

The Downey Patriot



What causes dizziness?
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Latest Bob's Big Boy rendering
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Friday, September 12, 2008

Vol. 7 No. 21

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

The secret to living a (really) long life

BY HENRY VENERACION,
STAFF WRITER

It was 105-year-old Nick Hasir's bad luck to live in Turkey in a convulsive time.

He was born in Adana, a city near Tarsus, of Greek parentage when Greeks and other minorities (Jews, Albanians, Bulgars, etc.)



Nick Hasir, 105 years old

who lived mostly along the coastline of Asia Minor were routinely taunted and discriminated against by the more dominant Turks. It didn't help much that Nick (real last name: Hasiroglou) never went to school.

In that troubled time (the Crimean War had just occurred, the Ottoman Empire was unraveling, while the big powers—England, France, Germany, Austria, Russia, even the U.S.—were redrawing the map of Eastern Europe and the Middle East, the mainland Greeks fought the Turks, etc.) the only skill he picked up was that of a blacksmith.

The dates and circumstantial details are blurry now because Nick contracted Alzheimer's 10 years ago, and this interview was conducted with the help of his wife (Chrysoula) and daughter (Ellie), who tried to recall the stories Nick told them earlier, but these are the broad strokes that emerged:

•Born in 1903, teenage Nick moves from Turkey to Greece in 1921 as part of a mass exodus of Greek refugees from Turkey. Amid tears, he recalls beatings he and fellow Greeks received from abusive Turks; another account tells of the defeated Greek soldiers (and Greek civilians who apparently got caught in the crossfire) being driven earlier to the sea by the vengeful Turks;

•Goes to Austria "to seek a better life"; joins the service; Austria is occupied by Germany; while working in front of a furnace as a "bread maker," German youth throw a bomb in the bakery, breaking

See **YOUTH**, page 4



Therapist Heidi Dombish, left, communicates with Armenian patient Grigor Ashdjian using an expanded Video Medical Interpreter system at Rancho Los Amigos National Rehabilitation Center in Downey. The system provides live interpretation services in 14 languages from 89 countries. Photo courtesy Rancho Los Amigos.

Bridging the Language Barrier

■ Rancho Los Amigos becomes the first rehabilitation hospital in the world to implement a wireless Video Medical Interpreter system, helping close the gap created by burgeoning language barriers.

BY MARY FORNEY, STAFF WRITER

DOWNEY – Grigor Ashdjian strums strings and tries to form chords on a block of wood as if he is playing a guitar. Ashdjian used to play the guitar, but a stroke in April left him with limited motor control and strength.

Determined to play again, Ashdjian practices with the wood block during his physical therapy sessions at Rancho Los Amigos National Rehabilitation Center.

Prior to 2008, the hospital staff found it difficult to communicate with Ashdjian because he is Armenian and doesn't speak English. Now, with the expanded Video Medical Interpreter system, Ashdjian and his occupational therapist can have a conversation through an interpreter they can both see on a webcam.

Sitting comfortably beside Ashdjian in front of a computer monitor, the therapist and Ashdjian are able to converse with the interpreter which allows the therapist to give directions to Ashdjian with ease.

"Before I used the telephone to talk to the interpreter and it wasn't good," Ashdjian said. "This is completely different and it's nice."

Ashdjian's therapist agrees. "The interpreter couldn't capture the expressions on the phone and relay it back to me," said Heidi Dombish.

The VIM system provides quick and easy on-screen access to 14 languages from 89 countries – including sign language, Mandarin, Korean, Armenian, and Spanish.

Sharing the hospital interpreters from participating hospitals and

health care providers in the Health Care Interpreter Network has expanded the number of language services offered by each hospital.

In a press release issued by L.A. Care Health Plan, Teresa Hernandez, a spinal injury patient at Rancho Los Amigos said, "Now I have an interpreter who can see me and explain to me so that I understand. It helps to know that my feelings are also being expressed the right way."

Nearly one in three Los Angeles County residents experience language barrier problems when communicating with medical professionals so the VIM system comes as a relief to the staff and patients who have limited English proficiency.

"An older lady told me she had to cancel two of her appointments because she couldn't bring her grandson with her to interpret," said Mikayal Chorakchyan, who is working on-screen as an Armenian and Russian interpreter. "Those with limited English really need us."

L.A. Care's Community Health Investment Fund provided Rancho Los Amigos with a \$1 million grant to pay for the system and interpreters.

According to Howard Kahn, CEO at L.A. Care, the expanded system has increased patient access to interpreters and interpreter productivity by 50 percent.

"The L.A. Care grant allows us to improve quality of care and reduce medical errors," said Lily Wong, director of the Language and Culture Resource Center at Rancho Los Amigos.

According to the press release, Rancho Los Amigos is the first hospital in Southern California – and the first rehabilitation hospital in the world – to implement the wireless VMI system.



Juan Rangel

FBI probe of Financial Plus widens

BY MARY FORNEY, STAFF WRITER

DOWNEY – Harald Rangel was living the good life until the FBI showed up on his doorstep and arrested him Monday.

Residing in the Treasure Island neighborhood in a home owned by his father, neighbors said that while Harald didn't appear to have a job, his driveway was always full of expensive vehicles and they would complain about the loud parties held until 2 a.m.

Harald was arrested on an indictment issued Sept. 5 by the U.S. District Court for the Central District of California Grand Jury. The indictment includes his father, Juan Rangel, who was arrested last month during a FBI and IRS raid of his \$2.8 million estate.

Juan Rangel is the owner of Financial Plus Investments Inc., RQ Properties, Eagle Funding, and Bancarrota.com Inc., who allegedly ran a Ponzi scheme that resulted

See **RANGEL**, page 3

Lottery scams still a lucrative business

BY SGT. LESLIE MURRAY,
DOWNEY POLICE DEPARTMENT

DOWNEY – On Aug. 13, at about 3:20 in the afternoon, a 51-year-old female was approached by a Hispanic male in the parking lot of the 99-Cent store located at Paramount Boulevard and Stewart & Gray Road. The Spanish-speaking man asked if she could help him find an attorney to help him cash a winning lottery ticket. He claimed he was an illegal alien and was in fear of being taken advantage of.

Soon another male approached the two, claiming to have overheard the conversation and offering his help. A short time later, after being convinced this was not a hoax, the 51-year-old woman was swindled out of \$9,000 which the criminals convinced her to withdraw from a CD account she had at a local bank.

This is just one of many recent schemes that have been employed by conspiring crooks. Although the ruse is common, it continues to be a lucrative one.

Just days after this incident, a 76-year-old female was approached in the Big Lots department store parking lot at 9020

See **SCAMS**, page 3

Film captures foreign countries

CONTRIBUTED BY
THE DOWNEY THEATRE

DOWNEY – The Armchair Adventure Travelogue Series, now in its 30th year at the Downey Theatre, resumes this Sunday at 2:30 p.m. with "Burma and Cambodia – Lands of Conflict."

The full-color, feature-length film is narrated live by travel adventure producer Buddy Hatton.

Two of the lesser-known Asian countries, Burma and Cambodia have two things in common: a history of political tyranny that continues to this day and astonishing remnants of historical cultures. They also have a resilient people of great charm and strength who are the best hope for their future.

Burma – The Golden Land
Mingalarbar is both a word of

welcome and a wish for good fortune. This single word best indicates the inherent nature of the people; not only to offer hospitality, but to wish you well. With traditions deeply rooted in the loving philosophy of Buddhism, the creed the Burmese live by is heartfelt goodwill to friends and strangers alike.

For many years, Burma disappeared behind a wall of self-isolation, and only recently did they once again open her doors to the outside world, revealing the country's culture and ecology almost untouched and unspoiled. With a diversity of terrain, Myanmar has something to offer at all times of the year.

To this day, Burma remains one of the most mysterious and undis-

covered destinations in the world; a land of breathtaking beauty and charm, offering all the traditional delights of Asia in one fascinating country.

This up-to-date film explores the current cry for democracy from its people who have endured 20 years of dictator/military junta suppression. Welcome to Burma, the golden land of pagodas, with a wish for your good fortune!

Cambodia – The Land of Angkor

The story of modern Cambodia is a dark one, steeped in bloodshed and tragedy. Phnom Penh is its capital; it has a French look about it, with wide boulevards and avenues, colonial-era French architecture,

See **FILM**, page 2



Warren High School cheerleaders visit schoolmate Timm Molina at Downey Regional Medical Center after he was seriously injured in the Bears' 41-13 victory over Bellflower last week. The cheerleaders -- Michelle Page, Alexandria Chavez, Ariel Lopez, Sarah Del Rio and Natalie Bedran -- helped cheer Molina up. More sports coverage on page 11. Photo courtesy Catherine Page

Film: Travelogues will be presented select Sundays.

Continued from page 1

and roundabouts; this era ended with The Killing Fields that brought four years of ethnic cleansing and doom for her people. Today, the people are rebuilding their lives.

In Siem Reap, it has been a thousand years since the god-kings of Angkor built their vast empire, and Cambodians still strive to recapture a sliver of their ancestor's glory. The breathtaking temples of Angkor have survived the wars and are on the UNESCO Heritage Sites and Wonders of the World lists.

"Burma and Cambodia - Lands of Conflict" is the latest "Armchair Adventure" produced by Buddy Hatton. He was last seen in Downey with "Vietnam - A Land of Surprises" in February, 2007.

Hatton cannot remember a time when he was not in show business. At an early age, he created, starred in, and produced his own radio and television show in San Francisco with fellow teenager, Johnny Mathis, as one of his regular featured guests. Hatton's high energy and love for the entertainment industry had him expanding his knowledge and expertise in every phase of the business; record producer, talent manager, and commercial spokesman for numerous major corporations.

Television was the next aspect to challenge, and he made an indelible mark in that field as well. As show host, he received two prestigious Percy Awards as Canada's Television Male Entertainer of the Year - an unheard achievement for an American. And there was his career in radio through which his sharp wit and down-to-earth wisdom earned him a large, faithful following of radio listeners in San Francisco.

With his love for people and excitement in discovering new places, plus his professional experiences before the camera, becoming a travelogue producer and lecturer was a natural progression.

"Burma and Cambodia - Lands of Conflict" is the first "Armchair Adventure" of a 10-film series featuring full-color, feature-length travelogues with live, in-person narration by the travel adventure producer.

All films are presented Sundays at 2:30 p.m. at the Downey Theatre. Season subscriptions are \$55 for adults or \$50 for seniors over 55 and students. Individual film tickets are \$7 for adults and \$6 for seniors and students; tickets can be purchased on the day of performance only using cash or check only.

For more information, call the Downey Theatre box office at (562) 861-8211, Monday through Friday, between noon and 4 p.m.



A young girl uses brass rings to help stretch her neck, a long-held tradition in the Asian country of Burma.



Darrell Jackson, founder of the 10-20 Club, presents Gangs Out of Downey president Carol Rowland with a \$1,100 donation, proceeds from the club's recent benefit golf tournament.



The new slate of officers for Gangs Out of Downey for the 2008-09 year have been announced. They include (from left to right): treasurer Barbara Lamberth, CEO of Downey Federal Credit Union; secretary Candie Blankman, pastor at Downey First Presbyterian Church; president Carol Rowland, coordinator of Keep Downey Beautiful; and vice president Roger Brossmer, principal of Downey Adult School.

Mervyns celebrates Mexican Independence

DOWNEY - The Downey Mervyns at Stonewood Center will celebrate Hispanic Heritage month and Mexican Independence Day with a live mariachi band, children's activities, food, drinks and a tent sale tomorrow from noon to 4 p.m.

The department store will also host a wellness fair where local community groups will share information on healthy living.

"Mervyns is committed to providing its customers with products and events that appeal to the local community," said Vicente Rodriguez, director of Mervyns Hispanic Initiative. "Along with sponsoring Hispanic Heritage Month festivals, the Mervyns' Mexican Independence Day event reflects this dedication to celebrating cultural diversity and uniting the community."

For more information, call (562) 869-0911.

DCLO tickets to benefit Rancho

DOWNEY - As part of a collaborative effort to raise money for Rancho Los Amigos National Rehabilitation Center, the Amigos Fund will be selling tickets for an upcoming performance of "South Pacific" at the Downey Theatre.

The Downey Civic Light Opera and executive producer Marsha Moode have been longtime supporters of Rancho.

Tickets for the Oct. 12 matinee performance of "South Pacific" are \$30 (orchestra seating) and are available at the Rancho Foundation office at Rancho Los Amigos.

They can also be purchased by calling Doris Patterson at (562) 869-0377 or Pat Smith at (562) 862-8868.

The Amigos Fund is an auxiliary of the Rancho Los Amigos Foundation and has been working to improve the quality of life for Rancho patients since 1954.

After-school tutoring at local church

DOWNEY - Beginning Monday, First Presbyterian Church of Downey will be offering after-school tutoring in reading and math Monday through Thursday from 3:30 to 5 p.m.

There will also be music classes, sports and games and activities for kids.

For more information, call Alfredo Delgado or George Leiva-Ardon at (562) 861-6752.

'The Living Christ' performance Sunday

DOWNEY - The Downey Stake of the Church of Jesus Christ of Latter-day Saints will host a musical presentation, "The Living Christ," this Sunday at its facility at 12425 Orizaba Ave., north of Imperial Elementary School.

The performance will be delivered by young missionaries serving in Downey and surrounding communities.

Residents and church groups from other denominations are welcome. The performance starts at 7 p.m.

Town hall meeting scheduled Oct. 2

DOWNEY - Mayor Pro Tem Mario Guerra has scheduled a town hall meeting for Oct. 2 from 6:30 to 8 p.m. at the Barbara J. Riley Community & Senior Center.

The meeting will inform residents on "what is taking place in the city of Downey and what is on the horizon."

"These are exciting times for Downey and our citizens should know what we are doing and what our future holds," Guerra said.

Residents will also have a chance to speak and share their thoughts.

For more information, call (562) 904-7274 or e-mail mguer-ra@downeyca.org.

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Wednesday, October 8, 2008 11:30-1:00
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Deadline October 1, 2008.

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First Day Rosh Hashanah, Tues., Sept. 30 at 10:00 a.m.
Second Day Rosh Hashanah, Wed., Oct. 1 at 10:00 a.m.
Kol Nidre, Wed. Oct. 8 at 7:30 p.m. Sharp
Yom Kippur, Thurs., Oct. 9 at 10:00 a.m.

For Information, Tickets or Membership
Call 562-861-9276

10629 Lakewood Boulevard, Downey
(Freeway close, north of Firestone Boulevard)

Scams: Residents have fallen prey to familiar scams.

Continued from page 1

Firestone Blvd. Again, the suspects were two males. Using another lottery ticket scheme, the suspects defrauded the woman of \$4,000 after driving her to her home to get her bank card and then to her local bank to withdraw the funds.

On Sept. 2, the Food-4-Less parking lot was the location of yet another successful scam. This time it was a male and female suspect working together. The story was that the man was very sick and had to leave for Mexico, claiming it would take too long to process his winning lotto ticket. The suspects convinced the victim, a 60-year-old female, to withdraw "good faith" money.

The woman went with the suspects to her home to get her money. She gave them \$5,000, but once they drove her back to Food-4-Less, they sent her into the store and when she returned they were gone with her money.

These recent examples of "bunco scams" are typical. The suspects often work in pairs and target the elderly or individuals who put their confidence in get-rich-quick schemes. Many of these crimes begin in shopping areas, particularly parking lots.

Although the scams and suspect descriptions differ, the theme is common. The thieves prey on those who will put their confidence in them and their lucrative offers. Whatever the scam, the public can avoid falling victim by using caution when dealing with strangers offering to share found money or lottery winnings with you.

Questions related to these types of crimes may be directed to Detective Jeff Hill at (562) 904-2335 or Detective Ron Gee at (562) 904-2331.

Rangel: Banking official indicted for allegedly taking bribes.

Continued from page 1

in an estimated \$30 million loss of funds to 400-600 investors.

Targeting the Spanish-speaking community, Financial Plus Investments allegedly encouraged investors to mortgage or sell their homes to invest the equity in his fraudulent businesses.

Financial Plus Investments, RQ Properties, and Eagle Funding advertised mortgage brokering, mortgage refinancing, and home loan services to customers and Bancarrota.com Inc. claimed to offer bankruptcy relief services.

Karla Barragan and Dony Gonzalez are also named in the six count grand jury indictment that lists the charges as: Conspiracy, Making False Entry in Bank Report, Bribery of Bank Official, Receipt of Bribes by Bank Official, and Causing an Act to be Done.

The grand jury indictment alleges that Gonzalez, a branch manager for Bank of America, "abused his position...to assist defendant Juan Rangel and his businesses in exchange for secret payments."

Barragan, who worked for Juan, prepared Verification of Deposit forms which contained inflated account balances for borrowers whose loans were being brokered by Financial Plus Investments, RQ Properties, and Eagle Funding.

Harald delivered the forms to Gonzalez who signed the deposit forms and falsely verified the account information, the indictment alleges. Harald was directed by his father to pay Gonzalez \$100-\$300 for each falsely signed Verification of Deposit form.

The grand jury indictment allegations said, "...Gonzalez, an officer, employee, and agent of a financial institution, namely Bank of America, corruptly solicited and demanded for the benefit for himself and others, and corruptly accepted and agreed to accept, a thing of value, namely, payments totaling approximately \$5,930, from a person with the intent to be influenced and rewarded in connection with business and transactions of Bank of America."

The Rangels, Barragan and Gonzalez are scheduled for arraignment Monday.

Bond was set at \$25,000 for Harald, "but he has yet to post, so he remains in jail," said Thom Mrozek, public affairs officer for the U.S. Attorney's Office.

"Juan Rangel has been ordered detained (held without bond). That will not change any time soon," he said.



City officials this week revealed the latest rendering of the new Bob's Big Boy in Downey, expected to open sometime next year. Plans still need to be approved by the Planning Commission, which may happen as early as this month.

Immunization clinic this Wednesday

DOWNEY – A free immunization clinic for children ages 4-18 will be offered this Wednesday from 3:15 to 7 p.m. inside the ROP Conference Room at the DUSD district office, 11627 Brookshire Ave., in Downey.

Children can be immunized for chicken pox, hepatitis A and B, DTP, MMR, polio, meningococcal, and tuberculosis.

All immunizations are free and no appointment is necessary. A parent or guardian must accompany children with the child's official immunization card with past immunization history.

The clinic is sponsored by St. Francis Medical Center in cooperation with Downey Unified School District.

Students can go to Knott's Scary Farm

DOWNEY – The city of Downey Community Services department is accepting registration for a student trip to Knott's Scary Farm on Oct. 10 from 6 p.m. to 1 a.m.

The trip is only open to middle school students able to prove they live or attend school in Downey.

Cost is \$40 and includes transportation and admission. Check-in will be at 5:30 p.m. at the City Hall flag pole.

No costumes will be permitted and students will be supervised and travel in secure groups. To register, call (562) 904-7238.

Middle school dance Oct. 24

DOWNEY – The city of Downey Community Services department is sponsoring a Halloween dance for middle school students on Oct. 24 from 7 to 10 p.m. inside the gymnasium at Apollo Park.

The dance costs \$5 to attend and is open to all students in grades 6-8 with current student I.D.

Students must conform to a strictly-enforced dress code, which includes a collared shirt with tie and slacks for boys, and a blouse or sweater and knee-length skirt or slacks for girls.

No jeans, T-shirts, sandals, hats, bandanas, or halter tops will be allowed. Students also cannot wear costumes.

For more information, call (562) 904-7238.

Homework help at Downey parks

DOWNEY – Homework help and other outdoor activities for elementary school students is being offered this fall at Downey parks.

"A Safe Place to Play" is a free program offered Monday through Friday from 3 to 6 p.m. at Apollo, Dennis the Menace, Furman, Golden and Rio San Gabriel parks.

Homework help is offered Monday through Thursday from 3:30 to 4:30 p.m.

For more information, call (562) 904-7238.

Library now open Sundays

DOWNEY – With the start of the school year, the Downey City Library is now open on Sundays.

"Providing access to the library on Sunday is a real benefit to students and busy families," said City Librarian Nancy Messineo. "Getting a free library card for everyone in your family is a great way to begin the new school year."

The library will open Sundays from 1 to 5 p.m. This is in addition to their regular hours of Monday through Thursday, 10 a.m. to 9 p.m.; and Friday through Saturday, 10 a.m. to 5 p.m.

The library offers books, magazines, newspapers, audio books, DVDs, CDs, electronic databases and computers for public use.

Library users can return books in library book-drops during closed hours, renew books by phone or online at www.downeylibrary.org.

OLPH Guild needs local shoppers

DOWNEY – The Our Lady of Perpetual Help Women's Guild is partnering with Citadel Outlets for their third annual "Shopping Extravaganza" on Oct. 11 from 9 a.m. to 8 p.m.

Ticket holders will be entitled to steep discounts at the outlet center that day, with the ticket revenue benefiting the guild's scholarship funds.

Tickets are \$20 and include lunch at Ruby's Diner, a ticket for free wine tasting at Leona Valley Wines, and three raffle tickets.

Every hour, for five hours, 100 raffle ticket winners will be drawn. Over \$40,000 in gift cards will be raffled away.

For tickets or information, call Sally at (562) 861-8370.

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Funeral services for Mary Russell and Ruby Bird, mother and daughter, will be held Tuesday at Our Lady of Perpetual Help Church at 11 a.m.

Mary A. Russell passes away at 96

DOWNEY – Downey resident Mary A. Russell (born Maria Augusta Delfina D’Mello), a world traveler who spoke seven languages, died Aug. 28. She was 96.

Portuguese by ancestry but British by birth, she was born on Oct. 2, 1911 in Kisumu, British East Africa to Francisco and Eugenia Barreto D’Mello.

She married Lactancio Francisco Fernandes in the Catholic church of Nakauru, Africa. They remained married until Fernandes’ death seven years later, making Russell a widow at age 26.

In 1936, she took her young family to Goa (at the time controlled by the Portuguese) to live with her father. After a few years, she moved her children to England.

In 1959, Russell came to the United States to be with her daughter, Maria, and son, Raymond. Her other daughter, Ruby, followed in 1960.

Russell worked as a nursing assistant and shop clerk during her younger years. She served in the WACS (Women’s Auxiliary Corps – Army) during World War II, earning the rank of sergeant. After coming to America, she spent 25 years working as an accounting assistant at Norris Industries.

Services in her honor will be held Tuesday at Our Lady of Perpetual Help Church in Downey at 11 a.m.



Ruby Hilda Bird came to U.S. in 1960

DOWNEY – Ruby Hilda Bird, born March 28, 1930 in the British colony of Nakuru, Kenya, has died.

Bird died Aug. 1 of an inoperable brain tumor. She was 78.

She was born to Lactancio Francisco Fernandes and Maria Augusta D’Mello Fernandes, and baptized in the Catholic church of Nakuru.

She was married to Sydney Bird, and together they had a son, Gary.

She signed up as a Wren in the British Navy at age 17 during World War II and, at the conclusion of the war, worked as a secretary until 1960 when she came to the United States. She worked at Douglas Aircraft and then Boeing until retiring at 65.

A devout Catholic, she was involved with Our Lady of Perpetual Help Church and attended St. Raymond’s Catholic Church in Downey.

Services will be held Tuesday at Our Lady of Perpetual Help Church in Downey beginning at 11 a.m.



Youth: A nurse wife, good food and olive oil key to long life.

Continued from page 1

ing his arm, which the Germans eventually would fix;

•He is picked up by the S.S. and is sent to a labor camp in Germany; he recalls (more tears) being forced to walk for miles in the snow, with no shoes and only in prison garb, digging holes for electric wire poles, all the while getting kicked and beaten by the Nazis;

•Working with a big shovel, it accidentally landed on his foot and broke his big toenail; this landed him in the hospital; after a stay of unknown duration, the authorities finally “let him go”;

•Would live in Priggins, Austria for 15 more years to join a brother and a friend; he would father a child in Austria; goes back to Greece;

•Immigrates to the U.S. in 1950, landing in Lancaster, Pa., where he continues to make bread; becomes a U.S. citizen in 1955; thus, in addition to Turkish, Greek, German, and Bulgarian tongues, he would learn English;

•Visits Greece to look for wife; on recommendation of a mutual friend, meets and marries Chrysoula from Athens, a registered nurse, who wanted to go to America, unlike his former fiancé; “He was tall and handsome,” says Chrysoula. “Later, people would say he resembled Anthony Quinn.”

•After a few more years stay in Lancaster, finds work at Armstrong Cork in South Gate, moves here to California, settling in Huntington Park, where they would reside for 26 years; Ellie says from the time she was 5 years old, Nick would take the family every summer to Lake Tahoe for camping (this went on for seven years);

•Nick retires from Armstrong as tile supervisor in 1976; Chrysoula from nursing in 1969; they move to Downey in 1992.

Through Ellie, Nick says, “I’m glad I left Huntington Park.” And: “I love it here in this country.”

Ellie, currently unemployed as a preschool teacher, has with her husband opted to live in the family’s home in North Downey, so she can help her mom in taking care of her dad, who has suffered through a congestive heart failure and afflicted with diabetes. This does not prevent him from enjoying two patties plus tomatoes (no bread, thank you) at his favorite eating place, Chris’ Burgers on Telegraph Road.

He also enjoys fish soup and sardines. The sardines come fresh courtesy of Dana Point resident, son John, the eldest, a chemical engineer by profession but now runs the Greek House in Downey. John catches the sardines as well as other fish off the Point and along the California coast.

Eleni, Ellie’s married older sister, is a dietician and lives in La Habra Heights and runs Brea’s Best, a hamburger place.

Having played soccer in his youth, Nick loves to watch the game on TV. Ellie recounts the time when the family was cast along with others in the ‘80s remake of “The Postman Always Rings Twice,” starring Jack Nicholson, Jessica Lange, and the Greek actor John Colicos. For their participation in a Greek wedding scene, “Dad received a check for months,” she said.

The last time Nick saw Greece was in 1990 when he visited cousins and other relatives. There was also a trip he took in 1985: in these two trips he and Chrysoula visited Russia, Germany, Switzerland, Bulgaria, Turkey, Italy, France, and England.

I asked if a long life is a blessing or a curse. Nick, who finds it difficult at times to use his walker and has to be helped, broke into tears once more and said, through Ellie, “It’s a blessing. I love life. I don’t want to die.” Ellie allows that every night Nick mentions Chrysoula’s name.

The secret to longevity? Again, Ellie, lovingly, and throwing a glance at her mom, said: “Having a registered nurse for a wife, good food, and lots of olive oil.” Chrysoula explained that olive oil is the ‘rotorooter of the arteries’, and that the best olive oil, the dark green variety, comes from Calamata, Greece, and also from Crete.

Tuesday night, the Downey City Council honored Nick on reaching his 105th birthday anniversary this year. A CBS-TV camera crew recorded his big night, with Chrysoula, Ellie, and other family members and friends in attendance. Chrysoula reported that they saw the segment later that night on Channel 9’s 10 o’clock news.

It was a fitting tribute to the better life he had earlier desperately sought, and finally found here.

The Poet’s Corner

Remember Nine-Eleven

It’s painful to recall
September of ‘01”
New York twin towers fall --
A new war had begun.

Two hijacked planes were crashed
Into the towers there
And hopes and dreams were smashed
Not even time for a prayer

Islamic terror cells
Attack us from the sky.
They call us infidels
And swear we all must die.

They call this a jihad --
A “holy war” they say
So we must trust in God.
It’s time for us to pray.

We can’t just wait around --
We have to take a stand.
We’ll fight on their own ground.
We must defend our land.

So pray our troops survive
Whatever comes their way.
“God bring them home alive”
It’s time for us to pray.

–Bill Millburn,
Downey

Natural Happenings

The sun kissed the ground and gave pretty little things
the chance to grow
Our groups grew in number and we gave names to other
pretty little things
Lately, their existence is no more than the punmeled Earth
But beneath the very ground
The ground our feet have grown to rely upon
There exist enough roots
to guide us through
The roots do not utter words
They cannot speak but I know they ask
Who are we without our history
If during the sun’s gaze
A powerful ray from the past
reflected and refracted
Well
into the near future.
– James Hernandez,
Downey

Anne Foreman was longtime resident

DOWNEY – Anne Foreman passed away at her Downey home on Sept. 6 at the age of 91.

She was born in western Massachusetts and moved to Downey in 1954.

She is survived by two children and five grandchildren.

Services at Forest Lawn in Hollywood Hills are pending. For information, call (800) 204-3131.



Former ballplayer to speak at breakfast

DOWNEY – Former major leaguer Matt Luke will be the featured speaker at the 23rd annual Mayor’s Prayer Breakfast to be held Oct. 15 at the Rio Hondo Event Center.

A Long Beach native, Luke attended UC-Berkeley on a full scholarship, where he was a two-year All-American. He was drafted by the New York Yankees in 1992.

Luke played for four major league teams, including the Yankees, Los Angeles Dodgers (twice), Cleveland Indians and Anaheim Angels. He played his last game on Sept. 30, 1999. He finished with a .242 batting average, 15 home runs, and 40 RBIs.

Now an active realtor, Luke runs a baseball camp, coaches Little League, soccer and baseball. He also remains active with Skills and Assets for Excellence (SAFE), Children’s Hospital of Orange County (CHOC), Junior United Soccer Association, and other outreaches.

Tickets to the breakfast are \$15 per person. Tables for 10 are available for \$150.

The breakfast buffet will open at 6:30 a.m. while the program begins at 7. For tickets and information, call George Cade at (562) 923-9616.

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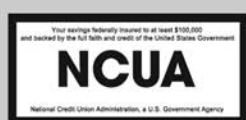
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CITY COUNCIL, DISTRICT 5

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Letters to the Editor:

Endorsement for change

Dear Editor:

A few weeks back, shown on the front page of this newspaper, you may have seen the photograph of "Villa Lubec", the six-bedroom, eight-bathroom Italian Renaissance estate. It looked as ominous on the front page of the newspaper as it will in the neighborhood where it will be built. Sadly, it is becoming the norm to have these out of character mansions built and then many are left vacant when the owners can no longer afford the mortgage. The neighbors that live in the surrounding homes are forced to view a run-down piece of property that unfortunately stands alone in "style."

These mansions create numerous problems for the surrounding homes and their owners. A few of these detriments include shadows cast onto surrounding properties, limited space between properties, loss of green space, strain on sewer and electric systems, fire safety issues, etc. All of these issues must be considered before a home is to be built.

A well-designed home that is in architectural character with the neighborhood will raise the neighborhood's property values. It will also complement the community in which it is built so the residents can be proud of their homes. This is what must happen if we are to remain a so-called "Premier City."

With that being said, elections are just two months away. It is obvious the City Council has failed numerous times over the past few years to listen to the people and to enact meaningful enforcement of Downey municipal code 9110.14 ("The building should be in keeping with the character of the neighborhood.") which is meant to protect the citizens of Downey from over-development of our community and neighborhoods.

We, the people, have a chance to now control our own destiny. We can choose the path we want our city to follow. We must change direction and vote for leaders that will follow the will of the people and make sure codes are properly enforced.

In my opinion, Gary De Remer, who is running for district 5 citywide, will serve the people of Downey well. For those of you who do not know Mr. De Remer, he has lived in Downey for 33 years. He strongly believes in term limits for the council, as well as enforcing existing codes and laws such as 9110.14. He is president of the Downey Rose Float Association and is an involved member of the Rotary Club. If elected, he will be a dedicated council member that will make the residents of Downey proud.

Downey at this point in time is at a crossroads. We can either follow a path of deterioration that many of our surrounding communities have taken, or we can do something about it before it's too late! We can protect our neighborhoods for the good of the community, we can identify and educate ourselves about our historical and cultural landmarks and we can work together to protect them. We can work to solve code enforcement and parking problems in our community and make our city a better place, a place we can be proud of!

However, none of this can happen without the right people in office. Over the next two months, we will hear lots of arguments for and against candidates, but in the end we must make our choice and live with it. Let's make sure we vote for the candidate that will listen to us! That candidate is Gary De Remer.

Please feel free to email me your comments at preservedowney-homes@yahoo.com. You can also check out our vintage Downey, California photo collection online at Flickr.com. Search "Downey, California" under groups.

— **George Redfox,**
The Downey Conservancy
The Downey Homeowners Alliance

Imagine the property tax

Dear Editor:

I suppose I would consider myself an old-time "Downeyite": conservative middle-class wage earner, semi-retired and working in the service sector. I'm a corporate chauffeur. Born in L.A. and raised here in the Southland. A true blue blooded "prune picker" was the word for a native-born Californian back when I was a kid in the early '40s.

I visit Beverly Hills on a regular basis, and even there you find the mansionization problem. Example: the famous actor Jimmy Stewart who lived north of Sunset at the corner of Lexington and Roxbury had a nice home. A man who had bought the neighboring property also purchased the Stewart property when it went on the market. Both structures were raised and one great monster residence encompassed both lots. It raised quite a lot of comment from the neighborhood, but it still stands there today.

Thirty-five million dollars was the tab. Now imagine how much the annual property tax bill is on that corner of the world. Boggles the mind, doesn't it?

So whenever I see one of these two-story models popping up here and there, I think about how much that property tax bill is and I think to myself, "Now that will help our city meet its next annual budget!" And that's better than what our state governor is doing right now.

Space is a rare commodity these days, and people have to do what they have to do in order to meet their needs. Our city officials are helping in this cause that benefits our city to meet its demands, and that my friend, helps you and me from our taxes going up. It's a win-win proposition any way you look at it.

And thank you, Downey, for your efforts in the restoration of Harvey's Broiler and your collaboration with Bob's Big Boy. We're sure to see some nice rods and customs celebrating that grand opening.

— **Jay Wells,**
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 content. Letters must include a full name and address for verification.

Parking clarification

Dear Editor:

I am writing to clarify a mistaken accusation from last week's letters to the editor ("Bad Parking," 9/5/08).

I did NOT park illegally in a fire lane as I was accused of doing at the last concert in the park. While my car was parked right next to a car that was parked illegally (I noticed it also), my car was correctly parked and in a regular stall.

While I do not normally write to clear up other wrongful things said about me, I am writing this as I did not want people to think we get any such benefits nor do we have the attitude that we are better or above the law.

I welcome anyone to write to me about any subject at mguerara@downeyca.org.

— **Mario A. Guerra,**
Mayor Pro Tem, city of Downey

Police more effective

Dear Editor:

I guess the city has recognized that the speed on Brookshire Avenue, between Florence and Gallatin, are reaching those on the nearby freeway, especially in the morning drive time. Although the speed limit is posted at Florence, it has no effect.

They have sought to slow things down by placing large mounted electronic speed indicators, which informs the driver of his present speed. These devices are supposed to slow the traffic down to the proper speed limit. What I have observed is that the only thing these signs do is confirm the speed which they are driving.

It seems to me that if a police car was placed on the street during the peak morning rush hours, it would do more to slow cars down as they roared towards Gallatin Elementary. I feel that this would have more of a slowing effect than an electronic sign.

Everyone slows down when they see a police car. I know I do!

— **Ed Romero,**
Downey

More mansion talk

Dear Editor:

Thank you for publishing my letter on Villa Lubec. I see that your article has re-ignited the smoldering firestorm of "mansionization." I'll limit myself to just a few topics on this issue:

Abandoned construction: Last time I looked, building permits have a clause stating that at anytime activity ceases for more than 180 days, the permit is void and requires re-submission for approval prior to the start of any subsequent activity. It would seem to me that the newer code provisions would then apply to that construction.

I just don't think that any property owner who went through all of the trouble of slipping in under the old code would want to jeopardize their position by letting that permit to lapse.

I fail to understand how Mr. Rankin can consider someone's home goofy ("Debating Villa Lubec," 9/5/08). The homeowner I could see, but an inanimate object doesn't usually have the ability to generate mirth; perhaps disgust, even a revulsion to its level of ostentation, but goofy-ness? I don't think so. And, if you think Downey is slowly being turned into another Huntington Park, it isn't because of the construction of larger homes in place of smaller ones.

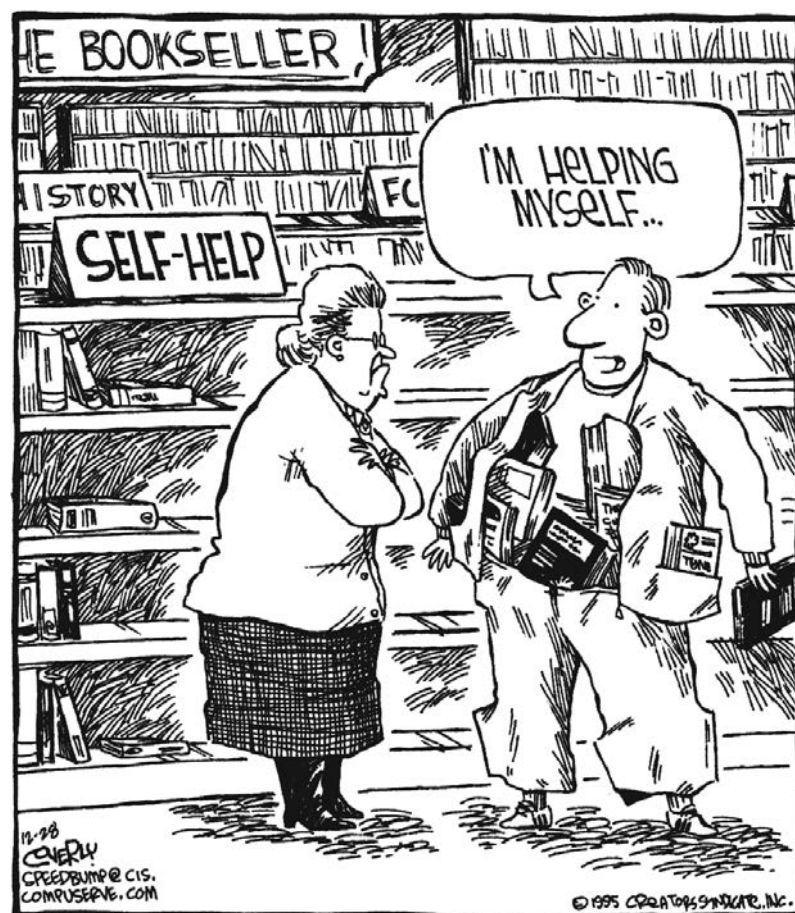
If someone is building a 1930's-style boarding house at Downey Avenue and Gallatin Road, I'm quite confident that would be a zoning violation. And I fail to see how larger homes are going to generate a parking problem than smaller ones. Perhaps you need to ask the Council to revise the parking requirements of single-family residences: Would a requirement of one covered (garage) space per bedroom be satisfactory? They could also require larger lots (1/2 acre or more) to include a like amount of off-street parking in addition to the covered parking.

Everyone needs to remember that this is privately owned property, in a country that promotes privately owned property/houses. Plus, if the city were to drastically re-write the zoning codes to force downsizing, that would be considered an inverse condemnation, a taking under the Fifth Amendment, and all of the taxpayers of the city would be financially liable to the injured parties.

Everyone needs to start living their own lives and not those of their neighbors, and to try their best not to impose their values on others. Remember, your rights end where my nose begins. To be slightly sexist about it: Everyone loves a great body; no one likes a busy-body!

As for Johnie's: That place should have been razed when it ceased being a drive-in restaurant. As Mr. Stewart noted ("High Cost of a Burger," 9/5/08), the food was bad, the service was worse, and (my point added) the vermin infestation was remarkable.

— **Drew Kelley,**
Downey



Smokers being treated as criminals

Smokers are not criminals." Those are the words of Rich Perelman, Los Angeles-based publisher, as he leads the battle against a motion by Los Angeles City Councilman Bernard Parks to criminalize and ban smoking essentially everywhere in the City of Los Angeles and a resolution to ban smoking throughout the county.

"Imagine a Los Angeles police officer interrogating you to find out if you were smoking a cigarette, cigar or pipe in the hallway of your apartment building, on a street corner, in a parking lot or in back of your office building, in the open air," suggested Perelman. "If Councilman Parks has his way, the officer will be able to cite you, or even arrest you, for using a legal product: tobacco."

Perelman is a principal in Perelman, Pioneer & Company, publishers of several cigar publications and producer of CigarCyclopedia.com

"It's time for everyone – smokers and non-smokers alike – to take a stand against these kind of politically motivated actions that seek to make criminals of nearly 400,000 smokers in the city of Los Angeles and up to a million people countywide," he said.

Perelman cited a recent study presented by a Louisiana State University environmental chemistry professor at the 236th National Meeting of the American Chemical Society showing that pollution resulting from burning everything from coal and fuel power plants to the wood in gourmet pizza ovens contributes to the creation of ailments for which smoking alone is currently blamed among nonsmokers and smokers alike.

"People should stop blaming second-hand smoke from tobacco products for every ailment, especially in outdoor settings," Perelman said. "Even the Surgeon General's 2006 Report – which has been twisted and misrepresented by anti-smoking forces and the news media – says virtually nothing about outdoor smoking and makes no claims that outdoor second-hand smoke is a health hazard."

The Parks proposal also ignores our First, Fourth, Fifth, Ninth and Fourteenth Constitutional amendments, Perelman maintains.

"Incidental second-hand smoke – especially outdoors – is not nearly as risky as everyone surrendering their constitutional rights to legislators who are desperate to advance their own political careers," he said. Parks is currently running – and by all accounts, losing – for a Los Angeles County Supervisor position against California State Senator Mark Ridley-Thomas.

Perelman has created a website dedicating to fighting Parks' proposals – www.WeAreNotCriminals.com.

McCain's self-righteous fakery

CONTRIBUTED BY SHELDON RICHMAN

If John McCain keeps up that self-righteous fakery about wanting to be our servant, we're in for two rather tedious months until election day.

First of all, he also says he wants to be our leader. How can he be both our leader and our servant? We know what's really going on here. The servant shtick is phony humility intended to soften us up. He has no intention of being our humble servant and every intention of being our know-it-all Great Leader, our commander in chief.

It will be disappointing if Americans fall for this. I can't think of a greater betrayal of the ideals expressed in the Declaration of Independence than to yearn for either a national servant or a leader. "All men are created equal" rules out both. It is no accident that McCain counts among his heroes Abraham Lincoln and Theodore Roosevelt, both of whom betrayed those ideals in ways America still hasn't recovered from. Both aspired to be Great Leaders at the helm of a big, managerial central government, in which individual liberty took a back seat and the mass murder of war was an acceptable way to settle disputes.

An earlier generation of Americans — even Republicans and conservatives — would have been sickened by the spectacle of a national political convention at which delegates waved signs saying, "Service" and "Country First." The rabid and belligerent "U-S-A! U-S-A!" chants would have had our ancestors heading for the doors. How deep we have sunk into the muck of bellicose nationalism. How unbecoming to our individualist heritage. McCain is the natural leader of this new America.

When John F. Kennedy called on us to "ask not what your country can do for you. Ask what you can do for your country," the Jeffersonians among us were properly appalled. Here was an American Mussolini, updated with a tan and brash boyish looks, but a Mussolini nonetheless. Conservatives who still had some Declaration in their hearts were justifiably concerned.

McCain now makes the same appeal, and conservatives — who a year ago despised the man — whoop and holler like a drunk college-football

crowd.

Service to country is far too abstract a slogan to be any guide to living. In real terms it ends up meaning service to the state, which is to say, service to whatever manipulative, scheming politician happened to have clawed and double-talked his way into the White House at the time. Countries don't call men to war. White House occupants do, and they know that the surest way to be ranked among the "great presidents" is to embroil the country in war. We must stop dressing up the slaughter of foreigners as a great national cause.

When the Navy pilot McCain fell out of the sky over Hanoi, he wasn't delivering pizzas. He was trying to destroy civilian necessities such as dams and power plants. Did his country call on him to do that? No, it was not his country he was serving. If no White House occupant had sent him to North Vietnam to wreak death and destruction on innocents, no decent, productive American would have thought to do so. What had those North Vietnamese peasants done to us? Nothing. But John McCain is called a hero for surviving the wrath of people who resented his trespassing on their lives. We must stop identifying the country with the warmongers in office.

McCain's website says that "each and every one of us has a duty to serve a cause greater than our own self-interest." If he were seeking a university chair in ethical philosophy it might be worthwhile arguing with him. Generosity is a virtue; self-sacrifice is not. But McCain doesn't want to run a classroom. He wants to run the country, that is, you and me. In a free country he'd have no business telling us what our duties are. Anyway, it's a funny way for a servant to talk. But McCain doesn't really want to be our servant. He wants to be our leader.

Those who want neither to be served nor led will ask this man to leave them alone.

Sheldon Richman is senior fellow at *The Future of Freedom Foundation* (www.fff.org) and editor of "The Freeman" magazine.

The Downey Patriot

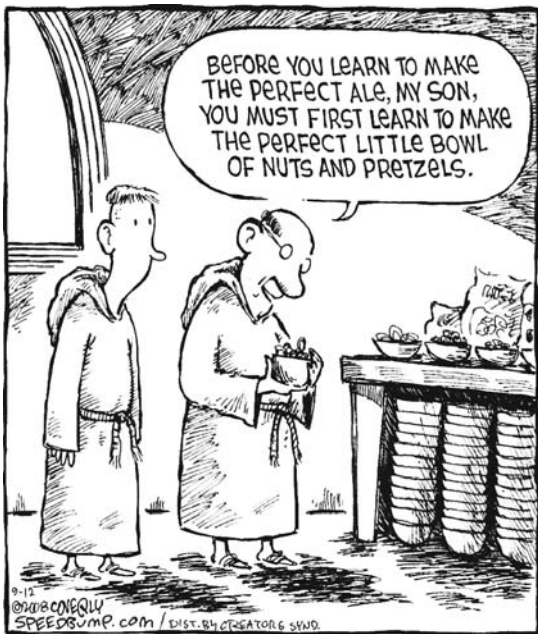
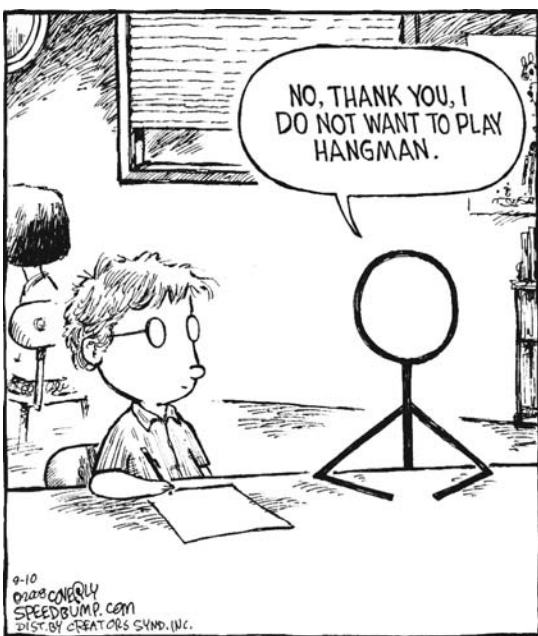
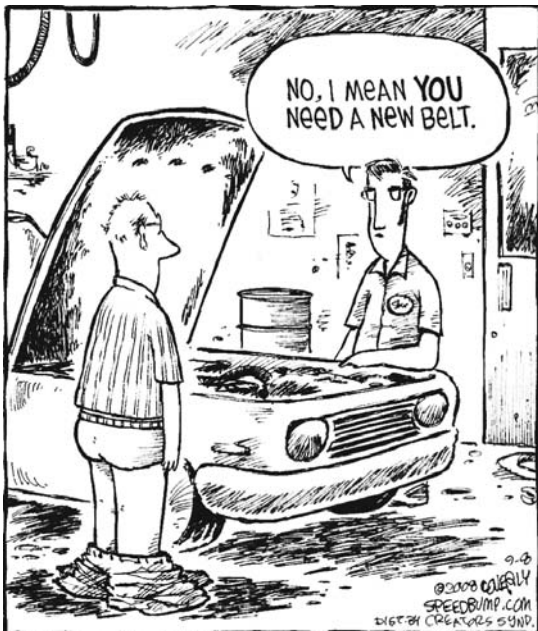
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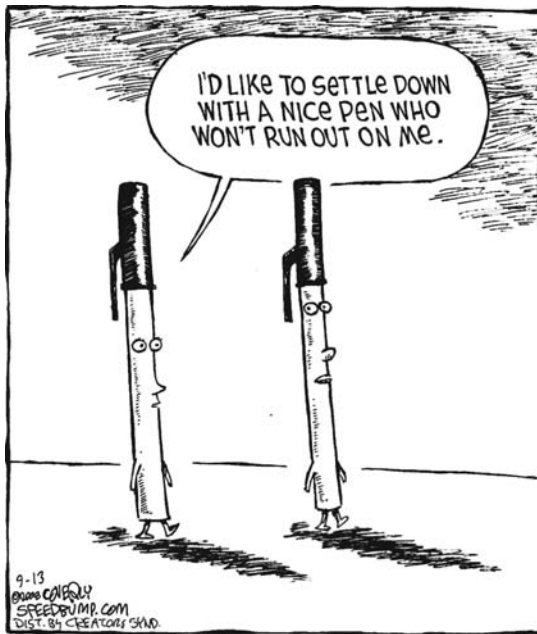
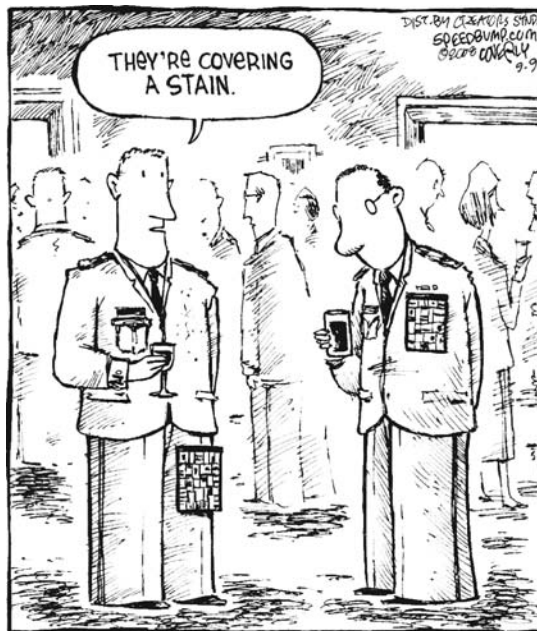
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For September

Sat. Sept. 13: **Bingo and ice cream**, at Temple Ner Tamid, 7 p.m.
Sun. Sept. 14: **Bingo luncheon**, Msgr. Robert Gipson Hall, 1 p.m.
Thurs. Sept. 18: **Miss Downey reunion**, Rancho float site, 5:30 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.: **After-Care 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 Sambi's, for information call Steve Allen at 622-7655.
12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

Fridays

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

Sundays

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

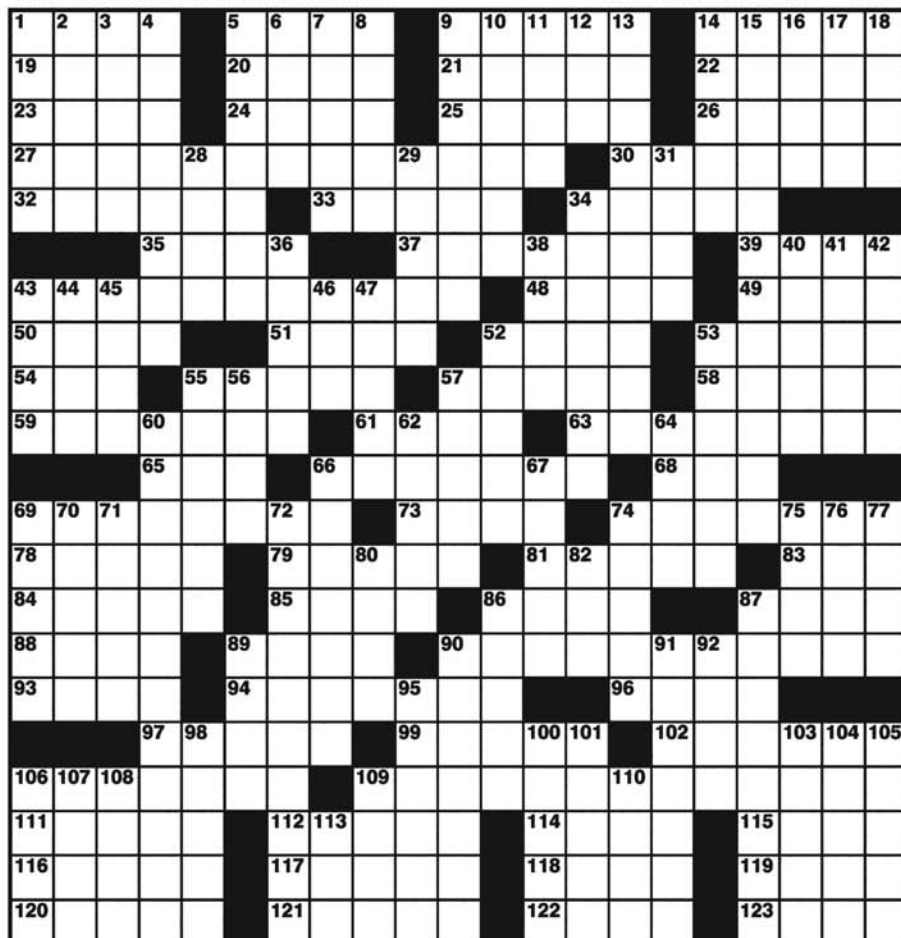
On This Day...

Sept. 12, 1609: English explorer Henry Hudson travels through New York Harbor and into the river that now bears his name.
1943: Italian dictator Benito Mussolini is rescued by German paratroopers from his hotel where he is being held captive by his own government.
1954: "Lassie" debuts on CBS.
2000: Same-sex couples are given the right to marry and adopt children by the Dutch government.
2001: President Bush asks Congress for \$20 billion to rebuild after the previous day's attacks.
2003: Country musician Johnny Cash dies. He was 73.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
GUYS IN DISGUISE: Look closely and you'll find them
by Shirley Soloway

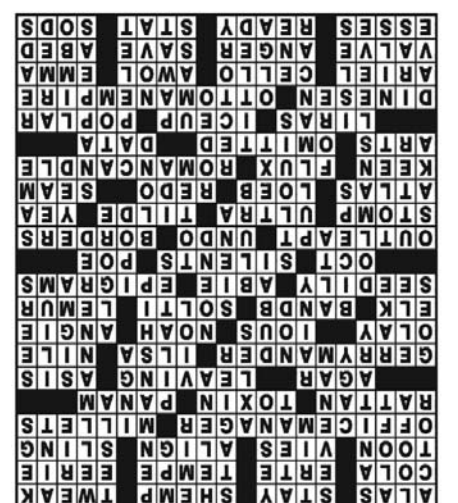
CREATORS SYNDICATE © 2008 STANLEY NEWMAN WWW.STANXWORDS.COM 9/7/08



- ACROSS**
- 1 "How sad!"
 - 5 Motel visit
 - 9 One of the Stooges
 - 14 Minor adjustment
 - 19 Soda flavor
 - 20 Art Deco designer
 - 21 Suburb of Phoenix
 - 22 Unsettling
 - 23 Animated character
 - 24 Competes
 - 25 Set straight
 - 26 Hurl
 - 27 Administrative overseer
 - 30 Cereal grasses
 - 32 Wicker material
 - 33 Snake venom, e.g.
 - 34 Erstwhile airline
 - 35 Ice-cream thickener
 - 37 On the way out
 - 39 "Caveat emptor" phrase
 - 43 Redistrict unfairly
 - 48 Rick Blaine's love
 - 49 Cleo's waterway
 - 50 Neutrogena competitor
 - 51 Promises on paper
 - 52 First name in dictionaries
 - 53 Actress Dickinson
 - 54 Moose relative
 - 55 Inn, for short
 - 57 Hungarian-born conductor
 - 58 Madagascar primate
 - 59 In a squallid way
 - 61 Irish Rose's hubby
 - 63 Bons mots
 - 65 Costume-buying mo.
 - 66 All of Valentino's films
 - 68 "The Gold Bug" writer
 - 69 Bested in pole vaulting
 - 73 Bring to ruin
 - 74 Customs Service posts
 - 78 Trample
 - 79 It means "extreme"
 - 81 Spanish mark
 - 83 Roll-call response
 - 84 Mythical lifter
 - 85 Pop singer Lisa
 - 86 Fix up
 - 87 Pants part
 - 88 Enthusiastic
 - 89 Continuous change
 - 90 Sort of firework
 - 93 Part of BA
 - 94 Dropped
 - 96 Facts and figures
 - 97 Turkish currency
 - 99 Freeze, as a windshield
 - 102 Aspen or cottonwood
 - 106 *Out of Africa* author
 - 109 Its capital was Constantinople
 - 111 Disney's Little Mermaid
 - 112 Bass relative
 - 114 Off-base, in a way
 - 115 Austen novel
 - 116 Trumpet part
 - 117 Dander
 - 118 Keep in reserve
 - 119 Under the covers
 - 120 Slalom curves
 - 121 Fully prepared
 - 122 On the double, in the OR
 - 123 Grass squares
- DOWN**
- 1 Thespian
 - 2 Natural sponge
 - 3 Flying
 - 4 Free from dirt
 - 5 Alarm-clock setting, perhaps
 - 6 In good shape
 - 7 Patronized, as a restaurant
 - 8 Type of question
 - 9 More overtly theatrical
 - 10 Western capital
 - 11 47 Down leader
 - 12 EPA concern
 - 13 Handwriting style
 - 14 Edison rival
 - 15 Polite
 - 16 Cleveland's lake
 - 17 "___ Misbehavin' "
 - 18 Beer holders
 - 28 Shrewd
 - 29 Wheel bars
 - 31 *Young Frankenstein* role
 - 34 Exercise regimen
 - 36 Pluvial
 - 38 Bass relative
 - 40 Sum symbol, in math
 - 41 Caesar's name for Troy
 - 42 Crystal consultants
 - 43 Proceeds
 - 44 High-fashion mag
 - 45 Casino implement
 - 46 Express agreement
 - 47 Qatar neighbor
 - 52 Ad infinitum
 - 53 *An Inconvenient Truth* author
 - 55 Iron pumper's pride
 - 56 Utah ski resort
 - 57 City of Tuscany
 - 60 Woman's garment feature
 - 62 Book-jacket words
 - 64 Digital music player
 - 66 City on the Mississippi
 - 67 Tribal emblem
 - 69 Japan's "second city"
 - 70 Speak
 - 71 Lessor's sign
 - 72 Part of some trains
 - 74 Fair-haired
 - 75 Gave the once-over
 - 76 Bona fide
 - 77 Unchanged
 - 80 Visual phone message
 - 82 Pocatello's loc.
 - 86 Bronc-riding venue
 - 87 Green veggies
 - 89 Word from Woods
 - 90 Parsonage
 - 91 Shoulder covering
 - 92 Energy source
 - 95 Like British peers
 - 98 Greece tourist spots
 - 100 Amherst inst.
 - 101 Play with, as catnip
 - 103 Transitional state
 - 104 Fully prepared
 - 105 Turns a page-turner's pages
 - 106 Late-night TV host's nickname
 - 107 Some investment tools
 - 108 Zeroes
 - 109 One of Chekhov's
 - 110 Three Sisters
 - 111 ___ Scotia
 - 113 Toronto-to-Ottawa dir.

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.

In the U.S., MILLET (30 Across) is grown primarily for animal feed. Sir George Solti (57 Across) led the Chicago Symphony from 1969 to 1991. Nikola Tesla's (14 Down) advocacy of alternating current put him at odds with Thomas Edison, who favored direct current.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Have you ever visited your doctor complaining of dizziness? Dizziness is a common description for many different sensations. It can be quite mild or extremely debilitating. You might feel light-headed, faint, weak, confused, tired, woozy, giddy, fuzzy, helpless, off-balance, wobbly, or that the room is spinning or twirling around. It might be accompanied by nausea and vomiting. Medical terms for dizziness include vertigo, disequilibrium, or pre-syncope.



Dizziness accounts for more than 7 million doctor office visits per year in the United States. It is painless discomfort in the head with many possible causes, and patients are often left dissatisfied with treatments offered. This is because the cause of the dizziness is often not clear, making it difficult to arrive at the correct treatment. However, it is most often a benign and self-limiting disorder; that is, it typically goes away by itself!

What, then, are some causes of dizziness?

- Lightheadedness is the result of too little blood reaching the brain. This occurs with sudden drops in blood pressure; dehydration from diarrhea or vomiting; getting up suddenly from a laying or sitting position leading to a temporary drop in blood pressure; fever; spending too much time in the heat, or lack of fluid consumption/replacement; and musculoskeletal problems, especially focused in the neck.

- Low blood pressure can cause dizziness. This can be caused by multiple conditions (including those mentioned above), ranging from diseases of the heart such as bad heart valves, weak heart muscles or bad heart rhythms; brain disorders such as tumors; hyperventilation from various causes – both physical and emotional; gastrointestinal disorders leading to bleeding that causes anemia; and adverse reactions to medications.

- Ménière's Disease is a condition that causes fluctuating pressure of the inner ear fluid and results in severe vertigo (dizziness), ringing in the ears, and progressive hearing loss.

Your doctor's exam for dizziness will begin with detailed questions in an attempt to pin down the cause. Your description will be the most critical step in reaching a diagnosis. A detailed physical exam will start with

blood pressure and pulse readings, and will include careful neurological testing such as checking your muscles, senses and gait (walking). Tests may include a brain MRI, EKG of the heart, or blood tests for anemia, diabetes, hypoglycemia, sodium, potassium and vitamin B-12.

Treatment for dizziness will vary, depending on cause. If your complaint is of dizziness when standing, or low blood pressure when standing, the cause is likely dehydration, and the answer can be as simple as increased fluid intake. Certain medications (like diuretics) cause loss of fluids and may need to be stopped. Blood pressure medication can lead to dizziness and may need to be decreased or stopped.

If your complaint is poor balance, the problem might lie in the middle ear and the vestibular system. The goal of treatment will be to minimize vertigo and prevent falls, and some types of physical therapy, known as vestibular rehabilitation therapy, may be useful. Often, doctors find no specific cause and simply treat the symptoms with medications like Antivert or Meclizine.

If you find yourself suffering from dizziness, your first simple home remedies will be to drink plenty of water to prevent dehydration, eat frequent meals to prevent hypoglycemia, and move to a standing position more slowly.

When, however, should you seek help from your doctor? There are dangerous and life-threatening diseases that can begin with symptoms of dizziness. Here is what you should look out for:

- Any severe first-time imbalance or dizziness
- Dizziness without a cause
- Dizziness after taking newly-prescribed medication
- Any change in an established pattern of dizziness
- Dizziness that is accompanied by loss of neurological function, including loss of strength, feeling, speech, or consciousness. If this is the case, call an ambulance.

I hope that you enjoyed your summer. As always, I wish you continuing good health!

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.

DRMC laboratory scores high marks

■ Joint Commission survey issues no requirements for improvement.

DOWNEY – Downey Regional Medical Center has announced that its laboratory recently passed a Joint Commission survey with no requirements for improvement.

According to DRMC's executive vice president and chief operating officer, Rob Fuller, "Passing a Joint Commission survey with no requirements for improvement is a rarity these days. The lab continues to be an area of excellence at Downey Regional, completing more than a million tests annually."

By using advanced technology and instrumentation, Downey Regional's lab is able to assist physicians in the diagnosis and treatment of disease. The Joint Commission has validated the quality of the lab by awarding the laboratory with high scores not only during this most recent survey, but for its three previous surveys as well.

"The hospital is committed to continued quality improvement and recently upgraded the lab's hematology (blood testing) equipment to state-of-the-art," Fuller said. "The successful Joint Commission survey is another example of the high quality of health care provided at Downey Regional."

Downey Regional also participates in the Advisory Board Company's Quality Compass program aimed at reducing infection rates in hospitals and in communities. Each hospital tries new infection control programs, then shares results with other participants.

DRMC is one of 60 medical facilities that are part of the unique consortium.

Free hearing screenings Sept. 20

DOWNEY – Downey Sertoma Club will hold their annual free hearing screening tests on Sept. 20 at the Barbara J. Riley Community & Senior Center from 10 a.m. to 1 p.m.

Appointments are recommended by calling (562) 862-9629.

Yoga master making festival rounds

SEDONA, ARIZ. – Yogi Ramesh will be performing a live yoga show this weekend at the Raw Spirit Festival in Sedona, Ariz.

Ramesh will also be at the "Live on Yoga" festival at Loyola Marymount University from Sept. 20-21.

For more information, visit www.universalyoga.org.

Parking lot sale at Lakewood Regional

LAKWOOD – The Auxiliary of Lakewood Regional Medical Center will host a parking lot sale at the hospital Sept. 24-25 with proceeds going towards student scholarships.

The sale will take place from 7 a.m. to 3 p.m. The hospital is located at 3700 E. South St. in Lakewood. For more information, call (562) 531-2550.

Leg, foot screenings offered for free

DOWNEY – Free 10-minute screenings for PAD (peripheral arterial disease) will be offered Sept. 17 at the Vascular Access Center, 11411 Brookshire Ave., from 8 a.m. to 4 p.m.

Symptoms of PAD include cold feet or legs, numbness and tingling, and ulcers or sores that won't heal.

To register for a screening, call (562) 862-4027.

Nutrition expert giving helpful tips

DOWNEY – Home economist and nutrition expert Winifred Morice will speak at Downey Adult School this Monday as part of the regular OASIS meeting.

Morice is a nutrition graduate of Otago University in New Zealand. She is a frequent guest on radio and TV shows, writes for national newspapers and magazines, and recently completed a two-hour cooking show for PBS.

Morice will present fun facts and pointers to help you eat with more awareness for better energy, health and sleep.

The meeting starts at 3:45 p.m. An optional pork loin chop dinner will be available for \$3.50. For more information, call (562) 940-6200.

Lip-reading classes for seniors

LAKWOOD – Lip-reading classes are now being offered at the Weingart Senior Center in Lakewood.

Beginner classes meet Monday at 10 a.m., while an intermediate class meets Wednesday at 9:30 a.m.

The Weingart Senior Center is located at 5220 Oliva Ave.

Rambo to speak on 'land and taxes'

WHITTIER – The monthly meeting of the Whittier Area Genealogical Society (WAGS) will be held Sept. 20 at 1 p.m. at the Whittier Masonic Lodge, 7604 Greenleaf Ave. in Whittier.

The featured speaker will be Joan Rambo, president of the Orange County California Genealogical Society, whose topic is "Land and Taxes."

Visitors are welcome to the meeting. For more information, call (562) 695-5431 or visit www.cagenweb.com/kr/wags.

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We believe that the most important part of tooth care happens at home. Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. We invite you to call us at (562) 923-3714 for an appointment. We're located at 10800 Paramount Blvd., Suite 307, where we're currently accepting new patients. We provide cosmetic, functional, and preventive dental care for all ages. You can rely on us to answer all your questions about dental treatments and procedures.

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Downey in Action: Knights of Columbus

By SCOTT COBOS, STAFF WRITER

What was once a very small group of people has flourished into over 1.7 million members strong. The Knights of Columbus, formed in 1881, was created to render financial aid to members and their families.

With over 13,000 councils worldwide, one of the Catholic-based groups is stationed just off the corner of Rives Avenue and Firestone Boulevard in Downey.

The main focus of the Knights is charity, whether it be financially, socially or medically. On their website, they state that aid and assistance are offered to sick, disabled and needy members and their families.

Also, social and intellectual fellowship is promoted with members and their families through various ways, including educational, charitable, religious, social welfare, war relief and public relief works.

According to a self-administered survey taken amongst all the branches, the Knights contributed over \$140 million during the 2006 calendar year. That exceeded 2005's total by \$4 million.

The survey also showed that the number of volunteer hours by Knights calculated to over 68 million man hours, up from the previous year's total by 4 million.

Cumulative figures from the order has shown that during the past decade they have donated over \$1.25 billion dollars to charities and provided over 500 million volunteer hours towards charitable causes.

Of course, these numbers are worldwide, but what is not known commonly is that all activities among the groups are strictly voluntary. The Knights do not mandate participation in any volunteer work.

With that said, all volunteer programs and donations come from the local chapters of the massive organization.

With an organization doing so many good things in this world – specifically the local communities which the Knights try to tailor their activities for – it's hardly unimaginable that members boast a giving heart when joining their group.

Knights are Catholic men, 18 years of age and older, who are committed to making their community a better place while supporting their church, according to their website.

Like most groups of their kind, they preach that being a member is much more than just being part of a club. They say it's about being involved with your community, and because it is religious based, supporting the local Catholic church while boosting your own faith and protecting and improving your family and their lives.

Younger Knights will typically start in one of the many collegiate chapters and then work their way into the main councils.

The Knights also support a program called the Columbian Squires, which serves essentially as a training organization for boys ages 10 to 18.

Normal memberships are broken up into councils or local units where you work your way up through the chain, ultimately being able to attain Fourth Degree rank.

As a Fourth Degree Knight, you are expected to share with all those who come in contact with you the virtue of patriotism. Out of the approximately 1.7 million members, there are only 300,000 Fourth Degree Knights.

The history of the Knights started with a small group of men who met in the basement of St. Mary's Church in New Haven, Conn. In 1881, the men were called together by their young parish priest, Father Michael McGivney to form what would soon become the world's largest Catholic fraternity.



The Knights of Columbus in Downey. Photo by Scott Cobos

According to their website, the men were bound together by the ideal of explorer Christopher Columbus, who brought Christianity to the New World. The order was incorporated on March 29, 1882.

The organization has been called "the strong right arm of the [Catholic] Church" and has been praised by presidents, world leaders, popes and other highly influential people for its support of the church, financial and educational programs, and its civic involvement and aid to those in need.

High quality insurance, annuity and long-term care products are provided to its members and their families along with other offered benefits.

The main governing body of the organization is the Supreme Council and is responsible for the development of the organization as a whole. The Council's duties include establishing the order in new regions and appointing new regional authorities and continuing to define the order's values and goals.

If interested in joining the Knights, you can go on their website at www.kofc.org and use their "Find A Council" option, contact the local Catholic parish which should be able to direct you toward a local unit, contact a campus minister if you're a college student, or call the local chapter at (562) 923-1932.

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Gardening workshop at community center

DOWNEY – The Barbara J. Riley Community & Senior Center will host a free Advanced Gardening Workshop for Downey residents on Sept. 13 from 9:30 to 11:30 a.m.

The workshop will begin with a brief overview of “Backyard Composting, Worm Composting, Grass Recycling, Water-wise Gardening and Fire-wise Gardening,” where residents will learn simple ways to support, rather than suppress, their garden’s biodiversity and the health of their plants.

The workshop will also cover organic gardening with a discussion on ground-up gardening. This method shows why gardeners should focus on growing good soil as the path to growing good plants.

The workshop will conclude with a discussion on the concepts behind integrated pest management and how unrestricted use of chemicals can be counterproductive to developing and maintaining a healthy garden, damaging beneficial insects and ecosystems, and merely masking poor plant health. This portion of the workshop will explain how to create and sustain a beautiful garden – naturally.

Compost and worm bins will be available for purchase at the workshop (cash only). A compost bin will cost \$40, while a worm bin (including worms) is \$65.

For more information, call the city of Downey Public Works Recycling Office at (562) 904-7103 or Keep Downey Beautiful at (562) 904-7159.

Bingo luncheon set Sunday

DOWNEY – The Italian Catholic Federation of St. Raymond’s parish will host a bingo luncheon Sunday at 1 p.m. in the Msgr. Robert Gipson Hall, 12349 Paramount Blvd.

Cost is \$10 which includes one bingo card, door prizes, and lunch. 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.

Bingo and ice cream at Temple

DOWNEY – The brotherhood of Temple Ner Tamid of Downey is hosting an ice cream social tomorrow at 7 p.m.

The night will include bingo sessions. The community is invited.

Cost is \$10 per person. Children under 13 are \$1.

For information or reservations, call Harold Mark at (562) 861-3065.

Fall boutique at Methodist Church

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

The boutique will include a granny’s attic and baked goods. All boutique items will be homemade by the church’s women and Busy Bees.

Residents are invited to the church’s café for lunch and dessert following the sale.

Business expo at Stonewood Center

DOWNEY – The Downey Chamber of Commerce will present their 2008 Business Expo on Oct. 16 from 4 to 7:30 p.m. inside the center court at Stonewood Center.

Vendor booths are available for \$100 for Chamber members, or \$175 for non-members. Electricity is available for an additional \$25.

To register, call (562) 923-2191.

Miss Downey reunion Thursday

DOWNEY – The Downey Rose Float Association is seeking former Miss Downey, Miss Teen Downey and Mr. Downey courts for a reunion this Thursday at 5:30 p.m. at the float site.

Anyone interested in attending should call association president Gary De Remer at (562) 260-8503 or e-mail info@downeyrose.org.

Pictures of past court members are also being sought. They can be e-mailed to info@downeyrose.org.

Candidate’s forum scheduled Oct. 8

DOWNEY – The Downey Association of Realtors has scheduled a candidate’s forum for Oct. 8 featuring candidates for the upcoming City Council election.

The forum will take place at the Rio Hondo Event Center from 11:30 a.m. to 1p.m. The cost to attend is \$12, which includes a buffet lunch.

To reserve a seat, send \$12 to DAOR, 12073 Paramount Blvd., Downey, CA 90242.

The deadline for seat reservations is Oct. 1.

Bake sale to benefit women’s shelter

DOWNEY – A benefit bake sale and “bake-off” will be held Oct. 4 at Downey Memorial Christian Church starting at 9 a.m.

Proceeds from the event will benefit the Su Casa family crisis center.

A panel of judges will award cash prizes to the top three entries. All donations of cakes, cookies, muffins, etc. will be sold to raise money, whether they are judged or not.

The event will also include a pie eating contest for men.

Tables and booths are available for sponsors. For more information, or to volunteer at the event, call Shirley Johnson at (562) 862-2378.

New Titles at the Downey City Library

Fiction

• **“The Brass Verdict”** by Michael Connelly. Detective Harry Bosch and his half-brother, attorney Mickey Haller, are united for the first time after the murder of a prominent Hollywood lawyer.

• **“Company of Liars”** by Karen Maitland. In 1348, a group of desperate strangers come together to fight the Blacke Plague.

• **“Lulu in Marrakech”** by Diane Johnson. Lulu Sawyer arrives in Morocco hoping to rekindle her romance with worldly Englishman Ian Drumm -- and provide a cover for her latest assignment with the CIA.

• **“A Most Wanted Man”** by John Le Carre. In the latest thriller from the master of international suspense, Annabel, an idealistic civil rights lawyer, tries to save a mysterious Russian man recently smuggled into Hamburg.

• **“The Widows of Eastwick”** by John Updike. In this sequel to “the Witches of Eastwick,” Alexandra, Jane and Sukie return three decades later, bringing their wicked mischief to the Rhode Island seaside town.

Non-Fiction

• **“Home Health Care Provider: a Guide to Essential Skills”** by Emily Prieto. Tips and techniques for giving quality home-based assistance for personal care, meal planning, psychological and social needs of patients.

• **“I Never Metaphor I Didn’t Like: A Comprehensive Compilation of History’s Greatest Analogies, Metaphors and Similes”** by Mardy Grothe. This is a witty and educational collection of 2,000 quotes from Aristotle to Oprah Winfrey.

• **“Kiplinger’s Practical Guide to Your Money: Keep More of It, Make it Grow, Enjoy It, Protect It, Pass it On”** by Kiplinger’s Personal Finance. This comprehensive handbook gives sound advice on how to plan for the future and make your money grow.

• **“Martha Stewart’s Cooking School: Lessons and Recipes for the Home Cook”** by Martha Stewart. Learn to make a perfect pot roast or a flawless pie crust in this collection that combines cooking methods and 200 delicious recipes.

• **“The Self Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance”** by Polly Young-Eisendracht. The author gives advice for parents on helping children develop a balanced sense of self-worth.

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.

Adult literacy training begins Monday

DOWNEY – The Downey City Library needs volunteers to teach an adult to read through its Adult Literacy program.

Training sessions for tutors will be given Sept. 15, 22 and 29 from 6 to 8 p.m. and Sept. 20 from 9 a.m. to 1 p.m. in the library’s Cormack Room. Tutors may also attend ongoing literacy support meetings.

“By volunteering two or more hours per week, you can give an adult the skills they need to become a successful worker, parent or citizen,” said Claudia Dailey, literacy coordinator for the library. “Both tutors and students find this program rewarding: it changes lives.”

To register, call the Literacy and Training Office at (562) 904-7360, ext. 123 or e-mail cdailey@downeyca.org.

SBA official to speak locally

DOWNEY – Patrick Rodriguez of the Small Business Administration will address Rise ‘N Shine Networking on Sept. 23 at Stox Restaurant.

Rodriguez’s topic will be “Access to Capital.”

The meeting starts at 7:30 a.m. and the cost is an order from the menu. To RSVP, call (562) 923-2191.

Rose Float Association gets new site

DOWNEY – The Downey Rose Float Association will celebrate the remodeling of their float-decorating site with a ribbon cutting and mixer Thursday at 13030 Erickson Rd., south of Downey Superior Court.

Festivities begin at 5:30 p.m., with the ribbon cutting at 6:15. Door prizes will include two 2009 Rose Bowl tickets.

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

Warren class of ‘68 reuniting

DOWNEY – Warren High School class of 1968 will host a reunion tomorrow at Doheny State Beach from 9 a.m. to midnight.

For information, call Michael Murray at (562) 862-7197 or Tom Mumford at (760) 789-7873.

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THE FAMILY THAT PREYS PG-13	(10:55 1:40 4:25) 7:10 9:55
THE FAMILY THAT PREYS PG-13	(11:55 2:40) 5:25 8:10 10:55
BURN AFTER READING R	(10:40 1:05 3:30) 5:55 8:20 10:45
DISASTER MOVIE PG-13	(10:35 1:00 3:25) 5:50 8:15 10:40
DEATH RACE R	(11:20 2:00 4:40) 7:20 10:00
BANGKOK DANGEROUS R	(12:00 2:35) 5:10 7:45 10:20
THE HOUSE BUNNY PG-13	(11:35 2:15 4:55) 7:35 10:15
BABYLON A.D. PG-13	(11:20 4:35) 9:55
MIRRORS R	(1:50) 7:00

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THE WOMEN PG-13 (11:10, 1:55, 4:50, 7:40, 10:30)

BANGKOK DANGEROUS R (12:00, 2:35, 5:10, 7:45, 10:25)

BABYLON A.D. PG-13 (12:15, 5:05), 10:00

DISASTER MOVIE PG-13 (2:30), 7:20

TRAITOR PG-13 (11:05, 1:50, 5:00), 7:55, 10:45

THE HOUSE BUNNY PG-13 (11:30, 2:10, 4:45), 7:15, 9:45

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Defense holds tight as Razorbacks open season

By Mike Baumann, Downey Youth Football

DOWNEY – For the most part, the first week of Razorback football turned out to be a display of defensive football. All six of the Razorback tackle teams, and the four flag teams, proved that several weeks of hard work in preparation for the 47th season was well-worth their effort.

Flag Red (5,6 and 7-year-olds) moved the ball steadily and scored repeatedly while shutting out Inglewood by a score of 28-0.

Mity Mite Red faced a Palos Verde team that scored early in the contest and made that score hold up for a 7-0 victory. Downey's defense, led by Jeremiah Paez and Sergio Sanchez, kept the game close, but the Razorbacks were held scoreless.

Mity Mite White thoroughly outclassed the team from Twin-Cities. The win showed that MM White may be a team to be reckoned with in 2008.

The Razorback Junior PeeWee team couldn't get their offense going as they lost to Inglewood, 14-0.

The PeeWee Razorbacks got touchdowns from Joshua Medina and Justin Huff but it was their defense led by defensive end Austin Espinosa that led them to victory. The Razorbacks held Santa Monica to just one first down in the game. The Hogs moved the ball but were plagued by numerous fumbles.

Ball control and turnovers were the controlling factors in the Junior Midget Razorback victory over Torrance by a score of 25-16. Greg Martinez and Tristan Esparza both scored two touchdowns in the Hogs' victory.

The Midget season opener was a successful 6-0 victory over Inglewood. Once again it was the Downey defense, holding Inglewood on fourth and inches on the Razorback 12-yard line with less than a minute left in the game to ensure the win for the hometown team.

The Razorbacks have another full schedule of games this Saturday at Downey High School.



Warren's Jesse Callier (5) runs for one of his four touchdowns as the Bears beat Bellflower, 41-13. Photo by Art Montoya

Warren impressive in 41-13 rout

By Scott Cobos, Staff Writer

DOWNEY – Warren head coach Chris Benadom said last week he wouldn't know what he had in his football team until after the first game.

After a 41-13 thumping of Bellflower High School, things have started to clear up.

"We played well tonight," he said after Warren's victory last Friday. "I wasn't happy with our second half. But our offensive line moved some people and Jesse [Callier] was running."

It's become clear that Warren has two of the biggest weapons in the San Gabriel Valley League with Callier and Bailey Cowins lining up on both sides of the football.

Callier, Warren's second-year running back, exploded out of the gates and rushed for 209 yards and four touchdowns on 17 carries in the first half. He was held to limited action in the second half.

"Jesse has the natural ability to find holes and make things happen for himself," said Benadom. "Our young offensive line did a good job, but I'm sure they didn't open up a bunch of truck-sized holes for him."

But the game wasn't all Callier. Cowins returned a punt for a 91-yard touchdown after Bellflower's first possession of the game.

Later, Cowins would tack on a 53-yard touchdown reception from Bears quarterback Sam Bettencourt.

"Those are our guys," said Benadom, who collected his first win as head coach of Warren. "They need to make plays for us."

The offense was running all night long, compiling 268 yards on the ground even with the Buccaneers stacking eight or nine guys in the box to stuff the rush attack.

Bettencourt only attempted two passes all night and completed both of them, one of them hooking up with Cowins for a touchdown.

Even though his arm was used sparingly, Benadom was confident in Bettencourt's to make plays if he had to.

"I didn't feel like we needed to throw the ball," said Benadom. "But I felt like he could have if we needed him to."

After the first half, the Bears were up 41-0 and never had to look back.

Since the game was completely out of hand at halftime, Benadom sent in his junior varsity call-ups to get some experience with the big boys.

The second half defense allowed a couple of late touchdowns to the Bucs, including a 33-yard touchdown pass from Bellflower quarterback Jeremy Allen to receiver Max Amete and a 2-yard rush by Marlin Bradley.

Allen finished his night completing 16 of 24 passes for 100 yards, and Bradley rushed his way to 184 yards on 24 carries.

Warren's domination was not all glitz and glamour, as backup tight end Timm Morales went down early in the second half with a dislocated ankle.

Morales had to be carted off the field and taken to a hospital by paramedics.

Overall though, Benadom was happy with his team's win and happy to get that first win under his belt.

"It feels very good," he said. "The kids worked hard for nine months and now we have to start getting ready for Santa Fe."

"It's a very good first start. We're headed in the right direction and Santa Fe will be a good test for us."

The Bears travel to Pioneer High School to take on Santa Fe tonight. Game time is 7 p.m.

Vikings hang tough in practice scrimmage

By Scott Cobos, Staff Writer

DOWNEY – Downey High School's scrimmage versus Cal and Jordan last Friday went relatively well according to Vikings football head coach Will Capps.

Of course, in a scrimmage, scores aren't going to be as important as the execution of the plays, and under the scrutiny of the coaching staff, the Vikings were pretty good.

"The coaches were impressed," said Capps on Tuesday.

While the coaches were relatively happy with the team's performance, Capps thought his team could still continue to improve in all facets of the game and expects his team to respond.

"Overall it was generally a lot of little things in a lot of little places," said Capps. "But I'm proud of the kids. They stepped up to the challenge."

The one thing that impressed Capps the most was the demeanor in which the kids carried themselves on the field. Going against Cal and Jordan is no small feat and could prove demoralizing to teams with lesser spirit but Capps thought his team passed the test.

"Their character outweighed their play without a doubt," he said. "We're going to be ready [for La Habra]."

The Vikings will open their season at home tonight versus La Habra who are the defending CIF Div. IX champions.

The Vikings finished their season last year 3-7 while La Habra was perfect and went 9-0.

In the past six years, La Habra has won five league championships and have advanced to at least the semifinals in the playoffs in all six years.

Game time is 7 p.m.

Cheerleading clinic at Downey High

DOWNEY – Downey High School cheerleaders will offer their annual cheerleading clinic on Sept. 20 from 8:30 a.m. to noon inside the school gymnasium.

Girls between the ages of 5-13 will learn game-action cheers, and perform during halftime of the Vikings' home football game on Sept. 26.

Cost of the clinic is \$25, which includes a T-shirt and two admission tickets for the Sept. 26 game.

For information and registration, call Kim Buss at (562) 822-4265.

Quake conducting open tryouts

DOWNEY – The California Quake women's tackle football team will conduct open tryouts in Downey beginning in November.

Tentative dates are Nov. 15, Dec. 20, and Jan. 17, 2009.

For more information, visit www.californiaquakefootball.com.

Tennis demonstration for children

DOWNEY – A free demonstration for kids interested in joining the local Junior Tennis League will be offered this Tuesday from 6 to 7 p.m. at Independence Park.

The Junior Tennis League is sanctioned by the USTA (United States Tennis Association) and brings kids together to play singles, doubles, mixed doubles tennis against other local teams. The league works to promote social skills, cooperation and unity.

The league is open to kids ages 6-18. For more information, call (562) 904-7238.

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