



The Downey Patriot



Students eligible for big exam
See Page 2



A future research scientist
See Page 2



Students giddy over new books
See Page 11

Friday, July 25, 2008

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

Adult school rebranding, expanding image

BY HENRY VENERACION, STAFF WRITER

DOWNEY—From 1951 until recently, it has always been known as the Downey Adult School. Today, as part of a major make-over in its organization, its budget practices, and its image, not to mention a shift in outlook—all occurring within the past few years—the school, which first opened its doors in 1940, insists on being called Downey Adult School Career and Education Center.



All this was set forth recently in a status report presented by DAS principal Roger Brossmer before the Board of Education of the Downey Unified School District, of which DAS is a part.

At the board session, UC-Santa Barbara alum (BA in aquatic biology and masters in education) Brossmer said the school's new longer name of Downey Adult School Career and Education Center describes its nature and offerings better. He also took care to delineate the distinguishing features of adult vs. K-12 schools: "Adult schools are businesses, and adult school students *choose* to attend, whereas K-12 students are required to attend, school. Also, adult school students 'vote with their feet'. If they don't like what DAS offers, they go elsewhere. Thus, we compete with community colleges, private post-secondary schools, and other adult schools."

Indeed, course offerings at community colleges, such as Medical Assistant, Nursing Aide, Executive Secretary/Assistant, etc., are similar to what DAS offers (state-supported programs include Adult Literacy/High

See CAREERS, page 4

Sushi bar eyes liquor license

DOWNEY – Bon Appetite Sushi and Salad may soon get the liquor license they were originally denied.

The City Council Tuesday said they would approve an alcoholic beverage license for the new sushi bar on Florence Avenue, overturning an earlier decision made by the Planning Commission.

The issue is expected to return to the Council for a final vote on Aug. 12.

Bon Appetite, located in the Rives Square retail and office complex near Florence and Rives avenues, was denied a liquor license June 4 by the Planning Commission, which cited insufficient parking and illegal "grand opening" banners outside the restaurant.

The sushi bar's owner, Angelica Tamada, after removing the banners, appealed the decision. She said parking at the center, which also houses the Century 21 My Real Estate office and Pop's Cafe, alleviates by late evening, when she receives the bulk of her business.

Commentary

State should leave local government funds alone

CONTRIBUTED BY MARIO GUERRA, DOWNEY CITY COUNCIL

As one of your City Council members, I am gravely concerned about the state budget stalemate gripping the Legislature. Year after year we watch our state leaders attempting to bring the pieces of the state budget together without ever doing the dirty work of real budget reform.

This year is no different, and it is disturbing that not even four years after voters passed Proposition 1A – imposing restrictions on the state's ability to take local money to close the state's budget – this irresponsible option is again on the table. Downey and California's other 479 cities cannot continue to be the state's credit card to borrow on when times are tight.

As local elected officials, we face many of the same budget challenges as our state colleagues. The downturn in the economy has dramatically stalled sales tax and property tax revenues and rising energy costs are a great burden on city budgets. These factors have required cities to cut spending, raise additional revenues and focus on the basics of local government. Frankly, elected officials only have two serious options when times are tough – cut spending or increase revenues.

California cities are still paying for the years that the state regularly took city and redevelopment property tax funds instead of making tough budget choices. The state then took transportation sales tax money, deepening the impacts locally. Every time the state took from us we were forced to defer maintenance and cut programs, straining city services and responsibilities – roads, parks, public safety, libraries and our residents suffered.

As the state took from cities to maintain or expand its spending, we were forced to shoulder deep budget cuts and tax increases that should have been the responsibility of the state.

Gov. Schwarzenegger stood in 2004 with local government leaders and

See BUDGET, page 5



The exotic song and dance routines of the Polynesian Paradise Dancers have taken the group to performances around the world. Their next stop is Furman Park, this Wednesday. Photo courtesy city of Downey

Polynesian dancers next at Furman

DOWNEY – The Polynesian Paradise Dancers will entertain at Furman Park this Wednesday at 7 p.m., part of the city of Downey's free summer-time concerts.

The Polynesian Paradise Dancers were created by Akemi Welsh in 1993 as a professional Polynesian entertainment company specializing in the traditional and modern dances of Hawaii, Tahiti, New Zealand and Samoa.

The Dancers have performed at many events, movie premiers and on television. Performances include an eight-week run at the Pageant of the Masters in Laguna Beach, and a daily 5-week run with the "Lilo & Stitch Hawaiian Beach Party" at the El Capitan Theatre.

The company also performed at the premieres of Disney's animated feature "Lilo & Stitch" in Hollywood and Adam Sandler's "50 First Dates" in Westwood.

One of the most sought after Polynesian entertainment in the United States, they have performed at Elvis Presley's Graceland mansion in Memphis, Tenn. and on the hit television "Wizards of Waverly Place" on



Akemi Welsh

the Disney Channel.

Other special engagements include performances at Walt Disney Studios, Paramount Studios, the Playboy Mansion, and the homes of Arnold Schwarzenegger and Jim Hahn.

In 2005, the Dancers embarked on a trip to India for a four-month tour schedule. Upon returning to the U.S., they began a 58-city nationwide tour, in addition to nine international tours.

The Dancers performed for thousands of U.S. troops throughout the Pacific last year, visiting military bases in Hawaii, Guam, Japan and the Marshall Islands. They are currently the only Polynesian international touring company based in Southern California.

The Downey Museum of Art will be open before the performance and the Downey Rose Float Association will be selling food and drinks. Upcoming concerts include: the Side Street Strutters, Aug. 6; the Downey Symphony, Aug. 13; "Yesterday Once More" – A Musical Tribute to the Carpenters, Aug. 20; and the Marine Corps AGCC Band, Aug. 27.

The Downey Patriot is the official media sponsor for the Furman Park Twilight Summer Concert Series.

For more information on any of the shows, call the city of Downey Community Services Department at (562) 904-7238.

City calls for 45-day moratorium as it drafts new cellular monopoles policy

City expects continued increase in demand for cellular radio antennas.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – No new cellular monopoles will be erected in Downey for at least 45 days as the city works to create a formal policy regarding the giant and sometimes unsightly antennas, the City Council decided Tuesday.

The 45-day moratorium on monopoles – radio antennas used by cellular companies to increase phone reception – was necessary because of increasing demand to install the towers, city officials said.

Gilbert Livas, community development director for the city of Downey, estimated about six to 10 monopoles have already been installed throughout different parts of city.

With no specific policy in place guiding their installation, the result has been a scattering of poles with deviating designs.

"Staff feels that this moratorium is necessary to allow the city to establish a comprehensive policy that addresses staff's concerns about impacts to the surrounding community and to avoid a potential blight situation in the future," Livas wrote in a staff report.

Monopoles can reach heights of 50 feet and are often disguised as pine trees, palm trees, flag poles and other objects, city officials said.

A monopole at Firestone Boulevard and Rives Avenue is disguised as a clock tower, albeit minus the clock. Another monopole near Firestone and Paramount Boulevard is painted "smog blue," said Mayor David Gafin.

And another monopole erected near Stewart & Gray Road and Bellflower Boulevard lacks any type of disguise.

Two cellular companies, T-Mobile and Metro PCS, have submitted applications to install additional monopoles, said Livas.

A T-Mobile spokesman said Tuesday that Downey requires a greater number of monopoles because of the city's relative lack of elevation. He also offered the city its choice of disguises for future monopoles.

Depending on their size, placement and design, monopoles can reportedly cost cellular companies as much as \$300,000 each.

Livas said the moratorium will not affect less visible cellular antennas that have already been mounted to the roofs of buildings.



Monopoles, like the one pictured above at Firestone and Paramount boulevards, can be disguised to at least partially integrate into its surroundings, some more effectively than others. Photo by Eric Pierce



Susan Myong, Diana Guzman and Laura Iwai, students at Downey Adult School, will take the California Shorthand Reporters Examination today in Los Angeles.

Students prepare for shorthand test

DOWNEY – Downey Adult School students Susan Myong, Diana Guzman and Laura Iwai qualified recently to take the California Shorthand Reporters Examination today in Los Angeles. The examination is given three times a year and is the equivalent to a bar exam. It is a two-day test, with academic subjects tested on the first and machine dictation on the second.

The last exam was administered in March and all Downey Adult School court reporting students received perfect marks, school officials said. To be eligible for testing, students must have completed 660 hours of academic training in English, legal studies, medical terminology, court procedures, California codes and computer training.

Students also must complete 2,300 hours of class time practicing on the steno machine and 60 hours of apprenticeship training in court and depositions. Downey Adult School's court reporting program has been in existence since 1972 and is approved by the California Shorthand Reporters Board.

Resident selected to study with medical researchers

■ Summer-long program trains 'next generation of medical research scientists.'

DOWNEY – Downey resident Amandeep Sandhu will be working directly with researchers at Huntington Medical Research Institutes (HMRI) after being selected as one of 15 college students to participate in this year's Summer Research Program.

The program, sponsored in part by the Altadena Guild of Huntington Hospital and the Lucile Horton Howe & Mitchell B. Howe Foundation, is conducted under the direction of Victor Pikov, Ph.D., principle investigator at the HMRI Neural Engineering Program.

"Students bring with them some theoretical and laboratory background in biology and chemistry," said Pikov. "By the end of the summer, after receiving one-on-one training and experience working with HMRI researchers, they will have had the chance to apply their accumulated knowledge in solving real-life scientific questions. This is invaluable experience for the training of our next generation of medical research scientists."

The program allows each stu-



Amandeep Sandhu was one of 15 college students selected to participate in a summer research program with medical scientists.

dent to choose the laboratory and biomedical project that best matches their interest. They attend weekly lectures by HMRI scientists, practice essential laboratory procedures and work alongside HMRI principle investigators. At the end of the three-month session they present their research projects for review. This year, students will conduct

medical research in molecular neurology and pathology, cell biology, epilepsy and brain mapping, and liver disease. Sandhu, a student at Virginia Commonwealth University, will conduct cardiac MRI analysis under the direction of Dr. Brian Ross, director of the HMRI Advanced Imaging program.

Golf Classic now taking registrations

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. 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.

Downey Museum Raffle Official Order Form

Fill out and submit today!
Phone: 886-668-1011 **Fax:** 886-668-1002
Mail: DMOA Raffle, PO Box 4748, Downey, CA. 90241-1748
Walk-Ins: Downey Museum of Art, 10419 S. Rives Ave, Downey CA 90241

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Early-Bird sales Deadline is Wednesday, August 27, 2008. Early Bird Drawing is Saturday, Sept. 6, 2008
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The Final & Multi-Ticket Deadline for ticket purchase is Wednesday, Oct 1, 2008. The Multi-Ticket and Final Drawings will be at 11:00 am on Saturday, Oct. 18, 2008 at Furman Park in Downey. All drawings open to the public. Need not be present to win.

Raffle subject to official rules & regulations. Please visit www.DowneyMuseumRaffle.com to view rules and more information. Call our office for a copy of rules. Must be a 18 years or older to enter. Void where prohibited. Need not be present to win. This raffle benefits The Downey Museum of Art, a 501(C)3 non-profit registered with the California State Attorney General's Office. (<http://caag.state.ca.us/charities/raffles.htm>) Raffle Registration #RF-0000417

To order your raffle tickets, either phone us or complete this form and fax or mail it:
Phone: 866-668-1011 **Fax:** 866-668-1002 **Mail:** Downey Museum of Art
 Mon - Fri: 9am - 6pm 24 Hours a day (Midnight on Deadline Dates) PO Box 4748
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Type of payment:
 Check (# _____) Money order (# _____) Credit Card (see information below)
 Make checks payable to: DMOA or Downey Museum of Art
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 Credit Card #: _____ - _____ - _____ Expiration Date: _____
 3-Digit Code: _____ Visa, Discover, and MasterCard: last three digits printed on the back of your credit card in the signature line

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 Street Address Apt #
 _____ _____
 City State Zip Code

Primary Phone#: _____ Secondary Phone # _____
 Email Address: _____

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Downey Museum Of Art



Edell Williams and Charles and Vera Johnson were honored as 2008 Parents of the Year by the City Council Tuesday.

DHS parents honored as 'Parents of the Year'

By HENRY VENERACION,
STAFF WRITER

DOWNEY—Mayor David Gafin Tuesday honored Charles and Vera Johnson, as well as Edell Williams — all representing Downey High School — as 2008 Parents of the Year, while declaring July 27, 2008 as National Parents Day.

In his proclamation, Gafin pointed out that National Parents Day was unanimously established by Congress and the U. S. President in 1994, to be recognized on the fourth Sunday of July, for the purpose of "recognizing, uplifting and supporting the role of parents in the rearing of children."

He said parents by their example play a crucial and important role in the development of youth.

The three were extolled "for the great care and commitment" shown in raising their children and assisting in "enriching the lives of many other children in the community."

In other action, the Council:

- Approved the Memorandum of Understanding with Los Angeles County Metropolitan Transportation Authority (MTA), in order to receive reimbursement for the city's reporting of FY2006 transit data for submission to the National Transit Database through MTA's consolidated report; last year, the city received \$113,276 for its reporting of FY2005 data; for its FY2006 reporting efforts, the city

expects an entitlement of \$122,830;

- Approved the city's FY2008-09 Annual Project Update for the expenditure of Proposition "A" and "C" local return funds for submittal to Los Angeles County Metropolitan Transportation Authority (MTA); the majority of Proposition A funds are used, in the words of Director of Public Works Brian Ragland, to "support approved mass transit programs and bus-priority traffic-signal synchronization projects," such as the "DowneyLINK" and "Dial-A-Ride" programs, etc.; Proposition C funds uses currently include pavement rehabilitation and traffic signal communication projects on established routes "continuously utilized by Metro buses and "DowneyLINK"—all of which satisfy Proposition A and C eligibility guidelines;

- Approved the agreement with Habitat for Humanity of Greater Los Angeles which reserves \$211,000 in federal HOME (Home Investment Partnership Program) funds for affordable housing projects in Downey;
- Approved the amendment to the agreement with the Long Beach Affordable Housing Coalition, Inc., which increases the amount of the city's federal HOME Investment Partnership Program reservation in favor of LBAHC by \$502,492;

- Adopted a resolution approving

the destruction of certain obsolete records of the Finance Department;

- Adopted a resolution establishing a two-hour vehicle parking restriction from 7 a.m. to 7 p.m. weekdays, on the south side of Priscilla Street, between Blodgett Avenue and Lakewood Boulevard;

- Introduced an ordinance amending Section 3186 of the Downey Municipal Code relating to the speed limit for Alameda Street; the speed limit has been increased from 25 mph to 30 mph;
- Approved the formation of a City Council temporary ad hoc website subcommittee, whose mission is to establish goals and objectives for the city's Web site; and

- Presented a Certificate of Appreciation to A. Amelia Given, *in absentia*, for her 100th birthday on July 13, 2008; and

The next regular public meeting of the City Council will be at 7:30 p.m. on Tuesday, Aug. 12, at City Hall, 11111 Brookshire Ave.



City Council candidate Gary De Remer spoke before a crowd of over 60 supporters at Granata's Italian Villa last week. The event kicked off De Remer's campaign for this city's District 5 seat on the City Council.

Roybal-Allard honored by nurses

WASHINGTON, D.C. — The American Academy of Nurse Practitioners honored Congresswoman Lucille Roybal-Allard (CA-34) for being an "esteemed friend of nurse practitioners and their patients."

A member of the Appropriations Health Subcommittee, the academy commended the congresswoman for

championing the effort to restore federal funding for Advanced Education Nursing Grants, which fund nurse practitioner education.

Nurse practitioners from throughout Southern California, including Los Angeles, presented the plaque to the congresswoman. In addition, the group briefed Roybal-Allard on the Medicaid Advanced Practice Nurses and

Physician Assistants Access Act, which would allow nurse practitioners on all states to serve as primary care case managers under the Medicaid fee-for-service program. The designation allows them to provide a more integral role in a patient's health care management.

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Careers: Downey Adult School creates new strategic plan in effort to reinvent itself.

Continued from page 1

School Diploma, ESL/Citizenship, etc.; popular enrichment courses include Parent Education, Health and Safety, Food Service, etc., courses—these are offered mornings, afternoons, evenings, and on weekends).

As an example of its greater business orientation, the school's data reporting now utilizes colorful pie charts and graphs to depict segment shares and growth. Reducing overhead became a main preoccupation. "For instance, we went from five administrators to three," he said. "In February of 2003, we had zero balance in our school account. By realizing efficiencies in our operations, our account currently shows a healthy \$2.15 million in reserve."

DAS meanwhile hired the services of professionals to transform its image. To advance its main message, taglines ("Your success starts here!"; "Believe in yourself") are plastered on banners, brochures and programs. The school sports a new logo.

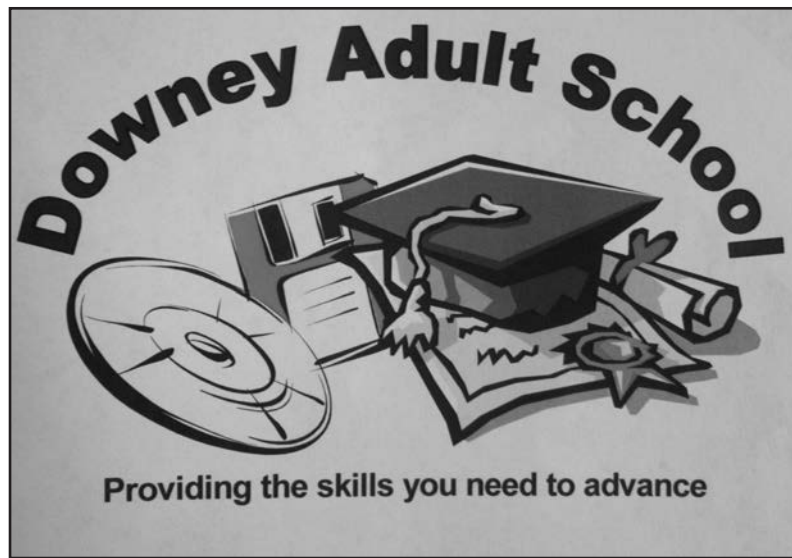
Brossmer also noted the subtle change in the wording of its stated mission, from the decades-long "To serve the educational and personal needs of our students with quality programs" to today's "To provide high-quality, relevant, and accessible programs for adults in our community."

This restatement of the school's goal, Brossmer said, proceeds from a carefully articulated 'vision', namely: "At Downey Adult School, members of our community acquire skills and knowledge for gainful employment, higher education, personal enrichment, and positive contributions to society," which in turn flows from a newly adopted framework of values: "Adult education improves the quality of life of members of our community. We are responsive to the needs of our community. We embrace diversity. We provide a caring environment. We take time for our own professional development. We are dedicated to continuous improvement. We maintain high standards of professionalism. We are customer service-oriented. We foster partnerships."

These changes and considerations, Brossmer said, adhere to an overall strategic plan, which has nine strategic sub-goals (programs enhancement; optimal use of facilities; beefed-up leadership and organizational structures; better management practices; greater organizational culture of professionalism and service; better staff recruitment and development; greater collaboration with similarly-aligned outside organizations and individuals; better branding efforts to build mission awareness and recognition; and more focused revenue generation to ensure long-term financial health).

Under each sub-goal are a varying number of supporting objectives numbering forty-four in all. Examples: developing programs and courses related to these careers, fields, and industries with the greatest potential for employment of students; more online offerings; expansion of facilities, within and outside present campus (which it shares with Columbia High School); make sure school is making the best use of district resources, leadership and relationships; expand interaction with such community centers as local churches, high schools, and the Barbara J. Riley Community & Senior Center; explore additional communications outlets and avenues, including electronic/online ones, to reach target audiences; allocate budget resources strategically in order to balance the needs of the school, program planning and outcomes, and ADA projections).

All this was a monumental task, Brossmer said, and it couldn't have



Downey Adult School is rebranding its image, and it all starts with a new logo. The old logo, pictured above, featured a floppy disk, among other things.

been accomplished without the work of a Strategic Planning Task Force made up of 33 members drawn from various segments of the community, including 12 from the school itself. The task force was convened in September 2007, and after four meetings in over four months, it had forged a new orientation for the school.

Brossmer, who has been DAS principal for four years now, said everybody drew inspiration from the work of Jim Collins, who once taught at Stanford's Graduate School of Business and has since authored/co-authored four books, including "Good to Great," addressed to leaders in the corporate and social sectors. The author's main message, Brossmer said, is "Greatness is not a function of circumstance. It is largely a matter of conscious choice, and discipline." DAS is in total agreement with this philosophy," he said. "For better or for worse, DAS has chosen to pursue greatness, with discipline and passion."

On average historically (DAS first started in 1940), according to Brossmer, 81 percent of DAS' operating budget (now running at \$9 million) is accounted for by revenue from the state generated by its ADA configuration (DAS has gone over its ADA cap—by increasing margins—in recent years), 8 percent from grants, and 11 percent from school fees, with career training (office skills, nursing, court reporting, and cosmetology), ESL/citizenship, and Adults with Disabilities (Arc) classes accounting for 87 percent of DAS' total course offerings. The rest is taken up by Parent Education (9 percent), High School Diploma./GED (3 percent), and Arts, Crafts, Exercise & More (1 percent).

The hiring, training, and retention of a cadre of quality teachers to deliver these courses/programs is, of course, of paramount importance, Brossmer said.

"Take all these things together," he said, "and I have proof that, for its size, we have one of the best, if not the best, adult school in the state."

Basic Internet class at library Aug. 9

DOWNEY – Adults can learn how to navigate the Internet and gain valuable computer skills when the Downey City Library offers their "Basic Internet" class Aug. 9 from 10:15 to 11:45 a.m. in the computer lab.

The free class will teach students the basics of using the Internet Explorer browser and how to use search engines to find information. Students must be comfortable using a computer mouse.

For reservations, call (562) 904-7360, ext. 132.

Museum raffling expensive prizes

DOWNEY – The Downey Museum of Art is sponsoring a series of raffles for cars and cash prizes in celebration of its 50th anniversary.

Now through Aug. 27, residents can purchase \$100 tickets for a chance at a new 2009 Toyota Venza, 2008 Lexus RX 400h, Toyota Prius, or Ford Escape hybrid.

No more than 10,000 tickets will be sold. Other prizes include: 10-day luxury cruise to the Galapagos Islands, Best Buy electronics, and cash. Money raised from the raffles will benefit the museum.

For more information, call (866) 688-1011 or go online to www.downeymuseumraffle.com.

Teens reminded to pick up prizes

DOWNEY – Teenagers who register for the Downey City Library's summer reading program, "Metamorphosis," have until Aug. 2 to collect their prizes.

Teens completing 700 minutes of reading will receive a free book and can attend a pizza party Aug. 1, from 1 to 3 p.m. in the Cormack Room. The party will include games and raffle prizes.

The six-week summer reading program provides teens with reading incentives, including an excursion to the Griffith Observatory and other special events, sponsored by the Friends of the Downey City Library.

For more information on the program, call the library at (562) 904-7360, ext. 3.

Worship festival tomorrow

DOWNEY – A Summer Worship Festival will be held tomorrow at the Barbara J. Riley Community & Senior Center at 4 p.m., presented by the Breath of God Christian Fellowship.

Tickets are \$12 and the community is invited to attend.

The Poet's Corner

Rainstorm

The clouds swallow the bright sun
It starts as a drizzle
Landing on my once warm skin
Inviting the tears of the sky
It has become a downpour
I stand and look up
The Rain beats the ground like a drum
Grey fills the streets
Everyone in their warm homes
Sipping their hot beverage
I wish I
Could go home
– Nicholas Baxter,
Downey

Reflections on Leone's Eyes

It's twilight time in the valley
The birds have flown to their trees
Their songs so softly calling
Float lightly on the breeze

It's twilight time in the valley
Our earthly chores will cease
Our carefree joys on the mountain
Give us precious memories

We rest in sweet anticipation
That other side to see
The chorus of heavenly angels
Tell of the wonders yet to be
– Leona Swanson (in memory of my dear sister, Vila),
Downey

Umbrella for Two

At 3 o'clock this morning,
tradition took place
adorned with black fur and
floods of
sobbing
Tiny eager beast tilted their
heads in mourning
Life is far from fair oasis,
said a blind bat
Dangerous places
Are but an everyday situation
In fact I hear them just up ahead
Savage human beast building boxes
atop our very nest
A false move and you too
can be buried dead!
So make note to never go out
It's always safe to stay in
And be on the lookout for deadly wind
In this way, we may
live our lives without ever having to live.
– James Hernandez,
Downey

Jewelry discussed at Christian meeting

DOWNEY – The Downey Christian Women's Club invites the community (including men) to their Aug. 13 lunch meeting at Los Amigos Country Club.

Melinda Green of Cross My Heart Jewelry will be the event's special feature.

The meeting starts at 11:45 a.m. Cost is \$12 for the buffet lunch. Reservations are requested by calling Sonja at (562) 862-4347.

Downey High Class of 1988 reunion

DOWNEY – The Downey High School Class of 1988 will celebrate their 20-year reunion on Aug. 2 from 6:30 p.m. to midnight.

The reunion will be hosted at the Hilton Hotel located at 3050 Bristol St. in Costa Mesa.

To RSVP, call Creative Reunions at (800) 700-6607, or visit www.lvreunions.com. For room reservations, call (714) 540-7000.

Covarrubias finishes Air Force training

SAN ANTONIO, TEX. – Air Force Airman Christopher Covarrubias has completed basic military training at Lackland Air Force Base in San Antonio, Tex.

During the six weeks of training, Covarrubias studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and training in human relations.

Covarrubias also earned credits towards an associate degree from the Community College of the Air Force.

He is a 2004 graduate of Calvary Chapel Downey. He is the son of Rene Covarrubias of Whittier, and grandson of Elva Covarrubias of Downey.

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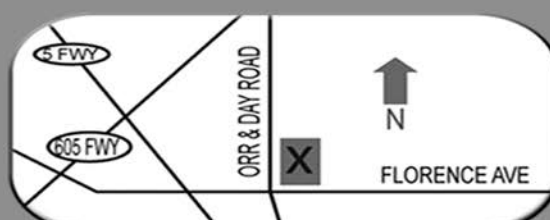


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I'm not poor

By Eric Pierce

Earth consciousness encouraged it, but soaring gas prices demanded it, and so this week I finally relented: I took the bus to work.

I'm not poor.

I feel I have to add that line, "I'm not poor," because I'm terribly self-conscious. In fact, my own insecurity was the biggest hurdle between using public transportation in the first place: If I used the bus, I secretly wondered, what would people think?

The audacity!

It's difficult to admit, but a negative stigma is attached to bus riders, particularly in Los Angeles – the stereotype that bus riders are poor, seedy, and perhaps even downright dangerous.

And that's just not true, not from my experience.

Boarding the Green Line station in Long Beach, I was pleasantly surprised by the number of middle-aged professionals boarding the train. These people certainly didn't "look" poor, and not at all like the crowd I only half-expected to encounter (i.e. thugs and homeless people).

One man sported a pin-striped suit and carried a black leather briefcase. I couldn't help but wonder if he was heading to Downtown L.A. for work inside a towering skyscraper, maybe a law firm.

A neatly-dressed woman spoke loudly into a Bluetooth while she scribbled on a yellow legal pad. She was a tad bit annoying, even condescending, so perhaps she was a bill collector?

There were college students, construction workers and, because of the relatively early 6 a.m. hour, no children. And all appeared perfectly normal, whatever that is.

The scene helped ease my fears and insecurities regarding public transportation, and I'm pledging to use the train/bus at least three times a week. My biggest worry now is whether or not my PT Cruiser will be in the Metro station parking lot when I return (I've heard horror stories).

In the interest of honesty, I need to admit there was at least one homeless person making a bed out of the subway tunnel.

The bum was sleeping on the sidewalk, smack-dab in the center of the walking way, and I had to carefully step around him just to board the train. He smelled bad, a toxic combination of vodka and Egg McMuffin. And because he just lay there, oblivious to the constant stream of hustle and bustle streaking past him, I wondered if he was even alive.

With my Metro train rapidly approaching, I had no time to find out.

...

So this is what a broken heart feels like?

I'm sad to report that staff writer Brooke Karli is no longer with this newspaper. Her byline will be sorely missed by readers, and this editor.

Brooke was my "journalism wife" for three-plus years, standing beside me as we worked to produce the best Downey newspaper possible, despite any outside distractions and obstacles.

She will go on to bigger and better things in life (her talent won't allow otherwise), but boy, I do sure miss her.

Letters to the Editor:

Yield to gas prices

Dear Editor:

On Friday, July 11, the TV program "20/20" showed a town where stop signs were put within a four-block area. Police issued over 1,000 citations each month for incomplete stops.

This was definitely entrapment until the people got together and had the signs removed and replaced with new signs which read "Yield."

With the current gas situation, that is a relief. Every time a car comes to a stop, all cars behind will have to stop, move up, and stop again. That takes gas.

There are many intersections in Downey where four-way stops could be changed to two-way stops and where streets could yield to the other.

Remember the car on the right has the right of way.

— Mike Sandoval,
Downey

Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or length. Letters must include a full name and address for verification.

Students earn mechanic certifications

CERRITOS – Cerritos College honored 12 graduates of the Chrysler College Automotive Program (CAP) last week at a ceremony held at Frantone's in Cerritos.

The students received both associate's degrees in automotive technology and qualified certification to service Chrysler vehicles.

Among the graduates was Edurado Leyva, who was sponsored by Champion Dodge of Downey.

Letters to the Editor:

Targeted by law enforcement

Dear Editor:

It is with the utmost disappointment I am writing this letter today.

My family and I were targeted for criminal activity with our home being raided on July 18 by the FBI, IRS, and INS.

They did have a legal search warrant. We were told they didn't have arrest warrants for us, and that we would be read our Miranda Rights, but we never were.

They came into our house with guns drawn and one by one they removed my family from the house (one of my sons was handcuffed and brought out of his bedroom in his underwear). My husband and I were handcuffed out in front of our house with the guns still on us.

I am trying to conceive their position as to this treatment, all of which caused us unnecessary stress, to the point of being ill, as well as embarrassment. We all feel completely violated by this incident, especially since there was no evidence of criminal activity found.

My husband was questioned about his heritage and he responded that he was "Native American." Apparently not satisfied with his answer, they questioned him again with, "What else?" He responded, "White." Again he was asked, "What else?" and he responded, "That's it."

It appeared obvious to us from information contained within the search warrant that the parties they were looking for were Hispanic. I, myself, am Caucasian.

The Secret Service agent leading the team indicated that they had, in fact, been watching our residence for two to three months. The first thing they questioned us on concerned a vehicle, which actually belongs to our next door neighbor's friend. Why would they come to our home with accusations and then question us about a vehicle which belongs to someone else?

We believe this entire situation was handled totally irresponsibly. The search warrant only indicates our residence's address with none of our names revealed. I would have thought that after the extensive time frame and the FBI, IRS, and INS involved, they would have at least known who we are. The only names referred to are the "supposed" victims of identity theft and they were all Hispanic names. We all thought it strange that we were not even asked to show any kind of identification when we were raided.

According to the Secret Service, their probable cause was finding fraudulent ID's and documents in our trash cans, which anybody has access to. That remote probable cause certainly does not warrant the way we were treated.

We feel that the investigation was not prepared well and we believe that the Secret Service did not perform to the best of what we thought was their ability and it is really beyond our comprehension to fathom just how many taxpayer dollars were wasted on this little venture of theirs.

In our case, it is just plain wrong. What happened to the rights that we are supposed to have in this country? Our treatment in this incident does not create a feeling of security, let alone encouragement. Is there no justice for this obvious error, and the humiliation and embarrassment caused to our family in our neighborhood of many years? Besides that, unnecessary damage was caused in our home and who gets the bill for that?

When actions of this nature are taken, they should be right on the mark with all their t's crossed and their i's dotted. They simply wasted a lot of time on an upstanding family because of lack of preparation and evidence, causing great emotional distress.

We believe that we should be entitled to nothing less than a formal apology, not only to us but to our neighbors. And my family should have recourse to pursue, if nothing else, repairs to the unnecessary damages they caused to our home during the raid.

Thank you for your time and consideration to this complaint. Hopefully, they have learned a valuable lesson from this and will be more careful in the future on how they deal with people, although I doubt they would truly care unless it happened to their own families.

— Lori Davis,

Downey

Editor's note: The preceding letter was submitted to the Inspector General of the United States Department of Justice. It was also submitted to this newspaper as a Letter to the Editor.

Getting rid of your TV and a tsunami of waste

CONTRIBUTED BY GLENN SCHERER, BLUE RIDGE PRESS

Used to be that consumer products had something called "planned obsolescence" built into them; they were designed to wear out and be thrown away (partly explaining our nation's overflowing landfills). Now, it seems, President Bush and Congress are helping speed the solid waste crisis, giving us something corporate America likes even better: "legislated obsolescence," or "enforced consumption." By any name, it may produce a tidal wave of trash.

As of February 17, 2009, the federal government has ordered the shutting down of all U.S. analog television broadcasting signals (a standard since the 1950's), to be replaced by a digital-only signal.

The necessity of this move is dubious, since both types of signals have been simultaneously broadcast for years. But the impact is clear. Everyone who currently receives a broadcast signal over the airwaves must either buy a new digital High-Definition television (HDTV starts at about \$400), or buy a \$50 to \$70 converter box, for which the government will rebate \$40. Otherwise your old analog TV goes black.

The movers and shakers behind this bill are not consumers (who never clamored for HDTV), but the consumer electronics industry, whose sales will be boosted by law.

Conservative commentator George Will calls the bipartisan HDTV legislation "the no couch potato left behind" bill, and sees it as a noxious government entitlement program. Liberals question potentially undemocratic federal plans to sell off valuable analog public airwaves to private telecommunications companies.

However, the biggest loser to the great HDTV switchover could be our environment. Solid waste managers worry that consumers will opt for HDTV en masse, consigning perfectly good analog TVs to the U.S. waste stream. Eighty to 200 million televisions could be discarded over the next 30 months, says John Shegerian, CEO of Electronic Recyclers International, a leading electronics waste recycler. Worse, he says, there's no federal plan to recycle those sets, even though "almost everything in those TVs could be recycled."

"With all the new technology that keeps making our existing devices obsolete, we are in the midst of an ongoing tsunami of electronic waste," says Shegerian. "With February 17, 2009, the federally mandated date for full conversion to HDTV looming, we can only expect the accumulation of unwanted old electronics to go through the roof."

E-waste is already the fastest growing solid waste stream on earth. The United Nations Environmental Program estimates up to 50 million tons of electronics, called e-waste (TVs, computers, etc.), get trashed annually. That's 4,000 tons per hour. The bad news: the U.S. properly recycles only 12 percent of its e-waste.



Budget: State may tap into local funds.

Continued from page 1

the people of California to end the reckless practice of taking local revenues. He spoke loudly, saying the state had to stop taking local government funds to solve its budget problems.

Proposition 1A passed with support from 84 percent of voters, giving a clear mandate that local revenues should be left local, not continuously hijacked by the state. Two years later, a second measure to protect transportation funds was supported by the governor and approved by 77 percent of voters.

The message of these two votes and an earlier one concerning redevelopment funds in 1952 was clear: leave local funds local and use transportation funds for transportation.

Proposition 1A allows the state to borrow from local governments only in a "severe state of fiscal hardship." Today's situation doesn't qualify as that; it's a structural deficit that the state must face through a balanced approach which cuts spending and raises revenue. Both the governor and the Budget Conference Committee have produced budgets that do just that. The Legislature isn't facing a "severe state of fiscal hardship" as much as a lack of political will and leadership.

We want our state leaders to be honest with Californians – solving this budget crisis requires sacrifice from everyone.

We appreciate the fact that the governor has continued to stand with cities, protecting local revenues and transportation funds from future raids. He said in April on national television that the state can't steal money from local governments or transportation any more when it runs out. That is what the voters have said they want. That is as it should be.

State leaders need to understand that borrowing their way out of a financial hole doesn't address the real problem and is downright irresponsible. It also fails the acid test of leadership: to leave the state or your city better off than when you arrived.

This practice must stop if we have any hope of rectifying California's structural problems and rebuilding our Golden State. Local funds should stay local, and the state should balance its budget with state funds.

Let your state legislators know that you want them to fix the state's problems without penalizing local governments that have been fiscally responsible.

Dumped in a landfill, analog TVs will leach toxins: Picture tubes hold up to eight pounds of toxic lead, while television plastic casings contain cancer-causing flame retardants. Other TV toxins can include cadmium, mercury, chromium, beryllium and arsenic. If not recycled, toxic TVs can poison people, soils and groundwater.

That's why California banned electronics from landfills in 2006. Massachusetts, Minnesota, North Carolina and six more states followed, while 35 states are considering such laws. However, banning e-waste from U.S. landfills only moves the problem elsewhere.

Most U.S. e-waste gets shipped to India, Southeast Asia, China and Africa, reports forbes.com.

"Workers there, often children making pennies a day, troll mounds of garbage in search of computers and TV's. Lacking tools to tear open computer shells, they burn the plastic to get to the valuable stuff inside, breathing noxious fumes. They dip circuit boards in acid and melt lead in the same pans they use to cook their meager meals. They toss any remains back on the pile, where toxins seep into water supplies."

So concerned is the TV industry about the global e-trash tsunami they've launched a Web site: www.mygreenelectronics.org. That'll fix the problem! In fact, the industry seems intent not on squarely facing the TV recycling crisis, but on passing the buck, forcing taxpayers and consumers to foot the lion's share of recycling costs.

To date, only one TV maker, Sony, boasts a free national electronics recycling program for all its products. Meanwhile the so-called Electronics Manufacturers Coalition for Responsible Recycling, led by Panasonic, Sharp, and Philips, has fought tough "producer responsibility" recycling laws passed in nine states including Texas.

If the industry is really serious about taking responsibility, it should lobby as tirelessly as it did for HDTV, backing stalled federal legislation mandating e-waste recycling. That's something Europe has already done, making electronics manufacturers financially responsible for the complete life cycle of their products, turning recycled e-waste into a valuable resource. Congress could also ratify the Basel Convention, a treaty banning hazardous waste dumping on developing countries.

Of course we all have an alternative to the expense and hassle of technology upgrades. Forgo the sharper picture and bigger sound of HDTV. Just stop watching television all together. Take a walk. Read a book. Play with the kids. Plant a tree.

Glenn Scherer is co-editor of Blue Ridge Press and a TV junkie who at the gentle urging of his wife Marty gave up television in 1998. © 2008 Blue Ridge Press

The Downey Patriot



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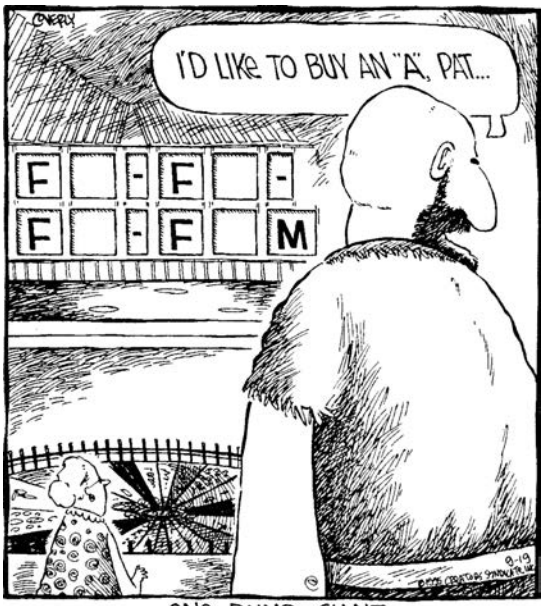
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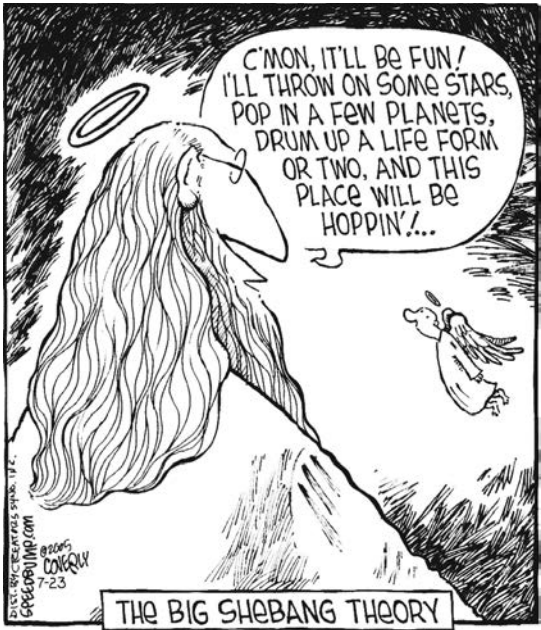


ONE DUMB GIANT

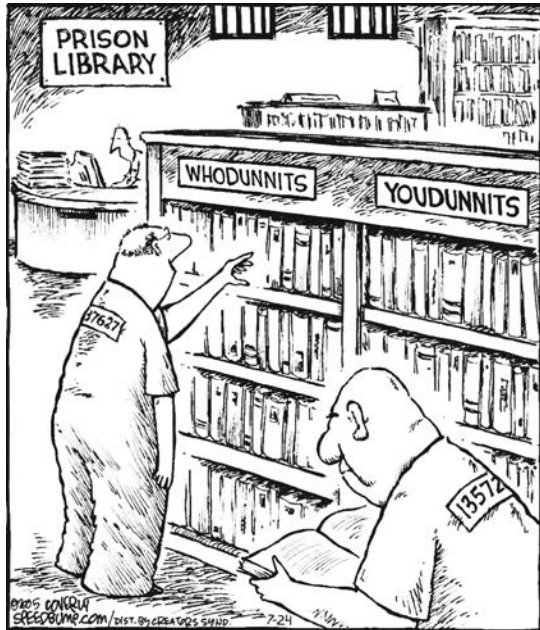
DAVE COVERLY



HE'S RUBBER HIS OPPONENT IS GLUE.



THE BIG SHEBANG THEORY



PRISON LIBRARY



TED PETERS, MOTIVATIONAL LISTENER.



PREMISES PROTECTED BY A FALSE SENSE OF SECURITY

Downey Community Calendar

Events For July

- Fri. July 25: "Downey Idol," Rio Hondo Event Center, noon
- Sat. July 26: Mile-long Yard Sale, Pangborn Avenue, 7 a.m.
- Sat. July 26: Summer Worship Festival, Senior Center, 4 p.m.
- Wed. July 30: Polynesian Paradise Dancers, Furman Park, 7 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

- 6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.
- 6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.
- 2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7159.
- 3rd Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053.
- 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 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., 7 p.m.: Downey Fly Fishers, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: Writer's Workshop West, at at Downey High School library, for info call 862-3106.
- Last Tues., 11:00 a.m.: Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

Wednesdays

- 7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: Women's Bocce Club, for information call 869-8782.
- 1st Weds., 10 a.m.: Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: Downey Coordinating Council, 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 25, 1866: Ulysses S. Grant is selected General of the Army. He would become this country's 18th president three years later.
- 1946: The United States detonates an underwater atomic bomb at Bikini Atoll in the Pacific. The site hosted more than 20 nuclear weapons tests between 1946 and 1958.
- 1952: Puerto Rico becomes a commonwealth of the United States.
- 1978: The world's first baby conceived using intra-fertilization is born in England.
- 2000: Texas Gov. George Bush taps Dick Cheney as his presidential running mate.

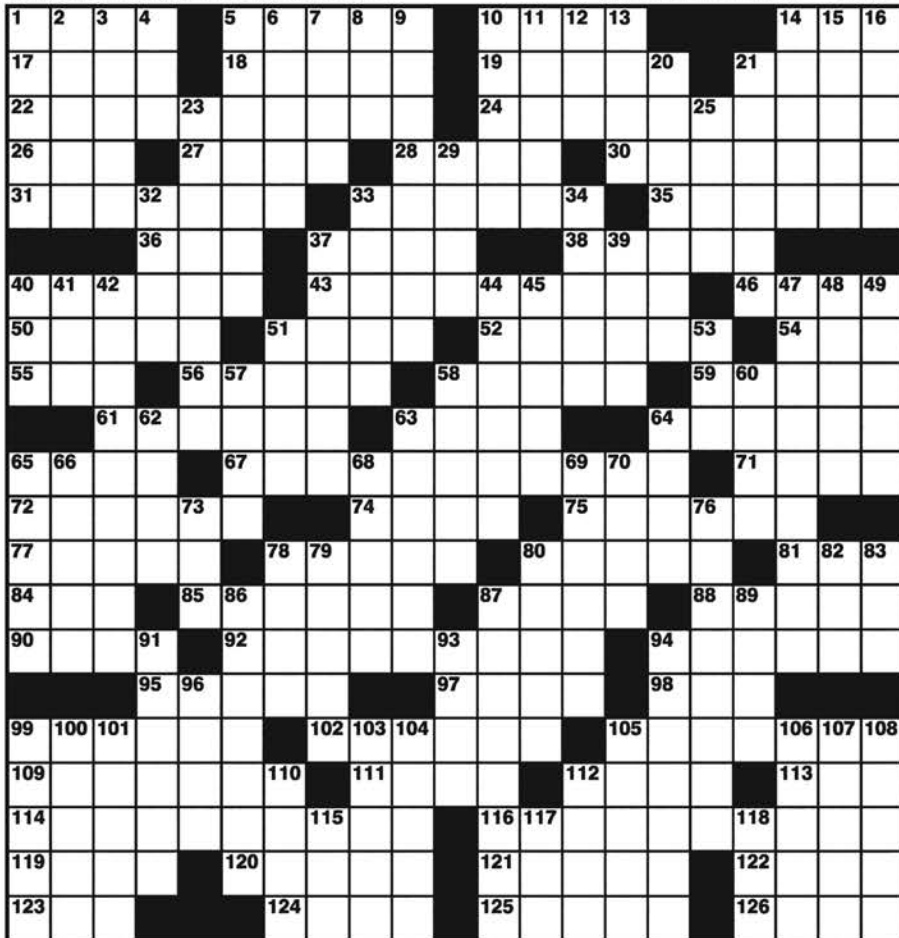
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

ECHOES: Wherein repetition is allowed

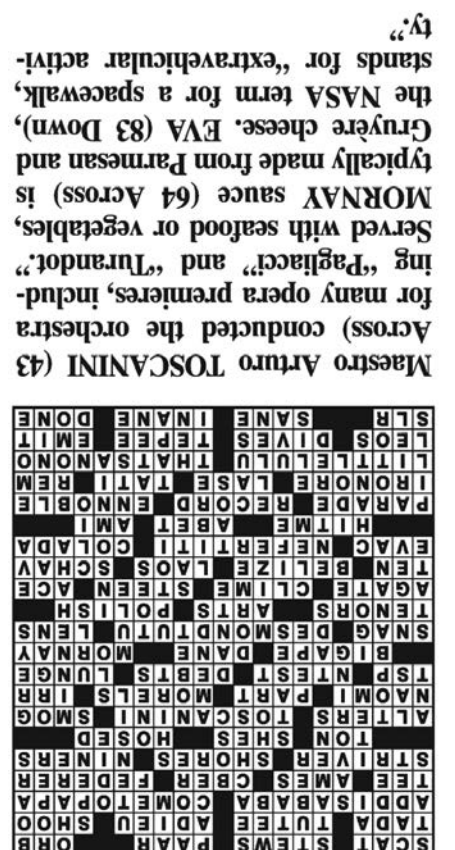
by Fred Piscop

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- ACROSS
 - 1 "Scram!"
 - 5 One-pot dinners
 - 10 Carson's predecessor
 - 14 Planet, to poets
 - 17 Verbal fanfare
 - 18 One-on-one student
 - 19 Parting word
 - 21 "Scram!"
 - 22 Ethiopia's capital
 - 24 Pot winner's words
 - 26 Three-way pipe joint
 - 27 Iowa State city
 - 28 Trucker on the air
 - 30 Five-Wimbledon winner
 - 31 Hardworking one
 - 33 Resort settings
 - 35 NFL team, for short
 - 36 Whole bunch
 - 37 Cows and sows
 - 38 Cheated, slangily
 - 40 Takes in or lets out
 - 43 Onetime New York Philharmonic leader
 - 46 Urban pollution
 - 50 Watts of King Kong
 - 51 Parcel partner
 - 52 Tasty mushrooms
 - 54 Bargain-bin abbr.
 - 55 Recipe amt.
 - 56 Military experiment, briefly
 - 58 Red-ink entries
 - 59 Fencer's move
 - 61 Galoot
 - 63 Hamlet, e.g.
 - 64 Cheese sauce
 - 65 Schedule spoiler
 - 67 Peace Nobelst of 1984
 - 71 Fisheye, for one
 - 72 Choir section
 - 74 "Lively" subjects
 - 75 Nail covering
 - 77 Shooting marble
 - 78 Prevailing weather
 - 80 Dutch painter
 - 81 Super serve
 - 84 Gymnast's perfection
 - 85 British Honduras, today
 - 87 Cambodia neighbor
 - 88 Soup served cold
 - 90 Move to a MASH, maybe
 - 92 Tut's mother-in-law
 - 94 Piña
 - 95 Blackjack request
 - 97 Help in a heist
 - 98 "Where ___?"
 - 99 Event with a grand marshal
 - 102 Make a tape of
 - 105 Elevate
 - 109 Magnetite or hematite
 - 111 Emit coherent light
 - 112 French comic actor
 - 113 Sleep phase, for short
 - 114 Mischievous girl of old comics
 - 116 "Cut it out!"
 - 119 Thirteen popes
 - 120 Seedy joints
 - 121 Dances With Wolves dwelling
 - 122 Send out
 - 123 Camera type, briefly
 - 124 Sensible
 - 125 Not sensible
 - 126 Ready to serve
- DOWN
 - 1 Figures, for short
 - 2 Air Force Academy student
 - 3 Abacus user
 - 4 ___ chl
 - 5 Flower parts
 - 6 Potato or yam
 - 7 Hellenic H's
 - 8 Insect catcher
 - 9 Sailor's trunk
 - 10 Sulky-pulling horse
 - 11 Be gaga over
 - 12 Use a sight
 - 13 Coral formation
 - 14 Midwest hub
 - 15 Lasso wielder
 - 16 Sows' mates
 - 20 Fork or spoon
 - 21 Shells out
 - 23 Having fun with
 - 25 Comics dog
 - 29 Anjou's cousin
 - 32 Tabloid twosome
 - 33 Unable to pay
 - 34 Tank top, e.g.
 - 37 Equilibria
 - 39 Billfold fillers
 - 40 Bug in a farm
 - 41 Part of UNLV
 - 42 Vaudeville headliner
 - 44 Makes right
 - 45 "Check," in poker
 - 47 Hiawatha's love
 - 48 Bach's instrument
 - 49 Zane and Lady Jane
 - 51 Skunk LePew
 - 53 ___-pitch softball
 - 57 Smidgens
 - 58 Divine Comedy writer
 - 60 WWW addresses
 - 62 "___ Rhythm" (Gershwin tune)
 - 63 Roof protrusion
 - 64 Stubbhorn sort
 - 65 Union member
 - 66 Israeli desert
 - 68 Shade of yellow
 - 69 Ready for a challenge
 - 70 Piggies
 - 73 Confederate soldier
 - 76 Stephen King novel
 - 78 Red Skelton character
 - 79 Career soldier
 - 80 Filled beyond full
 - 82 No-goodnik
 - 83 NASA spacewalk
 - 86 Typed in
 - 87 Opera texts
 - 89 Ad writer's honor
 - 91 Protesters' shouts
 - 93 New Mexico ski area
 - 94 Is unable to comprehend
 - 96 Fan favorite
 - 99 Vial contents
 - 100 Shakespearean sprite
 - 101 Copter part
 - 103 Scarlett's mother
 - 104 Effect's partner
 - 105 Worn away
 - 106 Stomach soother, for short
 - 107 Red Square figure
 - 108 Overdo it on stage
 - 110 Collegians wearing Y's
 - 112 Spanish snack
 - 115 Charlottesville sch.
 - 117 Coop dweller
 - 118 Simpsons neighbor

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.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Do you often feel that the hazards of summer air travel are crowded parking lots, long lines, and dealing with security? These occur before we even set foot on the airplane! Let's take a look at health issues associated with the flight itself.



The most common consequence of air travel across time zones is that fuzzy, out-of-sorts feeling known as jet lag. Its most common symptoms include daytime drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities. Its severity, naturally, relates directly to the number of time zones crossed.

Jet lag is caused by the disruption of our circadian rhythm, the body's clock mechanism. Once the cycle is disturbed, it can take several days or longer to get back in sync. To minimize jet lag, get plenty of rest before your trip and keep your schedule light upon arrival. (Note that this is the very opposite of the typical sleepless night spent packing before a big trip, and the first hectic day at your destination!) Don't rely on caffeine to wake you up or alcohol to put you to sleep.

A controversial treatment for jet lag is melatonin, a synthetic human hormone that promotes sleep. Another treatment under study uses artificial light to help adjust our internal clock.

It's quite common to catch a respiratory infection a few days after a flight. This is due to infected particles that circulate and re-circulate about the cabin from that coughing and sneezing passenger elsewhere on the plane. If that person happens to be your seatmate, keep your overhead vent on "high" to maximize air exchange at your seat.

If you are prone to motion sickness, travel on an empty stomach, and avoid drinking alcohol or eating heavy or greasy foods. Keep your seat upright, and don't read or watch the movie screen. As a long-time boater, I have seen just how well a deeply engaging conversation or other distraction technique works!

Changes in cabin air pressure often cause middle ear problems. Prevent sinus and ear problems by chewing gum and swallowing often. If you have a cold or active nasal allergy, take a decongestant or use a pre-

scription nasal spray prior to take-off, in order to prevent pain, hearing problems, and infections.

Various factors on a flight contribute to dehydration: dry air, low fluid intake, and drinking alcohol and caffeinated beverages (which act as diuretics). The aircraft environment is very dry, with humidity ranging from 10 to 20 percent. The low humidity can also cause the drying of your skin, eyes and airways, which is a problem if you are already suffering from a respiratory disease. Drink early and often, and stick to water or juice.

Although not a disease exclusively related to air travel, Deep Vein Thrombosis (DVT) is one of the best-known complications associated with long flights. In the late 1980's, the term "Economy Class Syndrome" was coined; it's the result of long periods of inactivity and dehydration, and leads to the development of a clot in a leg vein. If a piece of this clot should travel to the lungs, this becomes a life-threatening pulmonary embolism.

To prevent blood clots, mobility is key. Book an exit row or aisle seat for more legroom. Don't cross your legs, stretch and walk often, and stay hydrated. Take aspirin and wear compression socks if you've been told that you are at risk for DVT.

When the cruising altitude reaches 30,000 feet, the aircraft is pressurized to roughly 8,000 feet. Unless you are accustomed to this altitude (think Peru's Machu Picchu!), it's possible to develop a form of altitude sickness, leading to headache, nausea, fatigue, dizziness, and insomnia. Stay hydrated and move about, and the symptoms should pass.

Clearly, stress has become a major hazard of flying. Not only do many people feel anxiety about the flight itself, but hectic airports, increased security, and delays certainly do add to the stress. Plan to arrive early to give yourself plenty of time, dress comfortably, and keep your travel documents organized.

I wish you all a safe and healthy trip - bon voyage!

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.

The skinny on gastric bypass surgery

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

The majority of adults in the United States are overweight or obese, and obesity is a leading cause of death. Published scientific reports show that non-operative methods have not been effective in achieving significant long-term weight loss in severely obese individuals.

In recent years, society has shown increased awareness of the need for the treatment and prevention of obesity. Advances in technology and modern medicine have given those people a chance to have a longer and healthier life.

Bariatric surgery has proven to be the only effective intervention for weight loss in the morbidly obese.

"While it's always best to lose weight through a healthy diet and regular physical activity, weight loss (bariatric) surgery may be the only real long-term solution for those who have been struggling with chronic obesity for years," says Shyam Dahiya, M.D., a surgeon at Lakewood Regional Medical Center's Bariatric Surgery Program.

Dahiya, a board-certified general and laparoscopic surgeon with more than 26 years of experience, has perfected the most advanced method of bariatric surgery, the Dahiya Vertical Micropouch. Laparoscopic gastric bypass surgery makes four or five small, half-inch incisions while surgeons view the operation on a television monitor.

"This recent and minimally invasive approach to bariatric surgery will provide the patient with a more rapid recovery, which allows patients to return to their normal activity faster," said Dahiya, a fellow of American College of Surgeons. "This laparoscopic technique for the bypass allows many patients, many of whom might not consider bariatric surgery as a long-term solution for their condition, the opportunity to treat obesity permanently with fewer side effects."

Psychologists will counsel patients prior to surgery to help prepare them for a lifetime commitment. A team of medical specialists is also available at Lakewood Regional to assist patients in the months after surgery, including nurses, internists, anesthesiologists, cardiologists, gastroenterologists, registered dietitians, plastic surgeons, and registered physical therapists.

As obesity rates creep skyward, so do the number of Americans turning to surgery as a weight loss tool. Although today's bariatric surgery is safer and more effective than earlier versions, the procedure is not an instant cure. Reserved only for the severely obese (those who tip the scales at 100 pounds or more over their normal body weight), bariatric surgery is a drastic step and patients must make radical, lifelong dietary changes, and permanent weight loss is not guaranteed.

Still, a growing number of doctors are recommending bariatric surgery for severely obese patients who find themselves at wits' end about weight loss. In its clinical guidelines for obesity treatment, the National Institute of Health supports the use of bariatric surgery in the severely obese, citing studies that show the procedure often alleviates or eliminates many obesity-related conditions.

Lakewood Regional hosts a Bariatric Support Group the first Thursday of every month at 6:30 p.m., inside conference room B. Its next meeting will be Aug. 7 with the topic, "Lean Body Maintenance."

The hospital also conducts free body mass index screenings the first Wednesday of each month from 1:30 to 3:30 p.m. Screenings are by appointment only. Call (800) 813-4345.

DRMC prepares for disaster drill Wednesday

DOWNEY - As part of Downey Regional Medical Center's Emergency Management Program, the hospital will be conducting a disaster drill this Wednesday between 8 a.m. and 2 p.m.

The scenario will consist of a mock bomb explosion near the hospital, with a secondary pretend hostage situation within the hospital.

The drill will be conducted in conjunction with Downey Fire and Police Departments. The community is to not be alarmed by the increased police and fire presence in and around the hospital.

For more information, contact Stephen Cuthbertson, DRMC's director of safety, at (562) 904-5064.

Retired judge to speak on disabilities

LAKEWOOD - Recently retired judge Carolyn Magnuson will speak on "New Disabilities Issues" at a meeting of the Hearing Loss Association, Long Beach/Lakewood chapter, Aug. 14 at the Weingart Senior Center, 5220 Olivia Ave., Lakewood.

The meeting starts at 6:30 p.m. and the public is invited.

For more information, call (562) 433-6509.

MDA telethon volunteers in need

LOS ANGELES - Volunteers are needed for the 43rd annual Jerry Lewis Labor Day Telethon, which will be broadcast live on TV beginning Aug. 31.

Volunteers answer phones and take pledges on live TV. Volunteers must be at least 18 years old to answer phones and must have a friendly personality. The telethon benefits the Muscular Dystrophy Association.

For an application, call the local MDA office at (562) 498-4923.

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

Some patients with missing teeth have neither enough remaining (or properly positioned) teeth for a bridge nor sufficient bone for implants. In such cases, a removable partial denture may replace the missing teeth. Partial dentures are composed of a cast metal base with clasping metal "arms," which hold the denture in place. Pink plastic is baked over the metal to lend the appearance of gum tissue. Porcelain teeth are then set into the pink gum plastic to replace the missing teeth. The base of the partial denture rests lightly on gum tissue, which will change over time. To ensure a proper fit, therefore, it is necessary to visit the dentist at regular intervals for modification to the denture base.

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P.S. Because dentures, like teeth, are subject to accumulations of bacteria-laden plaque, they must be cleaned daily, like natural teeth.

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Church plans inaugural golf tournament

DOWNEY – Light and Life Christian Fellowship in Downey will host their inaugural golf tournament fundraiser Aug. 4 at the Rio Hondo Golf Club.

Cost to participate in the 18-hole, four-player best ball scramble is \$95 per person. Sponsorship opportunities are also available, ranging from \$250 to \$2,000.

The event will include putting, closest to the pin, longest drive and hole-in-one contests.

Registration and lunch starts at 11 a.m., followed by golfing at noon and a barbecue dinner, auction, raffle and awards ceremony at 6 p.m.

For more information, call (562) 862-0910, or visit www.lightandlifedowney.org.

Proceeds from the event will be used for the church's community outreach efforts and facility improvements at the church campus, located at 9245 Florence Ave.

'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.



Three of Downey Ponytail's all-star teams qualified last month for the ASA State All Star Tournament. The 10U team (very top) finished third; the 12U team (middle photo) was second; and 14U team finished first in its division. The girls traveled to San Diego for a qualifying tournament last week, the results of which were not available. "We are quite proud of all the girls and wish them in States," said Mike Hemsath, president of Downey Ponytail.

An ode to the baseball umpire nobody loves

By SCOTT COBOS, CONTRIBUTOR

With the All-Star break a thing of the past and the sweltering afternoons known as the dog days of August ahead of us, we tend to forget those who grind hardest day to day in the pros.

There are players who get bumps, bruises and sometimes more serious injuries, but none of these things compare to the abuse that these men in blue and grey take.

Rather than having a multi-million dollar pitching arm, a power bat or a golden glove, these daily diamond warriors need thick skin, a keen eye and the confidence of a hero.

These men travel from field to field, forgetting their gloves but strapping on the catchers gear along with a pouch for extra baseballs and a brush to clean home plate. These men take more bickering and arguing than anyone in professional sports.

Here's the ode to the baseball umpire.

Becoming an umpire starts at the lower levels. No, not Class A minor league baseball. No, not college or high school baseball, but yes, Little League baseball is where the careers of most umpires begin.

Learning the game is a crucial instrument to becoming an elite umpire. Experience typically builds from the Little League levels and can carry over into bigger stages, such as All-Star tournaments held by youth leagues, then into more organized divisions, including the middle school and high school levels.

By this point, umpires are expected to have a good working knowledge of the sport, knowing small rules that can affect the outcome of a game. For example, the infield fly rule can be one of the most confusing rules in baseball, but needs to be enforced in order to keep the game fair.

After high school, if you decide to continue your quest to be a major league umpire, there may be opportunities for those ready to umpire at the collegiate level, before navigating the choppy waters that are the minor leagues if you qualify.

According to the official Minor League Baseball Web site, umpires seeking a career as a professional must meet specific minimum requirements.

They include having at least a high school diploma, good communication skills, a healthy physical build, eagle eye vision, fantastic reflexes and the required preliminary training which consists of attending one of two Minor League Baseball-approved umpiring schools.

After the classes, which last approximately five weeks, only the top graduates are invited to participate in an evaluation course where the top umpires are recommended to Minor League presidents in consideration of being added to umpiring staffs.

As noted, the road to being an umpire is a long rigorous one. One may question the reason to becoming an umpire. It can't be the love of being yelled at on a daily basis.

Maybe it could be the money. While youth league umpires make an average of \$35 to \$60 a game, those lucky enough to make it to the professional levels can expect to make anywhere between \$84,000 and \$300,000 a year.

Those salaries come only after an average salary of \$30,000 a year in the minor league. And most big league umpires are only considered for promotion after an average of seven to eight years in the minors.

But once the journey ends at the top level, nothing but bliss must come rushing. That is until you remember that you're standing behind the plate calling balls and strikes with 50,000 people scrutinizing every call that doesn't go the home teams' way.

Here's to you man in grey and blue. This is my ode to you.

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THE DARK KNIGHT PG13	(10:00 1:30) 5:00 8:30
THE DARK KNIGHT PG13	(11:00 2:30) 6:00 9:30
THE DARK KNIGHT PG13	(12:00 3:30) 7:00 10:30
MAMA MIA PG-13	(11:00 1:40 4:20) 7:00 9:40
SPACE CHIMPS G	(10:30 12:45 3:00) 5:15 7:30 9:45
CENTER OF THE EARTH PG	(11:45 2:15 4:45) 7:15 9:45
HELLBOY 2 PG-13	(11:00 1:55 4:50) 7:45 10:40
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Downey in Action: Downey Razorbacks

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – Discipline, honor and respect are just a few things that the Downey Razorbacks represent. This 48-year-old organization of obedience which is home to 350 participants provides a place for children 14 years old and younger a place to learn.

“Our objective is to promote growth, discipline, respect and responsibility to our youth and provide them with an alternative to drugs,” said league president Louis Morales.

Morales has been president for 10 years now and has helped the league grow from its early roots. Officially known as Downey Pop Warner Inc. when it was incorporated back in 1961, the league was originally a member of the King Conference which held host to Los Angeles area teams.

The league then moved to the Orange County Junior All-American Conference where it resided for 13 years.

It would then jump to another division in 2001, joining the San Gabriel Valley Junior All-American Conference where it would only stay put for two years.

Finally, the Razorbacks found a home in 2003 with the Pacific Coast Conference.

In the PCC, the Razorbacks play teams such as Santa Monica and Rancho Palos Verdes, sometimes traveling as far as those cities to take part in games.

Home matchups are held at Downey High School’s Allen Layne Stadium where as in the past Warren High School’s Justice Stadium used to alternate with Downey hosting the Razorbacks and their opposing teams.

According to Morales, Downey Unified School District’s former superintendent Edward Sussman came to an agreement with the league that both high schools would flip flop between hosting games.

Now because Warren hosts a swap meet every Saturday, parking has become an issue and Downey became the sole alternative to holding every home match.

The league, which is open to both boys and girls, is home to six different divisions depending on weight and age. Flag Football is for kids ages five, six and seven years old weighing no more than 100 pounds, the Mitey Mite division is for kids seven, eight and nine years old who weigh no less than 60 pounds and no more than 95 pounds and the Junior Peeewe and Peeewe leagues are for kids nine to 12 years old who weigh no more than 120 pounds.

Finally, the biggest divisions are the Junior Midget and Midget divisions which are for kids 10 to 14 years old and can weigh no more than 160 lbs in the Midget division.

The league plays a vital role in the city not only for the kids who are developed personally and athletically through this program, but also for the parents who coach.

“I think it’s pretty phenomenal,” said board member and parent Miguel Esquitin. “It’s gotten my son to pop out of his shell more. He’s very excited to play for the Razorbacks.”

“Before he started football, he had very little interest in the game. They really cultivated learning of the game, interest, how to play safely and sportsmanship.”

Another thing Esquitin said was at first there was hesitation on his part in signing up his child because of the parents who care way too much about the score of the game. But in hindsight he’s glad he did register his child saying that the parents are very supportive in the league and noting that the PCC also has very little tolerance for parents who may overreact over outcomes of games.

Downey’s youth football organization not only promotes the basics of discipline, respect and responsibility but also stresses the importance of education with their grade-point-average program.

In order to participate, kids must maintain a “C” average in their classes. Since registration is before the Fall semester, the league is able to monitor grades of their participants.

If a student maintains an “A” average in their classes, a 100-dollar-cash scholarship is awarded to him or her.

The league runs three different fundraising activities that is required by each participant in the league. Participants are required to raise at least \$80 by paying the fee, selling raffle tickets, or participating in a cheesecake fundraiser where they sell cheesecakes, cookie dough and other items.

Funds raised are put toward the payment of referees for the games, updating and maintenance of gear or helping out those families that do not have enough to pay for registration and seek financial help for their child.

In the past according to Morales, the Gangs Out Of Downey organization used to sponsor troubled kids or those kids looking for the help needed to play football.

For those who don’t need the help, it costs \$130 to play. Included with registration are socks, uniforms, pads and helmets that are on loan to players until the end of the year and a schedule that includes eight to 10 games or more if a division qualifies for playoffs in the PCC. There are also returning player registration fees that are discounted from the regular prices.

The organization also has a program for kid who wish to participate in cheerleading. Cheerleaders are required to pay a registration fee of \$185 plus any additional costs for uniforms.

Parents and adults are also encouraged to participate in the development of these children. Coaches are always looked for and getting involved in the league is always encouraged but certain criteria must be passed in order to do so in some aspects of the league.

For example, in order to coach on a team, an individual must go through an extensive background check in order to insure the integrity of those interacting with the children. Safety of the children has always been a top priority of the league and since 2000 has required these checks.

Coaches must also go through a training program required by the league in order to participate. The “Victory Through Honor” training program is provided by CIF to all the coaches in the Razorbacks’ league.

Downey’s youth football association pushes itself to stay organized and keep the league a fun place to be for the kids according to Morales.

“Our responsibility is to provide the kids with a positive experience through the game of football.”



The Razorbacks have been promoting “growth, discipline, respect and responsibility” to Downey children for more than 48 years.

Library closing for staff development

DOWNEY – The Downey City Library will only be open a half-day Aug. 8 while library employees attend a staff development workshop.

The library will be open between 1 and 5 p.m. that day. The public can return library materials at two bookdrops located near the entrance doors while the library is closed. Materials can be renewed over the phone by calling (562) 869-5723.

The library will resume their normal operating hours beginning Aug. 9.

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

Word processing class for adults

DOWNEY – The Downey City Library is offering “Beginning Microsoft Word,” a free word processing class for adults, on Aug. 13 from 10:15 to 11:45 a.m. in the computer lab.

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

“This class is ideal for the beginning user,” said instructor Claudia Dailey. “Our computer classes offer students time to practice and ask questions as they learn.”

For more information, call the adult desk at (562) 904-7360, ext. 3.

New & noteworthy titles at the Downey City Library

Fiction

• **“Don’t Make Me Choose Between You and My Shoes”** by Dixie Cash. New York City is miles from Salt Lick, Tex., in more ways than one, but Debbie Sue Overstreet and Edwina Perkins-Martin are rarin’ to go. The best friends, beauty shop owners and private-eye partners have been offered an all-expense-paid trip to the National Association of Private Investigators convention in the Big Apple.

• **“Exit Music”** by Ian Rankin. Inspector John Rebus is trying to tie up some loose ends before his retirement when a new case lands on his desk: a dissident Russian poet has been murdered in what looks like a mugging gone wrong.

• **“The Ghost in Love”** by Jonathan Carroll. A man falls in the snow, hits his head on a curb and dies; or does he? What will become of the ghost who has been sent to accompany his soul to the afterlife?

• **“The Heretic’s Daughter”** by Kathleen Kent. Martha Carrier was one of the first women to be accused, tried and hanged as a witch in Salem, Mass. This is the haunting story of Carrier’s courageous defiance as told by her daughter, Sarah.

• **“Resolution”** by Robert B. Parker. A master of crime writing truns to the Western genre with his latest book. After a bloody confrontation in Appaloosa, Everett Hitch heads for the Old West town of Resolution, where he becomes the lookout at the Blackfoot saloon.

Non-Fiction

• **“Change Your Heart, Change Your Life”** by Dr. Gary Smalley. The author presents a practical plan for replacing destructive beliefs with true principles that can improve your relationships and every aspect of your life.

• **“Debt Cures ‘They’ Don’t Want You to Know About”** by Kevin Trudeau. Personal finance and money management tips from the author who reveals secrets about the banking and credit card industry.

• **“Ladies of Liberty”** by Cokie Roberts. From first ladies to freethinkers, educators and explorers, this collection looks at the public roles and personalities of women who helped shape America.

• **“Mistaken Identity: Two Families, One Survivor, Unwavering Hope”** by Don and Susue Van Ryn and Newell, Colleen and Whitney Cerak. After a tragic accident, one young woman was buried with the wrong name and the other lay in a coma. This is the story of their families’ ordeal and of life lost and found.

• **“The Rise and Fall of Dodgertown: 60 Years of Baseball in Vero Beach”** by Roddy Johnson. A history of the spring training camp in Florida that attracted rookies, stars and baseball fans since 1948.

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.

Still time to turn in traffic calming applications

DOWNEY – 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 can 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.

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.

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

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

Warren band camp begins next month

DOWNEY – The Warren High School Band and Color Guard will be hosting band camp Aug. 11 – 15; Aug. 18 – 22; and Aug. 25 – 29.

The camp is mandatory for all students participating in band or color guard.

The Warren Band and Color Guard will also host a preview concert on Aug. 29 at 7 p.m. at Justice Stadium.

The community is invited to attend and will get a preview of the 2008 field show, “Winter Sketches.”

For more information, call Band Director Dave Niemeyer at (562) 869-7306.

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Downey artist's work unveiled in Washington

WASHINGTON, D.C. – Congresswoman Lucille Roybal-Allard (CA-34) welcomed 16-year-old Alex Hernandez of Downey to our nation's capital to celebrate the opening of the Congressional Art Competition exhibit, "An Artistic Discovery."

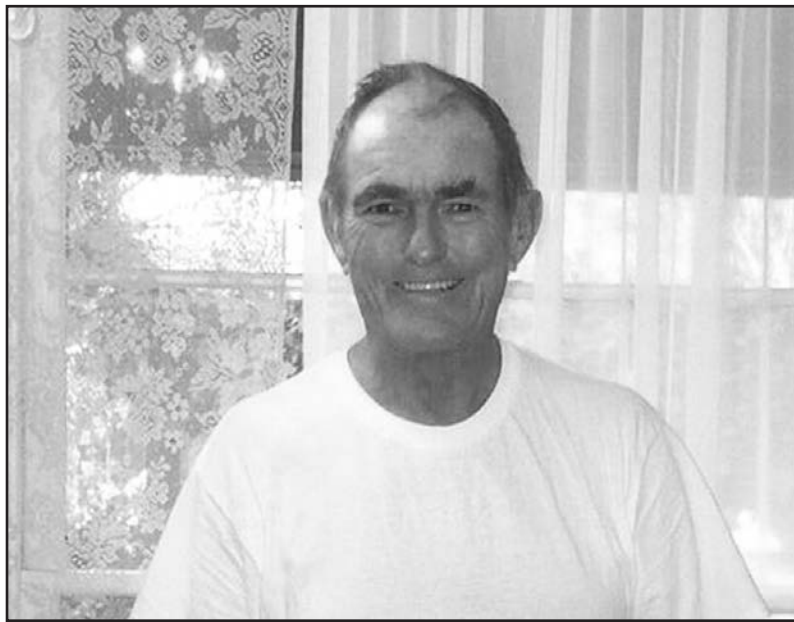
Hernandez won first place in the 15th Annual 34th Congressional District Student Art Competition chaired by Roybal-Allard. The Downey High School student's yarn and wax piece titled "My Ride" will be exhibited at the U.S. Capitol for one year.

As part of his reward, Hernandez received a four-day trip for two to Washington, D.C. for the national exhibit opening on June 25, along with \$500 for spending money. He also won a \$1,000 scholarship, a \$200 gift certificate for art supplies, and \$150 cash.

In addition, his artwork was printed on 2,000 posters representing the competition.

Hernandez was accompanied to Washington, D.C. by his grandmother, Petra Estrada Enriquez, and his sister, Anghely Gomez Hernandez. Following the ceremony and reception honoring students from across the country, Roybal-Allard hosted lunch for the family in the Member Dining Room of the U.S. Capitol.

The family was also given a tour of the Capitol Building by a member of the congresswoman's staff.



Donations made in Thomas McQuade's memory will be donated to Downey girls softball programs.

Thomas Joseph McQuade was active in softball

DOWNEY – Downey resident Thomas Joseph McQuade died July 22, following a seven-month battle with lung cancer. He was 70 years old.

He was active in Downey Girls Ponytail, serving on the executive board in the early 1980's as president, treasurer, and chief umpire. He also served as head coach of the Dodgerettes for nine years.

He is survived by Gail, his wife of 44 years; daughters Mary Carillo Randy and Theresa Freire Giovanni; and grandchildren Keaton Freire, Connor Freire, Luke Carrillo and Samantha Carrillo

In lieu of flowers, the family requests donations be made to the Thomas McQuade and Gail McQuade account, 12211 Samoline Ave., Downey, 90242. Proceeds will benefit Downey girls softball programs.

Services will be held 1 p.m., July 28, at Rose Hills Memorial Park.

Summer activities ongoing at parks

DOWNEY – The city of Downey Department of Community Services is offering free activities to kids ages 6-12 through Aug. 15 at parks located throughout Downey.

"Let's Go Play" is being offered Monday through Friday from 11 a.m. to 5 p.m. at Apollo, Dennis the Menace, Furman, Golden and Rio San Gabriel Parks. Programs are also offered at Brookshire and Crawford Parks Monday through Friday from 12:30 p.m. to 4:30 p.m.

There are approximately eight activities per day and a daily schedule of activities is available at the Community Services Department.

Creative writers needed at Los Padrinos

DOWNEY – InsideOUT Writers, an organization that offers creative writing classes to incarcerated youth in three Los Angeles County juvenile halls – including Los Padrinos in Downey – is seeking professional writers, teachers and others with experience working with "high-risk" youth.

The commitment is one class per week or, for substitute teachers, two classes per month. Classes can last up to two hours and are usually conducted Wednesday evenings or Saturday mornings.

Teachers must pass a fingerprint and background test.

For more information, e-mail sheri@insideoutwriters.org.

Comedy fills playhouse's new season

LONG BEACH – The Long Beach Playhouse has announced its 80th anniversary mainstage season for 2008-09:

"Auntie Mame," a comedy by Jerome Lawrence and Robert E. Lee, Sept. 19 – Oct. 25, 2008.

"The Voice of the Turtle," a romantic comedy by John van Druten, Oct. 31 – Dec. 6, 2008.

"The Rainmaker," a comedy by N. Richard Nash, Jan. 2 – Feb. 7, 2009.

"George Washington Slept Here," a comedy by Moss Hart and George S. Kaufman, Feb. 13 – March 21, 2009.

"Sabrina Fair," a romantic comedy by Samuel Taylor, March 27 – May 2, 2009.

"I Remember Mama," a comedy by John van Druten, May 8 – June 13, 2009.

"Cliffhanger," a dramatic thriller by James Yaffe, June 19 – July 25, 2009.

"The Lion, the Witch and the Wardrobe," a classic children's tale by C.S. Lewis, adapted by Joseph Robinette, July 31 – Sept. 5, 2009.

The Long Beach Playhouse is located at 5021 E. Anaheim St. in Long Beach. For more information, log on to www.lbph.com or call (562) 494-1014.



A Funeral Mass for Vera Louise Dittrick was held July 10 at Our Lady of Perpetual Help Church.

Vera Louise Dittrick survived by family

DOWNEY – Vera Louise (Koudelka) Dittrick, a longtime Downey resident, died July 6 in Huntington Beach.

Dittrick was born in 1919 in Tilden, Nebr. She was the second daughter of Anna (Petronak) and James Koudelka of Czechoslovakia, who came to America in 1906. Her parents moved shortly after her birth to Battle Creek, Nebr., where they owned and operated the Koudelka market and butcher shop in the northeastern Nebraska community.

Dittrick attended Battle Creek public schools and graduated from Battle Creek High School in 1936. She attended Wayne State Teachers' College for a year and a half, and returned to teach in a one-room school in the area for six years.

She married John Pershing Dittrick on June 1, 1946 in Los Angeles, and together they lived in Downey with their children.

After her husband's death in 1975, she worked as a teachers' aide with special needs students in several neighboring school districts.

She was preceded in death by her parents; her brother, James Koudelka Jr.; a sister, Adeline Vacek, and her husband, Jack, and daughter, Judy.

She is survived by her sister, Jean Koudelka Poggiolo of Rockford, Ill.; her daughter, Jane (James) Tustin; son, Tim (Pamela) of Mililani, Hawaii; and grandchildren, Rebecca Tustin Rutherford, James Tustin, John Tustin, Deborah Tustin Webb, Kristen Chong Skelton, Jason Chong; Robert, John (Kathy), Amber and Angela; nephew, James Vacek; four great-grandchildren, Joseph, Michael and Rachel Rutherford, and Katherine Webb; and many nieces and nephews.

A rosary was held July 9 at All Souls Mortuary in Long Beach and a Mass was held July 10 at Our Lady of Perpetual Help Church in Downey, her parish for more than 50 years. Interment followed at Resurrection Cemetery in Montebello.

Memorials may be sent to the American Heart Association or Vitas Innovative Hospice Care, 220 Commerce, Suite 100, Irvine, CA, 92602.

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.



Alex Hernandez (left), winner of the 15th Annual 34th Congressional District Student Art Competition, went to Washington, D.C. recently for the opening of the Congressional Art Competition exhibit, "An Artistic Discovery." He is pictured with (left to right) Congresswoman Lucille Roybal-Allard, his grandmother Petra, and sister Anghely.

Annual Golf Classic set for August 11

WHITTIER – The Rancho Los Amigos Foundation's 18th Annual Golf Classic will take place on Aug. 11 at the Friendly Hills Country Club in Whittier.

The event is in need of corporate sponsors, foursomes, individual players, tee sponsors and auction/door prize sponsors.

For more information, call the Rancho Los Amigos Foundation Office at (562) 401-7053.

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Counsel's Corner: Breaking up is hard to do

CONTRIBUTED BY STEVE LOPEZ, THE LAW OFFICES OF STEVE LOPEZ

No area of law practice is more difficult than that of family law. The end of a marriage is an intensely emotional time. No matter who makes the decision, both spouses are likely to experience enormous grief over the loss of a relationship that started out full of love and hope.



Whether you're thinking about getting a divorce or have already begun the process, you undoubtedly have a lot of questions. Who will get custody of the children? Who gets the house? Should I hire a lawyer?

On top of all these practical concerns, you probably feel disoriented and possibly somewhat lost. You need to take care of yourself, and one way to do that is by learning about the legal and practical issues you're likely to face. As you go through your divorce, time after time you'll be faced with the same kind of choice: give a little bit or stand firm on principle? Agree to send your children for visitation early on a day your spouse is off work or hold to the visitation schedule as if any deviation would be fatal? Go with your spouse to a parent-teacher conference or insist on scheduling separate meetings? Offer an olive branch or fire off a scathing letter?

It may not seem true now, but the best thing you can do for yourself and your family is to compromise with your spouse. Consider the other person's feelings. Do what's best for your children. Think about negotiating solutions that work for everyone, not just you. Whenever you can, don't create or escalate conflict.

Experienced family law attorneys will tell you that the angriest people end up hurting their own interests and dragging out the pain by their refusal to give an inch. No question, it is very difficult to make reasoned decisions when you're in emotional turmoil. You may be very angry at your spouse; you may be deeply hurt by an affair or another betrayal; you probably feel that you can't get away from the situation quickly enough. And if your spouse is abusive or otherwise impossible to work with, you may know from experience that efforts at compromise will probably be wasted. But in the vast majority of situations, a little compromise goes a long way.

The other thing that family law attorneys know is that although divorce is difficult and stressful for children no matter what, the real harm to children comes from being subjected to conflict between parents. The longer that lasts, and the more severe it is, the worse it is for your children. If you truly want to shield your children from the pain of divorce, recognize that the more you compromise with your spouse, the better job you'll do at protecting them from the divorce process.

Divorce is a complicated legal process and it can be full of unpleasant surprises and frustrating delays, most of which will lead to significant emotional reactions. The following is a general guideline of what you can expect in a divorce proceeding. Of course, each divorce will be different because of specific issues between you and your spouse.

A divorce proceeds when you or your spouse hires an attorney and files a "Petition for Dissolution of Marriage" (complaint) with the Superior Court. This petition, together with a summons, is then served onto the other spouse. This other spouse is required to respond within 30 days from the time they are served.

The other spouse may answer in several ways: she/he agrees with the petition/complaint; she/he disagrees and says how she/he would prefer to deal with divorce decisions; and or she/he doesn't answer the petition/complaint, at which point, the court assumes that she/he agrees to its terms.

The other spouse hires an attorney. At this point, both attorneys and the couple will exchange documents and other pertinent information regarding child custody, child visitation, income, property division, alimony, etc. This information will help the court in its decision on how to deal with the issues of the above mentioned.

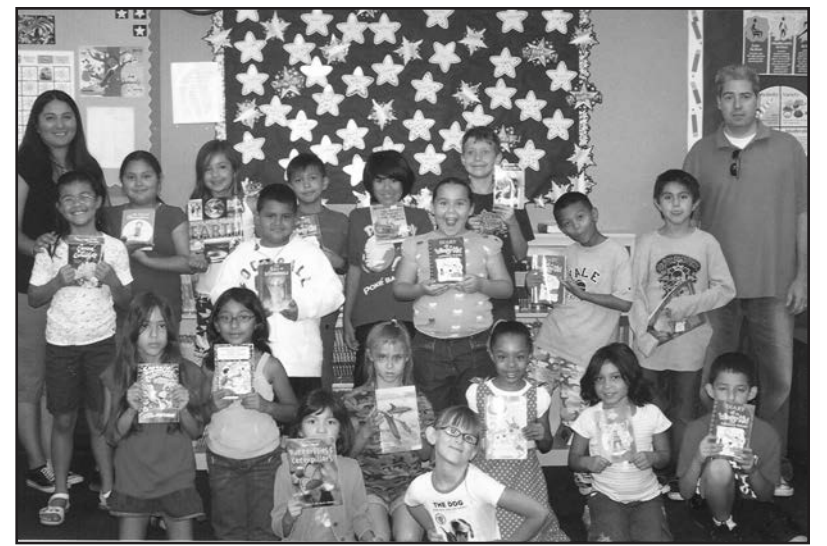
Before trial is set, you and your spouse can voluntarily resolve all your issues through mediation. If a settlement is reached through mediation, then the settlement is shown to the judge at an informal hearing. If the judge approves the settlement, the judge will grant you and your spouse a divorce decree that shows what you both have agreed to. If the judge does not approve the settlement, then a trial date is set.

At the trial, both sides present evidence and arguments for their side. The judge will then make the final decision regarding child custody and visitation, child and spousal support, and property division and grants the divorce. The judge's decision is final; however, either side can appeal the judge's decision to a higher court.

When considering a divorce or determining how to respond to your spouse who has requested for a divorce; you need to know three main points: (a) divorce in California is no-fault, meaning that eventually you will be divorced, whether you want it or not (b) you must be a resident of California for at least six months and a county resident for three months, and (c) obtaining a divorce in California can be extremely difficult and time consuming.

However, the process can proceed more smoothly and faster if you and your spouse can cooperate and agree to certain compromises.

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.



The Parent Club at Kirkwood Christian School recently donated over 200 new books to the school library. Pictured above are second and third grade teachers Ms. Melissa and Mr. Grant, respectively, and a group of students enjoying their new books.



Girl Scout Troops 278 and 378 boarded the aerial tram in Palm Springs on July 7 as part of a "bridging" exercise. The Cadette troop bridged to Seniors while the Brownie troop bridged to become Juniors.

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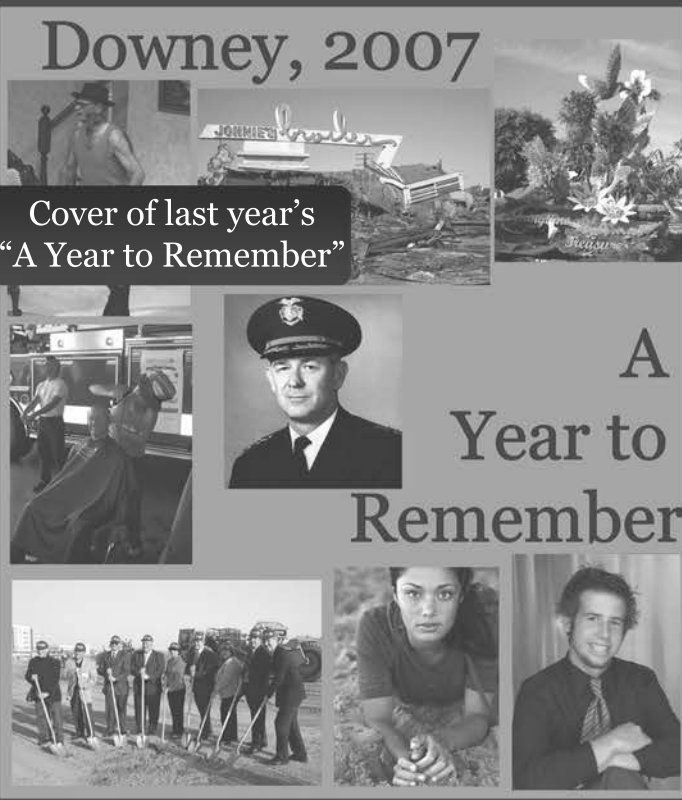
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Ana Esparza, Real Estate Executive
Ana Esparza has been servicing the City of Downey since 1991. She is involved in many organizations and currently serves as President of the Downey Association of Realtors. Ana believes that purchasing Downey Real Estate is a great investment whether you are purchasing your first home, second home, or commercial property. Ana believes when you are buying or selling in today's real estate market, it is important to have confidence in your Real Estate Professional. Ana is committed to provide specialized service that her clients deserve. If you are considering buying or selling a home, or commercial property, or would like to have additional information about real estate in your area. Please contact Ana Esparza at (562)756-8870

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Dream home turned into a nightmare

CONTRIBUTED BY THE CALIFORNIA CONTRACTORS STATE LICENSE BOARD (CSLB)

Q: I've heard horror stories about homeowners hiring contractors to build swimming pools or other projects, and then months later finding out that suppliers and subcontractors were not paid. The homeowner ends up paying twice for the same job. How can we keep this from happening on our upcoming pool and spa project?

A: Mechanic's liens are a legitimate concern, especially when you have a big project like a swimming pool or room addition. A property lien can result in a foreclosure or not being able to readily sell your property because the title is clouded.

CSLB offers a publication called "A Homeowners Guide to Preventing Mechanic's Liens." You can either download it from the CSLB Web site www.cslb.ca.gov, or call (800) 321-2752 to request a copy. It outlines precautions you can take, like doing a background check on your contractor, keeping track of lien notices from suppliers or subcontractors, paying with joint checks, and getting release notices. If you have had a lien placed on your property, get professional legal help.

Q: We finally moved into our brand new dream home this past spring. However, our dream home has turned into a real nightmare because of all the problems we have encountered with workmanship. The windows are loose, the flooring pops up, and the seal around the downstairs toilet leaks. It is just one thing after another. The builder seems to be slow about fixing things. Should I file a complaint against them with the Contractors Board to get things moving?

A: The contractor complaint process with new homes is a little different than with home repair and remodeling projects at existing homes. Look over the paperwork from your home builder for procedures on getting defects fixed. Most new homebuilders offer a warranty and have a process on how to use it. Outline and document the problem and explain in writing what you would like done. Many times, polite persistence will get things fixed. If the home is a genuine lemon, it may be necessary to get qualified legal help. You can check with neighbors to see if they are having similar problems and find out how they have handled the problem. If you need help in deciding what to do, you can call CSLB at (800) 321-2752, or visit www.cslb.ca.gov to download a complaint form.

Q: My brother runs a handyman business fixing leaky plumbing, fences, and other small household projects. He does good work and has regular customers. He did get a business license from the city and pays taxes on his income. I saw a story on TV about how the Contractors Board conducted a sting operation arresting unlicensed contractors in our area. Would the Board go after my brother, even though he is doing nothing wrong?

A: CSLB's Statewide Investigative Fraud Team (SWIFT) conducts sting operations somewhere in the state just about every week. They target unlicensed operators from illegal ads, complaints, and industry referrals. Anyone performing contracting jobs valued at more than \$500 in labor and materials must be licensed by the state. It doesn't take very much in materials and labor these days to meet or exceed that \$500 licensing threshold. If your brother is not breaking the law, he probably won't get a chance to meet the SWIFT team at work. Another purpose behind these stings is to educate people on how to get a license. Details and applications are available at the CSLB Web site.

Q: We recently hired a contractor to build an enclosed sunroom onto the side of our house. The contractor seems very professional with his plans, proposed work schedule, and a detailed contract. He will even pull the necessary permits for us. He has told us about a law that requires us to put a safety device on an existing swimming pool as part of our remodeling project. The swimming pool was not in our remodel plans. Do we really have to spend the extra money on a pool that is working just fine?

A: It sounds like you have found a contractor that is reputable and up-to-date on current law. The Swimming Pool and Spa Safety Act (Assembly Bill 2977 Chapter 478) went into effect Jan. 1, 2007. The wording of the law says: "(d) Whenever a building permit is issued for the remodel or modification of a single family home with an existing swimming pool, toddler pool, or spa, the permit shall require that the suction outlet of the

existing swimming pool, toddler pool, or spa be upgraded so as to be equipped with an anti-entrapment cover that meets current standards of the American Society for Testing and Materials (ASTM) or the American Society of Mechanical Engineers (ASME)."

A lot of the responsibility to enforce this law goes to building departments who have to sign off on building permits. You can double check with your local Building Department to see if the sunroom would trigger the safety device installation requirement on the swimming pool.

Q: We filed a complaint against a contractor for failing to complete the paving project the way we wanted. The sidewalks and new driveway seem to be solid enough, but they just don't look right. We sent copies of our contract and some pictures to CSLB along with our complaint. The person handling our case says it will most likely go to arbitration. What does that mean?

A: CSLB tries to resolve complaints at the lowest possible level to save time and money for all involved. When a consumer files a complaint with the Board it is first sent to a case worker who contacts both the consumer and the contractor in an attempt to resolve the dispute. If that doesn't work, the case worker must decide the next step which can include turning it over to investigations or, as in your case, arbitration.

Mandatory arbitration is binding and is for damages that are less than \$12,500. It is provided free of charge by CSLB for cases involving licensed contractors who have no prior disciplinary actions on their record.

If a consumer does not agree to accept mandatory arbitration, the case is closed and civil courts may be the only option left. There is also voluntary arbitration, which both parties can agree to use damages of \$12,500 to \$50,000. You can find out more about your options by looking up complaint procedures on the CSLB Web site at www.cslb.ca.gov, or call (800) 321-2752 and ask for a brochure.

Do you have questions about hiring and managing building contractors? The California Contractors State License Board (CSLB) has answers. For more information, or to check out a contractor's license, bond and workers' compensation insurance information or other topics, visit the CSLB Web site at www.cslb.ca.gov.

Class of 1978 reunites after 30 years

DOWNEY – The Downey High School Class of 1978 will celebrate their 30th reunion on Sept. 20.

For more information, visit www.dhs1978reunion.com, call Mike Schroeder at (714) 597-9300, or email Marlene Puch Masone at mtmyl@msn.com.

Discounted senior lunches available

DOWNEY – The Human Services Association provides nutritious 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.

Class of '58 reunion Oct. 11

DOWNEY – Downey High School's class of 1958 will celebrate their 50-year reunion Oct. 11 at the Long Beach Yacht Club.

A Downey Sports Reunion will be held the previous night, Oct. 10, at the Embassy Suites in Downey.

For information on the sports reunion, e-mail lshrrffox@mac.com.

Bocce Club looking for new members

DOWNEY – The Downey Bocce Club invites the community to join their group at the Barbara J. Riley Community & Senior Center.

Men meet on Tuesdays, Thursdays and Saturdays at 10 a.m. and women meet on Wednesdays at 1 p.m.



Stanley Hoffman's song, "Satellite Baby," was included in a PBS documentary about the Explorer 1 satellite. The song is available for listening online.

'Satellite Baby' featured in PBS documentary

DOWNEY – Congresswoman Lucille Roybal-Allard (CA-34) recently congratulated 80-year-old Downey resident Stanley Hoffman at the Downey City Library on the inclusion of his song, "Satellite Baby," into a PBS documentary about the Explorer 1 satellite.

Hoffman's song was used at the end of a documentary about the historic launching of the spacecraft released earlier this year by the Jet Propulsion Laboratory. Entitled "JPL and the Beginnings of the Space Age," the documentary chronicles the story of Explorer 1, which became America's first Earth-orbiting satellite when it sailed into space on Jan. 31, 1958.

Born in Boyle Heights, Hoffman is a Los Angeles native. He was working nightclubs in Toledo, Ohio as a stand-up comedian when he wrote and recorded the song in 1956 at the age of 28. A couple years later, he returned to California and eventually Los Angeles to work in real estate. He has been a Downey resident for 36 years. He now uses the CD recording name of Kwayzar – inspired by the term Quasar, an extremely bright and distant active galactic nucleus in the universe. He also coined the term, CyberRap, to describe his musical lyrics about science and space technology.

To listen to "Satellite Baby," visit www.cdbaby.com/cd/kwayzar and click No. 11, "Satellite Baby," on the left hand side of the homepage.

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