

Hospital officials are eager to be able to offer such a comprehensive cardiac program to those who need this type of specialized service.

"We are extremely excited that this caliber of unit is being built at our hospital," said CEO Mark Korh. "The new cath lab procedure rooms will be equipped with state-of-the-art digital imaging. To go along with this latest technology, the cath lab will have a highly experienced, dedicated staff to care for patients 24 hours a day, seven days a week."

The expanded cath lab will also have the capabilities to perform a full range of peripheral vascular imaging and treatment.

"Being able to offer the highest quality cardiac care to our patients has always been our top priority," said Jack Dobkin, M.D., medical director of LRMC's cath lab. "It is wonderful to know that patients in this area will have such a great facility and experienced physicians to count on when it comes to heart care."

Credit union participates in diabetes fair

DOWNEY – Downey Federal Credit Union (DFCU) recently participated in the Diabetes Fair at Downey Regional Medical Center (DRMC) on June 21.

DFCU's Business Development Representative Kari Johnson was at the event to meet and greet the more than 200 participants from Downey and surrounding cities that attended the event. Participants who visited the credit union's booth were able to "Spin to Win" prizes, which included diabetic sugar-free candy, One-Touch diabetic testing kits, hand-held mini-fans, gift cards, and a \$25 gas card with a new membership. DFCU also donated \$100 to the American Diabetes Association.

Other vendors at the fair included doctors, medical groups, drug manufacturers, and diabetic food product retailers, and all participants were given information regarding diabetes prevention and how to manage diabetes.

"We are pleased to help serve the health needs of the Downey community, and to have a close partnership with Downey Federal Credit Union," said Elsa Saucedo, diabetes educator at DRMC.



Downey Regional Medical Center's Diabetes Fair last month was attended by more than 200 visitors. The fair included booths from doctors, medical offices, drug manufacturers, and other local community businesses. Photo courtesy Downey Federal Credit Union

Learn to maintain a diabetic body from head to toe

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – The head bone's connected to the neck bone. The neck bone's connected to the shoulder bone. The shoulder bone's connected to the arm bone. And so on. When you have diabetes, taking care of your body can feel a lot like progressing through this song. Diabetes is a whole body disease. It just happens to be controlled by blood sugar.

The National Diabetes Information Clearinghouse (NDIC), a division of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), has several suggestions for maintaining the diabetic body, from the head down to the feet. Specifically, there are steps to caring for the eyes, teeth, heart, kidneys, feet and nerves.

The NDIC recommends the following:

Eye Care - Help prevent diabetic retinopathy (blood vessel damage), cataracts (clouding of the lens) and glaucoma (increased fluid pressure) by getting a dilated eye examination at least once per year.

Teeth and Gum Care - Brush and floss every day, especially after meals and snacks, keep dentures

clean and see a dentist at least twice a year to keep teeth and gums healthy. This may help to prevent or slow down gum disease, periodontitis (gums pulling away from the teeth), loose or sensitive teeth and changes in bite.

Heart Care - Help prevent damage to the heart and blood vessels by keeping blood pressure, cholesterol and fats within a range that your physician has determined is right for you. Take any medications at the same time every day and ask your physician about adding aspirin if it is not already being taken. Maintain a healthy weight by eating right and getting physical activity for at least 30 minutes each day. If a smoker, create a plan to quit. This will help minimize your risks for chest pain, heart attack, cardiomyopathy (narrowing of the vessels) and stroke.

Kidney Care - Help prevent diabetic nephropathy (kidney problems), such as proteinuria (leakage of protein from the kidneys) and kidney failure, by keeping your blood pressure under 130/85, eating a healthy diet, treating kidney or bladder infections immediately and getting your urine checked once or twice per year for protein.

Foot Care - Keep the feet clean and dry, wear properly fitting shoes

with socks at all times and keep dry or cracked skin moisturized. This will help to keep foot problems such as corns, calluses, blisters, warts, athlete's foot or ingrown toenails from becoming infected and turning into more serious conditions. When seeing your physician for your annual check-up, ask to have your circulation and nerve responses evaluated.

Nerve Care - Diabetic neuropathy (nerve damage) can occur when there is damage to the blood vessels that supply the nerves with oxygen or there is damage to the nerve covering. This can cause nerves to stop sending messages, cause them to send the wrong messages or cause them to send messages slowly. This means that if nerve damage is present, feeling may not be as good. Without proper inspection and care for the body, an infection may go unnoticed and become something more serious.

It is clear that diabetes is a whole body disease. Keeping your blood sugar levels within the proper range is the best defense against any of the above complications. Talking regularly with your physician and caring for your entire body will help ensure better health from your head bone all the way down to your foot bone.

Lakewood Regional Medical Center's Charles Holzner, M.D., endocrinologist, and Ronald Fischman, M.D., nephrologist, will discuss diabetes and give free glucose screenings on July 18 at the Lakewood YMCA, 5835 E. Carson St. in Lakewood.

Lunch will be served at the event and reservations are a must.

For more information, or to RSVP, call (866) 622-2820.

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

While much attention has been focused on the unhealthy effects of anabolic steroids, which have been illegally used by athletes to pump up their muscles, dentists see another side of the problem. What many people do not realize is that these harmful drugs also stimulate the growth of the gums, which places steroid users at risk for severe gum infection. The fact is that gum tissue is affected by sex hormones. When researchers examined the gums of body builders who took anabolic steroids for less than one year and compared them with those of non-users, they found the steroid users' gums to be thicker, enlarged, and overgrown. These changes make gums significantly more likely to trap plaque and become infected.

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P.S. Changes in the gums have been observed during puberty, pregnancy, and menopause, and with the use of oral contraceptives.
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New & noteworthy titles at the Downey City Library

Nonfiction

• **"Avon"** by Laura Klepacki. A firsthand look at how a small door-to-door business grew to become one of the world's leading companies.

• **"Corpse"** by Jessica S. Sachs. A look at how forensics are used to pinpoint the time of death.

• **"Death by PowerPoint: A Modern Office Survival Guide"** by Michael Flocker. A humorous look at office politics, lingo and other peculiarities of corporate culture.

• **"E-Plan Your Wedding"** by Crystal and Jason Melendez. A guide to online resources to help you save time and money while planning your wedding.

• **"Hip to the Trip: A Cultural History of Route 66"** by Peter B. Dedek. Learn about the legendary road that became a cultural icon through literature, music, film and television.

• **"Made to Stick: Why Some Ideas Survive and Others Die"** by Chip Heath and Dan Heath. Six traits that successful ideas have in common, and how to make your own idea "stick."

• **"Mother, Daughter, Sister, Bride: Rituals of Womanhood"** by Lisa Ling. Photographs from the National Geographic archive and poetry by women from around the world.

• **"The Motley Fool's Guide to Couples and Cash"** by Dayana Yochim. A book that tackles how to share your money with your honey.

• **"The Mr. & Mrs. Happy Handbook: Everything I Know About Love and Marriage"** by Steve Doocy. A laugh-out-loud perspective on love, marriage and family.

• **"The Road to Wealth: A Comprehensive Guide to Your Money"** by Suzanne Orman. The personal finance expert gives advice on everything you need to know in good and bad times.

Visit the library at 11121 Brookshire Ave. or www.downeylibrary.org or call (562) 904-7360 ext. 3 to check out or reserve these new titles.



Soroptimist International of Downey recently installed its new officers, naming Monica Goel-Hornberger the club's new president, Patty Kotze as president-elect and Karina Madariaga as vice president. Pictured above are Dorothy Pemberton (treasurer); Jan Scott (assistant treasurer); Jusy McDonnell (recording secretary); Mia Vasquez (corresponding secretary); Ellie Eck (one-year director); Dianne Lumsdaine (two-year director); Carol Rowland (one-year delegate); Sue Potter (two-year delegate and immediate past president); and Bonnie Barler and Sonal Mundhra (Soroptimist Village directors).

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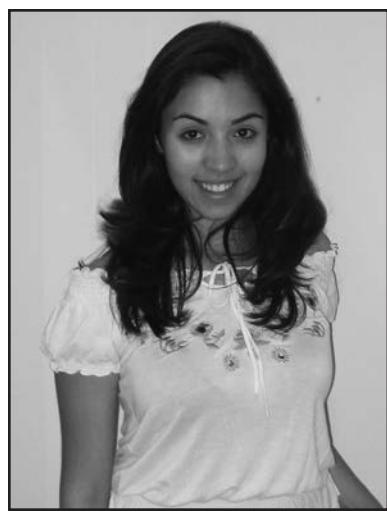
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July Fashion Tips

The following fashion tips are courtesy the "Teen Life of Style Crew" of Stonewood Center, Lakewood Center and Los Cerritos Center.

"Bright Colors" - Kristine

Yes! Finally, summer is here and is in full effect! This is a great time of year to break out the cute little summer dresses and sandals, or the must-have bright color denim shorts. So, I came across a new store, Diva, which recently opened at Los Cerritos Center. It has the latest in cute summer dresses, accessories, bathing suits and much more in all the coolest summer colors. As you can see, the bright-colored shorts and flower-embroidered shirt is very in this season and, the best part, this cute outfit only came out to \$64. So check it out and lead the summer with a sizzle!

"Shady Vato" - Matt

Summer's not for everyone, but we gotta keep up with the season or else that shinin' sun will burn us to a crisp. To avoid those blinding days, stay cool with these "Oil Right" shades made by Oakley. They come in brown and white and are 100 percent polarized UV-protected. This style here features "Black Script," a new color only available at Sunglass Hut in the Stonewood Center for \$125. While everyone else is squinting and trying to look around, you'll be looking down and tanned brown.

"Stand Out" - Nichole

This summer, there's no better way to stay cool than to wear bright colors that get you noticed. I found this Stussy shirt at Up Against the Wall in the Lakewood Center for \$25. This shirt is fun because of the unique pattern on the front, and the light blue color of the shirt. The yellow sunglasses I'm wearing, only \$10 at Up Against the Wall, really stand out. One sure way to get noticed this summer is to wear bright colors, and who says you have to match? You can pick up both of these items for under \$35 at the Lakewood Center.

"Parish Perfect" - Josh

This red and white striped v-neck shirt, made by Parish, is perfect for those hot summer days by the pool. You will look super fresh after you throw on some fresh shades that look even more attractive when you see that they cost only \$12. Go to Up Against the Wall and they will hook you up with fashions for the summertime.

"Pool Ready" - Carlee

Summer is finally here! While most will go with floral and striped bikinis this season, I prefer the classic solid prints in bold colors. By sticking to the basics you can mix and match fun colors, or even throw in a splash of design by alternating a solid top or bottom with a floral-printed top or bottom. This bright red bikini can be found at Victoria's Secret and the brown tunic dress can be found at Target.

"Dainty Dresses" - Brianna

It's hot so stay cool with a nice dainty summer dress. It's not too short, not too long, it's just right. So go find yourself a nice summer dress at Forever 21 for only \$19.50. This store is located at Stonewood Center.



Bellflower theater hosts dance competition

BELLFLOWER - The Youth Cultural Arts Foundation (YCAF) of SoCal, in cooperation with the city of Bellflower, will host their first dance competition on July 19 at 7:30 p.m.

Dancers ages 6 to 18 are encouraged to audition as YCAF will be looking for dance crews, solo, duo and trio acts. They will also be looking for different dance genres, including hip-hop, ballet, jazz, crumping, musical theatre, and contemporary.

Auditions for the competition are Monday at 6:30 p.m. at the Bellflower Civic Center/Bristol Auditorium, located at 16600 Civic Center Dr. in Bellflower.

For more information, call (562) 867-3524, or visit www.bellflowertheater.org.

'Wizard of Oz' playing in Long Beach

LONG BEACH - Before there was "Wicked," there was the timeless tale of a Kansas farm girl trying to find her way home.

The Richard and Karen Carpenter Performing Arts Center in Long Beach has been transformed into the mystical land of Oz, where Deidre Haren will star as Dorothy Gale, the Kansas farm girl who is carried away to the land of Oz and follows the yellow brick road to find her way home.

"The Wizard of Oz" will close July 27. Tickets range between \$10 and \$30 and are available by calling (562) 856-1999, ext. 4.

Circus comes to Southern California

LOS ANGELES - The Ringling Bros. and Barnum & Bailey Circus returns to Southern California this week, starting with a two-week engagement at Staples Center that opens Wednesday.

The circus will also be at the Honda Center in Anaheim from July 23 - Aug. 3.

Tickets range from \$15 - \$90 and are available by calling Ticketmaster at (213) 480-3232.

KidzKonnection Summer Tour this week

DOWNEY - First Presbyterian Church of Downey is offering a week-long summer tour, KidzKonnection Summer Tour, this week for kids in grades 2 - 6. Tours will begin each day at 8 a.m. and conclude at 2 p.m.

The week will be kicked off on Monday as the kids get acquainted with their group leaders and learn of the week's activities, which are themed, "Appreciating God's Creation." The kids will then tour four locations, including the Los Angeles County Arboretum; the Glendale Community College Planetarium Theatre; the William O. Douglas Outdoor Education Center; and the Marin Mammal Rescue Center.

Cost is \$50 for the first child, \$35 for the second, or \$100 for all children in an immediate family. Fee includes lunch each day, a T-shirt, and transportation via charter bus. For more information, call (562) 861-6752.

Gospel concert coming to Bellflower

BELLFLOWER - A gospel/jazz concert featuring musician Jason Brown will be presented at the William Bristol Civic Auditorium in Bellflower on Aug. 17 at 4 p.m. Admission is \$20.

For tickets, call (562) 412-2221 or visit www.tamilyn.net.

Granata's hosting first wine-tasting

DOWNEY - Granata's Italian Villa on Downey Avenue will host their first annual barbecue and wine-tasting on July 19 from 7 to 10 p.m.

The event will include five courses, five wines and live music.

Cost is \$60 (plus tax) and reservations are recommended. A \$30 deposit is required for reservations.

For more information, call (562) 861-2997.

Krikorian Theatres advertisement with movie listings for Downey Cinema 10, including Hellboy II: The Golden Army, Journey to the Center of the Earth, Meet Dave, Hancock, Wall-E, Wanted, and Nancy Drew.

Guild taking daytrip to Harrah's

DOWNEY - The OLPH Women's Guild is sponsoring a daytrip to Harrah's Rincon Casino and Resort on July 22.

The cost of the trip is \$10 and includes a \$5 voucher to be used at the casino, gift shop or buffet. Free bingo will be played on the bus.

For reservations, call Anna at (562) 923-2988. Be prepared to give your birthday and/or Harrah's card number. An emergency contact phone number and valid California ID will also be needed.

Bingo Thursday Afternoon Games start at Noon advertisement listing various bingo games and times.

Bianchi Theatres advertisement listing movie times for films like Hellboy II, Meet Dave, Hancock, Wall-E, Wanted, and The Incredible Hulk.

Dining-Out Deals in Downey advertisement for Cuban Coffee House and Tropicana Bakery & Cafe, offering a coffee and pastry with a coupon.

Blizzberry Grand Opening! advertisement for frozen yogurt, smoothies, coffee, and waffles, including a coupon for \$1 off.

Gourmet Restaurant Cafe advertisement for Taco Salad and Chef Salad, both for \$7.29-\$7.49, with a coupon for 20% off.

H. Salt Seafood of Downey advertisement for Prime Rib and Sirloin Steak, with prices \$10.99 and \$9.99.

Paloon advertisement for Prime Rib Large Cut and Sirloin Steak, with prices \$10.99 and \$9.99, plus senior citizen specials.

MEXICO 86 Restaurant advertisement for authentic Mexican food, located at 11851 Paramount, Downey, with phone (562) 869-4610.

Chef & Host Salvatore advertisement for Cafe Corleone Italian Restaurant, featuring pizzas and a special offer of two extra large pizzas and two toppings each for \$6.89.

Granata's Barbeque and Wine Tasting Dinner advertisement for July 19, 2008, featuring 5 courses, 5 wines, and live music, with a \$60.00+ tax per person price.

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Downey in Action: Southland Harmony Chorus of Sweet Adelines

By BROOKE KARLI,
STAFF WRITER

Swaying to and fro while tapping their toes and snapping their fingers to the sounds of "Carolina in the Morning," the Southland Harmony Chorus of Sweet Adelines raised their voices in unison at their rehearsal on Tuesday as they practiced for their upcoming concert in October.

The women, ranging in age from mid-40's to early-80's, sang alongside one another, releasing the most elegant of sounds, fairly balanced with the resounding bellows of those singing bass and baritone, and the hair-raising sweetness of those singing lead and tenor.

The ladies appear to get along very well, helping each other between songs, offering tuning advice and breathing techniques. Together, they joke with each other and with Director Jim Campbell, whose friendly spirit is seen in his relationship with the women and in his humor, often followed by the giggles of the group, who are evidently young at heart but seasoned in talent and experience.

The group originally chartered with Sweet Adelines International as the Downey Chorus in 1985 with 27 members. They currently have 19 women who sing ballads, popular show tunes and jazz numbers in four-part harmony (lead, tenor, baritone, and bass), also known as barbershop-style, A Cappella harmony.

Sweet Adelines International began in 1945 when a group of women in Tulsa, Okla. wanted to sing barbershop harmony as men did. The women then formed the first chapter of Sweet Adelines in America, closing their first year with 85 members. Today, the non-profit organization encompasses more than 1,200 registered choruses and 600 quartets, equaling an international membership of nearly 27,000 women. Members can be found throughout the world in countries such as Australia, Canada, England, Finland, Germany, Ireland, Japan, New Zealand, Scotland, Sweden, the Netherlands, and of course, the United States.

The Southland Harmony Chorus, although small, is big in heart and soul, proven time and again as the group's hard work and dedication has been awarded many honors throughout the years,

including Most Improved Chorus, Honorable Mention, and third through sixth places at their annual regional competitions.

Since its inception, the Chorus has had six directors, with Campbell currently leading the group. Campbell has a rich background in barbershop harmony (his mother was once a Sweet Adeline). For 16 years, Campbell has participated with Disneyland's Drapper Dans, and recently celebrated 10 years with The Perfect Gentleman Quartet, who won the 2002 National A Cappella Championship. He also performs with Ready, Willing & Mabel, a mixed vocal jazz quartet.

"I was exposed to barbershop harmony at a really young age and developed a love for it over the years," Campbell said. "It has always been a big part of my life." His resume is impressive and overflowing with experience, as he has performed as a freelance singer for television works such as "The Simpsons," "The Tonight Show with Jay Leno," "That 70's Show," "Gilmore Girls," and numerous Disney specials.

Film credits include "National Treasure: Book of Secrets" and "The Haunted Mansion," while musical theater productions include Curly in "Oklahoma!," Kenickie in "Grease," Action in "West Side Story," and the barbershop quartet in "The Music Man."

Campbell has sung and done voice-overs for a number of radio commercials and has performed with the Los Angeles Philharmonic, Santa Barbara Symphony, San Francisco Symphony, and the Hollywood Bowl Orchestra, to name a few.

"I really enjoy directing and have learned so much," he said. "Directing the Southland Harmony Chorus just seemed like the right fit and overall, my goal is for everyone to have fun and to treat the ladies with respect. Although this is leisure time for many, I also want them to prove musically as individuals and as a group that they are talented and dedicated. Through that, I hope to foster the spirit of fun and camaraderie."

Campbell took over as Southland Harmony Chorus' director in 2007 and not only instructs the chorus, but also the group's two quartets - Harmony Collage and MoJoDeBo. Both the chorus and the quartets have performed at various venues including the Downey

Theatre, Downey Street Fair, Barbara J. Riley Community & Senior Center, Norwalk Eastern Star, Norwalk Masonic Lodge, Norwalk Health Fair, Yorba Linda Street Fair, and more. The group also performs at numerous retirement and convalescent homes, as well as local Relay for Life events, including Norwalk's Relay for Life taking place tomorrow.

Lately, the group has been preparing for their upcoming ice cream social on July 22, where they will audition and welcome new members.

"If you can sing 'Happy Birthday' in key, you can become a member," said Southland Harmony Chorus President Gail Barrena, who has been a member of Sweet Adelines International since 1966. "You don't even need to know how to read music."

In addition to the ice cream social and their regular performances, the Chorus works year-round to prepare for their annual concert, as well as their region's annual competition held in Bakersfield.

This year's concert, "Kentucky James and the American Treasure," will be on Oct. 11 and is based on the "Indiana Jones" series. As Kentucky James takes to the railroads across America, the audience will be treated to songs that represent various states, with numbers such as "America the Beautiful," "Back Home in Indiana," "My Old Kentucky Home," "San Francisco Bay Blues," and more.

The evening's guest performances include Harmony Collage; MoJoDeBo; Natasha Raska; and Ready, Willing & Mabel. An afterglow will conclude the evening and will offer pizza, soda, salad and cookies to those in attendance. The show starts at 7 p.m. and admission is \$15.

When the Chorus isn't busy entertaining the masses, they are attending music education programs and seminars through Sweet Adelines International, learning about choral directing, music arranging, judging and teaching, while developing administrative and leadership skills.

"It is Sweet Adeline International's goal to promote the musical art form of barbershop harmony through education and performances," Barrena said. "After all, their motto is 'Harmonize the World.'"

Women who decide to become



The Southland Harmony Chorus of Sweet Adelines perform at various venues throughout the year and put on their own concerts, such as their annual Christmas program, and their upcoming concert on Oct. 11, titled, "Kentucky James and the American Treasure." The group is an all-woman non-profit organization that gathers weekly to sing barbershop harmony, rehearsing ballads, show tunes and jazz numbers. Southland Harmony Chorus currently has 19 members and hopes to audition and welcome new members at their upcoming ice cream social on July 22, being held at the Norwalk Masonic Lodge. The group rehearses every Tuesday from 7 to 10 p.m. at the lodge. Membership fees are \$25 a month for chapter dues and \$80 a year for Sweet Adelines International dues. For more information on the group, call (562) 688-9359, or visit www.southlandharmony.org.

Kirk's Korner

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Kirk Cartozian is a Downey City Councilmember and the President of Cartozian Associates Real Estate and Viking Lending. Kirk is a licensed real estate broker, and holds an MBA and a Master's of Real Estate Development from the University of Southern California.

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members of Southland Harmony Chorus must pay \$25 monthly chapter dues in addition to the annual \$80 international dues. And if you're a male and would like to sing barbershop harmony, you are invited to join the Chorus' brother organization - Barbershop Harmony Society.

"It's like we're sisters - a sorority of sorts," said Barrena. "We're a loving group who travels together, eats together, and sings together."

The Southland Harmony Chorus rehearses weekly on Tuesday nights from 7 to 10 p.m. at the Norwalk Masonic Lodge, located at 12345 E. Rosecrans Ave. in Norwalk.

For more information on the group, or if interested in becoming a member, call Judy Petrone at (562) 688-9359, or visit www.southlandharmony.org or www.myspace.com/southlandharmonychorus. To purchase tickets to "Kentucky James and the American Treasure," call Robin Novick at (562) 862-9592.



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w/ surround sound throughout house.
Price: **\$1,199,950**
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