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Local writers get their due
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The dangers of drug addiction
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Friday, September 26, 2008

Vol. 7 No. 23

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

Downey Chapter of UNICO disbands

MARY FORNEY, STAFF WRITER
In 1952, a small group of businessmen established the Downey Chapter of UNICO – a service organization whose members were of Italian descent. Now, 56 years later, the Downey chapter has disbanded.

“Due to the age of its members, they will no longer be active in raising the funds for the many causes they contributed to....Some have moved away and some have passed away.....” said UNICO member Daniel Antonelli in a letter to *The Downey Patriot*.

The name UNICO means “unique” in Italian and in the national organization’s later years, UNICO became an acronym for Unity, Neighborliness, Integrity, Charity, and Opportunity to serve others.

“Their purpose was raising funds in support of community organizations and to support the national effort to preserve their national heritage and show their pride in being American citizens,” Antonelli said.

The original members included Downey residents Al D’Alessandro, Dominic DiMario, Sal Lorenzetti, Harry Taormina, and Sleme Tesoriero.

See UNICO, page 8

PD modifies work week

DOWNEY – The Downey Police Department will shift to a new work schedule next month, with officers working three 12.5-hour shifts per week.

The move will help the department “maximize the number of new and lateral police applicants and bring the department to full staffing,” said Police Chief Roy Campos.

The department will also add one lieutenant position and eliminate a police officer position. Campos said the addition of a lieutenant was necessary to “maintain proper supervision and management within the new system.”

The changes are expected to cost the city an additional \$52,907 per year.

Town hall meeting set Thursday

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

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

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

Residents will have a chance to speak and share their opinions.

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

City shifts to fines for code violations

■ Fines could reach \$500 for repeat offenders.

BY ERIC PIERCE, CITY EDITOR
DOWNEY – An unkempt, weed-ridden lawn or an illegal sidewalk advertisement may now get negligent residents and business owners more than a simple warning from a code enforcement officer.

It may now get them fined. The City Council this week approved the introduction of an “Administrative Citation Program,” a new method of enforcing the Downey Municipal Code.

The Municipal Code is a collection of the city’s laws and ordinances, covering everything from outdoor signs and banners that contribute to the “downgrading of aesthetic and property values,” to the proper storage of trash containers.

Under the Administrative Citation Program, first-time violators of the code will receive a \$100 fine. The fine increases to \$200 for second violations within one year, and up to \$500 for a third violation.

“Because the goal of the...Administrative Citation process is to gain compliance rather than the imposition of a fine or penalty, for a first violation the fine is only imposed when the responsible party fails to take corrective action within the compliance period,” said Police Chief Roy Campos, whose police department oversees code enforcement.

Violators previously received verbal and written warnings from code enforcement officers. In some cases, offenders were prosecuted in court.

The city still holds the option of taking code offenders to court,

Campos said.

Citizens would also have an opportunity to appeal a citation through a hearing officer.

“The implementation of an Administrative Citation Program offers the city the potential to save fees associated with code enforcement cases referred to the city prosecutor for resolution, while concurrently generating revenue associated with the imposition and collection of fines,” Campos wrote in a staff report.

“Other cities that have implemented such programs have seen a drop in the number of case referrals to the city prosecutor. This program would create a strong incentive to correct violations within the specified period, thus saving valuable staff time to handle other cases.”

Broker arrested for loan fraud

BY MARY FORNEY, STAFF WRITER
SACRAMENTO – Former employees and associates of Downey Motorcars and South Gate Motorcars were arrested Sept. 16 in a California Department of Motor Vehicle loan fraud and real estate scam which allegedly netted more than \$5 million.

Downey Motorcars operated at 7440 Firestone Blvd. in Downey and South Gate Motorcars was located at 3019 Firestone Blvd. in South Gate.

The suspects allegedly processed fraudulent loan applications using stolen identities and double or triple financed many of the same vehicles. According to the DMV, 21 financial institutions were defrauded.

Joel Rodriguez, 43, of Downey;

Marisela Alvarez, 34, of Glendora; and Leticia Medrano, 34, of Moreno Valley were booked into the Los Angeles County Jail on arrest warrants issued by the Los Angeles Superior Court. The charges include felony counts of grand theft, identity theft, and filing false financial statements.

Rodriguez is a Downey real estate and mortgage broker who also “utilized his businesses to get fraudulent real estate loans,” said Commander Stephanie Wheaton, supervising investigator at DMV’s Artesia Investigations Office.

“They schemed and designed these fraudulent acts based on greed. It was all for financial gain,” Wheaton said.

The arrests were the result of consumer complaints received by

the DMV which began in 2005 after victims reported their identities had been stolen. The car dealership closed its doors in January 2006, and the ensuing investigation by the DMV revealed numerous violations and that auto and real estate loan proceeds were procured fraudulently.

“At the DMV, we take these kinds of cases very seriously,” Wheaton said.

Rodriguez, Alvarez, and Medrano remain in custody with bond set between \$1 million and \$3 million.

The DMV investigation remains ongoing and more arrests are expected to be made in connection with this case.



Tod Corrin, right, president of Downey Unified School District Board of Education, welcomes Horacio Freijo as the newly appointed vice principal at Downey High School. Freijo started in DUSD on Aug. 1.

City, police agree on new contract

■ Contract calls for raises in salary and benefits.

BY ERIC PIERCE, CITY EDITOR
DOWNEY – The Downey Police Officers’ Association, representing 99 employees, has reached a deal with the city of Downey on a new three-year contract that calls for yearly salary increases and boosts in other benefits.

According to a “memorandum of understanding” signed off on by the City Council this week, police department employees will receive a 5 percent pay increase effective June 30, 2008. Salaries will jump another 4.25 percent June 29, 2009, and another 4.25 percent June 28, 2010.

Education incentives will increase from 8.5 to 10 percent over three years, and the sick leave pay-off maximum cap has been increased from 1,650 to 1,900 hours.

The city will also pay 100 per-

cent of the amount of unused sick leave time an employee has when they retire. The money will be deposited into a retiree health account to pay for medical expenses and insurance premiums.

Other amendments to the contract:

- The minimum number of hours paid when an officer is recalled to duty is increased from three hours to four hours.

- Field Training Officer pay is increased from 2.75 to 3.5 percent.

- The number of comp hours earned when assigned to stand-by duty over the weekend is increased from 10 to 15 hours.

- Sergeants acting as watch commanders will receive out-of-rank pay of 5.5 percent.

The new contract, which runs through June 30, 2011, also includes language modifications “in order to clarify benefits and provisions.”



This year’s Stroke Walk at Rancho was themed “Roll Around the Ranch.” Photo by Jean-Paul Mann

Rancho Stroke Walk gives hope

BY MARY FORNEY, STAFF WRITER
DOWNEY – Jean-Paul Mann, 60, woke up a few weeks ago feeling ill. He was experiencing vertigo so he tried to rest. As the day progressed, his right leg and arm felt paralyzed and when he called his friend to take him to the hospital, he discovered he couldn’t stop slurring his words.

Mann, a professional photographer from Los Angeles, was suffering from a stroke.

“I didn’t know until the doctor told me at the hospital,” Mann said. A stroke, or “brain attack,” can

occur when there is decreased blood flow and lack of oxygen to the brain.

According to “Understanding Changes,” a publication from the American Stroke Association, right-side paralysis means left-brain injury and the slurred words are the result of aphasia – a language disorder that affects the ability to communicate.

Mann was sent to Rancho Los Amigos National Rehabilitation Center for physical therapy, and now that he is on the road to recovery, was able to participate in its

Stroke and Health and Wellness Fair last Saturday.

This year’s theme was “Roll Around the Ranch,” which is what many people did during the Stroke Walk.

“Some of the people in wheelchairs are actually inpatients – this is part of their therapy,” said Lynn Wetherwax, nurse manager for the Stroke and Gerontology Services at Rancho Los Amigos.

Mann was happy to revisit Rancho as a Stroke Walk participant.

See STROKE, page 9

Home invasion robbery reported on Bellman

■ \$2,000 in cash and jewelry stolen.

BY ERIC PIERCE, CITY EDITOR
DOWNEY – Thieves made off with about \$2,000 in cash and jewelry Sept. 18 after a home invasion robbery at the residence of a local business owner.

The robbery took place last Thursday at about 9:55 a.m. on the 10500 block of Bellman Avenue, said Sgt. Jeff Calhoun with the Downey Police Department.

A man knocked at the house and when the homeowner opened the door, two other men rushed inside, Calhoun said.

Two victims, one 33 years old and the other in his 80’s, were

bound with zip ties and blankets were thrown over their heads, Calhoun said.

Police did not identify the victims, but confirmed they were local business owners.

One of the thieves reportedly brandished a handgun in side the home, Calhoun said. They left after five minutes with about \$2,000 in cash and jewelry.

The elderly victim suffered wounds to his wrist and was treated at the scene, Calhoun said.

The suspects are described only as male Hispanics. Anyone with information on the case is asked to call Detective Raul Salazar at (562) 904-2332.

First Baptist Church celebrates 140 years in Downey

BY MARY FORNEY, STAFF WRITER

It all began with a farmer, his bible, and a mule for transportation. Stirred by the faith of a little more than a handful of Gallatin settlers who wanted to worship near their homes, the traveling preacher helped them form Los Nietos Baptist Church – now known as First Baptist Church of Downey.

The seven adults and two children who made up the church's first congregation on Sept. 16, 1868 were: John Newton, his wife, and son Willis; Melvina Cole and her two daughters; Olive Payett; Ann Baker; and Margaret Cole.

Traveling 100 miles round trip on his mule, Rev. Isham Fuqua served as the first pastor of the church that gathered in the Gallatin schoolhouse where the corner of Paramount Boulevard and Florence Avenue now meet. Fuqua could only come once a month because he lived in China and inclement weather and rising rivers often served as barriers to the circuit-riding preacher.

Yet, the first Baptist church established in Southern California grew. In 1871, after joining forces with four other churches to form the Los Angeles Baptist Association, the expanding congregation moved into the new two-story Gallatin schoolhouse and services began to be held Saturday and Sunday once a month.

When the number of area residents increased after the Southern Pacific Railway was built in 1874, the congregation saw the need to build its own structure and changed the church's name. In 1876, the First Baptist Church of Downey opened its doors on its current land at 8348 East Third Street.

A baptistry was added onto the church in 1890. Prior to this time, baptismal services were held at nearby lakes and rivers, but due to the lack of rainfall, the water table was dropping and the lakes were disappearing.

The church's membership outgrew its home again so in 1921, the building was sold to St. Mark's Episcopal Church of Downey. The structure was later sold to Walter Knott and moved to Knott's Berry Farm where it sits today and is called "The Church of Reflection."

In 1923, a new mission-style church with a seating capacity of 250 was dedicated Easter Sunday.

Georgia Lee, 90, remembers that service.

"It was very dramatic – we took the Christian flags and walked out of the old sanctuary and around to the new church," she said. "We had tears."

By 1953, two educational buildings had been constructed and the sanctuary was remodeled to accommodate the 1,100 people who were now members of the church.

The need to expand the church structure came again in 1965, and in 1966, the "Morning Worship Hour" began its three-year televised broadcasts from the new sanctuary. Since Sunday School attendance alone had grown to 1,200, additional educational buildings were also erected.

Wanting to accommodate the increasing Spanish-speaking population in Downey, the church began services in Spanish in 1991.

Today, the First Baptist Church of Downey continues to thrive as the church hosts multiple Sunday morning services and a Wednesday evening service, the Spanish church, a variety of Sunday School classes and weekly bible studies, as well as numerous community outreach programs, and it supports ministries around the world.

The pastors who served the church are:

Isham Fuqua, 1868-1874; Israel C. Curtis, 1874-1876; J.B. Toombs,



The original structure of the First Baptist Church of Downey now sits at Knott's Berry Farm and is called "The House of Reflection."

1876-1877; Isham Fuqua, 1877-1879; John A. Freeman, 1879-1881; J.W.Riley, 1881-1882; J.B. Toombs, 1882-1884; Jeremiah Clay, 1884-1887; J.B. Greenfield, 1887-1887; John D. Green, 1888-1890; J.E. Barnes, 1890-1892; V.A. Henry, 1892-1893; John D. Green, 1893-1895; W.H. Gibson, 1896-1898; James F. Moody, 1899-1900; A.J. Copass, 1900-1904; L.A. Gould, 1905-1906; Thomas Irvine, 1906-1913; Thomas M.Rickman, 1910-1913; James Robertson, 1913-1945; Harry Woodard, 1946-1947; William Christie, 1947-1952; John W. MacArthur, 1952-1954; Milton C. Gould, 1954-1965; Harold L. Adams, 1966-1987; M. Douglas Willey, 1989-1994; Don Burgess, 1995-2005; Rod Layman, 2005-2008.

David Norczyk took over as senior pastor in March. "Our church family looks back 140 years with gratitude for Jesus' faithfulness," Norczyk said. "As witnesses to the Spirit of Christ's work in our community, we anticipate more opportunities to share the good news of our Lord's sacrifice on the cross of Calvary until He comes again."

In honor of the church's 140th anniversary, a special bilingual service will be held at 11 a.m. on Sunday at El Dorado Park in Long Beach. The celebration will continue with a picnic lunch at 1 p.m. and family boat races, games and a dessert contest from 2 – 4 p.m.

Baptist church celebrating 60 years

DOWNEY – Pastor Jon Manzat of the First Southern Baptist Church of Downey announced that the church will be celebrating its 60th anniversary Oct. 26.

The church, which was founded Oct. 26, 1948, has invited former pastors, church staff and members to attend. Presiding over the morning service will be Pastor Charles Hausser (pastor from 1989-2005) and the evening worship will be led by Pastor Kenneth Reed (pastor from 1984-88).

The event will include a music program and visual presentation of past church events.

All former church members are invited to attend. RSVP by calling the church at (562) 869-6673.

The First Southern Baptist Church of Downey is located at 12383 Downey Ave.

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.



About 150 volunteers from OLPH collected 65 bags of trash from the railroad tracks off Rives Avenue and Firestone Boulevard. The event was part of OLPH's 100-year anniversary celebration.

OLPH picks up 65 bags of trash

DOWNEY – Parishioners of all ages from Our Lady of Perpetual Help Church in Downey, including the church's teen confirmation and religious education classes and OLPH School, volunteered from a community clean-up event last Saturday.

About 150 volunteers gathered at the Knights of Columbus hall to clear 65 bags of trash on the railroad tracks adjacent to Rives Avenue and Firestone Boulevard.

The Knights of Columbus allowed use of their facilities while Albertson's supermarket provided refreshments.

The outreach was part of OLPH's centennial year celebration, which includes retreats, lectures and an October fiesta.

The church will also be taking collections for Thanksgiving baskets, Christmas gifts, and blankets for the homeless, in addition to participating in Habitat for Humanity, Earth Day, and the Disneyland CHOCWalk, a fundraiser for Childrens Hospital of Orange County.

OLPH Guild needs local shoppers

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

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

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

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

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

Auctions to raise money at church

DOWNEY – The Moravian Church of Downey will host an auction tomorrow, with proceeds benefiting the church's ministries and programs.

Festivities begin at 7 p.m. with hors d'oeuvres and desserts to enjoy while browsing and bidding on silent auction items before the live auction begins.

A wide array of goods and services were donated to the event, which has been themed "Be a Star."

For more information, call the church office at (562) 927-0718.

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.

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.

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Public invited to meet the candidates

The Downey Association of Realtors® has scheduled a candidate's forum featuring the Downey City Council general municipal election candidates.

Wednesday, October 8, 2008 11:30-1:00
Rio Hondo Event Center, 10627 Old River School Rd.

Buffet Lunch included - to reserve your seat please send \$12 to DAOR 12073 Paramount Blvd., Downey, CA 90240 - or go to www.DAOR.com for a credit card reservation flyer.

Deadline October 1, 2008.

Thomas Wenzel survived by family

DOWNEY – Thomas “Tom” Lee Wenzel died unexpectedly Sept. 19.

Wenzel was born March 1, 1935 in Grand Rapids, Mich. and moved to California at an early age. When he was 14, he met his lifelong partner Maxine in study hall at Bell High School. At age 17, Tom and Maxine exchanged their vows.

Wenzel left his legacy in Downey as the proprietor of Wenzel’s Music Town, also known as the “Home of the Oldies”. Wenzel’s Music Town opened in 1958 and operated for five decades.

Wenzel’s passions were music and sports, and he was an avid bowler, participating in local leagues for numerous years.

He is survived by his wife of 55 years, Maxine; children, Jan Scott of Downey, Donna Requa of San Juan Capistrano, Don Wenzel of Lake Havasu, and Bill Wenzel of West Covina; grandchildren, Brian Scott, Chris Scott, Kelsey and Cory Requa, Shannon Wenzel, Shawna Castoria, Jonathan Wenzel, Jennifer Wenzel and Nicole Wenzel; and four grandchildren.

Wenzel was laid to rest at Rose Hills Cemetery yesterday.



Maria Haas passes away at home

DOWNEY – Downey resident Maria Haas died at her home Sept. 6. She was 81.

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 after 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.



The Poet’s Corner Old Photographs

Time is fleeting, they say,
But old photographs hold time at bay.
Each captures a moment in time,
Of friends now gone away,
Of familiar places so far away.
Each moment never to repeated be
Throughout all eternity.

–Arlene Scott,
Downey

Council postpones zoning ordinance update until Oct. 14

By HENRY VENERACION, STAFF WRITER

DOWNEY—After a lengthy public hearing, the introduction and likely adoption of changes to the 31-year-old city zoning ordinance constituting Article IX of the Downey Municipal Code, as it relates to land uses/development standards affecting single-family residences, second unit developments, commercial and manufacturing zones restrictions, parking buffer zones, mixed use policies, etc., has been tabled until the next Council meeting on Oct. 14.

The Council, meanwhile, congratulated Deputy City Manager/Community Development Gilbert Livas and his staff for their efforts in proposing sweeping changes to the existing zoning ordinance. The proposed update, which the Council has for all practical purposes already endorsed, include a “user-friendly” re-organization of the code’s headings, the liberal use of tables, illustrations and flow charts to highlight concepts and provisions, and a forward-looking section on ‘green’ practices.

It was agreed, however, that more information is needed on floor area ratios (FAR), the cost of digitizing building documents, the use of the number of bedrooms vs. total square footage as the basis for the number of required parking spaces, and the effective cut-off date for pending building applications.

These considerations will be taken up in the next Council meeting.

In other action, the Council:

- Authorized the modification of the staffing table of the Downey Police Department to allow for the addition of one lieutenant position and the deletion of one police officer position;
- Approved an amendment to the contract with Dapeer, Rosenblit & Litvak, LLP, to increase the compensation rate for city prosecutor services to \$165 per hour;
- Authorized the disbursement of \$10,000 from Asset Forfeiture funds to purchase new rubber gymnasium flooring for the Police Department workout room;
- Accepted the painting and maintenance responsibility for the work

completed under the Barbara J. Riley Community and Senior Center painting project, and approved the final construction contract amount of \$49,500 in favor of Tony Painting, Inc.;

•Awarded a cash contract in the amount of \$226,088 to JMJ Contractors, Inc. for the Civic Center north parking lot upgrade project, and appropriated \$60,002 from the Asset Forfeiture Fund for the project;

•Approved the agreement with CTG Energetics for environmental planning services for the Tierra Luna Specific Plan environmental impact report;

•Adopted a resolution adopting the Memorandum of Understanding between the city of Downey and the Downey Police Officers’ Association that represents 99 employees;

•Adopted a resolution establishing a pre-tax payroll deduction plan for service credit purchases at the request of the Public Employees Retirement System (PERS);

•Adopted an ordinance establishing an administrative citation program and amending Section 1200 and adding Chapter 4 to Article 1 of the Downey Municipal Code;

•Adopted an urgency ordinance relating to regulation of wireless communication facilities, allowing two pending applications for cellular mono-poles to be ‘grandfathered’;

•Received and filed a Downtown Downey parking study and report;

•Approved an amendment to the agreement with Delphi Productions in the amount of \$152,565 related to the Phase 2 exhibits for the Columbia Memorial Space Science Learning Center;

•Presented Finance Director John Michicoff with the certificate of achievement for excellence in financial reporting from the Government Finance Officers Association.

The next regular public meeting of the Council will be at 7:30 p.m. on Tuesday, Oct. 14 at City Hall, 11111 Brookshire Ave.

Robert Vleerick was longtime Mason

DOWNEY – Robert Henry Vleerick passed away peacefully at home with his two sons by his side. He was 91.

A Downey resident since 1950, he was born March 22, 1917 in San Francisco to Oscar and Mary Vleerick. When he was 2, the family moved to Los Angeles.

Vleerick graduated from Fremont High School and Los Angeles City College. He attended USC and worked for Alco during the war. In 1945, he began working alongside his father-in-law, Bill Schaaf, at C.W. Cole Lighting. He worked there as plant superintendent until his retirement.

Vleerick belonged to the Masonic Order since the 1920s. He began as a DeMolay and earned the honors of Chevalier, Cross of Honor and Legion of Honor. He became secretary of Jordan Masonic Lodge #654 in 1950 and continued as secretary of Downey United Masonic Lodge #220 until his death.

Vleerick was preceded in death by his parents, Oscar and Mary Vleerick; brother, Howard E. Vleerick; his wife of 56 years, June Vleerick; his wife of four years, Lorraine (Drummond) Vleerick; and many sister-in-laws and brother-in-laws.

He is survived by his brother, Albert Vleerick; sister, June Davis; sons, Robert (Ellen) Vleerick and Steven (Cathy) Vleerick; grandchildren, Michelle Hall, Richard Vleerick and Ryan Vleerick; and other family members, including Donna Dixon, Richard Drummon, Julie Knoblock, John (Bud) Cramer, Louisa Thurber; and many nieces and nephews.

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PROTECTING PROPERTY VALUES – We have many aging areas, which if neglected, become a haven for vandalism, graffiti and crime. I will promote NEIGHBORHOOD PRESERVATION to keep DOWNEY BEAUTIFUL AND SAFE.

MANAGEMENT SKILLS – I was employed as Office/Personnel Manager for a 55 Attorney Law Firm, supervising 80 non legal staff. I understand the budget process – I have served on the Budget Committee of the Downey Chamber of Commerce, the Downey Association of Realtors and as liaison on Strategic Planning and Finance Committee of the California Association of Realtors. I can make decisions that are not popular but which are necessary.

DOWNEY LANDING 2ND PHASE – unlike my opponents, I have been involved in the real estate industry since 1975. As a Real Estate Broker/Owner, I was also involved in construction, development and promoting of COMMERCIAL, RESIDENTIAL AND RETAIL ESTABLISHMENTS. When I was informed that the City of Downey was looking for a place to build Senior Housing, I found just the spot for them and when the purchase was completed we got a beautiful Senior Housing Development on 3rd Street in Downey. My background QUALIFIES me to work on the 2nd Phase of the Downey Landing without having to be trained on the job.

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For a good time...

By Eric Pierce

By far the biggest complaint we receive here at the *Patriot* is one we hear all too often: "I don't get the paper."

And unless they're referring to the *L.A. Times*, I think it's a good problem for us to have. We print 25,000 copies every week, a healthy circulation for a comparatively small newspaper like ours, but not enough to reach every home in Downey.

Our weekly drop-off locations (including City Hall, the library, community center, 3rd Street Coffee, and other places with high amounts of foot traffic) tend to run out of papers pretty fast. And that's also a good problem for us, unless someone is again hoarding papers and selling them to a local recycling plant (true story!).

To combat the problem, we're happy to announce a new service: paid subscription. For \$20 a year, we will now guarantee delivery of the *Patriot* to your home every Friday.

Don't worry, our newspaper is still free. The \$20 per year just *guarantees* delivery.

But there are a couple of catches: you must be a Downey resident, and you must live in a single-family home, meaning apartments and condominiums are excluded.

If you would like to sign up for delivery, call our office at (562) 904-3668.

Letters to the Editor:

Bailouts don't solve the problem

Dear Editor:

The meltdown of the U.S. economy is not the complicated mess that some in government and media want you to believe. It is very understandable to anyone who has witnessed greed and hypocrisy before. We are seeing them on a grand scale.

Conservative Republicans always want government to stay out of business and avoid regulations as long as they are making lots of money. However, when greed gets them into a fix they are the first to cry out for rules, bailouts, new laws and taxpayer money to "solve" their problem.

Obviously, Republicans are socialists. The Bush administration decided to socialize the debt of the big Wall Street firms, but the taxpayers don't enjoy any of the big money profits on the phony financial instruments like derivatives or bundled sub-prime paper. But we do get to pay for the debts and failures.

And 50 percent of voters want to return these same idiots to the White House? Maybe Darwin was wrong after all.

— Gary Philippi,
Downey

Obama's lack of success

Dear Editor:

Thank you for the excellent articles by Republicans. Given Obama is an intelligent man, but with no success story, and his association with undesirable people, he creates distrust. He is the senator of Illinois whose state taxes are 10.2 percent, and who had 292 murders last month, more than Iraq losses. He has done nothing to alleviate their problem to suggest he could solve our nation's toughest problems of president.

He said he will raise taxes on those making over \$250,000 that would further increase the large number of doctors and hospitals that are going out of business now due to illegals coming here demanding free medical. And it would close many small businesses, making it harder to find a doctor or dentist, or get our TV, car, and home repaired.

He plans to raise Capital Gain Tax that would result in millions of bonds being cashed before the tax took effect and cause a stock market crash due to our present crisis.

A one-party government is not desirable as it has no check and balance system. With an ultra liberal president we could expect runaway taxes and anything goes pork. Obama has no experience or conception how to be a successful president in an economic crisis.

— J. Hawkins,
Downey

We like her

Dear Editor:

I am a registered Republican but, quite frankly, I do not know how I am going to vote in the presidential election in November. John McCain – Barack Obama? I don't know.

However, there is one thing that I do know for sure. *The Downey Patriot* printed the opinion of Sheldon Richman in their newspaper for the same reason they printed the Letters to the Editor from Andrew Henin, Maggie Allen, D.F. Morgan, and me – it is our basic right as citizens of the United States of America, guaranteed by the Constitution. Freedom to be heard whether you agree with it or not.

Go ahead and disagree, just don't complain about The Downey Patriot printing an opinion that you may not share.

Thanks, *Downey Patriot*.
— Diana Hansen,
Downey

Letters to the Editor:

Don't litter

Dear Editor:

Littering – is it good or bad? Of course we all know it's bad. So why do people do it?

Well, we wanted to send this letter to remind the citizens of Downey why it is important not to litter. Here are some reasons: nature, animals and their habitats can be damaged; our neighborhoods will look trashy; pollution will occur; and it may even smell bad.

Even though we are not a "beach" city, many of our sewers flow to the ocean. So our litter in Downey can actually pollute our oceans. Also, some of our sewer pipes can become blocked with litter, which could cause flooding of our streets.

Save a critter; don't litter! Let's all do our part to Keep Downey Beautiful.

— Bonnie, Kirsty, Marissa and Megan,
Members of Girl Scout Troop #324

DUSD criteria

Dear Editor:

I recently received a letter from my child's elementary school notifying parents of the tremendous increase in enrollment. Although it is flattering that parents from other school districts want their children to attend school in our fine city, they seem to not want to respect the high level of discipline that makes Downey schools so desirable.

These children are learning (in some cases not learning) how to treat teachers and fellow students with respect by the examples set by their parents. I have witnessed some parents being unbelievably rude to other parents, teachers and students in front of their own children without the least bit of regret.

I don't know if there is any criteria set that regulates if a child can attend a DUSD school, but maybe there should be. Maybe maintaining a certain grade point average is a good place to start. I know that some students that live within DUSD boundaries may have low GPAs, but they are still in their rightful school district and should be dealt with by the rules of said district.

— Juan Flores,
Downey

Proud of rescue teams

Dear Editor:

We were once again reminded of how great our Downey Fire Department and paramedic rescue teams are.

A week ago, it was bingo as usual on a Thursday at the Woman's Club when one of our guests slumped forward in her chair. She was immediately lowered to the floor and CPR was begun by a guest who had gone through emergency response classes.

A half dozen guests were calling 911 on their cell phones. However, a young man who had brought his grandmother to play bingo ran across the street to the fire department and we had help within seven minutes.

We applaud their professionalism and were grateful for our guest who had apparently gone through the CERT (Community Emergency Response Team) training program offered by our fire department.

An instant reminder to all of us on why it behooves us, in these troubled times, to avail ourselves of the training programs offered in our community by our fire and police departments, such as CERT and neighborhood watch.

I, for one, would like to see a \$1 charge on the water bill to continue the funding for these important programs. A very painless way to ensure our civilian defense programs continue.

— Doris Patterson,
Downey

Decal drive a success

Dear Editor:

Thank you, once again, to the city of Downey for helping the Warren Band and Color Guard by donating money to our organization during our annual decal drive.

The Warren Band and Color Guard earned \$10,000 during the course of our three-night decal drive rally that took place Sept. 8-10. This amount continues to climb as community members mail their donations in.

Your support greatly helps us purchase new equipment, provide professional instruction, and keep our band looking and sounding great! Thank you from the bottom of our hearts!

Please visit our website at www.warrenband.org to see what we are up to. If you are interested in making a donation, we would be happy to mail you a decal back. Make checks payable to: Warren HS Band Boosters. Mail them to Warren High School, attention Band Director, 8141 De Palma St., Downey, CA 90241.

— Warren Band and Color Guard,
Downey

The catch-22 of higher education

CONTRIBUTED BY BRYAN NEWMAN

California unemployment rates continue to soar to 7.7 percent, major financial establishments are facing turmoil, tuition costs are increasing and college admissions decreasing – all of these topics have been among the major headlines for 2008. People all across the nation are feeling the pinch in their pocketbooks from the downturn in the economy, and many are finding the need to head back to school to improve their credentials. College students of all ages struggle to achieve the proper work-school balance in order to still afford rent at the end of the day. Even in the best of economic times, college students face a number of obstacles in their path to finishing a degree, but now more than ever students are being inhibited by the rising cost of just about everything.

Currently, costs for students attending college in California are rising faster than most can afford. The 2008 state budget deficit brought the news that California state colleges were going to have to turn away qualified students, reducing enrollments in some instances by over 10,000 students. Tuition has also increased, further widening the gap between affluent students and those who face financial hardships.

To add insult to injury, major colleges and junior colleges are usually located in metropolitan areas where rents and housing prices are some of the highest in the state, leaving some students with no option but to commute, sometimes hundreds of miles, to school. With gas nearing \$4 a gallon, this option has become a financial burden for students who now must decide whether they can afford to make it to class each week.

Students across the nation are caught in a catch-22, where finishing their degree is their only avenue to advancing professionally, but the costs to finish that degree have become seemingly insurmountable.



Drug importation is a prescription for disaster

CONTRIBUTED BY BRYAN A. LIANG, MD

On Thursday, Sept. 18, advisors to both Barack Obama and John McCain announced that the candidates are reevaluating their support for foreign drug importation. With the recent Heparin fiasco and so many recent stories of substandard and lethal goods invading our shores, this is great news.

In the past, supporters of drug importation have suggested that if drugs are purchased from "safe" countries like Canada and Britain, they are actually manufactured there and subject to strict regulations and oversight.

But this was a dangerous misconception. It seems as if the presidential candidates now realize that.

Take Canada. If drugs are not earmarked for Canadian citizens, they are not subject to the Canadian government's safety regulations. Just label the goods "for export only," and Canada becomes a post office box for fake or low-quality drugs from China, India, and other countries notorious for their ineffective and lethal products — as we've seen with everything from toothpaste to toys. And Canadian citizens themselves have been the victims of fake drugs. In Hamilton, Ontario, a registered pharmacist was recently charged with selling a counterfeit version of the blood-pressure drug Norvasc at his drugstore.

Or look to Europe, where parallel trade — a process that allows the importation and re-importation of goods across EU-member states' borders — is the standard. At any point, counterfeiters can place fakes into the chain and pass them off with no one knowing the difference. Last year, European officials warned of problems with phony drugs after seizing a large supply of such goods that had arrived from China by way of the United Arab Emirates. And several drug recalls have taken place in the United Kingdom after bogus drugs were detected in their supply chain.

Further, the Internet is a particularly worrying source of counterfeit imported drugs. In fact, World Health Organization officials estimate that 50 percent or more of drugs purchased online are fake. And tragic cases abound. A woman in Vancouver, Canada, for example, recently died from counterfeit meds purchased over the Internet.

Unfortunately, the sheer number of criminal activities surrounding counterfeit drug sales already overwhelms the FDA. With less than 17 full-time employees covering all international mail facilities in the United States, it is simply impossible for the FDA to inspect the 40,000 packages with drugs coming into JFK airport in New York each day, let alone the millions coming into the country each year. Allowing importation would open the floodgates and intensify the problems posed by phony drugs.

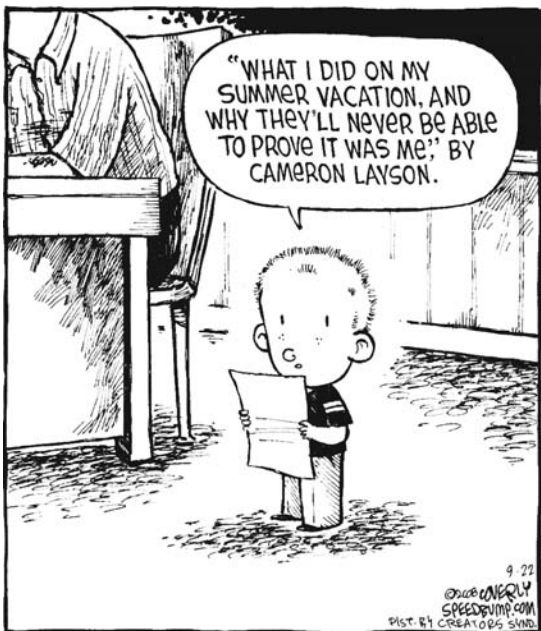
With 3.5 billion prescriptions written each year, the United States is an attractive market for those who prey on the sick. Better solutions exist to ensure access to drugs for those who face high prices, such as mandated no cost or low cost drug program participation for brand-name and generic drug manufacturers.

These are the policies Senators McCain and Obama should pursue. Open our borders to importation would be a prescription for disaster.

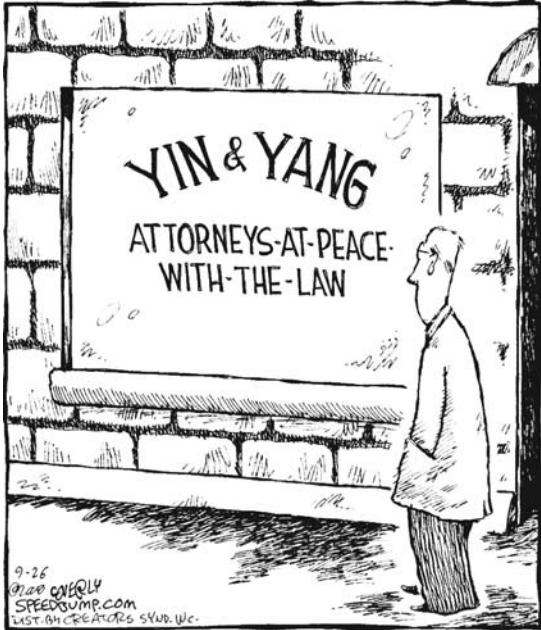
Bryan A. Liang, MD, PhD, JD is executive director of the Institute of Health Law Studies, California Western School of Law, and co-director of the San Diego Center for Patient Safety, University of California, San Diego School of Medicine. He is also the vice president of the Partnership for Safe Medicines.

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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For September/October

- Sat. Sept. 27: **Service academy workshop**, Downey City Library, 8:30 a.m.
- Sat. Sept. 27: **Auction fundraiser**, Moravian Church of Downey, 7 p.m.
- Sun. Sept. 28: **Fundraiser with Fabio**, Urban Roots Salon, 10 a.m.
- Thurs. Oct. 2: **Town hall meeting**, Barbara J. Riley Community & Senior Center, 6:30 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

- 6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner**, mtg., for information call 426-6786.
- 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 3rd Mon., 7 p.m.: **American Legion Post 270**, Los Amigos Country Club, call 869-1053.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Vince Zoida at (714) 761-4439.
- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 9:30 a.m.: **Adventure with the Bible**, at the First Baptist Church call 928-4153.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Darren Dunaway at 806-5400.
- 12 p.m.: **Exchange Club of Downey**, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call 928-2658.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 7 p.m.: **Boy Scout Troop 441**, at Apollo Park Activities Room, for information call 923-3659.
- 2nd and 4th Tues., 7:30 a.m.: **Chamber "Rise&Shine" Networkers**, at Nordic Fox, for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Bakers Square, for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
- Last Tues., 11:00 a.m.: **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, for information call 869-8782.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 1st & 3rd Weds., 7:30 p.m.: **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.
- 1st & 3rd Weds., 7:00 p.m.: **AfterCare Post Cancer Therapy Group**, for information call 923-4800.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd Weds., 7:30 p.m.: **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.
- 2nd Weds., 11:45 a.m. - **Downey Christian Women's Club**, at Los Amigos CC, Call 927-8488.
- 2nd & 4th Weds., 11:00 a.m. - **AARP**, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

- 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.
- 7:30 a.m.: **Connections Networking**, at Nordic Fox 10924 Paramount, for information call 869-1414.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.
- 12 p.m.: **Optimist Club of Downey**, at Sambi's, for information call Steve Allen at 622-7655.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

Fridays

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

Sundays

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

On This Day...

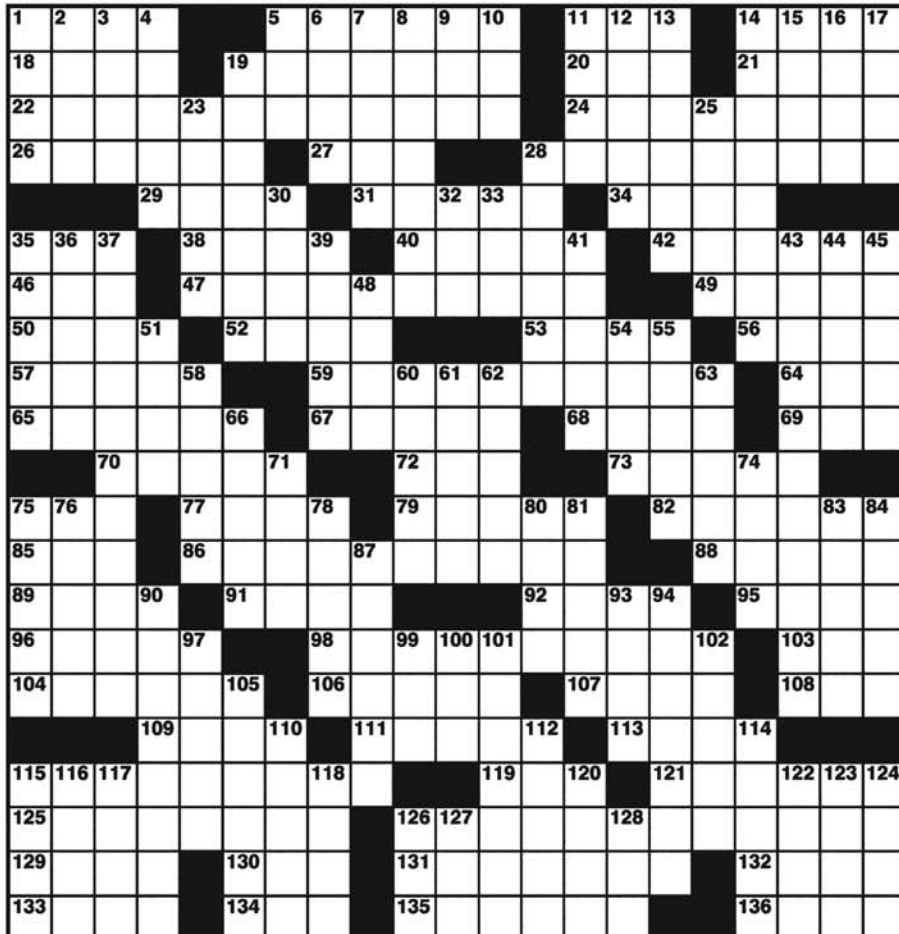
- Sept. 26, 1789: Thomas Jefferson is appointed this country's first secretary of state. Jefferson, of course, went on to become the third president of the United States.
- 1888: Nobel Prize-winning poet T.S. Eliot is born. Also born Sept. 26: Anne Robinson (64), Olivia Newton-John (60), Jillian Barberie Reynolds (42) and Serena Williams (27).
- 1957: "West Side Story" opens on Broadway.
- 1986: William Rehnquist becomes the 16th chief justice of the United States.
- 1990: The Motion Pictures Association of America announces a new rating: NC-17.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
COMMONALITY: Revealed at 126 Across
 by Fred Piscop

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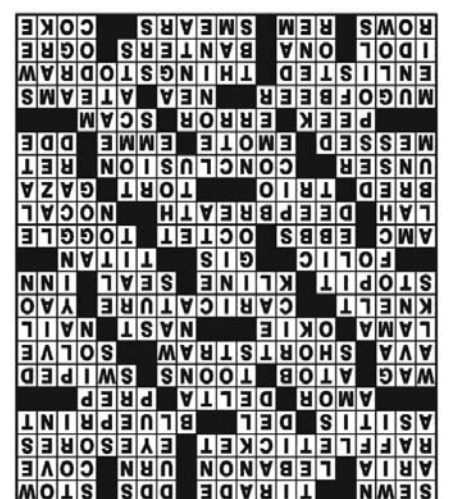
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The Costa DEL Sol (27 Across) is a resort region of southern Spain along the Mediterranean. Publisher Condé NAST (53 Across) transformed "Vogue" from a small New York society publication to a major fashion magazine. At 76, Chinese-born YAO Ming (64 Across) is the tallest player in the NBA.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Have you ever taken a prescription medication for a purpose other than it was intended – perhaps hoping to lose weight, feel better, improve focus at work or at school, or simply experience an escape? Why do some of us abuse medications, while others take them exactly as prescribed and stop when they are no longer medically needed? Which drugs are the most abused?



What begins as an appropriate use of a medication can for some become a dangerous addiction. The National Institute on Drug Abuse (NIDA) calculated that there are approximately nine million Americans who use prescription drugs for non-medical purposes. More than 50 percent get their drugs from a friend or relative for free, and another 20 percent get a prescription from a physician.

Prescription drug abuse isn't necessarily about bad drugs or bad people. It involves a complex group of factors including the power of addiction, misperceptions about drug abuse, and the difficulty for both patients and doctors to talk honestly about the problem. As a doctor who loves to talk to my patients, I still experience the occasional visit with an enormous elephant sitting with us in the room; an issue that the patient just cannot or will not speak of.

Doctors face a major challenge to ensure that legitimate pain/anxiety issues are addressed, while doing our best to weed out the actors. Our medical licensing board recognizes the gravity of this issue and now mandates that a doctor's required ongoing medical education include a 13-hour course be taken on proper pain management skills.

Just what are the dangers of abusing medication? Whether we are discussing street drugs or prescription medications, drug abuse brings trouble at school, at home, with friends, at work, or with the law. The likelihood that someone will commit a crime, be a victim of a crime, or have an accident is far higher when that person is abusing drugs.

Using drugs for the wrong reasons can pose serious health risks. These risks are multiplied when drugs are taken with other substances like alcohol, antihistamines, and central nervous system depressants. The dangers of prescription drug abuse include seizures, heart and lung problems, and even death, but the most common danger is addiction.

Addiction can be defined as a pattern of compulsive drug use characterized by a continued craving for drugs despite physical, psychological or social harm. Addicts will claim that they are using these drugs to feel "normal". I believe we are all seeking this goal; sometimes we find healthy ways to do this, and sometimes ways that are harmful.

A recent government report found that among 12 to 17 year olds, roughly 2 million had experienced a major depressive episode in 2007 – representing about 8 percent of that age group. Illicit drug use was roughly twice as high, or 35 percent, among those youths who had experienced depression than among those who hadn't.

What are the signs of addiction? Foremost is the need to have a particular drug or substance, and the inability to stop that urge. An addict commonly experiences relief from anxiety, changes in mood from well being to belligerence, false feelings of self-confidence, increased sensitivity to sights and sounds including hallucinations, altered activity levels such as excessive sleep or wakefulness, and unpleasant or painful symptoms when deprived of the substance.

The risk for addiction is greatest among women, the elderly, and adolescents. Other risk factors include having a medical condition requiring pain medication, family history of addiction, excessive alcohol consumption, fatigue or overwork, poverty, depression, dependence, poor self-concept, and obesity.

Many become addicted to prescription drugs quite by accident, at first using the drugs for medically prescribed reasons, and gradually increasing the dosage and becoming abusers. Interestingly, women are two times as likely to become addicted to sedatives, but receive two to three times more prescriptions for sedatives than do men. Seniors are more at risk, perhaps because they receive more drug prescriptions. The fastest growing group of addicts, however, is 12 to 25 year olds.

The most abused prescription medications fall into three classes: 1.) Opioids, also known as narcotic analgesics, include oxycodone (OxyContin), hydrocodone (Vicodin), and meperidine (Demerol) and are prescribed primarily to treat pain. They work by attaching to opioid receptors in the brain and spinal cord to prevent the brain from receiving pain

messages.

2.) Central Nervous System Depressants, including pentobarbital sodium (Nembutal), diazepam (Valium), alprazolam (Xanax), and lorazepam (Ativan). These drugs treat anxiety, tension, panic attacks, and sleep disorders. They work by slowing down the brain activity by increasing the activity of GABA, a neurotransmitter.

3.) Stimulants, such as methylphenidate (Ritalin), amphetamine/dextroamphetamine (Adderall), and dextroamphetamine (Dexedrine). They are used as stimulants to treat narcolepsy and ADHD. They work to increase brain activity, resulting in greater alertness, attention, and energy.

When we look at all abused substances, these are the biggest problems in order of frequency of emergency room visits: alcohol, cocaine, marijuana, heroin, alprazolam (Xanax), hydrocodone (Vicodin), oxycodone (OxyContin), Percocet, Percodan, Tylox, methadone, clonazepam (Klonopin), propoxyphene (Darvocet and Darvon), amphetamine (Dexedrine), lorazepam (Ativan), carisoprodol (Soma), diazepam (Valium), methamphetamine (speed), and trazadone (Deseryl).

Withdrawal occurs when the body no longer receives the outside source of the substance it has grown to expect and depend on. If withdrawal is from a stimulant like an amphetamine, the person will become groggy or excessively sleepy. If the withdrawal is from narcotics or alcohol, the person loses the calming effect and becomes irritable, unable to sleep, and may suffer seizures.

Treatment is usually behavioral and/or medical detox. For those who seek it, treatment can be quite effective: Studies by the National Institute on Drug Abuse show that 40 to 50 percent of those entering treatment programs remain drug free for three to five years. Another 30 percent significantly reduce their drug use.

Clearly, we would love to know why some people become addicted and other do not.

Imagine how useful it would be for doctors and patients to know this before prescribing. Perhaps this will be one of the many leaps in medicine made as a result of the mapping of the human genome.

Please remember:

- Always follow medication directions carefully and precisely.
- Do not increase or decrease your dose, or stop taking your medication without speaking with your doctor.
- Do not crush or break pills. This can dramatically increase the potency of some drugs.
- Be certain that you clearly understand the drug's effect on driving and other daily activities.
- Learn about the drug's potential interactions with alcohol, cigarettes, prescription medications and over-the-counter medications.
- Inform your doctor about any past history of substance abuse.
- Don't use other people's prescription medications, and don't share your own.

For further help, contact:

The Substance Abuse Treatment Facility Locator, which covers more than 12,000 treatment centers. 1-800-662-HELP (1-800-662-4357), or www.findtreatment.samhsa.gov

The National Institute on Drug Abuse: 310-443-1124, or www.nida.nih.gov

As always, I wish you all good health.

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

Meniere's disease is meeting topic

LAKEWOOD – Bill Busch, a Chicago native who suffers from Meniere's disease, will speak at the Oct. 9 meeting of the Hearing Loss Association, Long Beach/Lakewood chapter.

Busch's presentation, entitled "My Battle with Meniere's Disease," begins at 7:15 p.m.

The community is invited to the free meeting, which will be held at the Weingart Senior Center, 5220 Oliva Ave., in Lakewood. For more information, call (562) 433-6509.

Disneyland Hotel chosen as host of Charter Ball

DOWNEY – Downey Regional Medical Center and its Foundation have announced that the 33rd annual Charter Ball will be held Oct. 18 at the Disneyland Hotel in Anaheim. A long-standing tradition, hundreds of community residents and hospital leaders attend the Charter Ball each year.

The Downey Patriot recently sat down with Cashmere Wielenga, chair of the 2008 Charter Ball, and Ken Stroppe, CEO of Downey Regional, to learn more about this year's Charter Ball.

Q: How will the funds raised during this year's Charter Ball be used?

A: Proceeds from this year's ball will be used to purchase six to eight baby warmers for our Family Birth Center. Located at the mother's bedside or in the Special Car Nursery, these warmers create a critically important environment for newborns who must be continually monitored. If a baby is in distress, all the tools needed for his or her care are built into the warmer – oxygen, suction, and other monitoring equipment is instantly available to the physicians and nurses involved in the newborn's care.

Q: Who are this year's honorees?

A: This year's honorees are Sam and Joan Smock and the medical staff of Downey Regional. The Smocks have been an important part of our family for many years, with Mr. Smock serving as an active member of both the Downey Regional Medical Center Corporate Board of Directors and the Hospital Board of Directors.

The medical staff at Downey Regional has always been a great champion of the hospital, but have been particularly supportive during this very critical turnaround year.

Q: What entertainment is planned for this year?

A: This year, we'll be welcoming Paperback Writer, dubbed as the fastest-growing Beatles tribute show in the country. Paperback Writer will take the audience down memory lane with hits such as "She Loves You," "A Hard Day's Night," "I Saw Her Standing There," "Paperback Writer," "Nowhere Man," "Get Back," and many more.

Q: What is on the evening's menu?

A: Our menu begins with a butter-poached lobster bisque, followed by a curly frisee and petite mache with sliced roma tomato, cucumber and toasted coriander dressing. The entrée will be a duet: pan-seared tenderloin of beef and roulade of sole, accompanied by saffron risotto, carrot mélange, asparagus, roasted artichoke, cipollini onions, chanterelle reduction and fennel garlic beurre blanc. The dessert course will feature an orange blossom and mandarin crème crulee or molten chocolate cake with berry compote.

Q: How much does it cost to attend this year's Charter Ball?

A: Reservations are \$375 per person; \$250 of that amount is considered a tax-deductible donation. Sponsorship opportunities are also available: \$5,000 for a Patron Sponsor, \$10,000 for an Advocate Sponsor, \$15,000 for a Champion Sponsor, and \$25,000 for an Ambassador Sponsor.

Each sponsorship level includes a variety of benefits, including one or more tables of 10 to the ball. For additional information, please visit www.charterball.org or call the Foundation office at (562) 904-5055.

Q: Why has the cost of this year's ball increased?

A: The mission of the Foundation is to improve the quality of healthcare provided by Downey Regional Medical Center by raising charitable donations which benefit the hospital. The Charter Ball is our major annual fundraising event.

By increasing the cost of each reservation, we can purchase a greater number of baby warmers. This, in turn, helps improve the quality of care available to the 1,500 newborns cared for at the Family Birth Center each and every year.

Q: If someone is unable to attend the ball, are there other ways they can participate?

A: Local businesses and individuals who are unable to attend the ball can also support the event by making an outright donation of any size. For additional information, please visit www.charterball.org or call the Foundation office at (562) 904-5055.

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

White teeth and bright smiles are no longer reserved solely for celebrities. By removing the yellow and brown discoloration associated with smoking, coffee/tea drinking, and food staining, the dentist can make teeth two to six shades whiter. Having teeth whitened at the dentist's office may involve the use of professional-strength peroxide, which is held in place on the teeth with a custom-fit mouthpiece. For faster results, the dentist may also use a laser to hasten the whitening process. This technique involves covering the soft tissue in the mouth, leaving only tooth surfaces exposed, which are then covered with a whitening gel that is activated with laser impulses. In less than an hour, laser teeth whitening produces unsurpassed results.

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UNICO: Service group shuts down as members are 'dying out.'

Continued from page 1

Joe Curi, who acted as the last president of the Downey Chapter of UNICO, joined in 1962.

"I wanted to be one of the Italian-Americans involved in community service," Curi said.

Describing the multitude of Downey activities he participated in as a member of UNICO, Curi began to cry.

"We took our last \$17,500 and gave it to charities and that is it," he said.

Since its inception, the Downey Chapter of UNICO raised funds to donate to charitable organizations such as the YMCA, Cooley's Anemia Foundation, Meals on Wheels, Special Olympics, Downey Symphony, ARC, Rancho Los Amigos Foundation, Gangs Out of Downey, and the Living Help Center.

The group also gave yearly scholarships to high school students wanting to attend college.

"We originally raised money with three-day rummage sales, but then we had golf tournaments and that's where the big money came in," Curi said.

"There was one time when we had 144 golfers. Rio Hondo filled up so we had to transport golfers to Los Amigos because we didn't have enough room."

Downey has joined other UNICO chapters in California which have folded, including Long Beach, San Gabriel, Santa Monica, Glendale, and San Francisco.

Other service organizations in Downey are also dwindling as members age. The Exchange Club holds meetings with less than a handful of active members and has ceased hosting or participating in community events. The Sertoma Club remains active, yet its members are primarily seniors.

"The high school kids are doing more community service and we have a lot of active seniors, but we're missing the 30 to 40 year old range," said Pat McCool, president of the Sertoma Club of Downey.

Curi attributes the change in demographics as one of reasons for UNICO chapters folding in Southern California.

"There used to be a lot of Italian-American families in Downey. Now, the only remaining UNICO chapter in the local area is the Los Angeles Chapter and they are dying out," Curi said.

"It hurts me," he said tearfully.

Cheap movie tickets benefit Warren

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

Shop for a cause at JCPenney

DOWNEY - Shoppers at the JCPenney department store at Stonewood Center can purchase a \$5 coupon this weekend. The money raised will be donated to the Rio Hondo Boys & Girls Club.

The coupon is good for 20 percent off most purchases at JCPenney stores, their website, and catalog. Some exclusions and conditions apply.

Chinese artist sharing unique art works

PARAMOUNT - Contemporary Chinese artist Ying Liu will be the guest demonstrator Sunday at the joint meeting between the Downey Art League and Traditional Artist's Guild of Paramount at Progress Park in Paramount at 2 p.m.

Liu was born in China and showed interest in drawing and painting in her early childhood. As a young adult, however, she chose teaching English at her hometown university in China over painting.

She came to the U.S. in 1987 to pursue graduate studies, starting at Ohio State University and continuing to USC and UCLA. At the end of 2003, after completing her graduate studies, Liu decided to again embrace drawing and painting.

She enrolled in Life Drawing and Watercolor painting at Long Beach City College and Cal State Long Beach. Independently, she studies various artists via videos, books and demonstrations.

In 2004, she studied drawing in Florence, Italy during a two-week summer art program sponsored by the California State University, where she says she was inspired and influenced by the Renaissance artists. Her efforts earned her the acclaim of her instructors as one of Liu's drawings was selected to be hung in the Chancellor's Office in a rotating exhibition with the 23 CSU campuses.

Sunday's demonstration is free and open to the public. For more information, call Ryo Terasaki at (562) 803-5857.

New Titles at the Downey City Library

Fiction

- **"American Wife"** by Curtis Sittenfeld. An ordinary woman is thrust into extraordinary circumstances when she becomes First Lady and her private beliefs run against her public persona.
- **"The Guernsey Literary and Potato Peel Pie Society"** by Mary Ann Shaffer. In 1946, writer Juliet Ashton receives a letter from a man on the British island of Guernsey, beginning a correspondence that becomes a celebration of the written word.
- **"Sweetheart"** by Chelsea Cain. Portland detective Archie Sharidan pursues serial killer Gretchen Lowell in this series thriller.
- **"Silks"** by Dick and Felix Francis. In the latest mystery from the world of horseracing, Geoffrey Mason is pulled into the case when pro jockey Scot Barlow is murdered.
- **"The Story of Edgar Sawtelle"** by David Wroblewski. In a tale reminiscent of "Hamlet," a speech-disabled Wisconsin youth struggles to prove that his uncle was responsible for the death of his father.

Non-Fiction

- **"Always On: Language in an Online and Mobile World"** by Naomi S. Baron. The author presents a well-researched and insightful look at how electronic communication is changing our lives and our interpersonal relationships.
- **"Counterknowledge: How We Surrendered to Conspiracy Theories, Quack Medicine, Bogus Science and Fake History"** by Damian Thompson. The author shows the need for scientific proof in an age of fabrication and misleading or false ideas.
- **"The First Billion is the Hardest: Reflections on a Life of Comebacks and America's Energy Future"** by T. Boone Pickens. The daring entrepreneur shares his personal memoirs and economic advice for the nation.
- **"Let's Get Comfortable: How to Furnish and Decorate a Welcoming Home"** by Mitchell Gold and Bob Williams. Learn how to make your home relaxing and inviting by using a variety of decorating styles.
- **"Promises to Keep: on Life and Politics"** by Joe Biden. The candidate for Vice President presents an insider's view of life in the Senate, Washington politics and American foreign policy.

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

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Writers' Workshop West has announced the winners of their annual non-fiction competition. From left: Jan Larvin, Yolanda Adele, Ben Platt, Rosalie Sciortino and Carol Kearns.

Writing group picks non-fiction winners

BY ROSALIE SCIORTINO, WRITERS' WORKSHOP WEST
DOWNEY – Writers' Workshop West president Ralph Cohen has announced the winners of the annual non-fiction competition. A first-place tie was shared by Yolanda Adele for her "Room for my Imagination" and by Rosalie Sciortino for "Sparky Schulz." Second place winners, who also tied, were Jan Larvin for "Natalie" and Carol Kearns for "Soccer, L.A. Style." Ben Platt won third prize all by himself for "The Number Line." Cash prizes and certificates were awarded. A chapter of Cohen's book-in-progress was published in the Spring 2008 issue of Connecticut Review put out by the Connecticut State University System. Cohen read the chapter entitled "Fired!" to the club at the Sept. 16 meeting. Another of his chapters entitled "Ensign Margot" was published in the Summer/Fall 2007 issue of "RE:AL" put out by Stephen F. Austin State University in Texas. Member Anna Winslow's short play, "The Power of Words," a comedy/drama, was acted by four members of the club at the September meeting with enthusiastic response. Writers' Workshop West meets the third Tuesday of each month at 7:30 p.m. in the Downey High School library. It welcomes new as well as established writers to their meetings where they share their work, critique, and discuss writing and related subjects. The next competition will be fiction with a word count of 500 minimum and 3,500 maximum to be submitted at the November meeting and voted on in December. For information and contest rules, call (562) 862-3106.

Stroke: Reduce your chances of a stroke.

Continued from page 1

"Everybody was great at the hospital so I wanted to take pictures of the event to do a little something for them," said the French-born photographer of 35 years. Vendors from various Southern California health organizations set up screening booths to check blood pressure, hearing, and disseminated stroke prevention information. The symptoms of a stroke include:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

The National Stroke Association has these suggestions to reduce your risk for stroke:

- Know your blood pressure. If high, work with your doctor to lower it.
- Find out from your doctor if you have atrial fibrillation.
- If you smoke, stop.

Garden party rated all-around success

BY JOYCE SHERWIN, DOWNEY SYMPHONY
At a beautifully orchestrated event to benefit the Downey Symphony, pleasure and profit shared equal billing recently as guests gathered to sample spectacular hors d'oeuvres, listen to first-rate music, and raise funds for the orchestra as it begins its 51st concert season. The Sunday afternoon garden party offered a number of irresistible enticements. Dr. Walter Kelley's gracious, spreading lawn was dotted with shaded tables, and Katie Hare reached into her catering library to supply a gorgeous array of delectables. An informal poll revealed that everyone present had already gone back for a second heaping plate, and would soon unashamedly succumb to a third. And the music. Very fun. Seated in a semicircle across a stretch of emerald grass was a brass quintet from the University of Southern California, removed just enough so you could simultaneously enjoy their music and the conversation you were having. They played blues, jazz, swing, show tunes – music floating out over laughter, people humming along. Many juicy items were on the live auction block, and bidding was especially brisk for tickets to a generous weekend package at Bally's in Las Vegas, to an L.A. Opera performance of "La Boheme," and an L.A. Philharmonic concert under its conductor-designate, the electrifying Gustavo Dudamel.

This party, given by the Symphony Board, enlisted the active participation of each board member. Planning was in the capable, experienced hands of Ruth Hillecke and Gloria Crum. A jovial President Larry Lewis presided at the beverage table and Treasurer Bill Hare ran the lively auction. Dr. Kelley himself, ever gracious and welcoming, has served on the Board for many years. Everyone contributed desserts, which mean a large table covered with silver trays of very delicious, thoroughly sinful sweets. And throughout the afternoon, our orchestra's Music Director, Sharon Lavery, mingled happily, stopping to chat at each table. Icing on the cake. President Lewis summed it up: "An artistic and financial success." Coming next, the season's first concert in the Downey Theatre on Saturday, Oct. 25. Happy 51st year, Orchestra!

Guild announces date of fall luncheon

DOWNEY – Katie Hare and her board of directors have announced their annual fall luncheon will be held Oct. 18 at 11:30 a.m. at the Barbara J. Riley Community & Senior Center in Downey. The yearly get-together is to acquaint the city with the Guild in an informal, neighborly setting. Entering their 48th year in Downey, the organization, presently under the leadership of Hare, will continue to further their goals to support Music in the Schools and the Downey Symphony Orchestra. This year, the luncheon will feature entertaining guest speaker Stephanie Piche, who will talk about those "Hidden Treasures" in your home. There will be more about busy Ms. Piche in subsequent Patriot articles. Please mark Oct. 18 on your calendar and join us when a boxed picnic lunch will be served, opportunity tickets will be available and a friendly, warm atmosphere is guaranteed. Donation per person for the luncheon is \$25. Reservations will be taken until Oct. 9. Please mail payment to Downey Symphony Guild, 9700 Garnish Dr., Downey, CA 90240. For more information, please call (562) 861-8507. — Rosalie Sciortino, Downey Symphony Guild

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Vikings electric in 17-13 victory

■ Downey takes advantage of unexpected home field advantage.

BY SCOTT COBOS, STAFF WRITER
DOWNEY – A power outage at Schurr High School didn't translate into a lack of offensive juice for the Downey Vikings as they had just enough to slip by Schurr 17-13 Friday night at Allen Layne Stadium.

"It was a good ball game," said Downey head coach Will Capps. "It went both directions. The offense and defense were strong. Offensively we moved it down the field pretty well. It took a lot of plays and the discipline wasn't what it should've been but we played hard and never gave up."

Schurr originally was supposed to host last week's game but a power outage at the campus forced the game to be moved to Downey.

The game started off quickly for Schurr, who drove 45 yards on 11 plays after a 48-yard kickoff return by Nathan Ayon.

Robert Duran ran it in from the 1-yard line to put Schurr ahead.

But with less than a minute left in the first half, the Vikings marched 59 yards down the field, capped with a 12-yard touchdown pass from quarterback Steven Cervantes to Keith Holland.

Downey would tack on another touchdown on the first possession

of the second half.

The Vikings broke out with another big play, a 45-yard pass from Cervantes to Holland. The play put them in position to score on an 11-yard pass from Cervantes to Ernesto Vasquez.

Schurr would keep the game close by recovering a fumble which lead to a touchdown pass from Ricky Mendez to Geneses Cabral.

But a late field goal would wrap up the game for Downey, who earned their first win of the season after losing to La Habra last week.

"We recognized the fact that they [La Habra] were really good," Capps said about coming back from last week's game. "Our kids knew that. We're learning every day. We have a young inexperienced team."

"The coaches talked it up really well. They let them know that they are a good team and that we should be winning."

Downey hosts Milikan High School tonight in a rematch from last year's bizarre game. Last year, Downey was down 41-14 going into halftime but came storming back in the second half. They fell just short of a complete turnaround when their quarterback threw a game-ending interception in the end zone.

Game time tonight is 7 p.m.

Callier drives Warren past Whittier, 42-14

■ Bears return to Week 1 offensive form.

BY SCOTT COBOS, STAFF WRITER
DOWNEY – A return to Week 1 form helped Warren High School run past the Whittier Cardinals last Friday night winning 42-14.

Memories of the Week 2 loss were gone as Jesse Callier once again took the reigns offensively and rushed for 278 yards and three touchdowns on 24 carries, showing once again how explosive he can be.

"The offensive line did a good job," Warren head coach Chris Benadom said. "And, well, Jesse is Jesse. Jesse runs and makes something out of nothing when he has to."

Callier exploded for a touchdown on a 62-yard run and also played the other side of the football, intercepting two passes on defense.

Bears' quarterback Sam Bettencourt got into the act as well, throwing a 6-yard touchdown pass to Augafa Vauala at the end of the second quarter. Bettencourt also completed a 10-yard touchdown pass to Bailey Cowins late in the fourth quarter.

Benadom was also happy with his team's defense, particularly with their tackling. He said he was pleased the defense was able to contain Whittier's running attack.

The Cardinals had a couple highlights of their own. Trailing 21-0, Cardinal running back Alex Gonzalez dragged three Bears defenders into the end zone on a 5-yard run to end the second quarter.

Also, with just seconds left in the game, Whittier put up their second touchdown on a 4-yard run by Chris Barclay.

Warren has a bye week and will host La Serna High School next week. Game time is 7 p.m.



Two Griffiths Middle School students, Darren McCaughan and Aaron Vilaubi, last month traveled to Cooperstown, N.Y. to participate in the National Tournament of Champions baseball tournament for 12U, featuring some of the best baseball teams in the U.S. and Canada. At the tournament the two boys were inducted into the Youth Baseball Hall of Fame. The boys play for the Long Beach Nomads travel ball team, and last season played in Northwest Downey Little League.

Razorbacks get key wins, now prepare to travel

BY MIKE BAUMANN, DOWNEY YOUTH FOOTBALL

DOWNEY – The Downey Razorbacks tackle football teams enter week four of the 2008 season with three teams undefeated overall. All six Downey tackle teams are undefeated in league play.

MityMite Red (2-1), dominated the Long Beach Warriors by a score of 32-0. Jordan Mayes started the scoring off in Downey's first drive of the game. The points kept adding up as Evan Vasquez, Angel Chaidez and Guillermo Chaul added to the total. Jacob Gaytan and Sammy Sanchez and Julian Velasquez came up with defensive plays that kept Long Beach from scoring.

MityMite White (3-0) has yet to allow a touchdown in the young 2008 season, and their offense has been outstanding. The Hogs thoroughly roughed up the Buena Park Eagles, scoring at will.

The Razorback Jr. PeeWee's (1-2) broke out of their scoring drought against Buena Park with a decisive score of 38-0. Long runs and a staunch defense highlighted the win against the Eagles. The Razorbacks opened the scoring with a 38-yard run by Jonathan Garcia. Kiefer Enslin's 50-yard punt return setup a 25-yard dash by Deandre Smith for another score. Garcia scored another TD on a pass from Enslin, and Kiefer scored on another long run in the second half. The defense, anchored by Justin Ayala, Aaron Maldonado, Jacob Diaz and John Boik, held the Eagles in check all afternoon.

PeeWee Razorbacks (3-0) continued their winning ways with a decisive thrashing of the Buena Park Eagles, 47-6. The Razorback reserves played the majority of the game as the Hog's played a strong game. Touchdowns by Francisco Arrellano (1 TD, four extra points), Rafael Rodriguez, Moses Alanis (2 TD's) and Jacob Cook were impressive but it was a 55-yard kickoff return by Cook that highlighted the offensive out-pit.

Once again the defense played hard and smart. Fumble recoveries by Austin Espinosa and Jonathan Haik and hard hitting by just about everyone else shut down the Eagles. Anthony Menendez, a reserve tight end and linebacker, had a 35-yard interception return for a touchdown in the Hogs' win.

The Jr. Midget Razorback's (2-1) went into a somewhat hostile environment and nearly pulled off a victory. With 26 seconds remaining and Wilmington facing a fourth down and goal situation, Downey could not

make that final stop and the Pilots scored to win by a score of 12-7.

A five-touchdown offensive display by Kyle Hudspeth, Gabriel Medrano, Alberto Ruiz, Justin Binkley and Henry Castillo finished off the Buena Park Eagles in the Midget division game. The Razorbacks (3-0) face a tough Gardena team Saturday.

Downey Flag Red.(3-0) faced their toughest opponent of the year and came away with a 18-6 win for their third straight victory.

Week four finds every team on the road playing in such diversified locations as Palos Verdes, Lakewood, Pico Rivera/Whittier, Gardena, and Wilmington.

Former Dodger 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.

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

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

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

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

Golf tournament for wounded soldiers

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

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