



# The Downey Patriot



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Friday, August 8, 2008

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



Thirty-five English as a Second Language students recently graduated from Downey Adult School. Many said they will continue their education in community college or by acquiring a GED.

## New graduates prepare for work, higher education

**DOWNEY** – Downey Adult School issued 30 high school diplomas to graduating students July 31, and another 149 students received their GED.

Students receiving their high school diplomas ranged in age between 18 and 44. Most of the students were born in the United States, school officials said, but some came from Argentina, El Salvador and Mexico.

Three of the graduates will be joining the armed forces, 21 will go to college, and six said they will continue working.

GED recipients ranged in age from 18 to 70. Of the entire graduating class, 80 recipients are single, 69 are married, and they have a combined 34 children.

Many of the students are foreign-born, hailing from countries such as Argentina, El Salvador, Peru, Guatemala, England, Nicaragua, South Korea, Honduras, China, New Zealand, Vietnam, Germany and Mexico.

U.S.-born students came from Pennsylvania, Tennessee, Nevada, Florida, Illinois and, of course, California.

Many of the GED recipients will continue working and attend community college. The rest have plans to attend vocations programs, including nursing, pharmacy technician and administrative assistant.

“Downey Adult School congratulates all of the students for a job well done and wishes them the very best in all of their endeavors,” said Karina Madariaga, a career counselor at the school.

### English as a Second Language

Thirty-five English as a Second Language (ESL) students are graduating from the Downey Adult School ESL program, having successfully demonstrated mastery of spoken and written English.

Ten of the graduates said they will now prepare for the GED tests (which determine proficiency in reading, writing, social studies, science and math); two have already enrolled at Cerritos College; and several more said they will take additional classes at Downey Adult School to gain job skills.

Others said they will take a “short break” to decide their next goals. “Downey Adult School’s ESL teachers are very proud of their graduates, and wish them all continued success,” said Madariaga.



**RELATED STORY: Ana Bayardo overcomes major obstacles - including ovarian cancer - to graduate, see page 11**

## Dr. Jordan Phillips, obstetrician and philanthropist, dies at 85

■ **Commentary:** Phillips brightened the world he traversed.

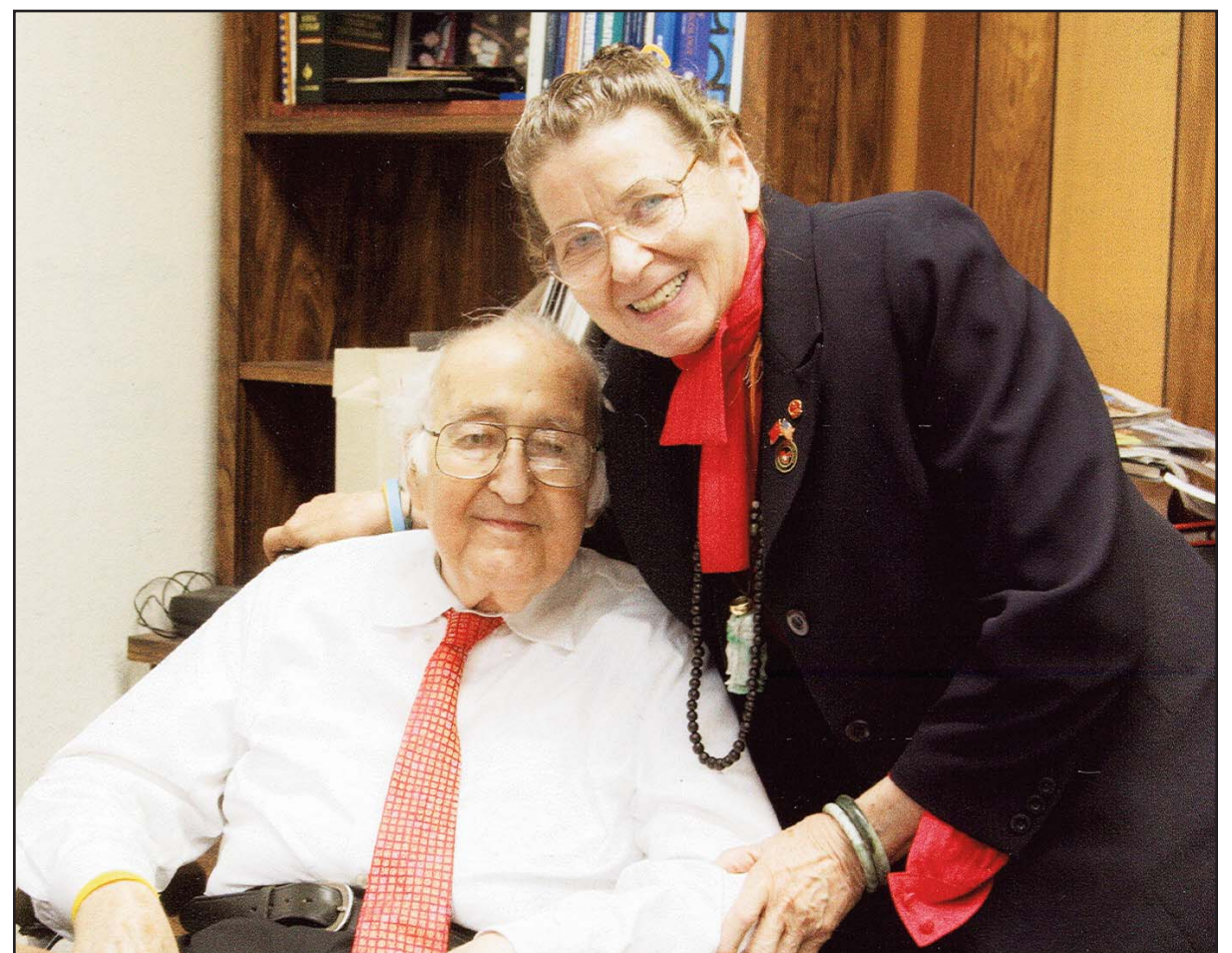
BY HENRY VENERACION, STAFF WRITER

**DOWNEY**—At the service held Monday honoring Dr. Jordan M. Phillips, who died of cancer on July 29, and at the reception that immediately followed, speaker after speaker—kin, colleagues, the Chinese consul, friends—extolled his prodigious capacity for hard work, his creative leadership, his humanitarianism, his generosity and kindness.

Also, in a tribute last year saluting the Downey gynecologist and esteemed author/professor as Rotarian of the Year, the laudatory references used to describe him were words like integrity, helpfulness, unselfishness, and devotion to duty.

There wasn’t a false note among them. After he was nominated the fourth time for the Nobel Peace Prize by the Chinese Minister of Health and by then his close personal friend, Dr. Chen Min-Zhang, Phillips later put everything in perspective: “You just do what you think is right, with integrity, [knowing] that you’re doing your best.”

So it was with these values that Boston-born Phillips worked his way through college, along the way ushering at Boston Symphony Orchestra concerts (prompting Harold Tsklenis to glimpse therein a musical thread explaining, if only partly, Phillips’ unstinting support for the Downey Symphony); championed the use of the then little-known but now



Dr. Jordan Phillips, nominated by the Chinese government for the Nobel Peace Prize, died last week. He is pictured above with his wife, Mary Zoe, who survives him.

widely-adopted procedure of laparoscopy (allowing a tiny camera to see inside the abdomen through a small incision) for gynecological diagnosis and surgery; founded the flourishing American Association of Gynecologic Laparoscopists (AAGL) that now boasts 4,000 members; with wife Mary Zoe founded Medical Books for China International which has to-date sent over 3 million medical books and pieces of medical literature to medical libraries of schools and hospitals throughout China; and otherwise, in the words of friend Bill Kirkwood, “accomplished a lot of good with his substantial resources.” (Kirkwood

made specific mention of the Rotary’s organ donation initiative under Phillips’ guidance).

So it is for these eternal values that he will be remembered.

Born June 29, 1923, Phillips’ mental acuity was evident early. His father, Billy Phillips, played shortstop for the Boston Braves. Jordan chose to play catcher at Boston Latin because he said the shortstop position limited his handling the ball; a catcher, on the other hand, was involved in every play.

Driven by curiosity and a passion for life, Phillips traveled and collected all sorts of things. He said he was a very lucky man. Every

decision he made in his life, he said, turned out to be the right decision. “There was no strain involved. Everything happened seamlessly, everything I have done has resulted only in good, and I’ve felt happy and at peace,” were his words.

These may be minor coincidences, but the stars seem to have aligned as Phillips departs this world: the Olympics start in China today, and he shares in these pages the story of the Downey Rotary.

Paraphrasing a passage in the Jewish prayer book read at Monday’s service, I’m sure there was enough beauty, joy and gaiety in Phillips’ journey through life.

## Furman welcomes back Downey Symphony

BY JOYCE SHERWIN, DOWNEY SYMPHONY

**DOWNEY** – How does this sound?

Furman Park’s grassy lawns stretch invitingly around the performance stage and you’ve found just the spot for your folding chair. There’s a pleasant murmur of conversation as friends and neighbors settle in for a relaxing evening under the park’s fine old shade trees.

You’ve feasted on the picnic you brought, or followed the come-hither fragrance of hot dogs and chili to tables manned by Rose Float supporters, who dish out their customary delicious suppers.

The sun is almost down. The day cools. Ah. Stress-free entertainment time.

How about a first-class program of Gershwin, and music from “The Phantom of the Opera,” and “Jurassic Park,” played by members of the Downey Symphony? How about the always-anticipated marches at the close of the concert to send you home with a high heart? Sound good?

All this and more can be yours this coming Wednesday evening, Aug.



13, and it’s free. That’s stress-relief right there, at Furman Park, on Rives Avenue between Firestone and Florence. Come as early as you like. The music starts at 7 p.m.

Downey’s Symphony Board itself received a miraculous dose of stress-relief recently when Helen Hoag came forward in the nick of time to underwrite the expenses of this concert. Without this generous benefactor...well, you get the picture. With the thanks of audience and musicians, the music will play on.

This is the orchestra’s first Concert in the Park under our new music director, Sharon Lavery, who was selected for the position after an intensive 15-month search. She earns high approval ratings and thrilled Downey’s theater audiences this past season.

However, the podium is never a secure thing. Ambitious aspirants to be conductor of the Downey Symphony will literally swarm out from under the trees for those final marches that close the park concert. That’s when kids 12 and under are again welcomed to try their baton skills before live musicians. Sounds good, looks good, feels good. So how can you resist?

See you at Furman on Wednesday!

## Downey ballplayer hits the major leagues

BY SCOTT COBOS, STAFF WRITER

**DOWNEY** – Professional baseball players seem to be growing out of Downey these days as another former resident, Darrick Hale, took the next step to possibly arriving on the big stage.

Hale, an ex-Northwest Downey Little League all-star and starting shortstop for Downey High School in 2001 and 2002, had his contract acquired by the Cincinnati Reds last Friday.

The former All-San Gabriel Valley League shortstop was passed over in the major league draft this past June and joined the Yuma Scorpions of the independent Golden Baseball League.

During his brief time as a Scorpion, Hale was hitting .325 with three homers and owned an 11-game hitting streak.

“Darrick is a fine young player with exceptional defensive skills and is a strong hitter as well,” said Yuma Scorpion manager Mike Marshall. “He’s got a great future with the Reds and somehow slipped through the draft in June. We were glad to have him and showcase his skills during the last month.”

This past year the 22-year-old played at Cal State L.A. where his senior year was cut short due to a foot injury. Through 30 games last year, Hale was hitting .380 with eight homers and 22 RBIs along with a team best .468 on-base percentage.

Even with the injury trouble, Hale was still named to the All-California Collegiate Athletic Association team.

## Downey girl pays it forward

BY MARY FORNEY, STAFF WRITER

**DOWNEY** — On Sunday, Mikayla Minnig's birthday party wasn't a typical 10-year-old girl's celebration. Instead of bringing presents, Minnig asked the attendees to bring gifts of food for the community food bank housed at Downey First Christian Church.

This year was the third birthday party Mikayla has asked her guests to forego bringing her gifts - asking only for donations to the needy. Last year, Mikayla collected food and the year before that, it was pillows and blankets.

"When she was seven, we asked her what she wanted for her eighth birthday and she said she didn't need anything - but she did want a party. When asked what kind of a party she wanted, she said 'Maybe we can just collect things,'" said her mother Janet Minnig.

Despite laughter from her friends, Mikayla's eighth birthday party netted nearly 30 blankets and 60 pillows.

"I asked her if we could just collect blankets, but Mikayla said that the homeless need soft pillows to lay their heads on when sleeping on the ground," her mother said.

The Downey Elks Club distributed the pillows and blankets for Mikayla, taking them to homeless shelters in the surrounding communities. The club now donates the space for Mikayla's birthday parties because "they know she will be doing some good," said her mother.

Mikayla's humanitarian interests turned in a new direction last year when she noticed the food bank building on the way to the Krikorian movie theater. She asked her parents what the small building was used for so they took her inside to check it out.

"The cupboards were empty so I decided it was time to do charity work again," Mikayla said.

For the last two years, she has



**Mikayla Minnig, 10, has been collecting donations for the needy for three years. One birthday party netted 30 blankets and 60 pillows.**

filled the food bank cupboards with donated food items brought to her birthday parties.

"Some of my friends said it's awkward to come to a party and not bring a gift, but I learned at school that if I put others first, then I will be put first," she said. "I am doing this because if ever I'm without a pillow or blanket or food, I would hope someone would help me out." Minnig wants to remain a philanthropist, but she doesn't know what her future career will be because she is torn between becoming a veterinarian or hairdresser, and she

aspires to play Tinkerbell at Disneyland.

"I just know I will continue charity work because it makes me feel a joy in my heart when I do something good," Minnig said.

"It makes me feel good knowing that I helped someone spend the night sleeping on a soft pillow or had a can of soup to eat."

Minnig's mother estimates there are about 40 children who have attended each party because her daughter invited classmates from Trinity Christian School where she has been a student since

kindergarten, fellow Girl Scouts, friends from gymnastics and cheer-leading class, as well as neighborhood and family friends.

"I think this is making other kids more aware of giving," Minnig's mother said. "Even last year, after Mikayla stocked the food bank shelves, she stepped back and said, 'Wow, I did this?' Now the kids are getting in the spirit and looking forward to donating at the parties because they're realizing kids can make a difference."

## Fabio visiting Downey hair salon

**DOWNEY** — Celebrity fashion model Fabio will headline a charity fundraiser Sept. 28 at Urban Roots Salon, 8312 Firestone Blvd., where organizers hope to raise \$10,000 for The Myositis Association (TMA).

The event will include an indoor "cut-a-thon" from 10 a.m. to 1 p.m., when 50 percent of all haircuts and 10 percent of all product sales will be donated to TMA.

Fabio will conduct a meet-and-greet at 1 p.m. One person will also

be selected to win a dinner date with the Italian fashion model.

For more information on the event, or sponsorship opportunities, call (562) 904-8004.

## Food bank cuts hours of operation

BY MARY FORNEY, STAFF WRITER

**DOWNEY** — The food bank housed at Downey First Christian Church has changed its hours of operations to 9 a.m. to noon on Saturdays.

Once open a couple days during the week, the food bank hasn't had the volunteer support needed to keep its doors open more than Saturdays.

"It's hard when people work during the week. We have an easier time getting people to help out on the weekends," said Mark Schoch, teaching pastor at Downey First Christian Church.

Dwindling resources have also forced the food bank to reduce some of its programs.

"We had to change the Food Help policy from two times a month to once a month to better allocate our funds," Schoch said.

Open since 2005, the Food Help Ministry is supported by the First Baptist Church of Downey, Christ Lutheran Church, United Methodist Church, St. Mark's Episcopal, Abundant Hope Ministries, and the Moravian Church. Local civic organizations, schools, and concerned citizens also hold food drives on a regular basis.

"We don't qualify people and we try to provide other resources when needed," said Care Ministry Team Leader Bob Varden. "Even though we are only having food pickup on Saturdays, we will continue to have 'To Go' boxes in the church office every day."

The "To Go" boxes are for the homeless and contain easy to open non-perishable food items and toiletries.

"We are addressing the needs of the homeless and the working poor," said Schoch. "Some things are happening in our city, but not on the grandest of scales."

Schoch would like to see the food bank expanded to accommodate a clothes closet. Due to lack of space, the church gives away clothes only once a year. In 2007, about 100 people showed up to the clothing giveaway.

"The hardest thing to provide the needy with is shelter," Schoch said. "We refer people to shelters and we have chosen to invest our resources into food because it's an immediate need."

According to Varden, 650 different family units have been helped by the food bank in the last two years.

"We make it easy for people to get food and I tell them there are no requirements except one - they need to tell someone else in need," Varden said.

The food bank is located at 10909 S. New Street in Downey.

## Congresswoman's rep is guest speaker at Rise 'N Shine

**DOWNEY** — Kimberlee Tachiki from the office of Rep. Lucile Roybal-Allard will visit Rise 'N Shine Networking group Aug. 26 as the guest speaker.

Tachiki's topic will be "Congress 101."

Meetings are held at Nordic Fox restaurant and begin at 7:30 a.m. Cost is an order from the menu.

RSVP's are requested by calling the Downey Chamber of Commerce at (562) 923-2191.

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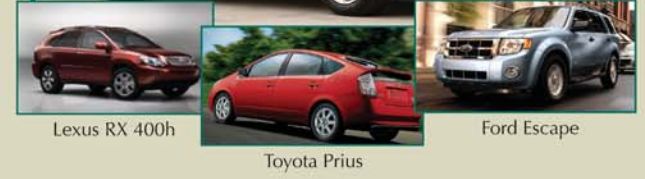
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## Introductory Hebrew class starts Tuesday at Temple

**DOWNEY** – Adult education classes at Temple Ner Tamid of Downey begin this Tuesday with an Introduction to Hebrew course from 7 to 9 p.m. Classes will be taught by the Temple's spiritual leaders, Rabbi Len Muroff and Cantor Ellen Jaffe-Gill.

Other scheduled courses include "G\_d's Central Demand for Us (According to the Bible)/Hebrew," Aug. 19; "Repentance According to the Rabbis/Hebrew," Aug. 26; "Themes of the Machzor/Hebrew," Sept. 9; and "Music of Rosh Hashanah and Yom Kippur," Sept. 16.

For more information on the classes, membership in the Temple, or other activities, call (562) 861-0276.

## Student honored for speech and drama

**DOWNEY** – West Middle School student James Pingel has been honored as a "student of excellent" in speech and drama by the United States Achievement Academy.

James was nominated for the honor by his teacher, Andrea Procter. "Recognizing and supporting our youth is more important than ever before in America's history," said Dr. George Stevens, founder of the Academy. "Certainly, United States Achievement Academy students should be congratulated and appreciated for their dedication to excellence and achievement."

James is the son of Catherine and Bill Pingel of Downey.

## DUSD board meeting rescheduled

**DOWNEY** – This month's regular meeting of the DUSD Board of Education has been rescheduled for Aug. 21 at 5 p.m.

Meetings take place in the Grace E. Horney Board Room of the Gallegos Administration Center, 11627 Brookshire Ave. in Downey.

## Chili cook-off planned by Soroptimist

**DOWNEY** – Soroptimist International of Downey will host a chili cook-off and bingo fundraiser Oct. 19 at the Woman's Club of Downey, 9813 Paramount Blvd.

For more information, call Sue Potter at (562) 927-0013.

## Water director scheduled to speak

**DOWNEY** – Ed Vasquez, director of the Central Basin Municipal Water District Division 1, will address Citizens for Downey this Wednesday at the Rio Hondo Event Center.

All Downey citizens are invited to the meeting and to ask questions. The meeting begins at 7:15 a.m., with an optional breakfast buffet available at 7. No reservations are required.

## Legion sponsoring trip to Pechanga

**DOWNEY** – American Legion Post 723 is sponsoring a trip to Pechanga Casino on Aug. 28.

Price is \$11 and the bus departs from the American Legion parking lot, 11269 S. Garfield Ave., at 8:30 a.m. Proceeds from the trip will benefit the Legion's veterans rehab and youth programs.

For more information, call Wade Murdoch at (562) 928-0712.



**Local rock group Kill Riley performed at the world famous Whisky A Go-Go nightclub on July 30. The band consists of David Riley (vocals), Gian Molina (drums), Brandon Parrish (bass and backup vocals), and Pogos Boyadzhyan (lead guitar). Molina, Parrish and Boyadzhyan all graduated from Warren High School. For more information on the band, visit [www.myspace.com/killriley](http://www.myspace.com/killriley). Photo by Art Montoya**

## Seniors invited to get active

**DOWNEY** – The Barbara J. Riley Community & Senior Center hosts free activities for seniors every Tuesday.

The group has been meeting for 52 years and plays cards, dance, listen to live music, and more. They also organize three banquets a year, the next coming Aug. 18 at the Los Amigos Country Club.

All senior citizens are invited to attend. For more information, call Nadine Morris at (562) 923-9422.

## Bingo luncheon this Sunday

**DOWNEY** – The Italian Catholic Federation of St. Raymond's Parish is presenting a bingo luncheon Sunday at 1 p.m. in the Msgr. Robert Gipson Hall, 12349 Paramount Blvd., in Downey.

Cost is \$10 and includes lunch, door prize and one bingo card. A \$25 money tree and other prizes will also be raffled off.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-1937.

## Custom cars at Gourmet Cafe

**DOWNEY** – Gourmet Cafe, 8250 Firestone Blvd., hosts "Cruise Night" the second Saturday of every month from 4 to 7 p.m.

The night features custom cars from the Midnighters Customs Southern California car club. There are also awards and 50-50 raffles.

For more information, call Mike at (661) 264-2539 or Frank at (562) 923-2812.

## Fundraiser to benefit missing persons


**DOWNEY** – Rubio's Fresh Mexican Grill at Downey Landing is hosting a fundraiser for the GINA for Missing Persons Foundation on Aug. 18.

Rubio's will donate 20 percent of all transactions taken between 5 and 9 p.m. to the foundation. Customers must present an event flyer when ordering.

Flyers are available at Johnny & Co. hair salon on Downey Avenue, or by e-mailing [salsa.limey2@verizon.net](mailto:salsa.limey2@verizon.net).

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## Homeowners flock to workshop in hopes of stopping foreclosures

■ Event draws more than 500 local residents.

**DOWNEY** – More than 500 people from throughout Los Angeles County attended a four-hour foreclosure prevention workshop at West Middle School on July 19.

The event, co-sponsored by Reps. Lucille Roybal-Allard and Linda Sanchez, featured credit counselors and lenders available to offer on-site assistance, one-on-one counseling, and information on viable options regarding foreclosure prevention.

Housing, tax and financial professionals also provided presentations to help homeowners understand the foreclosure process, guard against fraud and scams, address tax issues, and rebuild their credit.

“The foreclosure crisis is being felt by families all over the nation,” Roybal-Allard said during welcoming remarks. “Almost a half-million Americans have lost their homes to foreclosure in the first half of this year, nearly double the rate from the same time a year ago... We must all work together to help our communities face and overcome this national financial



**Downey homeowners were offered free assistance by credit counselors and lenders at a recent workshop at West Middle School. Reps. Lucille Roybal-Allard (left) and Linda Sanchez sponsored the event.**

crisis.”

Sanchez said homeowners should be aware of their options when facing foreclosure.

“To keep the American dream alive, we must make sure that the avenues to economic progress remain open,” she said. “I believe that all homeowners, like the average homeowner in my district, should have access to the full range

of financial options available to other, more affluent homeowners.”

Sanchez and Roybal-Allard also provided an overview of the legislative solutions passed and pending in Congress to address the crisis and help Americans stay in and keep their homes and revitalize their communities.

Both said they support passage of a pending housing stimulus bill

that would include a provision to permanently raise the limit for government backed loans to help homeowners in costly areas such as California. The bill would expand a federal mortgage insurance program to help borrowers in danger of losing their homes.

The bill would also increase the line of government credit to Fannie Mae and Freddie Mac.

## Sponsors lining up for golf tournament

**DOWNEY** – The 12th annual Downey Chamber Golf Classic, a tournament to raise money for local high school scholarships, will be held Sept. 29 at the Rio Hondo Golf Club.

“This year’s tournament is shaping up to be the best ever,” said Joe Keays, chairman of the event. “If you enjoy a great day of golf along with delicious meals and nice prizes, then please join us.”

Golf tournament sponsors to date include Stonewood Center (gold sponsor); Downey Nissan, Downey Plumbing Heating and Air

Conditioning, and Trilogy Financial Services (silver sponsor); AppleCare Medical Group, California Well Being Insurance Agency, Circle C Printing, Downey Savings and Loan, Freedom Vacations, David Gafin, Lang Roofing, Pacific Western Bank, RMI International, Southland Credit Union, Supervisor Don Knabe, Stonewood Center, and Target Plumbing (tee sponsors).

For golf reservations, tee sign sponsorships, or more information, call (562) 923-2191.

## Rise ‘N Shine meeting Tuesday

**DOWNEY** – Andre Schonviesner of Affirmative Judgment Recovery Services will be the guest speaker at Tuesday’s Rise ‘N Shine Networking meeting at the Nordic Fox restaurant.

The meeting starts at 7:30 a.m. and the cost is an order from the menu. RSVP’s are requested by calling the Downey Chamber of Commerce at (562) 923-2191.

## Wiseguys to headline oldies concert

**DOWNEY** – The Wiseguys Big Band will headline the Downey Chamber of Commerce’s fifth annual oldies concert, taking place Nov. 15 at the Downey Theatre.

The concert is sponsored by Century 21 My Real Estate. Half of the concert proceeds will benefit Easter Seals.

Tickets are \$25 and can be ordered at the Chamber office, 11131 Brookshire Ave., or by calling (562) 923-2191.

## Dental assistant orientation scheduled this Tuesday

**DOWNEY** – An orientation for students interested in registering for Downey Adult School’s Clinical Dental Assistant class will be held this Tuesday at 1:30 p.m.

The class will prepare students for entry-level positions as clinical dental assistants or dental biller/front office coordinators. Laboratory procedures such as dental instrumentation, taking impressions, mixing dental cements, four-handed dentistry, and chair-side dental assisting procedures are among the topics covered.

The program includes 240 hours of clinical hands-on work in a real dental office.

The class is approved by the Dental Board of California and the Dental Assisting National Board.

Other orientations will be held Aug. 16 and 30 at 10 a.m. Classes start Sept. 8. For more information, call (562) 940-6200.

## The Poet’s Corner

### Limerick

There once was a man named Clyde,  
Whose life was no easy ride.  
He spent night and day,  
On one fine freeway,  
In L.A. on the 405.

– Ben Platt,  
Downey

### “It” Came from Mars

It was a night of worldly stress  
I met an alien, short, wild and  
genderless  
It spoke to me in minds seven times  
the speed of ours  
It new about other galaxies  
It must have skipped many stars  
But no, it came from a cave in Mars  
It couldn’t speak in sentences  
But it asked what can you prove  
without using your five senses  
It then approached me and stung me like  
a bee  
Two seconds later the universe’s limit  
was all I could see  
I spotted some galaxies and asked if I could go  
But it said  
It’s probably dust as far as we know  
For that’s how they looked a million years ago...

– James Hernandez,  
Downey

### Six

No worries  
Nothing on this earth can take me down  
Living under this sun  
Under the sun  
I dance and sing and bathe and play  
And like my mother  
Shes shelter from pain  
I want to be the sun  
– Valerie Osegueda,  
Downey

## John Harold Schulte served in U.S. Navy

**DOWNEY** – John Harold Schulte died July 27 after battling acute leukemia.

Schulte was born in Wynot, Nebr. on March 11, 1926, the youngest of nine children. The family moved to Los Angeles in 1937 where he attended St. Bridget’s grade school and St. Agnes High School.

Schulte joined the U.S. Navy at 17, serving on an 18-month tour of duty on Midway Island as a radar man.

He worked for the Bell telephone company for 36 years, starting in construction before being promoted to outside engineer after 18 years. He also worked as a Eucharistic minister to the sick for his church for almost 20 years.

He is survived by his wife of 59 years, Cleo; five children, Dan Jeanne, Lori, John and Jeff; and four grandchildren, Kimberly, Kristen, Alex and Erik.

Funeral services were held Monday at Holy Cross Cemetery. A memorial service was held Sunday at Downey Zrelak Mortuary.

In lieu of flowers, the family has requested donations to the Leukemia & Lymphoma Society.





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## Letters to the Editor:

### Political propaganda

Dear Editor,  
I am writing to you out of concern over misleading political propaganda that was mailed to Downey households. Two pamphlets implied that food we normally buy at the grocery store will be banned by our state legislature if Senate Bill 1713 is passed. That was an outrageous misrepresentation of the facts. In reality, SB 1713 will ban the use of bisphenol A (BPA) in containers holding food and liquid intended for children.

BPA is used to make certain kinds of plastics and epoxy resins. As an endocrine disrupter – a chemical that actually changes the way hormones behave in our bodies – BPA is suspected of causing cancers, birth defects, early puberty, and other health-related problems.

Recent studies have shown that nearly all of adult Americans now have this chemical in our bodies. Infants are exposed through products such as baby bottles, sippy cups, and formula cans. Because of this research, Canada banned BPS from baby bottles in April of this year.

Downey residents should know that twenty-eight groups have registered their support for SB 1713, including the California Nurses Association, the County of Santa Clara, the Coalition for Clean Air, and the National Research Center for Women and Families.

Only four groups have registered their opposition to SB 1713, and they all have economic reasons for opposing the ban: the American Chemistry Council, Bristol-Myers Squibb (with its subsidiary Mead Johnson Nutritionals), the California Bottled Water Association, and the California Chamber of Commerce. However, Nalgene, Wal-Mart, and Toys 'R Us have already acted to remove BPA from their products and/or shelves, demonstrating that alternatives for many uses are readily available and cost-competitive.

Fellow residents of Downey, please do not allow yourselves to be manipulated by fear-mongering and falsehoods. As a biology teacher, I urge you to look up the research for yourself and form your opinion based on facts. Then tell your representatives what you think.

— Philip Parker,  
Downey

### Official language

Dear Editor:  
It is high time to make English the official language of America. Why?  
1.) It will unite the country. Everybody understands each other since only one language is spoken.  
2.) Saves money not necessary to have voting and driver's license instructions in so many different foreign languages.

For Spanish-speaking people, English should be easy to master since both languages have the same roots, Latin and Greek.  
— Paul K. Tan,  
Downey

## 'Free' bank account could be costing you

CONTRIBUTED BY ARKADI KUHLMANN

For today's banking customers, a free toaster oven is no longer enough. With so many banks to choose from, customers expect everything to be free. That's why, every day, we're bombarded with ads for "free" banking accounts that promise no minimums and no restrictions.

But buyer beware. Buried in the fine print of most bank offers is a litany of fees and charges that can make that "free" account awfully expensive. These hidden charges make banks big bucks. In 2006, non-interest income for banks and thrifts was 27 percent of their total income, up from 24 percent in 2000.

Fees have fueled much of that increase. Since 2000, for instance, the average stopped payment fee has increased by 17 percent. Today, it runs about \$25.

ATM fees now average \$1.64, according to Bankrate.com. So if your bank charges you to use another bank's cash machine, you'll get socked twice – totaling \$3.28, on average. On a \$40 withdrawal, that amounts to a fee of 8.2 percent.

Overdraft fees have proven especially profitable. The average overdraft fee now stands at \$29, and in 2006, banks took in \$17.5 billion in these charges.

What does this mean for the ordinary consumer? An honest mistake can cost a lot of money.

Imagine that you write and mail-in checks for all your monthly bills on Monday. A week later, the cable, phone, and electric companies all cash your checks as planned – but so does the local Girl Scout who sold you those Thin Mints three months ago.


Your account is accidentally overdrawn. You're now facing an overdraft fee plus a late payment charge from your utilities provider. That's a lot of cash.

Some banks offer consumer-friendly policies, of course. But many of them keep consumers in the dark as a matter of policy, content to rely on murky fees to insulate their bottom line. These banks hope consumers won't notice when they're hit with an annual ATM fee, an annual debit card fee, and a monthly maintenance fee.

In a recent study from the Government Accountability Office, researchers were unable to obtain a comprehensive list of fees at 22 percent of the branches they surveyed. That lack of transparency is troubling.

Some fees are reasonable. A nominal late payment fee, for instance, is needed to ensure that folks stick to the predetermined payment schedule.

### The Downey Patriot

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### Slob meet

Dear Editor:  
My name is Dale Dollins. I reside on Samoline Avenue in our once clean and quiet neighborhood in Downey. For the last couple of years that has changed due to the swap meet at Warren High School which is one block away.

We moved into Downey 20 years ago knowing the high school was nearby and knew that there may be noises (the band practices) and occasional parking on our street (graduations and athletic events). We have accepted these inconveniences as part of where we chose to live. We have voted in favor of school bonds and supported the schools that educated our two sons during those years.

Recently, however, a new nuisance has come to light. It is the Saturday swap meet at Warren High School. Along with the swap meet comes often rude people parking all the way down our street. These people bring trash in many forms, which my neighbors and I are constantly picking up. The trash comes in many forms: dirty diapers, plastic bags, graffiti, food wrappers and food containers. They bring the same kinds of trash to Paramount Boulevard, which appears as a blight on our formerly pristine neighborhood and surrounding area.

Is the revenue generated from this swap meet really necessary to sustain the programs at Warren? Is the school district so fiscally desperate they feel it necessary to ignore their surrounding constituency? I hope that is not the case. But if it is, I suggest, as a compromise, that at least a portion of the money generated by the swap meet be allocated to cleaning up the surrounding area.

I represent a whole block of people that are extremely tired of Saturdays full of traffic and Sundays filled with trash and graffiti. Our only recourse is to vote accordingly for city and school board representatives that are sensitive to our tax-paying wishes, and possibly find a more "appropriate" place to dump the trash we pick up weekly.

Maybe we could toss it back over the school fence. It seems to get picked up in the school.

— Dale Dollins,  
Downey

### Giant microwave

Dear Editor:  
Downey's moratorium on new cell phone towers for consideration of their esthetics seems like an excellent move to reduce the potential impact of the towers for neighborhood blight. ("City Calls for 45-day Moratorium as it Drafts New Cellular Monopoles Policy," 7/25/08)

But based on recent revelations about the potential impact of cell phones on their users, perhaps the city would be wise to consider the impact of so many microwave towers on the health of residents. Perhaps we could be creating in our town a giant microwave oven, the first of which was invented by a Raytheon engineer during research with microwaves in the development of radar.

— Hugh T. Hoskins,  
Downey

Unfortunately, many banks have gone beyond what's reasonable. Too many have fees that accrue regardless of account activity, like monthly maintenance fees, checking account fees, and annual fees. Customers get charged simply for existing.

So what's a consumer to do? Shop around.  
In lieu of overdraft fees, for instance, many banks have consumer-friendly offerings like automatic transfer from savings to checking in the event of an overdraft. Others offer an overdraft line of credit at a competitive interest rate.

There are also banks that don't charge you to use another bank's ATM. Considering that it's your own money, you shouldn't have to navigate a minefield to avoid getting socked.

A high interest rate is also important. Most brick-and-mortar banks continue to pay less than half a percent of interest on checking and savings accounts. This is well under the rate of inflation.

Consumers should also pay close attention to their account contracts. Fees should be reasonably priced, clearly defined, and transparent. Fine print and reams of pages are signs that you're probably better off banking somewhere else.

The truth is that full-service checking and savings accounts can be had for free. You just have to look for them.

Arkadi Kuhlmann is president and CEO of ING Direct.



## Tips to gauge health before it's too late

The kind, gentle old family practitioner keeping an eye out for the patient's overall health is a thing of the past. These days, doctors are as swamped with HMO paperwork as they are with patients.

The New England Journal of Medicine reports the average doctor's appointment lasts less than 22 minutes. An American Medical Association report sites patients changing health insurance providers as a reason few have the same "family doctor" watching over them year after year. It's becoming the patient's responsibility to keep an eye on their own changing health, and to do their own body's "preventive maintenance."

In his new books, "Medical Crisis: Secrets Your Doctor Won't Share With You," Dr. Anthony Martin asserts that breast cancer and prostate cancer are nearly 100 percent preventable. It takes more than five years for most cancers to grow to the size of the tip of a ballpoint pen. By the time cancer is found by routine blood tests or feeling a lump, the patient may have missed precious time.

"Your car has dashboard warning lights to alert you that the oil is low, or you're out of gas," says Martin. "The body has those same warning signals. You just have to know how to read them."

Here are Martin's four warning signs to find out if you are on the path to cancer, stroke or other illnesses:

**1.) Energy.** If you've been tired for three weeks straight, your body is trying to tell you something is wrong. Long-term fatigue is tied to red blood cells. Red blood cell problems can lead to liver, kidney or brain trouble.

**2.) PH Balance.** Seventy percent of the human body is water. Water, like in your swimming pool, is either acidic or alkaline. An unbalanced PH (potential hydrogen) is a breeding ground for cancer, cardiovascular disease, diabetes and pre-mature aging.

**3.) Free Radicals.** The body emits free radicals as a process of detoxifying itself. When balanced, they are used by the immune system to destroy bacteria and viruses. Unbalanced free radicals can lead to cancer, coronary heart disease, stroke, arthritis or Alzheimer's.

**4.) Inflammation.** You need cells to "puff up" to stop bleeding – but too much can strangle the arteries and cause coronary heart disease. Fat cells are a side affect of obesity. Too many fat cells and cells that are too "puffy" can lead to asthma, diabetes and cardiovascular disease.

Most doctors know these warning signs, but few sit back to contemplate how these symptoms work together to affect your health.

Dr. Anthony Martin is certified as a natural medicine practitioner as well as a qualified chiropractic. He owns his own practice, The Martin Clinic, in Sudbury, Ontario and hosts a radio show, "Ask the Doctor." His Web site can be found at [www.drmartin.ca](http://www.drmartin.ca).

## End gender-based wage discrimination

BY REP. LUCILLE ROYBAL-ALLARD (D-34)

Forty-five years ago, Congress passed the Equal Pay Act to end wage discrimination against women who, on the average, only earned 60 cents to every dollar earned by men.

Since then, however, despite enactment of the Equal Pay Act, women have only managed to narrow this wage gap by less than 20 percent. According to the U.S. Census Bureau, women now earn only 77 cents to every dollar earned by men, for doing the same job with the same responsibilities.

It is critical to close this unfair wage gap, which often has a devastating economic impact on a woman's life. This is particularly true upon retirement because pensions and Social Security benefits are based on a person's life earnings. The Institute of Women's Policy Research estimates that this disparity costs a woman anywhere from \$400,000 to \$2 million in her lifetime. As a result of this loss of income, the Older Women's League reports that 70 percent of older adults living in poverty are women.

For these significant reasons, I was proud to join the majority of my colleagues in the U.S. House of Representatives on July 31, 2008 in passing The Paycheck Fairness Act. This measure, which is now pending in the U.S. Senate, takes the necessary steps to strengthen the Equal Pay Act and close the many loopholes that have continued to negatively impact the economic security of women.

The Paycheck Fairness Act creates a training program to help women strengthen their negotiation skills. It enforces equal pay laws for federal contractors. The measure requires the Department of Labor to work with employers to eliminate pay disparities by enhancing outreach and training efforts. The bill prohibits employers from retaliating against employees who share salary information with their co-workers. Finally, the legislation allows women to sue for punitive damages in addition to compensatory damages now available under the Equal Pay Act.

A couple of weeks before the House passed the Equal Pay Act, I had



the pleasure of gathering with many of my colleagues in the House and Senate at a rally on Capitol Hill in support of both this measure and the pending Lilly Ledbetter Fair Pay Act. We were joined at that rally by Lilly Ledbetter herself, who provided first-hand testimony about the years of gender-based wage discrimination she endured while employed as a supervisor for a Goodyear Tire plant in Gadsden, Alabama. After nearly two decades, an anonymous note revealed that she had been paid less than male co-workers who held the same job, including recent hires with less job experience.

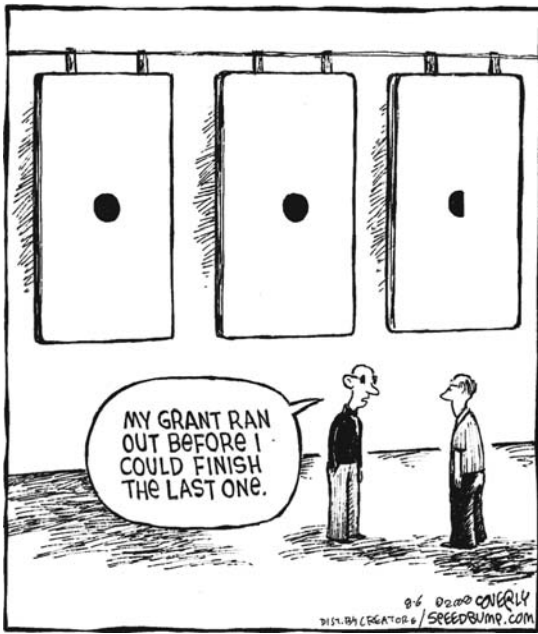
To fully understand the need for final passage of the Lilly Ledbetter Fair Pay Act, it is crucial to know the significant roadblock she experienced when trying to regain the lost compensation owed to her.

Ms. Ledbetter brought an Equal Opportunity Commission complaint against Goodyear. A jury awarded her nearly \$225,000, but in a 5-4 decision, the U.S. Supreme Court ruled that Ms. Ledbetter could not collect the wages Goodyear owed to her. Under the ruling, in order to enforce her right to be paid fairly, Ms. Ledbetter would have had to have filed a wage-discrimination complaint within 180 days of when the discrimination began – impossible considering she did not learn she was being paid less for the same work until years later.

The Lilly Ledbetter Fair Pay Act would clarify that every paycheck or other compensation resulting, in whole or in part, from an earlier discriminatory pay decision constitutes a violation of the Civil Rights Act. As long as workers file their charges within 180 days of a discriminatory paycheck, their charges would be considered timely. This measure passed the U.S. House of Representatives with my support on July 31, 2007, but awaits passage in the Senate.

As your Member of Congress, I will continue to work to pass both The Paycheck Fairness Act and The Lilly Ledbetter Fair Pay Act into law. We must work together in the House, the Senate, the White House, and above all, in our workplaces, to end gender-based wage discrimination, once and for all.

## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For August

Sun. Aug. 10: **Bingo Luncheon**, Msgr. Robert Gipson Hall, 1 p.m.  
 Wed. Aug. 13: **Citizens for Downey**, Rio Hondo Event Center, 7:15 a.m.  
 Wed. Aug. 13: **Downey Symphony**, Furman Park, 7 p.m.  
 Thurs. Aug. 14: **Book Lovers Club**, Downey City Library, 12 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-Bear 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 Cancer 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.

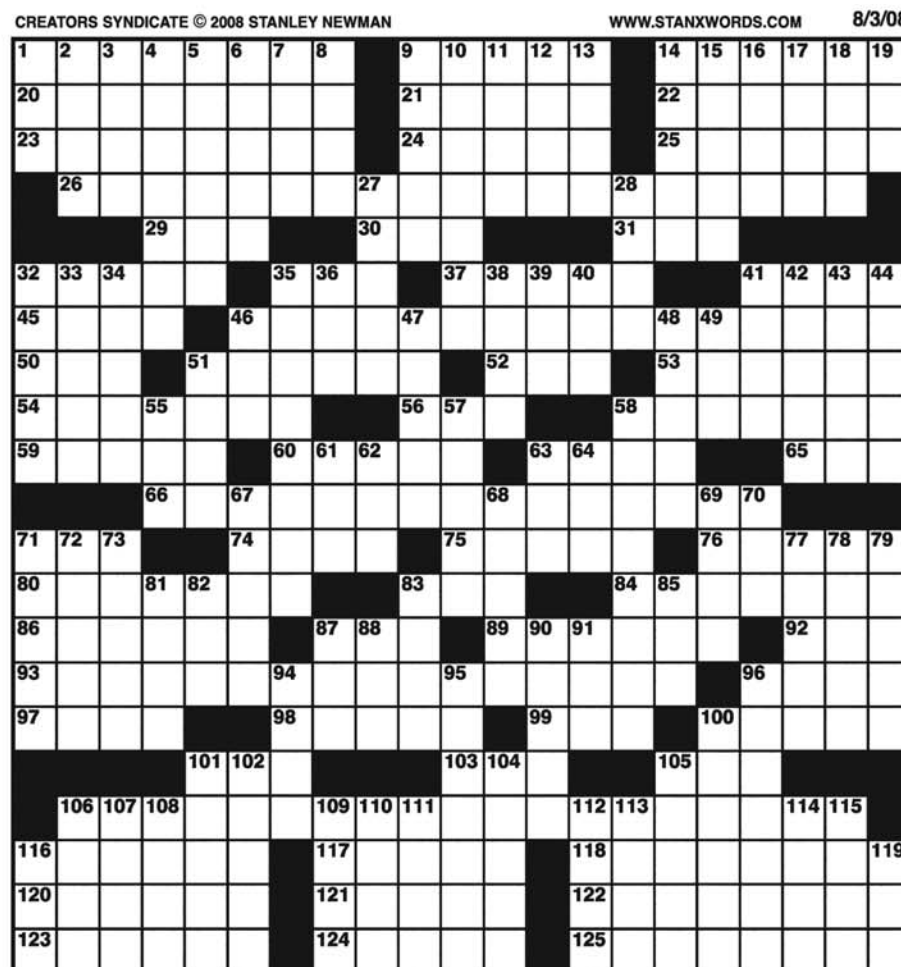
## On This Day...

**August 8, 1876:** Thomas Edison receives the patent for his mimeograph, a publishing tool used in classrooms, offices and churches.  
**1937:** Actor Dustin Hoffman is born. Also born Aug. 8: Larry Wilcox (61), Deborah Norville (50), The Edge (47), Kool Moe Dee (46), Drew Lachey (32), and Roger Federer (27).  
**1945:** The Soviet Union declares war on Japan.  
**1968:** Richard Nixon is nominated for president at the Republican National Convention.  
**1974:** Richard Nixon announces his resignation as president of the United States.

### THE NEWSDAY CROSSWORD

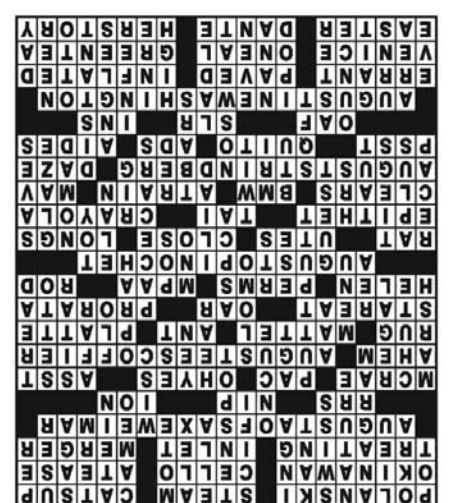
Edited by Stanley Newman (www.StanXwords.com)  
**CELEBRITIES OF THE MONTH: And variations thereof**  
 by S.N.

- |                                     |                                    |                             |
|-------------------------------------|------------------------------------|-----------------------------|
| <b>ACROSS</b>                       | 86 Exonerates                      | 14 Engraved pin             |
| 1 Chinatown director                | 87 Audi alternative                | 15 Didn't leave for lunch   |
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

NANA (20 Across) is the capital city of OKINAWA, the largest of Japan's Ryukyu Islands. The Italian nickname of DANTE Supreme Poet" in English. IPODS (109 Down) are placed into docking stations to connect them with home-audio systems.



## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Take a good look at that photo – I happen to be blond-haired, blue-eyed, and have a fair complexion. Unfortunately, I also love the out-of-doors and my favorite activities do little to shield me from the sun.



Regardless of skin type, however, sunburn is bad for us. It's a burn to living tissue due to overexposure to ultraviolet (UV) radiation, typically from the sun's rays. UV exposure can also cause invisible damage and premature aging of the skin, including early wrinkles and splotchy pigmentation changes. Excessive UV radiation is the leading cause of skin cancer. Skin cancer is the most common type of all cancers in this country, and the number of cases continues to rise. It is the uncontrolled growth of abnormal skin cells, resulting in tumors, which are either benign (non-cancerous) or malignant (cancerous).

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal cell and squamous cell cancers are generally less serious and account for 95 percent of skin cancers. They are highly curable when treated early, although squamous cell cancers can spread internally if left untreated. Melanoma is far more serious and causes 75 percent of all skin cancer deaths.

Sun exposure today is indeed more dangerous than when we were younger. In recent years, the incidence and severity of sunburn has increased worldwide, especially in the southern hemisphere. Dangerously high levels of UV radiation are widely held to be due to the damage to the ozone layer.

Sunburn can occur in less than 15 minutes from the sun's UV rays! Skin can turn red in as little as 30 minutes. Pain is usually at its most extreme between six and 48 hours after exposure. You may experience redness, swelling, blisters, fever, chills, weakness, and dry, itching, and peeling skin for days afterwards.

Sunscreen protects our skin from sunburn and minimizes suntan by absorbing these UV rays. In effect, sunscreen acts as a filter, keeping the harmful rays away from our skin. Choose a broad-spectrum sunscreen that filters out both UVA and UVB rays. Apply sunscreen to all exposed areas of the skin, including overlooked areas such as rims of the ears, lips, back of the neck and tops of the feet. If you will be getting wet, be sure to use a waterproof or water-resistant sunscreen.

Keep in mind that no sunscreen blocks 100 percent of UV rays. The SPF (Sun Protection Factor) indicates the degree of protection. The higher that number, the better the protection, and that protection also depends on your skin type. For example, an SPF of 10 indicates that it will take ten times longer for your skin to burn than if you wore no sunscreen. If a fair-skinned person would burn in five minutes under the strong midday sun, an SPF 10 would enable her to remain outside for 50 minutes before burning — 10 times longer than with no sunscreen. A darker-skinned individual who might burn in 20 minutes without sunscreen could stay out for 200 minutes before burning.

Contrary to popular belief, research shows that the best protection is achieved by application 15 to 30 minutes before sun exposure, followed by one reapplication 15 to 30 minutes after the exposure begins. Further reapplication is only necessary after activities such as swimming, sweating, and rubbing.

Is sunscreen really enough to keep us safe? While most sunburn can indeed be prevented through its proper use, scientists question the effectiveness of sunscreen in preventing malignant melanoma and believe that its use could actually be counterproductive. Here's why: Sunburn appears to be directly related to the formation of basal cell and squamous cell carcinomas of the skin (the more easily treatable kinds), but the connection to melanoma is being questioned.

Although UVA rays and repeated sunburn have been linked to melanoma, they are not the only risk factors: ethnicity, presence of

moles, and family history may increase risk as well. The problem is that sunscreen is so very effective against sunburn, basal cell, and squamous cell carcinomas that it does allow us to spend more time in the sun. The longer the sun exposure, the more likely that free radicals will form within cells. Free radicals are known to destabilize molecules and thus whole cells, which in turn increase the risk for malignant melanoma. Therefore, the best skin cancer prevention is to limit sun exposure altogether.

What can you do to treat sunburn? Most important, avoid the sun while healing and take precautions to prevent future burns. The best treatment for most sunburn is time. However, there are ways to help manage the pain and encourage the healing process.

- Start with a cool bath or use cool compresses on the sunburned area. One home remedy suggests applying a clean washcloth soaked with cool milk. In addition to the soothing cool temperature, a protein film will form to ease the pain, and the lactic acid will help reduce inflammation. A solution of diluted white cider vinegar (one cup in a tub of water) applied in a similar fashion may also reduce pain.

- Apply a topical moisturizer, aloe gel, hydrocortisone cream, or a topical pain reliever.

- If blisters are present, do not break them open; that will increase the risk of infection. A blister is the body's way of protecting itself while new skin is forming underneath.

Take Acetaminophen (Tylenol) Ibuprofen (Motrin, Advil), or Naproxen (Aleve) for discomfort.

Here in Southern California, we are fortunate to have our lovely long and sunny days, and hiding inside would be a shame. Here are measures that you can take to minimize the risk of sun damage.

- When possible, choose to stay away from the sun during midday, when its UV rays are at their most damaging.

- Wear protective clothing such as a long-sleeved shirt and hat.

- Use sunscreen with an SPF factor of 15 or higher on all sun-exposed skin. Most sunscreens wear off from sweating or swimming and must be reapplied. Remember that UV rays come through even on hazy or cloudy days.

- Wear sunglasses. UV absorption of 99 to 100 percent (or, "up to 400nm") is recommended. Watch for the words "absorption" or "blockage", rather than "protection".

- Avoid sun beds and tanning salons. They significantly increase the risk of skin cancers as they emit UVA and UVB radiation.

- Be meticulous in providing sun protection for children. Caution them about the harmful effects of excessive sun exposure.

- Perform a monthly self-examination in front of a full-length mirror to inspect all parts of your skin, including palms and soles, back of the torso and back of the legs. Get some help - one out of three melanomas in men are found on the back.

- See your physician if you observe any new, changing, or suspicious lesions.

Have a safe and sunburn-free summer!

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.

### Health screenings offered Aug. 25

DOWNEY – Stroke and heart screenings will be offered Aug. 25 at the Cornerstone Christian Worship Center, 9001 Paramount Blvd. in Downey, beginning at 9 a.m.

Screenings will be administered by Life Line Screening and are priced according to different packages.

Appointments and pre-registration are mandatory by calling (800) 697-9721.



The San Antonio Guild of Childrens Hospital Los Angeles recently installed their new executive board at the home of Stacy Brabant. Pictured from left to right: Ingrid Johnson, auditor; Floralie Anthony, historian; Sue Chavez, secretary; Carol Somoano, treasurer; Ann and Reggie Donahue, second vice presidents, membership; and Rose Shelton, returning president. Not pictured is Dorothy Pemberton, first vice president of publicity. The board's next fundraiser is Oct. 18 with a "Night at the Races" at Los Alamitos Race Track. The group will also host their annual Homes for the Holiday on Dec. 14. For tickets or information, call Dorothy Pemberton at (562) 927-9908.

## DRMC hosting blood drive this Thursday

DOWNEY – Downey Regional Medical Center is hosting a community blood drive this Thursday from 7 a.m. to 7 p.m. in the hospital's lower-level conference rooms.

All donors will receive a \$5 gift certificate to Pick Up Stix Asian restaurant.

The drive is sponsored by the DRMC Volunteer Corps and the American Red Cross.

Blood donors must be in good health, at least 17 years old, and weight at least 110 pounds. There is no age limit for donors, but people who are pregnant, recently traveled to certain parts of the world, or are experiencing certain health conditions or using certain medications may be temporarily turned away.

A healthy donor may donate red blood cells every 56 days. Blood is needed for emergencies and for people who have cancer, blood disorders, sickle cell anemia and other illnesses.

To schedule an appointment, call the DRMC Volunteer Office at (562) 904-5321 or go to [www.givelife.org](http://www.givelife.org) and enter the code DOWREG.

Walk-ins are welcome, but may experience delays. The donation process generally takes about one hour.

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

Recent research seems to lend some credibility to the notion that motherhood robs women of their teeth. According to analysis of data involving 2,635 women in the United States aged 18 to 64 years, women who gave birth to more children tended to lose more teeth. This was found to be true regardless of socioeconomic status. A probable cause for the increase in tooth loss among mothers is the gingivitis that women are more prone to during pregnancy. If left untreated, this buildup in bacteria between the teeth and gums can lead to more serious gum disease and, eventually, tooth loss. Moreover, women may be less likely to visit the dentist while pregnant.

Being a woman is extraordinary, fun and fulfilling, but it's not always easy. A woman's body goes through so many changes that good oral hygiene is especially important. In addition to comfortable relaxing surroundings and timely and efficient service, we offer superior clinical care, whether it's a tooth cleaning or a total make over. Come visit us at 10800 Paramount Blvd., Suite 307 today and see for yourself what a great caring environment we have here. We pride ourselves in striving to make you smile with confidence.

P.S. Pregnancy brings hormonal changes that are linked to an increase in the plaque on teeth, which, if not removed with flossing and brushing, can lead to gum disease.

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### Asian collectibles on sale at thrift shop

**LONG BEACH** – The Assistance League of Long Beach's Thrift and Vintage Shop will hold its once-a-year "Asian collectibles" sale this Thursday at 10 a.m.

The sale will include clothing, art work, ceramics, furniture and home décor, with all proceeds benefiting the Assistance League's philanthropic programs, including Operation School Bell and their Orthodontic Center. The thrift shop is located at 2100 E. 4th St. in Long Beach.

### Learn to research Catholic ancestors

**LONG BEACH** – The Questing Heirs Genealogical Society of Long Beach will have its regular meeting Aug. 17 in the Parish Hall of Resurrection Lutheran Church, 1900 E. Carson St. in Long Beach, at 1:15 p.m.

The meeting's topic will be "Researching Your Catholic Ancestors," presented by Pam Wiedenbeck.

Prior to Wiedenbeck's presentation, Loran Bures will discuss "Why Publish Your Family Genealogy?" and Thomas Chumley will talk about the Sons of Union Veterans of the Civil War (SUVCW).

For more information, call Liz Myers at (562) 598-3027 or visit [www.qhgs.info](http://www.qhgs.info).

### College offering day/night ESL classes

**NORWALK** – Cerritos College will offer English as a Second Language (ESL) classes both day and night at its Norwalk campus beginning Aug. 18.

Classes are offered at beginning, intermediate and advanced levels, and are available for \$20 per unit (most classes are three units).

Most classes meet twice a week and are available during both the 18-week session and the first and second nine-week sessions.

For more information, call Lucia Coulter at (562) 860-2451, ext. 2847.

### Rancho golf tournament this Monday

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

The event is still 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.

### Ezra Center meeting Aug. 19

**DOWNEY** – Earthquake and disaster preparedness tips will be discussed at the Aug. 19 meeting of the Ezra Center for Mature Adults located at Temple Ner Tamid of Downey.

The center will discuss the do's and don'ts during a disaster, and will "take a new look at what is important for survival."

The meeting will also include a discussion of advance health care directives, instruction for your doctor in the event you cannot make decisions on your own.

Registration starts at 9:45 a.m. and the program begins at 10. For more information, call Miriam Brookfield at (562) 943-3170.

### Sisterhood board meeting Wednesday

**DOWNEY** – The Sisterhood of Temple Ner Tamid of Downey will have their board and membership meeting this Wednesday at 11 a.m.

Sisterhood President Ruth Beck will preside over the meeting, which includes a brown-bag lunch at noon. For information, call (562) 861-9276.

# Downey in Action: Downey Rotary



By HENRY VENERACION, STAFF WRITER

A favorite mantra uttered at the start of every Downey Rotary meeting is "It's the number one service club in Downey." Accurate or not, the message packs power.

Not that its membership, which averages 80-85, really needs this kind of pat-on-the-back. As constituted year after year, its roster reads like a Who's Who of Downey, and its character and mission, as defined not long ago by District Governor Scot Clifford, cannot be faulted: "Rotarians are business and professional leaders who aspire to the highest ethical standards in their vocations, and who not only help those in need in their own communities but who also seek to advance the cause of peace, understanding and goodwill worldwide through scholarships, youth and adult exchanges and humanitarian projects."

Describing the club and its work further, Clifford added: "Rotary is the world's oldest and most important service organization with over 1,200,000 members in more than 30,000 clubs spread throughout 160 countries. Rotary provides clean water to those without it, feeds the hungry, battles crippling, debilitating and disfiguring diseases and helps people learn to read and write so they can compete in the modern workplace." The Rotary Club of Downey itself was founded in 1924. Its influence is varied, deep, and far-reaching. Its work towards the eradication of polio, its dental outreach program in Mulege, its many literacy, cultural, scholarship and juvenile help programs have been much noted and praised.

Mayor Pro Tem Mario Guerra says a daily ritual of his before he starts work is to read his copy of "The Rotarian's four-way test [of the things we think, say, or do]: 1) Is it the TRUTH? 2) Is it FAIR to all concerned? 3) Will it build GOODWILL and better FRIENDSHIPS? 4) Will it be

BENEFICIAL to all concerned?"

The fellowship Rotary provides is the number one reason why they joined the club, say philanthropists Dr. Mary Stauffer and Art Morris, a sentiment universally shared by every member. "If I can at the same time do some good," says Angelo Cardono, "fine." Cardono, who joined the Downey Rotary in 1948, is the longest-serving member and he and George Cade, who joined in 1954, are the only ones to achieve perfect attendance through the years.

Eager to help preserve the club's proud traditions, Cardono at every opportunity reminds everyone, "The price of membership is attendance." He also decries the tendency of some to "take part" in the club's activities with their checkbooks. "In the old days," he says, "we did the plowing." He's also a bit worried that the club may be trying to do too much, that it might be better to focus on fewer projects but gain more impact.

The attendance of nearly 50 Downey Rotarians at Dr. Jordan Phillips' funeral service Monday didn't escape Harold Tseklenis' notice. What a tribute, he said, to an extraordinary man. He also said: "[While] I appreciate the quality of the relatively recent men and women belonging to the club and their commitment to the club's motto, Service Above Self, let no one forget the contributions that have been made by committed and dynamic leaders such as Doug Baker and Bill Bowermaster."

Grace Eshlian recalled the members' response to Sept. 11, a Tuesday: "More members than usual showed up at the meeting. On that day of national mourning, we held hands, and prayed, and comforted each other. We later put together some money to send to the victims' families. We discovered then that we could be close."

*Henry Veneracion is a member of Downey Rotary.*

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## Book club to discuss new McBride novel

**DOWNEY** – Local book lovers are invited to join a discussion of James McBride's new novel, "Song Yet Sung," at the Downey City Library this Thursday from noon to 1 p.m. in the Cormack Room.

The free program offers adults a discussion of a different book each month.

"We often feature literary fiction," said senior librarian Jan Palen, "but we also include some classics, biography and popular nonfiction. I encourage everyone to read the book ahead of time, but if not, please join us."

"Some people are intrigued by our discussion and read the book at a later time. Ours is a lively, thoughtful group and we hope everyone will come share their ideas."

McBride is the author of a bestselling autobiography, "The Color of Water." His latest novel, "Song Yet Sung," is about the struggle for freedom in pre-Civil War Maryland.

Liz Spocett, a beautiful runaway slave, suffers a head injury, lapses into a coma, and is given the gift of prophecy. When she awakes, she can see the future – from the near future to Martin Luther King to hip-hop.

Reviewing the book, Publishers Weekly wrote, "Escaped slaves, free Blacks, slave catchers and plantation owners weave a web of intrigue and adventure...a thoughtful meditation on the nature of freedom and a sharp social commentary on contemporary America."

Light refreshments will be served. For reservations, call (562) 904-7360, ext. 132.

## Museum raffling expensive prizes as part of fundraiser

**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](http://www.downeymuseumraffle.com).

## 'Romeo and Juliet' with a twist

**LONG BEACH** – "Romeo and Juliet, Together and Alive at Last," a drama by John Steinbeck, opens tonight and will close out the Long Beach Playhouse's 2007-08 mainstage season.

"Romeo and Juliet, Together and Alive at Last" tells the story of eighth-graders Pete Saltz and Anabell Stackpoole, who are in love but terribly shy. To bring the two together, their classmates decide to stage a performance of "Romeo and Juliet," with the reluctant Pete and Anabell voted into the title roles.

With two weeks of rehearsal and a classmate's villainy threatening the well-meaning endeavor every step of the way, the big day finally arrives. Lines are dropped, costumes rip, scenery tumbles, potions spill, and Juliet's bier nearly blows up.

Ticket prices are \$18 general admission, \$15 seniors and \$10 for students. For more information, call (562) 494-1014.

## Lovers comedy hitting the stage

**LONG BEACH** – International City Theatre will present "Frankie and Johnny in the Clair De Lune," a bittersweet comedy about two people who meet by chance and discover they were meant to be together, at the Long Beach Performing Arts Center beginning Aug. 29.

The production is directed by Todd Nielsen and stars Libby West and Thomas Fiscella.

Tickets are \$29-\$42 and are available by calling (562) 436-4610 or online at [www.ictlongbeach.org](http://www.ictlongbeach.org).

## Jewelry discussed at Christian meeting

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

Melinda Green of Cross My Heart Jewelry will be the event's special feature, while Pattie Reinhart will speak on "Taking Charge in a Chaotic Life."

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 or Delores at (562) 868-7135.



**Ann Peck McBride returns to the Downey Civic Light Opera for her 15th appearance as Bloody Mary in "South Pacific," opening Oct. 2 at the Downey Theatre. For tickets and information, call (562) 923-1714.**

## Gospel and jazz hitting Bellflower

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

For tickets, call (562) 412-2221 or visit [www.tamilyn.net](http://www.tamilyn.net).

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THE MUMMY 3 PG-13	(11:00 1:45 4:30) 7:15 10:00
THE MUMMY 3 PG-13	(12:00 2:45 5:30 8:15 11:00)
SWING VOTE PG-13	(10:45 1:40 4:35) 7:30 10:25
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CENTER OF THE EARTH PG	(11:45 2:15 4:45) 7:15 9:45
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- ★ SWING VOTE PG-13 (10:10, 4:25)
- ★ STEP BROTHERS R Fri to Sun: (10:00, 12:30, 3:00, 5:30, 8:00, 10:30; Mon: (3:00, 5:30, 8:00, 10:30; Tue: (10:00, 12:30, 3:00, 5:30, 8:00, 10:30)
- ★ THE DARK KNIGHT PG-13 Fri to Sun: (12:20, 1:05, 3:40, 7:00, 7:45, 10:25; Tue: (12:20, 1:05, 3:40, 7:00, 7:45, 10:25)
- ★ MAMMA MIA! PG-13 (10:40, 1:25, 4:15, 7:10, 9:55)
- ★ JOURNEY TO THE CENTER OF THE EARTH (DIGITAL 3DX) PG (10:00, 12:20, 2:40, 5:10, 7:40, 10:15)
- ★ ALVIN AND THE CHIPMUNKS PG Mon: (10:30 AM, 12:30 PM)

Times for Friday-Tuesday, August 8-12, 2008  
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## New Titles at the Downey City Library

### Titles on the Olympic Games

- "Amazing Pace: the Story of Olympic Champion Michael Phelps" by Paul McMullen.
- "Before the Eyes of the World: Mexico and the 1968 Olympic Games" by Kevin B. Witherspoon.
- "Grace and Glory: a Century of Women in the Olympics" edited by Siobhan Drummond and Elizabeth Rathburn.
- "Inside the Olympics: a Behind the Scenes Look at the Politics, the Scandals and the Glory of the Games" by Richard W. Pound.
- "Jesse Owens: Fastest Man Alive" by Carole Weatherford.
- "Male Olympic Champions" by Michael V. Uschan.
- "Olympic Equestrian: a Century of International Horse Sport" by Jennifer O. Bryant.
- "Rome, 1960: the Olympics that Changed the World" by David Maraniss.
- "The Olympics: a History of the Modern Games" by Allen Guttman.
- "Special Olympics" by Mike Kennedy.
- "Summer Olympics: the Definitive Guide to the World's Greatest Sports Celebration" by Clive Gifford.

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

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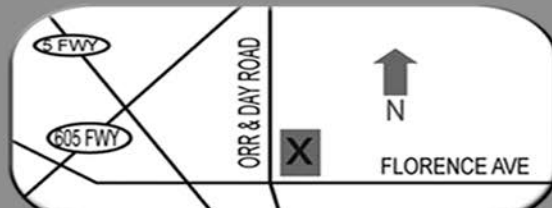
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### Downey, 2007

Cover of last year's "A Year to Remember"



### A Year to Remember



Published by The Downey Patriot  
December 28, 2007

Downey, 2008... A Year to Remember is a special edition magazine recapping the significant news and events that transpired in Downey throughout the past year.

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## Bayardo is one example of a student overcoming obstacles

By MARY FORNEY, STAFF WRITER  
**DOWNEY** — Ana Bayardo knows how to keep her eye on the ball no matter life's circumstances.

Addressing the guests and classmates at Downey Adult School Career and Education Center commencement July 31, Bayardo talked about her 12-year journey to getting her General Equivalency Diploma.

Smiling broadly and confidently, Bayardo described growing up in El Chante, Jalisco in Mexico and moving to the United States at age 20.

Bayardo started learning English at her eldest son's preschool where she volunteered and in 1995 she enrolled in the English as a Second Language program at the Downey Adult School Career and Education Center.

"My son and I learned English together," Bayardo said. "I knew I had to learn it because I wanted to go on and finish school and become a United States citizen."

Juggling a husband, a child, and schoolwork wasn't an easy task for Bayardo so when she became pregnant with her second child, she had to withdraw from her classes.

"I kept telling myself I needed to finish because I wanted to set a good example for my sons," she said.

Bayardo eventually returned to school — and the challenges of learning a foreign language and math. During one class, she became so frustrated over a math equation that she left school with quitting on her mind. But, she didn't give up. Bayardo returned to her schoolwork, and with the support of her teachers, kept on going until 2005 when she discovered she



Ana Bayardo was diagnosed with ovarian cancer in 2005. She juggled cancer treatments and family life to eventually receive her GED last month.

had ovarian cancer.

The next two years were filled with laser radiation, surgery, and chemotherapy — and no time or strength for school.

During her cancer treatments, Bayardo discovered a curiosity about the medications she was taking and began researching what they were and what they were for.

Her newly developed interest in medications helped form what would become her chosen career.

Once again returning to the Downey Adult School Career and Education Center in 2007, Bayardo pushed herself towards graduation.

"I knew if I beat cancer — which was a big thing — I knew I could do this too," she said.

Completing her requirements for a general equivalency diploma, Bayardo, now age 38, earned a Delta Kappa Gamma scholarship and is enrolled in the pharmacy technician certification program at the Downey Adult School Career and Education Center.

"Normally, the student speaker at commencement is a high school graduate, but she volunteered to share her story," said Terrie Halley, school registrar.

During 2008, 30 adult students received high school diplomas from the Downey Adult School Career and Education Center and 149 students received GED certificates.

## Roybal-Allard feted for work against underage drinking

WASHINGTON, D.C. — Rep. Lucille Roybal-Allard (CA-34) was honored on Capitol Hill last month for her work to combat drunk driving and underage drinking.

The presentation was made by the Century Council and the sixth annual Congressional Awards luncheon. The Century Council is a national not-for-profit organization funded by distillers.

Roybal-Allard is author of the STOP Underage Drinking Act, which was signed into law in December of 2006. The STOP Act makes permanent an Ad Council national media campaign, coordinates all federal programs and research initiatives on underage drinking, and provides grants to institutions of higher education, states and non-profit organizations to combat underage drinking in communities.

The STOP Act also supports research on the health effects of underage drinking and requires the federal government to produce an annual status report on underage drinking in our country.

Roybal-Allard also launched the Century Council's "We Don't Serve Teens" program last fall. Closer to home, she hosted the "Brandon Silveria Tells His Story" and "Tony's Tips" events at Downey High School in March and Roosevelt High School in Boyle Heights in May.



Rep. Lucille Roybal-Allard, left, was presented with an inscribed glass plate by Susan Molinari, chairwoman of the Century Council, a non-profit organization funded by distillers that fights drunk driving and underage drinking.

Roybal-Allard was presented with an inscribed glass plate by Susan Molinari, chairwoman of the Century Council and a former member of Congress.

According to the National

Highway Traffic Safety Association, there were 17,602 alcohol-related traffic fatalities in 2006, and 2,642 of those fatalities involved people under 21.

## Roundup to collect hazardous waste in Downey on Sept. 6

DOWNEY — Residents will have an opportunity to safely discard household hazardous waste at an e-waste roundup in Downey on Sept. 6.

Hazardous household waste includes antifreeze, unused pharmaceuticals, car batteries, used

motor oil, paint, pesticides, TVs and monitors, computers, VCRs, stereos, cell phones, and more.

The County of Los Angeles is sponsoring the roundup, which will be held at the Los Angeles County Office of Education, 9300 Imperial Hwy., from 9 a.m. to 3 p.m.

For more information, call (888) CLEAN-LA or go online to [www.888cleanla.com](http://www.888cleanla.com).

## Library closed for staff development today

DOWNEY — The Downey City Library will only be open a half-day today 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 tomorrow. For more information, call (562) 904-7360, ext. 3.

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Great home for a large family, 4 bedroom, 2 baths, nice family room w/fireplace, office space with closet (could be a bedroom), Central air & A/C, tank-less water heater and much more...

**REDUCED**

Cute Cozy Home  
3 bedrooms, 2 bathrooms, extra large family room, fireplace, beautiful park like backyard. Very nice location. Huge Price Reduction!

**SOLD**

Absolute Steal!  
Great Hollydale area with fabulous curb appeal. Sparkling move in condition, 3 bedrooms, 2 baths, new carpet, new paint. Updated kitchen, family room with fireplace.

**NEW LISTING**

Spectacular View  
Beautiful 4 bedroom, 3 bath home w/3 car garage, vaulted ceilings, central heating & A/C, spa, recessed lighting and a large lot.

**An Amazing Value**

Move-in condition, 3 bedroom, 2 bathrooms, 2 car garage, fireplace in living room, pool, central heat & A/C, outstanding back yard.

**REDUCED**

It's A Small Price  
Family kitchen, formal dining area, built in china cabinet, enclosed patio, 4 bedroom, 2 bathrooms, and 2 car garage. Nice North Downey Location...

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**JUST LISTED!**

**DOWNY ORANGE ESTATES!**

3 BD, 1.75 BA, 1864 sq. ft., Large manicured yard.  
**Priced @\$599,999**

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**FIT FOR A KING!!!**

4 BD, 3 BA, 3,018 Sq. Ft., nearly 11,000 Sq. Ft. lot. LIKE NEW!  
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3 BD, 2 BA, 1,519 St. Ft. Living  
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**JUST LISTED!**

**LOCATION! LOCATION! LOCATION!**

3 BD, 2 BA, over 1,500 Sq. Ft., 8,000 Sq. Ft. lot in N. Downey.  
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5 BD, 4 BA, over 9,000sq.Ft. Lot.  
**CALL FOR MORE DETAILS!**

**SOLD!**

9631 Downey Ave. ~ Downey

3 BD, 2 BA, living room, 2 car garage, 6,500 sq. ft. lot.  
**Priced To Sell!**  
**SOLD! SOLD! SOLD!**

**ON YOUR NEW HOME! Best Wishes! -Sonia**

**GREAT FOR ENTERTAINING!**

2 BD, 2 BA, Family Room.  
**Priced To Sell!**

**NICE AREA, NICE PRICE!**

3 BD, 1 BA, 6,960 Sq. Ft. Lot.  
**Priced to Sell!**

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 6 BD, 4.5 BA, over 5,000 sq ft of living space, all on a 14,600 sq ft lot.  
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**Custom Built Beauty!**  
 6BD, 5.5 BA, 5,380 sq. ft. house on a 11,930 sq ft lot. Features several upgrades, beautiful pool & spa & a large covered patio. This is an entertainer's dream house.  
**Proudly presented \$1,749,900**  
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**Custom Built One of a Kind!**  
 5BD+ optional 6th BD, 4BA, 4200 sq ft, large master suite, beautiful kitchen w/ Viking appliances, and home theater system w/ surround sound throughout house.  
 Price: \$1,199,950  
 Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Priced to Sell - Corporate Owned!**  
 Remodeled/NEW 5 BD + office, 5 BA, 3700 sq ft, pool & spa, 3 car garage.  
 Price: \$1,029,950  
 Call Michael Berdelis at (562) 818-6111

**OPEN HOUSE**

**Corporate Owned Bargain!**  
 New Construction 2007 - 5 BR, 4 BA, 3250 sqft living space, many fine upgrades and touches.  
 Price \$899,950  
 Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Cherokee Estates Charmer!**  
 4 BD, 2.75 BA, N. Downey home w/ spacious family rm, updated kitchen w/ newer appliances & granite counters, pool-size yard, & master bedroom. W/ approx 2800 sq ft on a 9900 sq ft lot, this home is a smart buy!  
 Price: \$749,950  
 Call Michael Berdelis at (562) 818-6111

**A Sicilian' Buy!**  
 4 BD, 3 BA remodeled North Downey pool home, large master bedroom, travertine floors, granite counters, and much more.  
 Price: \$699,950.  
 Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Orange Estates Jewel!**  
 3 BD, 2 BA, 2285 sq ft, large kitchen and living space, 8400 sq ft lot, pool & 2 car detached garage.  
 Reduced to \$675,000  
 Call Michael Berdelis at (562) 818-6111

**Fun in the Sun!**  
 4 BD, 3.5 BA North Downey home, remodeled in 2004 with newer pool & spa! Remodeled kitchen with granite counters & much more!  
 Price: \$599,950  
 Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Bring the In-Laws!**  
 3 BD, 2 BA main house + 700 sq ft guest house on a 7600 sq ft lot with 2 car garage. Many nice features - call for more details.  
 Price: \$550,000  
 Call Michael Berdelis at (562) 818-6111

**OPEN HOUSE**

**So Much Potential!**  
 3 BD, 2 BA NDOW pool home w/ living & family rooms, 1903 sq ft, RV parking potential, ... all on a 7,850 sq ft lot.  
 Starts at \$499,900  
 Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Great Investment Opportunity!**  
 2 units: 2 BD, 1 BA front unit (permitted as 1BD, 1 BA) and a 3BD, 1 BA back unit. 1615 sq ft total living space, all on a 10,854 sq ft lot.  
**Don't miss this deal priced at \$489,000!**  
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