

The Downer Patriot



Downey girl cast in 'Grease' See Page 8



Gallatin students a bit more safe See Page 3



11-year-old piano prodigy See Page 7

Friday, September 19, 2008

Vol. 7 No. 22

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

Nursing chief keeps on top of things

BY HENRY VENERACION, STAFF WRITER

owney Regional Medical state-of-the-art Center's

Computerized Tomography (CT) scanner, acquired earlier this year and described as the "most advanced CT scanner currently available" as well as a piece of technology



Heather Conwell

typically found at much larger hospitals, has definitely been a high moment in the hospital's more than 80 years of existence.

Costing more than \$1 million, the scanner possesses rapid multiple scanning capabilities on bone and organ structures, allowing doctors and other medical staff to view them on TV screens and make a quick and accurate diagnosis ("64slice" refers to the capturing of multiple tomographic images of any area of the human body in as little as 10 seconds).

Its increased image quality enables radiologists to see internal injuries and disease in greater detail. An electronic hook-up allows doctors ordering CT exams to have immediate access to their patients' images from their offices.

Thus with the powerful and impressive instrument, a chest exam, for instance, which takes 20 to 30 minutes using a standard CT

See CONWELL, page 9

When the chief speaks, Rotarians listen

BY HENRY VENERACION, STAFF WRITER

t's always a treat to hear Downey Police Chief Roy Campos give a talk. Tuesday he was the Downey Rotary Club's guest speaker and, as usual, the chief (Councilman Kirk Cartozian calls him, correctly, as *jefe*) was his engaging and organized self, articulate and unequivocal in his statements, and successful in putting fresh touches to otherwise familiar

A family man through and through, Campos built his address around the concept of family ("the closest thing to my life") and interfacing with neighbors. He said he grew up in Norwalk, one of nine siblings, and through the example of his parents, imbibed neighborly values of respect, dignity and

Briefly recounting his police career, he said he early on held the Downey Police Department in high regard. As Downey's chief law enforcement officer, he said it's

See CHIEF, page 9



The Spinal Games at Rancho Los Amigos National Rehabilitation Center have gained in popularity since its launching three years ago. This year's Games were expanded to include VA patients from Long Beach. Photo courtesy Rancho Los Amigos

Patients find strength, courage at Spinal Games

■ Rancho hosts third annual Games for spinal injury patients.

By Mary Forney, Staff Writer

DOWNEY – In the midst of a flurry of moving wheelchairs, waving arms and shouting, Janet Wu prepares to make a shot into a basketball hoop. She is the only women in the group playing and despite missing the shot, she smiles, rolls back, and a look of determination sweeps across her face as she studies the person beside her now aiming for the

Wu, 30, is a former MIT varsity ice hockey player who tested her athleticism for the first time since becoming paralyzed two years ago. Participating in the Spinal Games held Sept. 12 at Rancho Los Amigos National Rehabilitation Center, Wu embraced the sporting events with enthusiasm.

"I used to play basketball and softball in high school and today I learned how to play again," Wu said. "I can't wait for the tennis games to start."

The hospital staff and family members stood at the sidelines cheering on the participants many of them amazed at what they were watching because all of the people playing suffered from spinal injuries.

"It's good to see the patients feel better out here," said Vanessa Sanchez, who is a student nurse at Rancho. "It was a shock to see how much energy they have on the

have become so popular in the last three years that Recreational Therapist Ann Kinnischtzke brought three outpatients with her from the Veterans Administration Hospital in Long Beach.

"This is my first time bringing VA patients," Kinnischtzke said. "But they wanted to bowl and play tennis with others. Once you start playing, you forget about everything – it's great for stress, exercise and mental health."

This is the third year that the Rancho Foundation has sponsored the Spinal Games.

"This gives them self-esteem and courage," said Foundation member Yolanda James. "It's fun and good for their families to see them interacting – it's encouraging to all of them."

David Osuna, 30, agrees. When he was 20 years old, Osuna went off a cliff while riding a dirt bike. The injuries from his broken skull and broken back left him paralyzed, yet he has played football from his wheelchair for eight years.

"I was playing college football when I got hurt so after my accident, I didn't know what I was going to do. After two years of depression, I joined the wheelchair football team and it basically changed my life," Osuna said.

"I was becoming self-destructive because I didn't know what way to go in life."

The Spinal Games gives the

"I don't have to have The Rancho Spinal Games a life just sitting in

—Jason Weinschenker, participant in Rancho's Spinal Games

spinal injured the opportunity to make new friends, challenge their physical capabilities - and to have

Not all of the spinal injury outpatients were physically able to participate in the Spinal Games, but many showed up just to watch, offer support, and socialize.

Erik Soto was one of the outpatients unable to play, but he had a lot to offer visitors to the event. The former gang member sat at a booth talking to passersby about his experiences as a former gang member and how he became a quadriplegic after being struck by a bullet.

Not far from the booth where Soto sat, a first-time attendee watched the Spinal Games with anticipation.

Accompanied by his family, Jason Weinschenker, 23, said he was ready to play baseball.

"I practiced last night with my niece and nephew," Weinschenker

Paralyzed from a car accident last March, Weinschenker said the Spinal Games are giving him hope.

"This let's me know I can still do things and I don't have to have a life just sitting in the chair," he said. "I'm ready to play."

Man convicted of practicing medicine without a license

■ Martin Yanez gets 180 days in county jail and probation.

By Mary Forney, Staff Writer **NORWALK** – A Norwalk Superior Court jury convicted a Chula Vista man on Sept. 4 for the unlicensed practice of medicine at two locations in Downey.

Martin Yanez, 46, was licensed in Mexico, but from April 2006 to November 2007, he solicited patients from California and conducted pre-operative consultations and post-operative care at two locations in Downey - one location was the back room of a hair salon.

Seeking out Spanish-speaking clientele, Yanez had his patients travel to Mexico where he performed major cosmetic surgeries at Tijuana at Hospital de la Mujer y el Niňo. His surgeries included tummy tucks, liposuction, and breast augmentations.

Charges were filed against Yanez after a patient suffered severe complications from a liposuction procedure. The patient

sought help from a civil attorney who reported the incident to the Medical Board of California Department of Consumer Affairs.

The Department set up a sting operation in which three undercover agents posed as prospective patients and a search warrant was executed by Medical Board investigators at the two Downey locations.

The case was then referred to the Los Angeles County District Attorney's Office.

"The mission of the Medical Board is public protection, and this action reflects the board's ongoing commitment to that mission," said Barb Johnston, executive director of the Medical Board in a statement issued Dec. 7, 2007 – the day after Yanez was arrested.

Norwalk Superior Court Judge John A. Torribio remanded Yanez into custody after sentencing him to 180 days in county jail and three years formal probation.

Yanez was ordered back to court again on Oct. 8 to face a restitution hearing.



West Middle School teacher Meribeth Paulino has been named a Teacher of the Year by the Los Angeles County Office of Education.

Paulino named a teacher of the year

■ Paulino popular with students for Civil War reenactments.

> BY HENRY VENERACION, STAFF WRITER **DOWNEY** — The DUSD

Board of Education Tuesday recognized West Middle School principal Craig Bertsch's presentation of social studies teacher Meribeth Paulino as one of 16 educators in Los Angeles County to receive the accolade of Los Angeles County Office of Education (LACOE) "Teacher of the Year."

Framing his remarks with quotes from President Abraham Lincoln, whom both admired, Bertsch cited Paulino's high standards, personal responsibility, and personal integrity as traits she also expects from each of her students. Her use of dramatics in her instructional approach includes an

Abraham Lincoln impersonator and Civil War re-enactors, com-

teaching. She started as a reading teacher and reading specialist.

"I am so humbled and honored for being selected by the district from among so many deserving fellow teachers," Paulino said. "As

LACOE honorees, Paulino has a chance to go a step further. On

See DUSD, page 2

Kids invited to pen scary stories

DOWNEY – The Downey City Library is sponsoring a Scary Story Contest for young writers in grades

Kids can submit their original scary stories to the library by Oct. 10. There will be a first, second and third prize winner in each level: grades K-3 (maximum 200 words), grades 4-8 (maximum 500 words),

and grades 9-12 (maximum 1,000 words).

Entries should be word processed if possible and turned in to the Children's or Adult Information desk at the library.

Contest entries can also be subonline www.downeycitylibraryteens.blog spot.com.

All winning stories will be published in The Downey Patriot during the month of October.

"This is a great way for kids to get into the Halloween spirit and share their creativity," said Julia Butler, young adult librarian at the library.

For more information, call the library at (562) 904-7360, ext. 32.

plete with a Civil War cannon replica, which come around every spring to West and "brings history alive for our kids." This is Paulino's 39th year of

I near the end of 40 years of teaching, I can only say they've been great years. My career here has been so uplifting. It has given me a great life here. Thank you. I'm just very blessed." Together with the other

Sept. 29, LACOE will announce

Page 2 Friday, Sept. 19, 2008 Community.

DUSD: Board goes through long agenda.

Continued from page 1

who among the 16 gets tapped to represent it for the California State Teacher of the Year competition.

Budget talk

Anticipating an end to the long state budget impasse, Boardmember Donald LaPlante meanwhile once again lauded the DUSD Board and Administration for the foresight and "prudent" manner in which the 2008-09 district budget process was navigated, averting painful and irreversible pitfalls that other not-so-well-prepared districts now must cope with, such as teacher layoffs and class size reconfigurations.

In other action, the Board:

•Accepted with gratitude a donation in kind valued at \$13,000 of backpacks and school supplies, to be used by fifth grade students at Gauldin, Carpenter, and Old River Elementary Schools, from State Farm Insurance; and cash donations of \$20,000 and \$200, respectively, from Kaiser Permanente and Robin Martin, to be used in support of the TLC Family Resource Center;

•Authorized the payment of expenses for convention and conference attendance;

•Ratified the General Agreements between DUSD and the following several 'contractors' (schools/agencies) which will provide special education and/or related services to individuals with exceptional needs, the agreements taking effect from July 1, 2008 through June 30, 2009: Alton School; California Unified Service Provider, LLC; Center for Autism and Related Disorders; Barbara Dawson Educational Center; Five Acres School; Live Oak Canyon School; Logan River Academy; New Haven Youth and Family Services; Provo Canyon School; Pyramid Autism Center; Rossier Park Schools; The Sycamores; Vista Behavior Consulting; Zinsmeyer Academy; and Downey Family YMCA;

•Ratified the payments for special education placements;

•Approved the revisions to BP 4110.1 and BP 5210, the Affirmative Action Program; the revisions to AR 4113, on Certification; the revisions to AR 4116, on Separation; the deletion of BP 4138 and AR 4138, the Employees' Suggestion Plan; and the changes to MAR 4162 and AR 4162, on Personal Necessity Leave;

•Approved the amended monthly mileage allowances for 10-month, 11-month, and 12-month employees for 2008-09, at an estimated annual cost of \$61,510;

•Ratified purchase orders by the Purchasing Department;

•Ratified the issuance of payroll orders for hourly, overtime, Civic Center work performed by classified personnel, Adult School, and Food Services through August 2008;

•Ratified B warrants;

•Ratified the agreements between Downey Adult School Career and Education Center and Karol Bowens, MD, FACOG; Dr. Charles Maples; Manuel F. Mendoza, M.D., Inc.; Millennium Surgery Center; and Ejike Onyeador, M.D., F.A.A.P., for the latter agencies to furnish practical experience to students enrolled in the Medical Assistant program;

•Ratified the contract with Los Angeles County of Education (LACOE) for bilingual Teacher Training Program curriculum and instructional services, effective Aug. 6, 2008 through June 30, 2009;

•Ratified the contract with LACOE for DUSD to reimburse the administrative costs related to the California Medical Assistance Program for

•Approved the addendum to existing professional services contracts with Western+White, Inc. of Tustin for continued architectural services (another five years) for new construction and/or modernization projects at all DUSD schools;

•Ratified a 2008-09 Community Development Block Grant (CDBG) subrecipient grant agreement with the city of Downey, allocating \$31,000 to the 10-20 Club (for counseling and group support services to at-risk youths), and \$3,400 to True Lasting Connection Family Resource Center (to provide regularly scheduled health screening for district students from low-income families), effective Aug. 12, 2008 through June 30, 2009;

•Authorized the advertisement for bids for the purchase and installation of a new gasoline fuel vapor recovery system for the fuel pumps located at the bus and maintenance yard, to be charged to M.O.T. funds;

•Awarded an annual contract not to exceed \$200,000 to Painting &

Décor, Ltd., of Orange to provide trade painters for miscellaneous painting work as needed by the Maintenance Department, to be charged to General, Deferred, and/or Bond funds;

•Approved the change orders with various vendors for the Warren High School new library, classroom building and cafeteria modernization projects, as well as that for the construction of a new classroom building at Downey High School and the purchase of snack food products for the Food Services Department—all to be charged to Bond Funds;

•Accepted as complete electrical and fencing work performed by Spike Electric of Anaheim and McCullah Fence Co. of Bell Gardens;

•Approved routine Personnel items until subsequent action is taken by the Board of Education;

•Ratified the abolishment of three vacant Senior Instructional Assistant positions at Alameda Elementary, Griffiths Middle, and Gauldin Elementary; the establishment of two new positions corresponding to the current classification of Senior Instructional Assistant-Severely/Multiply Handicapped, one replacing the scrapped one at Alameda, the other assigned to Price Elementary; while a new position corresponding to that of a Senior Instructional Assistant is established at Griffiths;

•Ratified the establishment of three new positions (classified as Food Service Assistant) and one new limited-term one classified as Lead Food Service Assistant (to serve from Sept. 2, 2008 through March 1, 2009);

•Ratified the establishment of new positions with duties corresponding to the current classification of Senor Instruction Assistant-Behaviorally Challenged, one assigned to Unsworth Elementary, and two going to Warren High School;

•Ratified the establishment of one new position with the same classification as Speech-Language Pathology Assistant, assigned to Special Education;

•Ratified the establishment of two new positions corresponding to the classification of Senior Instructional Assistant, one assigned to East Middle, the other to Downey High;

•Ratified the establishment of two new limited-term positions with duties corresponding to the current classification of Child Care Assistant, assigned to Downey Adult School;

•Approved the establishment of one new classification, a level above Food Service Assistant, for four to five hours per day, 10 months per year, effective Sept. 16, 2008;

•Approved the changes to the duties of Communications Center

•After a public hearing adopted a resolution attesting to the determination that sufficient textbooks and instructional materials are available to all students in the district, including English learners, and consistent with the cycle and content of the curriculum frameworks;

•Adopted Resolution No. 200809-02 establishing the "District Appropriations Subject to Limitation" for 2008-09 of \$84,785,527, calculated in accordance with Article XIII B of the State Constitution and Division 9 of Title 1 of the Government Code, which puts a cap on the "Proceeds of Taxes" revenues for public agencies, including school districts, beginning with the 1980-81 fiscal year;

•Announced the intent of the Board of Education to appoint John Kennedy as Personnel Commissioner for the term ending Nov. 30, 2011;

•Approved the Downey Adult School Course of Study (presented at the last session) for the 2008-09 school year;

•Approved the Test Administration Calendar the 2008-09 year: this includes the schedules for CAHSEE, CMA, STAR, EAP, STS, CAPA, CAT/6, APT tests; •Approved the Certification of Provision of standards-aligned text-

books/basic instructional materials in each of the following areas: history/social science, mathematics, reading/language arts, and science; •Approved the unaudited actual Financial Report for fiscal year '07-

•Approved the revisions to AR 5241, Classified Management Salary Schedule, and AR 5241.1, Unit 1 Salary Schedule, effective Sept. 16, 2008; and

•Endorsed the actions taken by the superintendent on student cases. The next regular meeting of the Board will be held at 5 p.m. on Oct.14 at the Gallegos Administration Center, 11627 Brookshire Ave.



Ernest Garcia, a Downey resident and Democratic delegate, attended the Democratic National Convention in Denver, Colo. this year. While there, Garcia was invited to a welcoming reception hosted by Sen. Diane Feinstein; a reception for Sen. Barbara Boxer; a breakfast honoring Democratic mayors; a gala hosted by the California Democratic Party; and more. Garcia also met with Speaker Nancy Pelosi (above), Rep. Lucille Roybal-Allard, Los Angeles Mayor Antonio Villaraigosa, and Los Angeles City Attorney Rocky Delgadillo.

Pie, ice cream at Messiah Lutheran

DOWNEY – The community is invited to enjoy pie and ice cream at Messiah Lutheran Church this Sunday at 5:30 p.m.

A plate of pie or ice cream is \$2.50, and a cone is 50 cents. Messiah Lutheran Church is at 10711 Paramount Blvd. in Downey.

Blessing of the animals Oct. 4

DOWNEY - The Downey Church for Spiritual Enrichment will conduct a "blessing of the animals" Oct. 4 from 2 to 6 p.m.

Dogs, cats, horses, goats, and other animals on leashes can all be blessed at the event. Photographs will also be accepted in lieu of the ani-

The church will also be blessing motorcycles, bicycles and musical

The event is free but offerings will be accepted. Bottled water, snacks and boutique items will be for sale.

Children under 10 must be accompanied by an adult.

For more information, call Yvonne at (562) 926-2445. The Downey Church for Spiritual Enrichment is at 10000 Paramount Blvd., half a block north of Florence Avenue.

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.

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

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

For more information, e-mail mguerra@downeyca.org or call (562)

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*APY = Annual Percentage Yield. 7-Month Certificate Account rate special quoted effective 9-15-08. Offer is good through 12-31-08 and is subject to change withou

notice. Certificate is available to new members or existing members who refer a new member to Southland. Minimum deposit of \$100 is required to open and a maximum amount of \$1,000 to qualify for special rate. AcceleRate and Add-On features are not available on this certificate special. Unless directed otherwise, upon

maturity certificate will rollover into a standard 6-month AcceleRate Certificate. Excessive withdrawal penalties may apply. Membership is subject to eligibility.

CREDIT UNION

You may qualify for a **Free High-Efficiency Toilet!** A \$250 Value!

Ladies Bible Class Teacher Frank Mathis Men Welcome

Home Port: First Baptist Church of Downey

8348 E., Third St. Downey, CA 90241

Inter-Church • Inter-Faith • Inter Community

Captain's Qualifications: Compass and log on board - Approved Graduate of Moody Bible Institue Flying Program • Pilot with Wycliffe Bible Franslators in Peru and Ecuador • 29 years teaching weekly bible studies Terminal Island Federal Prison **Destination: HEAVEN** Sarting: Tuesday September 16th, 9:30 AM and Tuesday morning there after. For further information call Mary Miyamoto 562-928-8203

How do I qualify?

- . Only those customers who live within the Central Basin Municipal Water District boundaries may participate in this program (see list of cities to the right).
- · You must bring a current water bill and photo ID.
- · You must ONLY replace a toilet(s) with a flush volume of 3.5 gpf or greater (you will receive assistance to determine this).
- To complete your participation in this program, you must return your old toilet on Saturday, October 11, 2008 at the same location.

Call (877) 732-2830 to verify your eligibility and reserve yours today!

Program Sponsored By:







9am - 12pm At a location near you in the City of Artesia

September 27, 2008

In order to qualify for this program you must live within the cities or communities of:

Artesia Lynwood Maywood Bellflowe Montebello Bell Gardens Monterey Park Carson Norwalk Cerritos Paramount Commerce Pico Rivera Santa Fe Springs Signal Hill South Gate South Whittier Walnut Park Willowbrook Lakewood La Mirada

*supplies are limited

USC professor talking politics

DOWNEY — USC professor Thomas Hollihan, Ph.D., will be the guest speaker at Monday's OASIS (Older Adults Seeking Information and Skills) meeting at Downey Adult School.

Hollihan will explain "how the decreasing power of political parties, professionalizing campaign staffs, proliferation of public opinion polls, and the volume of money have changed the campaign process."

money have changed the campaign process."

Hollihan is a professor and associate dean of academic affairs at the USC Annenberg School of Communication. He teaches many political and communication courses, including "How the Media

Informs U.S. Voters."

Registration for the free program begins at 2:45 p.m. The program will begin at 3:45. An optional full-course dinner will be served following the presentation (dinner tickets should be purchased at registration).

For more information, call (562) 940-6200.

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.

Fundraiser to benefit Warren library

DOWNEY – With Warren High School's new library and multimedia center scheduled to open in February, the school is now looking to raise money to fill the new building with books.

The Barnes & Noble bookstore in Long Beach will host a fundraiser this weekend where 20 percent of sales by Warren supporters will be donated to the school.

Warren will also have a list available of recommended titles for customers wanting to directly purchase and donate a book.

The fundraiser will be held Sept. 19-21, from 9 a.m. to 11 p.m., at the Barnes & Noble located inside the Long Beach Towne Center, 7651 Carson Blvd.

Silent auction part of Christian meeting

DOWNEY – The Downey Christian Women's Club will meet Oct. 8 at the Los Amigos Country Club at 11:45 a.m.

The speaker will be Nell Heard, who will speak on "From the Cotton Patch to the Board Room." The meeting will also include a silent auction and country music by Naomi Hall.

The community is invited to attend. Cost is \$12 for the buffet lunch and reservations are requested by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.



Downey Federal Credit Union recently donated 40 first aid kits to Gallatin Elementary School. From left: Kari Johnson, the credit union's business development representative; Stephanie Velarde, Gallatin PTA president; and Steven Means, Gallatin principal.

Credit union donates first aid kits

DOWNEY – This fall, classroom teachers at Gallatin Elementary School are prepared for students' first aid needs thanks to Downey Federal Credit Union, which donated 40 first aid kits to the schools PTA.

The kits were distributed to Gallatin teachers, which will help them deal with minor cuts and accidents.

"We are thrilled to have Downey Federal Credit Union as a partner in the school," said Stephanie Velarde, Gallatin PTA president. "We appreciate their support and caring regarding the needs of the students."

Barbara Lamberth, president and CEO of Downey Federal Credit Union, said they were glad to help.

"Partnering with Downey Unified School District for over 50 years goes beyond financial products and services," she said. "Being able to provide a classroom necessity just our way of giving something back to the schools."

Don't forget meeting this Wednesday

DOWNEY – Guest speaker Gloria Riese of the Medicine Education Program will gives tips on ways to improve your memory at the National Association of Active and Retired Federal Employees Southeast Chapter meeting Wednesday at noon at Furman Park.

The public is invited and new members are welcome. Visitors should bring a snack; coffee, cake or cookies will be served.

Temple celebrates Selichot

DOWNEY – Temple Ner Tamid of Downey will host Selichot services tomorrow night. The event will begin with a dessert potluck at 7 p.m.

The Temple's spiritual leaders, Rabbi Len Muroff and Cantor Ellen Jaffe-Gill, will conduct services in the Sanctuary. The community is welcome to attend.

For more information, call (562) 861-9276.

September tabbed as literacy month

■ Mayor urges residents to "learn more about the importance of literacy."

By Henry Veneracion, Staff Writer

DOWNEY—Downey Mayor Dave Gafin last week proclaimed the month of September 2008 as Literacy Month.

The proclamation is premised, he said, on the following considerations: 1) More than 27 percent of adults in the Los Angeles area are capable of reading only simple words and sentences; 2) Literacy issues severely impact the lives of families in the area of work, school and their full participation in all the benefits of Downey residents; and 3) Volunteers in the Downey City Library Adult Literacy Program give of themselves to help students reach their goals by providing free help in the areas of basic reading and writing skills.

"I urge fellow citizens to learn more about the importance of literacy and to become involved with literacy in our community," he said.

In other action, the Council:

•After a lengthy public discussion, did not adopt an urgency ordinance relating to the regulation of wireless communication facilities. Instead it sent it back to staff for the addition of a grandfather clause for the two applications already in the system;

•Approved the agreement with Huitt-Zollars, Inc. for on-call (and asneeded) land surveying services for a term of two years, to facilitate the construction of various capital improvement projects;

•Approved an ordinance approving the city's membership in the Los Angeles Regional Interoperable Communications System and approving the execution of the related Joint Powers Agreement. This sets up a countywide communications system for public safety operations involving police and fire, deemed especially crucial in the event of a major disaster:

•Voted to appoint a subcommittee composed of Mayor Dave Gafin and Mayor Pro Tem Mario Guerra to further study a draft ordinance amending a section of the Downey Municipal Code regarding public nuisances, especially with respect to property maintenance standards;

•Introduced an ordinance establishing a new administrative citation program intended to save time and resources, implementation of which will be assigned to an outside agency which already has had contracts with other cities; and

•Honored the local Greek community's oldest surviving resident, 105-year-old Nick Hasir.

The next regular public meeting of the City Council will be at 7:30 p.m. on Tuesday, September 23 at City Hall, 11111 Brookshire Ave.

Treatment facility hosting open house

DOWNEY – The La Casita Transitional Housing Facility will host an open house and client graduation Oct. 3 at 1 p.m.

The open house will include food and tours of its facility at 10603 Downey Ave. La Casita is funded by the California Emergency Housing and Assistance Program.

For more information, call Maureen Lispi, director of the La Casita Treatment Program, at (562) 622-2268.



MARIA LARKIN, CANDIDATE FOR MEMBER OF THE CITY COUNCIL CITYWIDE 5TH DISTRICT

Downey Resident 51 years

Occupation: 30 Years Estate Broker/Owner – Residential, Commercial, Development

COMMUNITY INVOLVEMENT

Downey Association of Realtors	President	3 times
Downey Chamber of Commerce	President	
Downtown Merchants Committee	Chairman	3 years
Emergency Preparedness Committee	Chairman	2 years
Holiday Land Parade Committee	Chairman	12 years
Catholic Women's Guild	President	2 years

MANAGEMENT SKILLS

Office Manager 55 Attorney Law Firm, supervising 80 non legal staff Office Manager International CPA firm over 30 staff Real Estate Broker/Owner – Three C-21 offices Current: Advantage Real Estate

I pledge to:

Make NEIGHBORHOOD PRESERVATION and PLANNED REVITALIZATION of our aging areas A TOP PRIORITY

SUPPORT AND RETAIN our Outstanding Fire and Police under local control

PROMOTE a Business Friendly City – increase our tax base – REDUCE TAXES – STAY ON BUDGET

Push for BEAUTIFICATION of the RUN DOWN COMMERCIAL STRIPS that are an eyesore in the community and in need of a facelift.

Use our Downey Theatre to its fullest potential and hopefully rename it as "The DOWNEY PERFORMING ARTS AND CULTURAL CENTER. We can use this facility for so much more than we currently do. We can bring Seniors, Children, and Teenagers together by providing the proper venue to our community. In addition to what we already provide, how about Mystery Theatre Night with dining on the Piazza; art exhibitions; teenage talent night; old classic movie night; encourage our diversified ethnic groups to celebrate their special events such as Cinco de Mayo with music and dancing on stage; Cuban night, etc. This will bring all age and ethnic groups together. We could use our local dining establishments to provide the food on a rotation basis.

I am a UNITER, I am READY, I am WILLING and I am ABLE to begin on day one.

NO MATTER WHERE YOU LIVE IN DOWNEY YOU CAN VOTE FOR DISTRICT 5

Please vote for MARIA LARKIN on November 4th VISIT MY WEBSITE – www.electmarialarkin.com

STATE ID# 1307795



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Credit union CEO is recognized

DOWNEY - Jon Hernandez, CEO of three Southern California credit unions, including City of Downey Federal Credit Union in Downey, was recently recognized with the Distinguished Service Award from the California Credit Union League, the trade associate for credit unions in California and Nevada.

The award honors service to the credit union industry outside the usual scope of employment at a credit union.

As CEO of three credit unions (CalCom Federal Credit Union in Torrance, Mattel Federal Credit Union in El Segundo and City of Downey Federal Credit Union), Hernandez pioneered a management-sharing concept that the credit union industry now refers to as Shared Resource Solution. Recognizing the need to retain identity, and improve the economies of scales of other small credit unions, Hernandez began sharing his management expertise. He splits each work week by rotating days at each credit union.

The California Credit Union League represents more than 400 credit unions in California and Nevada, representing more than 9 million members and about \$100 billion in assets.

Golf tournament for wounded soldiers

DOWNEY – The seventh annual 9-11HelpAmerica Foundation golf tournament will be hosted by the Rio Hondo Golf Club on Oct. 2.

The foundation is a nonprofit group "aimed at recognizing and supporting the families of those fallen and wounded soldiers who bear the sacrifice in defense of our country."

The fundraiser is sponsored by First Capital, a commercial financial services firm.

Woman's Club bus trip to Pechanga

DOWNEY – The Woman's Club of Downey is sponsoring a bus trip to the Pechanga Resort & Casino on Oct. 6.

Funds raised by the trip will go to the club's scholarship fund.

The bus will leave the Woman's Club at 8 a.m. and return between 5:30 - 6 p.m. Cost is \$6 for Woman's Club members, \$11 for non-members, and include a \$5 voucher for casino play.

Bingo is played on the bus and guests must be at least 21. For reservations, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-

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.



A BLUE RIBBON SCHOOL OF EXCELLENCE St. MATTHIAS HIGH SCHOOL

"The Senior Class at St. Mathias High **School** will be hosting a Car Wash Fundraiser on Saturday, September 13th from 9 am - noon in the school parking lot. Tickets are \$8.00 each. Pizza, chips and drinks will be sold, and a DJ will be at the event. Please come and show your support for the Victorian Class of 2009!"

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Crystal Gunderson and Christopher Ticknor were married July 26. The bride is the daughter of Dave and Vicki Gunderson of Downey, while the groom is the son of Bill and Mary Kay Ticknor of Yorba Linda. The wedding gown, with over 2,000 Swarovski crystals, was designed by the bride and hand-made by her mother. Crystal is a 2000 graduate of Downey High School. The couple are both Long Beach State graduates. Crystal is an elementary school teacher for Downey Unified School District and Christopher is director of marketing for Aspen Distribution in Montebello. The couple honeymooned in St. Kitts and are currently living in Belmont Shore.

Service academy workshop for students

DOWNEY – Rep. Lucille Roybal-Allard will host a free information workshop Sept. 27 at the Downey City Library for high school students interested in attending a U.S. service academy.

Students will learn about academy requirements, including the application process for receiving a nomination from the congresswoman.

The service academies provide a free college education in return for five years of military service as a commissioned officer following graduation.

High school students and their parents are invited to the workshop where they can meet representatives from the U.S. Military Academy (West Point), Naval Academy, Air Force Academy, Coast Guard Academy, and Merchant Marine Academy.

The workshop will be held from 8:30 to 11 a.m.

Learn to make a PowerPoint slide

DOWNEY - Residents can learn the basics of making computer presentations at a Downey City Library workshop tomorrow from 10:15 to 11:45 a.m.

"Introduction to PowerPoint" will help students organize and design professional presentations using graphics and text. Students will learn how to create and edit individual slides, add animation and use transitions.

Instructor Nancy Munoz will show how to print slides for handouts or overheads for a successful presentation. Participants must be familiar with using a computer mouse and Microsoft Windows.

To register, call the Adult Information desk at (562) 904-7360, ext. 32.

Homework help at Downey parks

DOWNEY – Outdoor activities and homework help 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.

3rd Sunday Coffee House September 2 1 6:00—7:30 PM

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The Poet's Corner

A poem

Death came to see me late last night and tried to take me in his arms I said I am not yet ready to give in to your easy loving charms There is a woman lying by my side I've been her confidant lover and guide

It would be not fair for her in the early morning light To see my heart is still and my eyes no longer have the light So if you really have to take me you must come when I am alone Bring your fire breathing horses and carriage then you can take me home

For there are many many people I have waited a long long time to see People that you came for long before you came for me. -Bernard Strickland, **Bellflower**

The End

The end is near, people have been professing The end is near since the beginning of time. The end is near or has it been confessing That the planet rid itself of its slime? A parasite commonly known as man Turned this world into hell's wastebasket As we alter and question God's plan. Our alterations to her shall be our casket, Or are they facts of His divine scheme? Time will tell if oceans empty into thimbles When we and matter no longer persist. It's reality by God!

Or is it a dream? Allowing us to see how life is simple When our spirit shall be all that exists. - Michael Quinn,

College foundation raises \$60K

NORWALK - The Cerritos College Foundation raised \$60,000 in scholarship funds at its 23rd annual Golf Classic held Aug. 4 at the Friendly Hills Country Club in Whittier, the college recently announced.

This year's title sponsor, Bovis Lend Lease, was joined by numerous corporations and local businesses in helping the foundation achieve its goal.

"I was extremely impressed with the tournament this year," said Jerry Jones, program director of Bovis Lend Lease. "This annual event gets better and better as the years go by."

Downey resident Jenel Guadagno, a Cerritos College student who hopes to become a teacher, was awarded the 2008 Nancy Kelly Academic Scholarship at the event.

This year's tournament was underwritten by over 80 sponsors.

Weight loss program kicks off Thursday

BELL GARDENS - A "weight loss challenge" to see who can shed the most pounds in 12 weeks begin Thursday in Bell Gardens.

Based on the TV show, "The Biggest Loser," organizers say the competition "is designed to teach people about carbohydrates, protein, water, reading nutritional labels, exercise, properly shopping for groceries, and what to order when eating out."

Participants pay \$29, which will be paid out in cash and prizes to the three people who lose the highest percentage of body fat at the end of 12

Organizers say previous participants lost 158 pounds, 138 inches and the payout was \$650.

The program kicks off Thursday at 6 p.m. at the HBL Offices, 7606 Ira Ave., in Bell Gardens. For more information, call Ivett at (323) 974-8981.

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Editorial Page 5 Friday, Sept. 19, 2008

Letters to the Editor:

Mansions in Downey

My wife and I have been living in Downey for 35 years. It was a wellrun city with few problems. There has been a dramatic change especially the last three or four years.

The building of two-story mansions with 7,000 or more square feet, classified as single-family residence, is an insult to anyone with common sense. To prevent this would be easy, just limit the square footage to 3,000 square foot for a single-floor and the new homes to be harmonious with the neighborhood in design and color.

A completion date should also be mandated. At present, there are many constructions in Downey in various stages of completion for long times. Some do not show any activity to complete the building.

It makes me wonder what has so much influence to get away with it. The simple answer seems to be money. Is there money flowing into the city's coffers, contributed by the parties who can afford it? Or are there personal favors being extended? This question is legit when one council member voted against this one mansion being constructed, and then changed his mind.

Corruption can be found from the highest levels of federal government on down. I hope this lack of ethics and accountability has not reached the ruling leaders of the city of Downey.

- Dieter Oltersdorf,

Downey

Lost puppy

Dear Editor:

The city of Downey has adopted the Character Counts program to guide behavior. Ask any Downey student and he will tell you that Character Counts is defined by six pillars of good character. The pillars are: trustworthiness, respect, responsibility, fairness, caring and citizen-

We are teaching good character in our schools, but are we really living this model?

In July, my daughters found a Yorkshire terrier in our backyard. They cleaned him up, fed him, and cared for him. They demonstrated caring and responsibility. Knowing someone must be missing this little dog, they were trustworthy, good citizens and hung signs around the neighborhood. Within a few hours, we received the call.

Although my daughters were sad about giving up the dog that they had already fallen in love with, they knew giving him back was the right thing to do. The owners were overwhelmed with gratitude. Because of the character they displayed, my husband decided that our daughters were ready to take care of a small dog of their own. No good deed goes unrewarded!

Amazingly, a week later, a friend was giving away baby Yorkies and offered one to us. We named him Snickers and promptly fell in love with him.

Sadly, after just eight short weeks of loving Snickers, he disappeared from our front yard on Saturday, Sept. 13. We have put signs everywhere, and are so, so sad at the loss of our pet.

Is Character Counts just something we teach our children in school? Does character really matter in the real world? We are now depending on the character of a stranger to do the right thing and return our Snickers to us.

— The Donahue Family, **Downey**

Digital TV conversion

Dear Editor:

In an editorial on Sept. 11, the Los Angeles Times makes the case that despite the advance warnings and flood of educational programs on how to handle the forthcoming conversion – from analog rabbit ears to outdoor antennas to digital-only TV - the recent preview in Wilmington, N.C. demonstrated that many will be caught unprepared and become confused when their sets go blank.

Particularly vulnerable proved to be the elderly and many others who did not prepare for the changeover in spite of the intense, four-month informational campaign on how to prepare for the change.

The editorial goes on to say that the city of Los Angeles proposes to include messages about the forthcoming change, to take place Feb. 17, 2009, in every bill and notice the city sends out to its residents. Downey should consider doing the same.

The Times editorial goes on to say further that "the FCC, which paid firefighters in Wilmington to help distressed TV viewers, plans to arrange the same kind of education and support in Los Angeles and 79 other markets with numerous over-the-air TV viewers. But local officials shouldn't wait for the feds to lead in this issue."

Our city of Downey has not distinguished itself as a leader in wishing to lead in innovation, although it eventually gets on board on many innovative programs even though it may be past the innovative period.

With five months before the digital TV conversion comes, this time our City Council should take the necessary actions to ensure that our wonderful and very able firefighters will train and be prepared to respond to the many calls from the many who will find themselves helpless next Feb. 17, when their TVs go black, especially when, according to The Times' editorial, the FCC will foot the bill.

Let's not only train and be prepared, but communicate as fully as possible how help can be reached. Chief Mark Sauter can show off his demonstrated leadership by anticipating the need and the opportunity to be of service to our community by preparing the response program and prodding the City Council for the actions required to make our local fire stations become local response stations for helping those that would need

The Downey Patriot

help to get connected to their TVs. What an opportunity! Let's not miss it.

- Harold Tseklenis, **Downey**

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Help find a killer

Dear Editor:

Our family wanted to get a message to the community: Please help us find the killer of our son, brother and uncle, Chris Hamilton. If you have any information or heard anything about my little brother Chris's murder, please call the Downey Police Department.

I am Chris's big sister and I just wanted you to hear a little about how my brother was. He was loving, happy and loved life as it came to him. He was handicapped and did not know about bad people or gang trouble. He had no fear, like a little child.

We miss him so much and it is very hard for us to deal with our loss. He did not deserve to die this way. Please help us.

Lisa Godoy,

Editor's note: Anyone with information on the May 2 murder of Christopher Hamilton is urged to call Detective Raul Salazar at (562) 904-2332 or Detective Sam Gatfield at (562) 904-2391.

McCain supporters speak out

Dear Editor:

In response to Sheldon Richman's diatribe against Sen. John McCain "McCain's Self-Righteous Fakery," 9/12/08), I would like to point out a

Jesus said that He came to serve, and in my opinion, He is the greatest leader of all time.

Sen. McCain may not be perfect, but he is honest, as evidenced by his

He does not associate with those who have bombed U.S. government buildings and then boasted that it was too bad they didn't do more, all the while never once saying they regretted or were sorry for what they had done.

Right or wrong, Sen. McCain has gone against his own party when he believed in the issue. I was appalled by Mr. Richman's smear against Sen. McCain. I am not

real excited about him as our president, but given our choices, I will stand for him and Gov. Palin any day.

— Maggie Allen,

Downey

Dear Editor:

It's very disappointing to see that The Downey Patriot is no different than any of the other "media" outlets out there. Haven't we as Americans been subjected enough to the constant degradation of John McCain? Haven't we had Barack Obama shoved down our throats for the last six months by every liberal media outlet out there?

Why would you print the opinion of Sheldon Richman in your newspaper? There was nothing that was said in his opinion that could be construed as fact. It's simply his opinion.

While California has been a very liberal state in the presidential elections, I don't think that the citizens of this state are stupid. I was undecided as to who to vote for when the primaries began. Now, as an American, I want to see some change in the way Washington is run. The fact is that the only ticket we have that has actually demonstrated change in the way they do politics is the McCain/Palin ticket.

Even the Democrats in Washington will concur that both McCain and Palin have done some remarkable things in trying to change the way the Washington political machine works. One man can't change the way Washington is run, but at least McCain has the record to demonstrate he has the backbone to go up against his own party to do what is best for the citizens he works for.

Unfortunately for Obama, he has absolutely no record of demonstrating any type of political change at any point in his career. We do know that Obama's "personal moral compass" for the past 20-plus years (Rev. Jeremiah Wright) is a racist, anti-American, and a hatemonger. We do know that instead of doing his job and learning the issues, Obama simply voted "present" over 130 times. Obama requested \$850 million in pork belly earmarks in his first three years in the Senate. It comes out to nearly \$1 million per day that he has been a senator.

McCain has never asked for an earmark in his 26-year political career. If that's not a man that isn't your typical politician, then I don't know what is.

The truth is that seven months ago the Republicans were not happy that McCain could end up the nominee, because he is too much in the middle for them. Americans do want the government to work better for them, but not at the expense of larger government. The only true ticket for change in this country is the GOP ticket; both McCain and Palin have the proven record to backup their talk about change - they have already been making it.

Obama only has his words, and actions speak louder than words. McCain has the actions of his life to demonstrate where his loyalties lie and what he's willing to do to succeed.

— Andrew Henins,

Downey



CORRECTIONS

Football injury: Last week's article detailing Warren High School's football victory over Bellflower incorrectly stated the name of an injured player and the severity of his injury. The player's name is Timm Molina. And he did not suffer a dislocated ankle; he shattered his tibia and broke his fibula, requiring nine screws.

Mayor's Prayer Breakfast: The 23rd annual Mayor's Prayer Breakfast will take place Thursday, Oct. 16, at the Rio Hondo Event Center. Last week's story listed an incorrect date.

This is in response to the column by Sheldon Richman that appears to be a hatchet job piece on John McCain. The Downey Patriot rightly attributed his affiliation with an organization called The Future of Freedom Foundation. This is a libertarian organization that promotes a specific agenda and advocates against (from their website) the income tax, Social Security, Medicare, Medicaid, welfare, immigration controls, economic regulations, drug laws, gun control, public schools and foreign wars. I thought it may help your readers be more informed as to where the writer sets his moral and political compass.

That being said, George Washington fancied himself as a servant of the people, as did Adams, Jefferson, and Madison. Sure, McCain wants to be president, and believes he can serve others by leading. Ultimately our elected officials work for us, the citizens of the United States. The notion of public service and service to our country and our community is an honorable and honest endeavor. In fact, McCain's family has served in the military of our country since the Revolutionary War.

Richman then takes potshots at three other presidents, Lincoln, Teddy Roosevelt and Kennedy. Perhaps Richman missed the history class concerning the moral cancer that was left on America's heart with the institution of slavery, and the resulting scar from the surgery of the Civil War, the resulting Jim Crow laws, and the radiation treatment of the Civil Rights movement. We have just begun to heal from the hardships of those eras. Last I looked, Abe Lincoln led the country in the War between the States, and did set the stage for the abolition of slavery. Teddy Roosevelt may have enlarged the Central Government, but he also brought in a legacy of national parks, engage in trust busting, and was the moving force for the first standards of the FDA to ensure that our food was safe.

Mr. Kennedy may have inspired our country more than he accomplished, but he did lower taxes and tariffs (the so-called Kennedy Rounds), and averted a nuclear exchange during the Cuban Missile Crisis.

McCain served his country with honor during his tenure in the military. He served without complaint, before, during and after his service. He is battle tested, and endured far more than any whom have claimed the oval office in the past generation of presidents. Let us not blame the warrior for the war that our elected officials push America's fighting men and women into; McCain did what was asked of him.

Downey

Barack Obama: The peace candidate?

CONTRIBUTED BY SHELDON RICHMAN

Why would anyone think that Democratic presidential nominee Barack Obama is the peace candidate?

True, before President Bush sent an invasion force to Iraq and before Obama was in the Senate, he made a speech saying intervention would be a mistake. But after the invasion, in 2004, he said he wasn't sure how he would have voted when the resolution authorizing Bush to use force to overthrow Saddam Hussein came before the Senate. Since being in the Senate, he has voted to continue the occupation.

That doesn't sound much like a peace candidate, does it?

Obama has made speeches and written articles demonstrating his full embrace of the interventionist policy that has characterized the U.S. government's approach to the world for many years.

What's truly frightening is that Obama doesn't seem to realize that U.S. foreign policy has been interventionist. For example, he said, "We cannot afford to be a country of isolationists right now. 9/11 showed us that try as we might to ignore the rest of the world, our enemies will no longer ignore us. And so we need to maintain a strong foreign policy, relentless in pursuing our enemies and hopeful in promoting our values around the world."

In the last hundred years, when have "we" ignored the rest of the world? U.S. administrations have been interfering in Middle Eastern affairs for more than 50 years. They have been interfering in Latin America even longer. Anyone who takes a close look with an open mind would know that 9/11 was a consequence of U.S. interventionism, not isolationism, which is a smear word. That someone opposes invading other countries doesn't mean he opposes commercial or cultural relations with them. The great liberals of history (when that word meant freedom and minimum government) favored peace and free trade.

Fear of nonintervention is something Obama has expressed before. In the July/August 2007 Foreign Affairs he wrote, "After Iraq, we may be tempted to turn inward. That would be a mistake. The American moment is not over, but it must be seized anew. We must bring the war to a responsible end and then renew our leadership — military, diplomatic, moral —

to confront new threats and capitalize on new opportunities."

Those are not the words of peace candidate. Obama has often talked about the need for the United States to project its power around the world.

He has made it clear that he supports wars that are not strictly defensive and has expressed admiration for the first President Bush's war against Iraq: "When we use force in situations other than self-defense, we should make every effort to garner the clear support and participation of others — the kind of burden-sharing and support President George H.W. Bush mustered before he launched Operation Desert Storm."

Obama engages in the same fear-mongering that we have gotten accustomed to with George W. Bush. Obama says, "This century's threats are at least as dangerous and in some ways more complex than those we have confronted in the past. They come from weapons that can kill on a mass scale and from global terrorists who respond to alienation or perceived injustice with murderous nihilism. They come from rogue states allied to terrorists and from rising powers that could challenge both America and the international foundation of liberal democracy."

Again, he shows no understanding that it is interventionism, not "liberal democracy," that makes Americans targets. He's fallen for the Bush line that "they hate us because we are free."

Even parts of the U.S. government know that is nonsense. As the Pentagon's Defense Science Board put it in 2004, "Muslims do not hate our freedom, but rather, they hate our policies."

And Osama bin Laden himself said that same year, "Contrary to what Bush says and claims — that we hate freedom — let him tell us then, why did we not attack Sweden?"

With Obama in the White House, we could look forward to more Wilsonian military adventures: "We have heard much over the last six years about how America's larger purpose in the world is to promote the spread of freedom. I agree."

With a peace candidate like that, who needs a warmonger? Sheldon Richman is senior fellow at The Future of Freedom Foundation (www.fff.org) and editor of "The Freeman" magazine.

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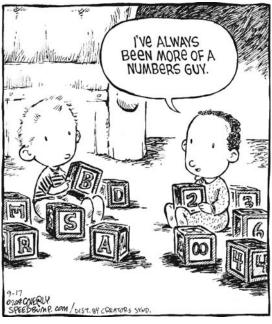
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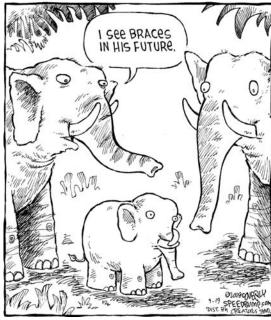




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Sept. 19, 1796: In President George Washington's farewell address, written as an open letter to the public and published in newspapers nationwide, the outgoing president advised, "Observe good faith and justice towards all nations. Cultivate peace and harmony with all."

1881: President James A. Garfield dies of wounds inflicted during a July assassination attempt.

1928: Original "Batman" actor Adam West is born. Also born Sept. 19: Duke Snider (82), Joe Morgan (65). Jeremy Irons (60), Joan Lunden (58), Trisha Yearwood (44) and Jimmy Fallon (34).

1957: The U.S. conducts its first underground nuclear test in Nevada.

1995: Orville Redenbacher dies at home after suffering a heart attack in his Jacuzzi. He was 88.

Downey Community Calendar

Events For September

Sat. Sept. 20: Cheerleading clinic. Downey High School, 8:30 a.m.

Sat. Sept. 20: Free hearing screenings, Barbara J. Riley Community Center, 10 a.m.

Sat. Sept. 20: "Introduction to PowerPoint," Downey City Library, 10:15 a.m.

Sun. Sept. 21: Ice cream and pie, Messiah Lutheran Church, 5:30 p.m. Tues. Sept. 23: Rise 'N Shine networking, Stox Restaurant, 7:30 a.m.

City Meetings

1st Tuesdays, 6:15 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library. 1st & 3rd Wednesday, 7:30 p.m.: Planning Commission, Council Chamber at City Hall.

1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall. 1st Thursday, 9 a.m.: Traffic Committee, Training Room, Second Floor of City Hall.

2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber. 2nd & 4th Wednesday, 6 p.m.: Design Review Board, Council Chamber at City Hall.

3rd Thursday, 3:30 p.m.: Parking Place Commission, Second Floor Training Room at City Hall

Regularly Scheduled Meetings

Mondays

6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.

6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786. 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.

2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.

2nd Mon., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7159.

3rd Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053. 4th Mon., 7:30 p.m.:Downey Numismatists, at Downey Retirement Center, call 862-6666.

Tuesdays

9 a.m.: Downey Bocce Club, at Apollo Park, for information call Vince Zoida at (714) 761-4439. 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.

9:30 a.m.: Adventure with the Bible, at the First Baptist Church call 928-4153.

12 p.m.: Rotary Club, at Rio Hondo, for information call Darren Dunaway at 806-5400. **12 p.m.: Exchange Club of Downey,** at Sizzler, for information call Don Hollister at 927-5871.

6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call 928-2658.

7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.

7 p.m.: Boy Scout Troop 441, at Apollo Park Activities Room, for information call 923-3659.

2nd and 4th Tues., 7:30 a.m.: Chamber "Rise&Shine" Networkers, at Nordic Fox. for info. call (562) 923-2191. 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Bakers Square. for information call (562) 927-6438.

2nd Tues., 7 p.m.: Downey Fly Fishers, at Apollo Park, for information call 943-3904.

3rd Tues., 7:30 p.m.: Writer's Workshop West, at at Downey High School library, for info call 862-3106. Last Tues., 11:00 a.m.: Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

Wednesdays 7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.

1 p.m.: Women's Bocce Club, for information call 869-8782.

1st Weds., 10 a.m.: Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618.

1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.

1st Weds., 7:30 p.m.: Downey Emblem Club #309, at Downey's Elks Lodge, for information call 868-4386.

1st & 3rd Weds., 7:00 p.m.: AfterCare Post Cencer Therapy Group, for information call 923-4800. 2nd Weds., 7:30 p.m.: Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132.

2nd Weds., 7:30 p.m.: Downey Sister Cities Ass'n, at Maude Price School, Call 862-7197.

2nd Weds., 11:45 a.m. - Downey Christian Women's Club, at Los Amigos CC, Call 927-8488.

2nd & 4th Weds., 11:00 a.m. - AARP, at Barbara J. Riley CC, Call Lorene Frazier 861-6075. 3rd Weds., - Downey Dog Obedience Club Apollo Park.

3rd Weds., 6 p.m. - American Business Women's Association, Rio Hondo Country Club, Call Barbara Carlson 863-2192. 4th Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513.

Wed.& Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

Thursdays

7:30 a.m.: Soroptimist Int'l of Downey, for information, call Pat Heineke, 904-3534.

7:30 a.m.: Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414. **12 p.m.: Kiwanis Club of Downey,** at Rio Hondo Events Center, call Roy Jimenez 923-0971.

12 p.m.: Downey Christian Businessmen's Committee, for information call 928-4153.

12 p.m.: Optimist Club of Downey, at 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.

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.

9/14/08

Sundays

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) **NEGATIVE ATTITUDE: Featuring prefixal wordplay** by Merle Baker

ACROSS

- 1 Confirms 10 Quick drives
- 15 Like bathwater Visits
- Lofty nest Take potshots Measure of apathy?
- Double-curve shapes
- Platters, briefly Stuff in stacks
- 28 Pelosi predecessor Behold: Lat.
- Voted in
- Lake craft Missouri range 37 Actor Max von 38 "Splish Splash"
- singer 39 Dojo teaching **Dump some**
- junk mail? Dict. entry Called upon
- 51 Fishing holes 52 Kimono sashes VIP's wheels
- title role Say "Nyah, nyah!" to Reconnoite Copter part

2001 Will Smith

- Rattle the whole auditorium? 62 Standing
- 63 Draw in
- Feel poorly
- Yielded Thanksgiving Day
- event Refuse to consider the US?

71 Adorned with 6 Kind of donation 7 Golfer Sam feathers 8 British conservative Miners' tools

9 Small bill

12 Ticked off

16 Oust

10 Mephistophelian

13 Evening, in ads

14 Omen observer

17 "Speak now" at

a wedding?

18 Very little bit

15 GPS reading

11 Public image

- Sri Lanka language Pah preceder Speak like Sylvester Sugar source Poe bird
- 78 **Actress Bancroft** Take in 79 80 Era of ignominy?

Sounds sheepish

- Recent Microsoft retiree Start of a Flintstone cheer
- Former Philippine president "To __ human . . . " More pleasant
- Kennedy's Secretary of State Marine mammal 100 Quick punch
- 102 Gunpowder ingredient Move a story's

101 Mauna

- 108 Alamogordo event Hang in folds 110 Criticizes vigorously
- 112 Syrian leader 113 Admittance DOWN
- 1 Confuses 3 Threw
- 2 In more than

5 Taxpayer's ID

Prefix for center

called Tracy locale? 43 Do together 44 Implement ;-), for one 111 Round numbers 48 Barrel spoiler 49 Carrier to Rome

36

- Have doubts about destructive one? 53 Easy runner 55 Insincere flatterer
 - Colombian city Make merry 60 Hinder 61 Piece of work
- **Affirmative votes** Ceramic fragments Matadors' opponents 32 It may be broken 33 Light preceder ID checker Veer suddenly __ Macabre Capital of Afghanistan Came down 42 What Hepburn Tom, Dick or Harry Leveling wedges
- 23 25 31 35 66 84 85 91 | 92 102 108 109 112 62 Adriatic Riviera 80 Family room 93 Dream"
- 81 Victor at Actium (Lohengrin aria) resort 65
 - Xbox fan Mars, maybe Popeye's
- Baker, at times Middle-ear bone Reliever's stats 72 Gone by
- 82 Sang yule tunes
- sweetheart This way Small suit Visited

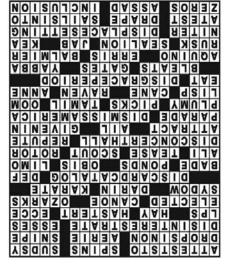
92 Completely

- Catherine of I Love Lucy star
- **Fundamental**
- 95 for Adano 98 Norse saga Puts on 100 French writer Cocteau
- 103 ACLU concerns 105 CBS series since 2000 106 Nashville sch. 107 Poetic contraction

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.

You can contact puzzle editor

Philippines from 1986 to 1992. served as president of the Corazón AQUINO (91 Across) official languages of Sri Lanka. (73 Across) is one of the three by Nancy Pelosi in 2007. TAMIL succeeded as Speaker of the House Dennis HASTERT (28 Across) was



67

76 Parting words

78 Economist Smith

Eye part



Eleven-year-old Jona Capino, a seventh grader at St. Mark's School in Downey, received her Certificate of Merit from the Music Teacher's Association of California and was recently awarded Branch Honors for her achievement in Piano Level 5 at Cal Poly Pomona. Jona recently passed the required state test and was declared as an International Winner, Intermediate Class of 2008 Section IC in the National Piano Auditions and was awarded a gold pin and certificate from the National Guild of Piano Teachers, Teacher Division of American College of Musicians, and membership in the National Fraternity of Student Musicians, Student Division of American College of Musicians and Piano Hobbyist of the World for one year.

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.

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 interested sponsors. For more information, call Shirley Johnson at (562) 862-2378.

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

(orchestra seating) and are available at the Rancho Foundation office at Rancho Los Amigos.

They can also be purchased by calling Daris Patterson at (562) 860.

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

Counsel's Corner: Doctors, agents must follow your Advance Health Care Directive

By Steve Lopez, the Law Offices of Steve Lopez

It is often difficult for individuals to think about the care and treatment they want in the event they are incapable of making their own health care decisions. However, completing an Advance Health Care Directive is important for all individuals over 18 years of age as they may unexpectedly be in a position where they cannot speak for themselves, such as an accident or severe illness.

An Advanced Health Care Directive is the best way to make sure that your health care wishes are

known and considered if for any reason you are unable to speak for yourself. By completing a form called an "Advance Health Care Directive" California law allows you to do either or both of two things:

First, you may appoint another person to be your health care "agent." This person (who may also be known as your "attorney-in-fact") will have legal authority to make decisions about your medical care if you become unable to make these decisions for yourself.

Second, you may write down your health care wishes in the Advance Health Care Directive form—for example, a desire not to receive treatment that only prolongs the dying process if you are terminally ill. Your doctor and your agent must follow your lawful instructions.

The Advance Health Care Directive is now the legally recognized format for a living will in California. It replaces the Natural Death Act Declaration. The Advance Health Care Directive allows you to do more than the traditional living will, which only states your desire not to receive life-sustaining treatment if you are terminally ill or permanently unconscious. An Advance Health Care Directive allows you to state your wishes about refusing or accepting life-sustaining treatment in any situation.

Unlike a living will, an Advance Health Care Directive also can be used to state your desires about your health care in any situation in which you are unable to make your own decisions, not just when you are in a coma or are terminally ill. In addition, an Advance Health Care Directive allows you to appoint someone you trust to speak for you when you are incapacitated. You do not need a separate living will if you have already stated your wishes about life-sustaining treatment in a Advance Health Care Directive.

The Advance Health Care Directive has replaced the Durable Power of Attorney for Health Care (or "DPAHC") as the legally recognized document for appointing a health care agent in California. The Advance Health Care Directive allows you to do more than a DPAHC. An Advance Health Care Directive permits you not only to appoint an agent, but to give instructions about your own health care. You can now do either or both of these things.

All valid Durable Powers of Attorney for Health Care (DPAHC) and Natural Death Act Declarations remain valid. Thus, unless your existing DPAHC has expired, you do not have to complete a new Advance Health Care Directive. However, any A DPAHC executed before 1992 has expired and should be replaced.

Because the new Advance Health Care Directive gives you more flexibility to state your health care desires, you may wish to complete the new form even if you previously completed a DPAHC or Natural Death Act Declaration. At a minimum, you should review your existing DPAHC or

Natural Death Act Declaration to make sure it has not expired and that it still accurately reflects your wishes.

A written health care directive is legally sufficient if all of the following requirements are met:

1. the directive contains the date of its execution

2. the directive is signed either by the patient or by another adult in the patient's name, in the patient's presence and at the patient's direction

3. the directive is either acknowledged before a notary public, or signed by at least two witnesses who meet statutory requirements

If the directive is in electronic form, it is sufficient if a digital signature is used, but an acknowledgment before a notary public is required.

If the directive is signed by witnesses rather than notarized, the witnesses must be adults and each witness must witness either the signing of the advance directive by the patient or the patient's acknowledgment of the signature or the advance directive.

their employees; (2) community care facility operators and their employ-

The following may not be witnesses: (1) health care providers and

ees; (3) operators of residential care facilities for the elderly and their employees; and (4) the patient's agent, where the directive is a power of attorney for health care. Each witness must make a declaration incorporating these prohibitions.

At least one of the two witnesses must be an individual who is neither related to the patient by blood, marriage, or adoption, nor entitled to any portion of the patient's estate on the patient's death under a will existing

portion of the patient's estate on the patient's death under a will existing when the advance directive is executed or by operation of law then existing. The witness satisfying this requirement must also sign a declaration so stating.

If the patient is in a skilled nursing facility when signing the directive, the directive is not effective unless one of the two witnesses is a patient advocate or ombudsman.

Like with all important legal documents, you should always consult a lawyer to assure that the documents are properly executed and reflects your intentions.

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

Free hearing screenings Sept. 20

 $\bf DOWNEY-Downey$ 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.

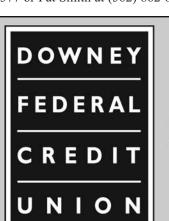
Church hosting its Harvest Festival

DOWNEY – Downey United Methodist Church will host their annual Harvest Festival on Oct. 4 from 7:30 a.m. to 1 p.m.

The free event will include a rummage sale, white elephant sale, and various food booths. There will also be a children's section with a jumper, sponge toss, face-painting, and more.

Downey United Methodist Church is at 10801 Downey Ave. For more information, call (562) 861-9777.





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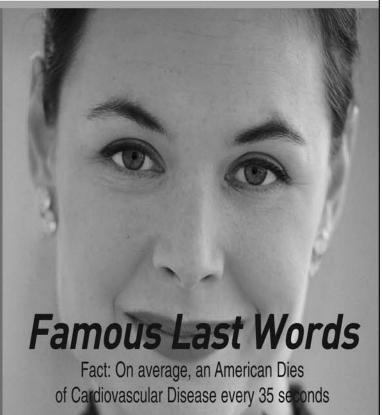


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* Cash, check or credit card only.

No insurance accepted or filed for this screening.

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Medical

Lakewood Regional Medical Center is a participating hospital in the American Heart Association's Get With The Guidelines⁵⁰⁰ quality improvement program.

All statistics according to the 2006 Heart and Stroke Statistical Update, American Heart Association.

Is your heart really healthy? Find out the facts!

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- Glucose level check
- Blood pressure check
- Body Mass Index (BMI) check
- Health risk assessment

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Four Downey residents will appear in the Downey Civic Light Opera production of "South Pacific" from Oct. 2-19 at the Downey Theatre. All are veteran DCLO performers. They are (clockwise): Steven Chavarria as Seabee Richard West, Devin Cornair as Jerome, Michael Lopez as Seabee Thomas Hassinger, and Rob Fox as Seabee Tom O'Brian. For tickets and information, call (562) 923-1714.

Boutique, fashion show planned

LAKEWOOD - The Bellflower Soroptimist Club will hold a "Fun with Fashion" fundraiser Nov. 15 at the Centre at Sycamore Plaza in Lakewood.

The event begins with a boutique sale at 11 a.m., followed by a fashion show and lunch at noon.

Cost is \$45 and reservations will be taken until Nov. 8 or at capacity. For reservations, e-mail patangeldog@aol.com.

The Centre at Sycamore Plaza is located at 5000 E. Clark Ave. in Lakewood.

Downey actress cast in 'Grease'

LA HABRA – Downey native Tina Fiala has been cast in the lead role of Sandy in the La Habra Depot Theatre's production of "Grease," running from Sept. 26 – Oct. 19.

Fiala attended high school at the Keystone Academy (class of '07). She has appeared in numerous musicals including "West Side Story" and "Wizard of Oz" at Biola Young Theatre, "Godspell" at Cerritos College, and "Grease" and "Beauty and the Beast" at Santa Fe Community

During her previous "Grease" run, she played "teenager" and "drivein movie voice."

Fiala told her mother before auditioning for "Grease" at the Depot that she was auditioning for an ensemble role. Her mom convinced her to try out for Sandy. She will be traveling from Pennsylvania to see Fiala in her

"Playing the role of Sandy is a lifelong dream," said Fiala. "I'm going to savor every moment of the run."

Set at fictional Rydell High School, the exuberant Tony Award-winning musical celebrates a time when the word "teenager" was new, bobby socks were fashionable and beehive hairdos were cool. This history-making musical is under the direction of John Francis, who won a prestigious Roar of the Crowd award last season at the Depot.

The family favorite, which was the longest running production on Broadway, is about how rock and roll changed American culture. The score is a recreation of early, raw rock and roll, invoking artists like Chuck Berry and Jerry Lee Lewis. The show's many hit songs include "Summer Nights," "We Go Together," and "Greased Lightning."

"Grease' is one of those plays that continues to entertain both the young and old, especially those who came from that wonderful 1950s era," said director Francis. "Plus, we have a great cast of young actors mixed in with some older veterans that makes the show move very quickly."

"Grease" runs from Sept. 26 - Oct. 19. Performances are Friday and Saturday nights at 8 p.m. and Sunday matinees at 2:30 p.m. Tickets are \$18 for adults and \$15 for students/children/seniors.

Reservations are available at wwwlhdepottheatre.org or by calling (562) 905-9625. The La Habra Depot Theatre is located at 311 S. Euclid St. in La Habra.



Tina Fiala, of Downey, will star in "Grease," playing Sept. 26 - Oct. 19 at the La Habra Depot Theatre.

Rare Latin American cinema presented

LONG BEACH – The Latin American Studies Film Series returns to Cal State Long Beach this Thursday with the theme "Love Stories: Diverse Visions."

The four-film series will show individual films on successive Thursdays with all screenings beginning at 7 p.m. in the campus' University Theater. Admission to each film is free and open to the public, and all of the films have English subtitles.

Guiding the selection of this year's films was a desire to show love stories that would explore the complexity of love in different cultural settings, explained series organizer Jose Sanchez-H., a professor of film and electronic arts at CSULB. "The final selection features two dramas and two comedies. The film series this year is a cinematic journey from the Andes to the Caribbean."

Opening the series Thursday will be a screening of "Los Andes No Creen en Dios" ("The Andes Don't Believe in God"), directed and written by Antonio Eguino.

Next, a comedy produced by Fox Studios in 1934 titled "Asegure a su Mujer" ("He Trusted His Wife") and directed by Lewis Seiler continues the series on Oct. 2. "Asegure a su Mujer" is a 35mm subtitled preservation print created in a collaborative effort between the Academy Film Archive, the Los Angeles Latino International Film Festival, and the CSULB Film and Electronic Arts Department.

"'Asegure a su Mejer' is a screwball comedy produced by Fox Studios for the Latin American market in the 1930s when sound was a new technology affecting cinema around the globe," explained Sanchez-H. "Hollywood studios were interested in winning over Latin American audiences and hired the most popular Latino stars to be in their movies, which were distributed only throughout Latin America

"The screening of 'Asegure a su Mejer' at CSULB will be the second time this film is shown publicly in the United States."

On Oct. 9, the series will screen the Cuban film "Madrigal," directed by Fernando Perez. The dramatic love story told in two time periods, 2005 and 2020, portrays a place where reality and fantasy seem to merge into one.

The series concludes Oct. 16 with a comedy from Puerto Rico directed Carlos Ruiz and Marie Perez Rivera titled "Maldeamores" ("Lovesickness"). The film follows several characters in their quests for love.

"The Latin American Studies Film Series is an excellent way for us to reach both students and the community. Our goal is to provide an experience that will facilitate an openness to and understanding of Latin America cinema and culture," said Sanchez-H. "The university is an important part of the Long Beach community and reaching people through cultural events is essential for fostering education beyond the classrooms."

For more information on the series, visit www.csulb.edu or call Jose Sanchez-H at (562) 985-7661.

Cheap movie tickets for a good cause

DOWNEY - Warren High School's girls' volleyball team is selling discount movie tickets for Krikorian Theatres as part of a team fundraiser.

Tickets, priced at \$6.50 each, never expire and can be used at any Krikorian Theatre for any movie, at any time.

Tickets are available from any Warren volleyball player or by calling Barbara Hill at (562) 861-7610.

Dianchi

7770 Rosecrans Ave. @ Paramount Blvd.

Phone: (562) 630-SHOW (7469)

(10:00 12:35 3:10) 5:45 8:20 10:5

Downey, CA 90241

College announces fall music schedule

NORWALK - Students and faculty in the Cerritos College Music Department will showcase their talents in a variety of performances this

The season will include performances by the Cerritos College jazz band, orchestra and chorus. All performances are open to the public, and many are free. One-day parking passes can be purchased in school parking lots for \$1.

The complete schedule is as follows:

Sept. 21, 3 p.m. - "Viva Espana: Works by Granados, Scarlatti, Debussy and Ravel," piano concert featuring guest artist Dr. Rob Watson, room BC-51, free admission.

Oct. 4, 7 p.m. – Piano concert featuring guest artist Paul Da Silva, solo and chamber recital assisted by Darryl Tanikawa (clarinet) and Melissa Henrickson (French horn) performing works by Robert Schumann and Johannes Brahms, room BC-51, free admission.

Oct. 19, 3 p.m. - "Expressively American: Two Multi-movement Works by Richard Cumming and Lowell Liebermann," lecture and concert, piano concert featuring guest artist Dr. Rob Watson, room BC-51,

free admission. Oct. 24, 7 p.m. - Orchestra Fall Concert, Cerritos College Student Center, free admission.

Oct. 28, 7 p.m. – Band Fall Concert, Cerritos College Student Center, free admission.

Nov. 9, 2:30 p.m. - Holiday Choral Concert, William Bristol Civic Auditorium, ticket info: (562) 804-1424.

Nov. 16, 2 p.m. – Faculty Gala, Cerritos College Burnright Theatre,

Nov. 19, 7 p.m. – Jazz Fall Concert, Cerritos College Student Center, free admission.

Dec. 14, 4 p.m. – Holiday Choral Concert, California Heights United Methodist Church in Long Beach, ticket info: (562) 595-1996.

Dec. 19, 7 p.m. - Instrumental Holiday Concert, Cerritos College Burnight Theatre, free admission.





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Conwell: DRMC career began in 1982.

Continued from page 1

scan model, can now be performed in just 19 seconds. An important feature also is the system's advanced cardiac package which can be used to analyze the heart and its associated vessels. With this capability, certain types of heart disease are more accurately detected, avoiding instances of, say, unwanted and (previously) really unnecessary surgical procedures.

Ailing philanthropist Art Morris, who sits on the DRMC board as secretary, donated a cool \$1 million towards the CT scanner's purchase. DRMC has named the whole Imaging Center (including MRI, etc.) department after him, in grateful acknowledgment of his many significant donations and contributions over the years.

As vice president of nursing and chief nursing officer, Heather Conwell is at once a proud witness to all this and a committed participant in all the progress and developments the 199-bed DRMC has undergone for the past 24 years. She has a diploma in nursing (1975) from the Los Angeles County School of Nursing, and took a bachelor's (1983) as well as a master's in nursing (1991) from Cal State Long Beach. Before all this, she had obtained a bachelor of fine arts in environmental design in 1971 at UCLA. She began her career at DRMC in October of 1982 as a staff nurse for the Emergency Department.

First appointed Chief Nursing Officer in 1989, Conwell has to this day had direct responsibility for the development, implementation and evaluation of nursing and clinical services in several of the hospital's operational and administrative areas, including: Emergency Care Center, Coronary and Intensive Care, Medical-Surgical and Pediatric units, Family Birth Center, Neonatal Intensive Care Unit, Infection Control, Environmental Services, Nurse Staffing, Employee Health, and Home

She says the hospital offers a complete array of services (emergency care, endoscopy, laboratory and pathology services, rehab and respiratory services, even a wellness center, etc.), except for organ transplants. She is in charge of some 500 nurses, sets performance improvement levels, works on organizational quality management and otherwise pursues service excellence in the department.

Appointed vice president of nursing last year, she assumed additional responsibilities in the areas of surgical and gastrointestinal lab nursing services, on top of her chief nursing officer duties.

Conwell says the supply of highly qualified, well-trained nurses has become tighter more than ever especially with the freeze on the granting of visas to foreign nurses. She faces a double-edged sword: the average age of DRMC's current complement of highly-trained nurses is 50, while it takes time (usually six months) and it's expensive to train new hires "if you can get them." Although a nurse stays an average of 10 years at DRMC, turnover cannot be prevented: she says people move to other cities, etc. "Right now, we have 25 openings."

"Nursing is a great career," she continues. "The opportunities are boundless. The whole area of healthcare is expanding, and the schools are not keeping pace. Home health care, because of an aging population, is a high growth area. Hospital beds are being added every day. For that matter, there is now a great demand for more pharmacists, clinical lab scientists, physical therapists, radiology technologists, and so on."

Building on the mission of the hospital, which is "commitment to the care and well-being of the community," regardless even of one's ability to pay, Conwell sees the basic role of her nursing team as making sure all patients are given the same quality care. This goes beyond their normal functions of monitoring the patient's progress 24/7, dispensing the right medications, making assessments, informing the physicians of changes in care plans, etc.

"We try to do these things in a timely and effective manner, to make

sure our care efforts have good outcomes

Just to give an idea of 'business activity' at the hospital, Conwell says the hospital handles 1 million lab tests a year, some 4,000 ER visits as well as 500 operating room procedures and 150 Family Birth Center deliveries

"Usually, depending on the immediate availability of staff, our critical care unit operates on a one-to-one nurse-to-patient ratio, our cardiac monitoring unit on a one-to-four ratio, and our medical surgery unit on a oneto-five ratio," she adds.

"For me, this is the best job there is," Conwell says. "I enjoy it because it's meaningful. It's fulfilling. It's simply a great job."

She could have added that it's a great place to work, too, as DRMC looks forward to performing its mission with a smoothly-functioning, highly-motivated, competent crew.

Chief: Force enjoys farreaching support.

fine to have an "over-arching" philosophy of law enforcement, but ultimately it's the day-to-day attention to duty and to details that counts. Also, "we don't work in a vacuum," he said, grateful for the unprecedented level of support and cooperation the department enjoys from everybody: the City Council. staff, other departments, the county, the city of L.A. and others, and, yes, "these are our neighbors, including the ever-busy CHP complement in Pico Rivera, and the like."

He made special mention of his collaboration with DUSD officials such as Superintendent Wendy Doty. He said that, in view of the difficulty in recruiting highly-qualified police officer prospects, Downey High School is doing a signal service by inserting a class on law enforcement in its curricu-

People who have come to know the police chief have come to appreciate his analytic/pragmatic approach to police work. What many Rotarians probably don't know is the fact that physically imposing and impressive-looking



tesy George Cade

Campos, who just turned 51, routinely does stretching and calisthenics as well as walks 3-1/2 miles four or five days a week..

Paralleling the department's emphasis on training is its commitment to supply the force with the right equipment. Thus a mounted camera "in every black-and-white police car" to record what occurs, the installation of a GPS system to help dispatchers track what's happening in the field, etc., are either already in place or in the pipeline, thanks to a "supportive and savvy City Council."

A measure lately of the regard

the city of Downey has been getting from neighboring police forces, says Campos, is one of them sending a narcotics undercover agent to train here.

To be sure, there will be (almost intractable) problems, he said, as when he fielded a question from Angelo Cardono about graffi-

"Prosecuting offenders right now is difficult, and the vandals know this only too well," he said. "We have to keep at it, keep at it. When the offenders do get caught, even judges get frustrated because there's no teeth to the law. Much, therefore, remains to be done."

There is a welcome variety (and succinctness) in Campos' sentences, and his choice of words matches supple thoughts—always a sign, if I may say so, of a good, effective speaker.

He was at his effective best last Tuesday, especially towards the end (not counting the sight of him touching his sidearm ("I'm the last police chief allowed to wear a sidearm") when he made the appeal: "We all have to work together."

Henry Veneracion is a member of Downey Rotary Club.

Grant earmarked for future teachers

■ 20K grant will benefit future special education teachers.

NORWALK Cerritos College's award-winning Teacher Training Academy (Teacher TRAC) has been awarded a \$20,000 grant from the Boeing Foundation, benefiting its Special Education Intern Program which provides pathways and services to future educators to teach students with special needs.

The check was presented during the program's new student orientation on Sept. 4, which was attended by more than 40 new students.

The Special Education Intern Program is a partnership between Cerritos College and Cal State Long Beach that will train future special education teachers, allowing them to complete a baccalaureate degree, student teaching, multiple subject teaching credential and educational specialist credential in Special Education Intern Program four calendar years.

The Downey Unified School District is a partner in the grant and has a master, mentor teacher who will work with a group of the

students.

"The Special Education Intern Program is in its third years with two successful years. Some students transferred to four-year universities and are on their way to becoming special education teachers," said Sue Parsons, director of Teacher TRAC. "The funding will enable us to continue the program and student success."



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Clergy members from nearly a dozen Downey congregations gathered at Our Lady of Perpetual Help Church last week for a Blue Mass honoring local fire and police departments. *Photo by Mary Forney*

Downey clergies come together to honor firefighters and police

By Mary Forney, Staff Writer

DOWNEY – On Sept. 11, before walking down the sidewalk toward the Our Lady of Perpetual Help Church, schoolchildren stopped by a mulberry tree and flag poles to say a few words.

Not all of the children had been born yet, and some were too young to remember 7 years ago when hundreds of firemen and policemen lost their lives trying to save others. Yet, reverently, the OLPH schoolchildren paid tribute to the men in blue who had died at the Twin Towers in New York City – even those who didn't quite understand that fateful day.

The mulberry tree was planted in 2001 because, "Our principal said it's a symbol of life," said Diane Davis, who is the director of development at OLPH School.

At the OLPH Church, local clergy, firemen, policemen and their families gathered for a community Blue Mass hosted by the schoolchildren. The visiting clergy included Rev. Nancy Hamm, Christ Lutheran Church; Rev. Lui Tran, Downey United Methodist Church; Rabbi Len Muroff, Temple Ner Tamid; Pastor Kevin Boyce, Light & Life Christian Fellowship; Rev. Dave Smith, Downey First Christian Church; Rev. John Higgins, Saint Raymond's Catholic Church; Rev. Audie Derryberry, Downey Bible Church Reformed; Rev. John Constantine, Saint George Greek Orthodox Church, and Rev. Candie Blankman, First Presbyterian Church.

"Men and women of blue serve in one of the greatest vocations and serve with great distinction and honor," said Blankman as she addressed the police and fire departments. "You do an act of PR – the 'P' stands for presence and your presence is like salt – you give flavor and influence to our community, and your acts of goodness are ways that preserve our community.

"The 'R' stands for response. When there's a crisis, tragedy or danger – we run away – but our firefighters and police officers run exactly into

Gary Allan Morse, Sr. 1938 - 2008

Gary Allan Morse, Sr. passed away unexpectedly Sunday, September 14, 2008.

He was a deacon at Calvary Baptist Church in Bellflower. He was a past president and member for 41 years of the Bellflower Kiwanis. He was a Captain in the US Navy Reserves. He was a graduate of University of California, Berkeley and went on to become an owner/broker of Farmers Insurance; past director, Central Basin Water Board and past director, Metropolitan Water Department.

He is survived by his wife, Betty; his children Allan (Wendi) and Tracy; and his grandson Gary Allan Morse, III.

A funeral service will be held today at 10:00 a.m. at Calvary Baptist Church in Bellflower.

In lieu of flowers, please make donations to:
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12049 Woodruff Avenue
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or Celebrate Recovery of Calvary Baptist Bellflower 14722 Clark Avenue Bellflower, CA 90706

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the places we are trying to run out of. They put themselves in harms way every day," Blankman said.

Downey Fire Chief Mark Sauter appreciated the sincerity of the schoolchildren and guest clergy.

"The Blue Mass is well received – it's a moving experience to have a church full of people thank you," Sauter said.

"I consider it one of the more moving things I do every year. It's an honor to be there and we are humble. We are rewarded internally when we deliver a baby or pull someone from a fire or a crumpled car – most people don't know what that feels like. To be shown sincere, genuine appreciation and wished good will and safety is pretty powerful," he said

The Downey Police Department was equally touched by the Blue Mass ceremony which the OLPH School has hosted for the last three

"The Blue Mass represents the highest level of appreciation that a community may bestow upon our fire and police departments – a public, interfaith expression of gratitude and recognition," said Downey Police Chief Roy Campos.

"It will serve to reinforce to all of us within the Downey Police Department – the sincere support provided by our community and local religious leaders."

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.

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New travel baseball team hosts tryouts

■ Downey Rockets play, practice out of Furman Park.

BY SCOTT COBOS, STAFF WRITER
DOWNEY — More travel
teams are starting to pop up everywhere in Downey and the Rockets
are just one of the newest kids on
the block.

The Downey Rockets, a travel baseball team, is looking for new upcoming baseball talents to add to their roster.

The Rockets play baseball tournaments with kids who are age 12 and under. They recruit out of West Downey Little League and from other players in Downey who are currently traveling too far for their parents' taste to play travel baseball

What brought on the creation of this team, according to general manager Mike Pagan, were the high levels of competition he and manager Willie Ramirez witnessed while watching a couple of travel ball teams compete.

"We were shocked to see the level of play in travel ball," Pagan said. "We thought our little leaguers were behind."

With that said, on came the creation of the Rockets. The goal is to get the players more exposure to the game and put them through more intense training.

So far the club has participated 5 p.m.

in three tournaments and four scrimmages against other clubs. While their success thus far doesn't appear too pleasing, the coaches said they are impressed with the significant progression that has been made by the team.

Without surprise, most of the team is made up of multi-sport athletes and has a very jittery base for commitment. Ideally, the team would like to bring on 12 dedicated players to stay on the roster permanently, then fill holes as players depart.

The team currently holds open tryouts at Furman Park every Wednesday and Friday from 5 to 7 p.m. They are especially looking for players who have had some travel ball experience.

Furman Park is the current home of the team, but as soon as Discovery Park opens in Downey, the team hopes to base all their tournaments and practices there.

Sponsorships are also welcome. The team runs off fundraisers they hold and any sponsorship money that may come their way. Sometimes parents are asked to split some of the costs of tournaments but the team tries their best to not charge the players.

For more information about the team or tryouts, contact either Pagan at (562) 291-8640 anytime or Ramirez at (562) 861-9593 after 5 p.m.

Maria Haas trained as nurse during WWII



DOWNEY – Downey resident Maria Haas, 81, died at her home Sept. 6. She was born May 30, 1927 in Bavaria, Germany and was the last surviving sibling of seven children. She was trained as a nurse in Germany during World War II.

She moved to Downey in the 1950s and worked as an office manager and physician's assistant until retiring in the 1970s.

Her only son died 28 years ago at age 24.

Funeral services are pending.

Holding helped form Downey Dolphins

DOWNEY – Arthur Holding, a founding member of the Downey Dolphins swim club, died peacefully at home on Sept. 8. He was 80.

Holding was born in England and moved to Manitoba, Canada when he was 5 years old. He lived in Downey for 52 years.

He worked as a CPA for May Company for 19 years, and for Randall Foods for 12 years. He was a 55-year member of the Canadian Chartered Accountants.

He helped found the Downey Dolphins swim club, and was also affiliated with the Downey YMCA and DJAA for several years.

He is survived by his wife of over 60 years, Florence; son, Greg, and his wife, Lori; and grandchildren Jordan and Sarah.

Annual Olive Festival in La Mirada

LA MIRADA – The La Mirada Chamber of Commerce will hold their second annual Olive Festival at La Mirada Regional Park tomorrow from 10 a.m. to 4 p.m. The free event is open to the public.

The Olive Festival is a community event featuring a car show, food fair, 5K run/walk, and an art exhibit.

At the food fair, visitors can purchase "sample books" for \$10 which allows them a taste of food from dozens of local restaurants. The car show will showcase residents' pre-1970 vehicles.

The theme of the Olive Festival is designed around the history of La Mirada, when it was predominantly olive grows and every property was required to have an olive tree on its premises.





Vikings fall in season opener

■ Downey loses game and running back Jeremiah Higgins.

By Scott Cobos, Staff Writer DOWNEY - The season opener was supposed to be a thing of celebration for the Downey Vikings, but instead it felt like another game from last year's dis-

to the La Habra Highlanders 40-15. With their coordinators in place, their system set, and their experienced skill players being "very good" according to head coach Will Capps, Downey was optimistic about this season.

astrous season as they lost Friday

Instead, they were dealt a familiar blow in losing their best player Jeremiah Higgins late in the second quarter to an apparent knee injury. Last year, Higgins suffered a season-ending injury during the Warren-Downey game.

Again, Downey will be without his services for an unknown amount of time. But with Higgins going down, junior running back Joe Hill stepped into the role and had a productive night, rushing for 85 yards and a touchdown on 17

Quarterback Steven Cervantes tried to help the Vikings battle back, completing 14 of 25 passes, compiling 157 yards through the air, but was intercepted twice.

One of those interceptions was returned 45 yards by Highlander defenseman David Arteaga.

Downey played a relatively clean game, turning over the ball three times, twice on interceptions, but was unable to stop the offense of the Highlanders.

Downey's defense was supposed to be a strength on this year's team, but the Highlanders managed to dismantle them with big plays and a balanced offense.

Highlander Ronnie Hillman managed to break away for two long runs, both for scores. One dash down the sidelines was for 70 yards while the other was for 36

La Habra quarterback Randall Nygren was effective, completing seven of 19 pass attempts for 101 yards. Two passes were for touchdowns and he tacked on a quarterback sneak for another score.

With the game in hand in the fourth quarter, La Habra head coach Frank Mazzotta pulled his starters to make sure his team was healthy going into next week.

"I thought our first unit played really well," said Mazzotta, whose team is the defending Div. IX CIF champions from last year.

Mazzotta was also very high on the Vikings, who seemed to battle all night long versus La Habra.

"They have a lot of good athletes out there," he said. "The coaches are doing a really nice job. They're a couple plays away from being very explosive."

Capps said there are a lot of little things that still need to be worked on but thinks his team will be OK.

"The idea that we didn't give up impressed us," he said. "There are always positives that can be taken from a game."

Capps said if he had to point out one thing his team really needed to work on it would be special

The Vikings will travel to Schurr High School tonight to open up their road season. Game time is



Downev Ponytail Softball has installed its new officers. Standing from left to right: Norma Romero, Paula Hemsath, Angie Gurrola, Tawni Gallardo, Denise Garcia, Mike Garcia, Rene Caballero and Tim Campbell. Sitting, left to right: Jane Makepeace, Chris Forseen, Chuck Holden, Dorothy Pemberton, Mike Hemsath, Sandy Grana and Greg Hernandez. Other board members not pictured: Liza Campbell, Sandy Bujanowski, Ignacio Sandoval, Tina Torrez, Sam Favela and Richard Jimenez.

Hemsath returns for second term

DOWNEY - Downey Ponytail Softball recently installed its new officers for the 2008-09 season. President Mike Hemsath returns for his sec-

Ponytail is currently entering its fall season. Spring sign-ups will begin in December with tryouts in January.

This past summer, the High School Division finished first to be named ASA National Champions in Aurora, Colo. The 14-U division placed sev-

Approximately 500 girls ranging in age from 5 to 18 participate in the

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. 16 at the Rio Hondo Event Center.

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.

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.

Razorbacks flex offensive muscle

BY MIKE BAUMANN, DOWNEY YOUTH FOOTBALL

DOWNEY Razorback offenses and defenses were on display Saturday at Downey High Schools' Allen Layne Stadium. All but one team scored multiple touchdowns against a usually tough opponent in the Lawndale Cardinals.

The traveling Razorbacks, playing in Montebello, both shut out their opponents.

Early in the cool morning, the Red flag team consisting of 5, 6 and 7 year old Hogs displayed a serious attitude by outscoring their opponents 21-0. They found themselves in trouble twice when Lawndale threatened from the 5yard line but rose to the occasion with a stingy defense.

It was their second straight win and second shutout of the season.

MityMite Red (7, 8, and 9 year olds) traveled to Montebello and took care of business in fine fashion by a score of 34-0. Offensively, J. Mayes, G. Chaul, F.Garcia and J. Velasquez all scored touchdowns on the ground. Defensively, Drew Gonzalez and Evan Vasquez were outstanding in the shutout effort.

MityMite White took on Lawndale in their second game of the season. Downey responded early with scoring runs by Dominique Pickens and Mason Marquez.

A scoring pass by Jordan Cadenas to Adrian Ochoa for 45

yards opened a comfortable halftime lead.

In the second half, a touchdown pass from Cardenas to Ochoa and another from Marquez to Ray Castallenos put the game out of reach of the Cardinals. The defense, which has not allowed a touchdown in two games, only gave up two first downs.

Downey's Junior PeeWee Razorbacks (8, 9, 10 year olds) have yet to get their offense going this season. On Saturday, they were shut out by Lawndale 12-0 for their second loss in as many weeks.

The PeeWee Razorbacks (9, 10, 11 year olds) kept their winning record intact by a 27-7 drubbing of Lawndale. A ball control running game is their strength, and with an improving offensive line and no turnovers they were not stopped.

Francisco Arrellano, Justin Huff, Joshua Medina, Jacob Cook, and Miguel Esquitin carried the load for the Hogs. A stingy defense led by Jacob Callier, Austin Espinosa and Moses Alaniz held the Cardinals to only one score late in the game.

The Razorback Junior Midget (10, 11, 12) team had their second blowout of the season against an overmatched and surprisingly weak Lawndale team.

Midget Razorbacks traveled to Montebello and came away with their second win of the short season, 12-0.

Warren running game stymied

■ Bears struggle to score in 40-14 loss.

By Scott Cobos, Staff Writer

DOWNEY - One week you're on top of the world, sometimes the next you're humbled. So was the case with the Warren Bears last Friday as they lost 40-14 to the Santa Fe Chiefs at Pioneer High School.

Only a week earlier, the Bears stomped on Bellflower 41-13 in a rout that saw stud running back Jesse Callier run for over 200 yards in the first half.

Against a team they beat last year 31-7, the Bears watched as Callier was held to only 55 yards on 16 carries for the night.

With Callier's lack of production against a team that showed no sign of their previous season's 5-6 record, the Bears asked sophomore quarterback Sam Bettancourt to make way against Santa Fe's defense.

Bettarncourt, in his first real test, faired well completing 10 passes and compiling 122 yards in the game.

Without surprise, most of those passes were completed to junior wide receiver Bailey Cowins. Cowins caught five of the 10 completed passes from Bettancourt, including a 14-yard touchdown.

But the story of the night was the Chiefs' running back Aaron Turner who rushed for 275 yards in the game with five touchdowns.

Turner averaged 14.5 yards per carry, finding the holes created by his offensive line and occasionally dipping, diving, and outrunning Warren's speedy defense.

"What about that No. 45 [Turner]?" a very happy Santa Fe defensive coordinator Jeff Mahlstede told reporters after the

Head coach Jack Mahlstede

was even happier with his linemen on both sides of the ball especially his offensive line.

"Our offensive line blocked really well," he said after the game. "Everybody did a good job."

While Santa Fe can walk away with many positives on the night, Warren was able to as well. The Bears had two drives where they marched down the field for their

One drive saw the Bears go 74 yards on six plays, scoring on a 39yard completion from Oscar Gonzalez to Cowins. The other was a 13-play drive that watched the Bears go down the field 75 yards being before Cowins' 14-yard touchdown reception.

Warren head coach Chris Benadom was unable to be reached for comment.

The Bears look to rebound from the loss when they host visiting Whittier High School tonight. Game time is 7 p.m.

Warren hosting Nike basketball tournament

DOWNEY - Warren High School will host the Stars and Stripes Classic basketball tournament this weekend, Sept. 20-21, inside the school's gym.

The Classic is part of the national Nike Swoosh tournament

The games include different divisions for 11-13-year olds and high school kids. The tournament allows players to gain exposure from professional scouts, acquire national rankings, and have their game stats recorded.

Games begin at 8 a.m. For information, visit www.swooshtournaments.com.

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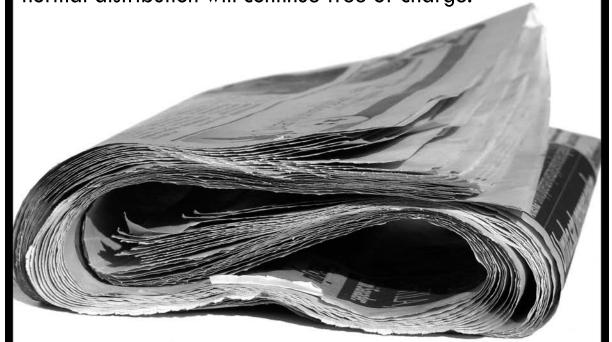
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- Doing Things Better

Real Estate Page 13 Friday, Sept. 19, 2008

Downey in Action:

Boy Scouts of America

By Scott Cobos, Staff Writer

The Boy Scouts of America have been around since 1910 and have continued to grow into one of the biggest youth organizations in the country. Since the group's early beginnings, it has been intertwining lifetime values into fun and educational activities designed to help parents in building character, developing citizenship, and enhancing physically fitness in youth according to their website.

Downey's troops are no different in helping their youth develop these skills. Just like the Scout's mission statement says, the goal is to prepare young people to make ethical and moral choices over their lifetimes by making sure the values of the group's oath is imbedded in their personal-

They do this through multiple means, whether it includes earning the famous merit badges, participating in a community project or working up the rankings of the Scouts.

The Scouts are a privately-run organization. Typically, kids as young as 6 years old can join the scouts. The organization's website recommends that children that young start their scouting endeavors with the Cub Scouts, a branch of the group. When they get a little older, they can join the Boy Scouts and continue their involvement.

With the Boy Scouts, you are most likely to learn new skills involving camping, outdoor activities and if dedicated enough, participate in an advancement program that helps create and develop self-reliance and leadership skills.

Going through these steps, kids are most likely to go through the rankings of the organization.

Starting out, you possess the ranking of Scout. As you continue through the hierarchy they will reach stages like Tenderfoot, Second Class, First Class, Star, Life, and then finally Eagle.

The average timetable to work through each level can be anywhere between four to six years. There is no limit to how long you have to complete each stage.

Each ranking is accompanied by various skills you must learn in order to move on to the next step. In some ranks, you must obtain a certain amount of merit badges to move on.

The merit badges are awarded to those who master certain skills that pertain to the related badge. One badge you can earn is in rifle or shotgun shooting; another is the emergency preparedness badge where Scouts need to prove they are well versed in emergency techniques and safety skills such as bandaging a wound properly, CPR and other things.

In order to achieve Eagle status, a certain amount of badges must be earned and a final project must be presented to a scouting board. Normally, these projects involve helping another organization, group of people or an area of the community.

Some projects done in the city of Downey include laying mulch out at a variety of parks to help the vegetation grow and building dollies for businesses that need equipment to move things around. A radio system was even installed in a local church.

Achieving the status of Eagle Scout comes with its benefits. Not only

is it a great accomplishment but it shows what you are as a person. Achieving Eagle status shows your commitment and determination and it shows your skill set and preparedness for the real world.

After all, those traits are the main goals of the Scouts. If you achieve Eagle status, you truly reflect what the Scouts are about.

"You do feel like you're part of the community," said Downey Eagle Scout David Kim. "You are learning to be a functioning citizen. You are learning to be an engaged resident whether it's in the community or the country.

"Kids might not realize it, but they grow up in the Scouts, and learn to play a role in the community.'

They aren't all about citizenship and providing skills. There are tons of fun activities that are included in the membership.

Meetings, where often new friends are made amongst the troop, include games and lots of physical activity. Other things that happen in meetings are the completion of fun little projects and the scheduling of outings.

Going outdoors, camping, fishing, and hunting are just a few things done during the excursions. Gear is provided to the campers including stoves, tents and a few other necessities.

"I would personally say it helps you develop an appreciation for the outdoors," Kim said. "You learn things that you don't learn anywhere else."

The Scouts not only help you learn outdoors skills but also helps you prepare for the present and the future.

Library expands hours to include 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. They also host special events throughout the year.

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



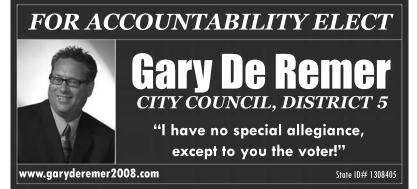
Javier Lopez has joined Prudential 24 Hour Real Estate as a sales associate after completing the company's exclusive "Smart Start Success Course." To contact Lopez, call (562) 861-7257.

Genealogical group meets Sunday

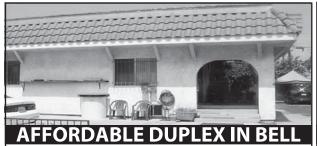
LONG BEACH – The Questing Heirs Genealogical Society of Long Beach will have its next meeting this Sunday at 1:15 p.m. in the Parish Hall of the Resurrection Lutheran Church, 1900 E. Carson St.

The topic will be "One-name Studies" as presented by Hal Horrocks. Prior to the presentation, David Werts will discuss "Publishing Your Family Genealogy Hardcopy" and Regent Carol Bachand will talk about the Daughters of the American Revolution.

For more information, call Liz Myers at (562) 598-3027.



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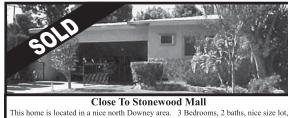
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Spinal Games at Rancho Los Amigos National Rehabilitation Center

Photos courtesy Rancho Los Amigos



Last week's Spinal Games at Rancho Los Amigos National Rehabilitation Center allowed patients with spinal injuries to compete in different sporting events.



The Games, now in its third year, are sponsored by the Rancho Foundation.



Participants included many former athletes, among them former college football players and hockey play-

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