

# The Downey Patriot



**Kids color for character**  
See Page 9



**Downey proves everyone wrong**  
See Page 12



**Kids fish at Wilderness**  
See Page 3

Friday, November 14, 2008

Vol. 7 No. 30

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



The Wiseguys Big Band Machine will headline a benefit concert tomorrow at the Downey Theatre, with half of the night's proceeds going to Easter Seals. Read more on page 2.

## Carmichael on the road to recovery

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY** – Stan Carmichael, sole survivor of the Oct. 20 plane crash on Catalina Island that claimed the lives of his wife, Pat, and a couple of close friends, underwent successful surgery on his left foot last Friday and is now at his Laguna Beach home for an extended period of rest and rehab.

Originally scheduled to be released from the Orange County Memorial Center in Fountain Valley Sunday, he didn't get home until about 3 p.m. the following Monday because, his doctor told him, the surgery on his foot which was "broken in several places" proved to be "a little tougher" than at first thought. In somewhat of a damper, he was told not to expect a fast recovery.

Despite all this, Carmichael, the owner of a State Farm Insurance agency in Downey and immediate past president of the Downey Rotary Club, remains in high spirits. He knows he's awfully lucky to have survived such a horrific tragedy. The support he has received from family and friends has been, he said, "tremendous."

Recalling the fateful Monday afternoon of the crash, Carmichael said the single-engine Mooney M20J struggled to get off the ground as they started to head for home after attending a weekend jazz festival on the island.

"We got to about two hundred feet up," he said. "I could see we were going to overshoot the 3,000-ft. runway which drops off onto a cliff. Then we started losing altitude and I knew we were going to crash. The last words I heard, coming from the pilot, were, 'I'm sorry'."

The pilot was his friend of many years, cardiologist Charles Cowan. His wife, Jeanine, also perished in the tragic event.

"I don't remember the crash," Carmichael said. "I remember lying outside the plane and on the ground and, as my survival instincts took over, I got up and started to drag myself away from the scene. When I turned, I saw the plane was on fire. I crawled up towards the runway. By this time some people came running to help me and I was airlifted by helicopter to Harbor-UCLA Medical Center in Torrance."

Carmichael had been hurled out of the aircraft through the door that had been blown open. The National Transportation Safety Board later told him that the plane's left wing had hit a tree and halted the plane's progress.

An avid golfer, Carmichael was fully aware that his foot surgery was scheduled the day of the annual Rotary-Arc golf tournament. Reached before the tournament, he sent this message to his co-Rotarians: "I can't play, of course. But you guys have fun."

Even as he recuperates, and with all his other faculties intact, Carmichael receives regular updates about his business and the Rotary. A memorial service for Pat was held Oct. 27 at the Mariner's Church in Irvine. She had been with State Farm for 20 years before she became a lawyer, making partner at a Los Angeles law firm before retiring in 2002.

Carmichael said his doctor earlier told him it'll probably take at least six weeks before he can drive, and three months or so before he regains full use of his foot.

Henry Veneracion is a staff writer and member of Downey Rotary.



Stan Carmichael

## Drugs, weapons seized in raid

■ Long Beach narcotic detectives discover 1,000 pounds of marijuana inside Mattock Avenue drug house.

BY MARY FORNEY  
STAFF WRITER

**DOWNEY** – Family homes with school age children surround 9930 Mattock Ave. where the Long Beach Police Department seized an abundance of marijuana, numerous assault rifles, and an unknown amount of cash last month.

Conducting surveillance on men loading nearly 200 pounds of marijuana, Long Beach detectives followed them to the house on Mattock Street. After obtaining a search warrant, the Long Beach Police Department raided the house and made a surprising discovery – 1,000 pounds of marijuana.

The five men who live in the house were arrested.

"This is something we don't want to see in the middle of anyone's neighborhood," said Sgt. Jerry Gibbs of the Long Beach Police Department Narcotics Gang

and Violent Crimes Division.

The police were not expecting to find such a massive amount of marijuana.

"They were storing it and selling it," Gibbs said.

The neighbors were not surprised by the arrests.

"People would drive up and stand at the door a lot – shady looking creatures," said a neighbor who asked to remain anonymous. "I wanted to call the police and should have, but I didn't think the police would do anything."

Another neighbor who asked her name not be given thought it was strange to see a house full of men living together and noticed the tenants had a lot of male company.

"I didn't see a family setting – just a lot of men," she said. "I thought it was weird and that it was just a lot of bachelors living together because I never saw any women over there."



Assault rifles, bags of marijuana, a scale and money were discovered and confiscated during a raid at 9930 Mattock Ave. in Downey last month. Photo by Mary Forney

Various identifications were also found inside the house.

Bail was set for all five men and they were released. According to the neighbors, the men who were arrested have not returned to their

emptied rental house on Mattock Avenue.

The names of the suspects were not released by the Long Beach Police Department and the case remains under investigation.

## Propane tanks explode, spark fire at Downey Studios

■ Afternoon blaze does no damage to Apollo space capsules stored inside.

BY MARY FORNEY  
STAFF WRITER

**DOWNEY** – A fire erupted at Downey Studios last Friday at 12:35 p.m. after a dozen 100-pound propane tanks began emitting gas, sparking flames, and exploding.

The tanks had been delivered earlier that day for preparation in filming a television episode of "Bones".

Flames stretched quickly to roof height – nearly 60 feet high – along the south side exterior of Building 290 near the Discovery Park parking lot.

The heat of the fire activated the sprinkler systems inside the building and the area where two Apollo capsules are stored – just a few yards away from the blaze.

Nearly 40 firefighters from Downey, Los Angeles County, Vernon, Montebello, Santa Fe Springs, and Compton responded to the scene and contained the fire within 30 minutes.

"The initial objective of the firefighters was to cool the tanks and extinguish the exterior fire," said Downey Fire Department Chief Mark Sauter. "As other fire department crews arrived, they advanced hose lines through the interior of Building 290 to ensure the exterior fire didn't grow into an interior fire. Thankfully, the coordinated attack went very well."

The interior of the building sustained smoke and water damage, and the Apollo capsules got a little wet.

"The capsules were completely untouched by the fire," said Jon Betthausen, who serves as Executive Director of the Columbia Memorial Space Center.



Nearly 40 area firefighters responded to douse the flames that stretched nearly 60 feet high along the south side exterior of Building 290 at Downey Studios. Photos courtesy Thomas Messmer

"The capsules are fine and everything is actually cleaner than it was before."

A pickup truck and a commercial-size compressor were also damaged in the fire. There were no injuries and Building 290 was empty at the time of the incident because the studio workers were on lunch break.

"Everybody did a great job doing what they were supposed to do," said Thomas Messmer from the Industrial Realty Group LLC that owns the property.

Messmer was at the scene of the fire and was pleased with the quick response of the firefighters.

"This was the first major fire since the Area E fire departments adopted some new policies for staffing these types of incidents. The increased staffing worked out well," Sauter said.

Messmer is happy business is back to usual despite the fire inci-



dent, and the television sets for "Bones" are almost complete.

"Shooting was delayed a few days but not cancelled," Messmer said.

What caused the propane tanks to emit gas remains under investigation and the cost of damage is undetermined.



## Veterans honored for their service

■ Nearly 40 veterans are recognized in a ceremony at The Church of Jesus Christ of Latter-day Saints.

**DOWNEY** – A special ceremony honoring our nation's veterans was held Saturday at The Church of Jesus Christ of Latter-day Saints in Downey.

A total of 39 veterans were recipients of packets in remembrance of their military service. The packets contained copies of letters and certificates from the Office of the President, from Gov. Schwarzenegger, Assemblyman Hector De La Torre, Supervisor Don Knabe, the city of Downey, and the local VFW post.

Each recipient was also awarded a medal from the church honoring their service. About 200 people attended the ceremony.

The featured speaker was retired Gen. James P. Combs, commander of the Joint Forces Base at Los Alamitos. He was formerly the commanding general of the California National Guard and has more than 40 years of military service.

Combs noted that military service is not to be taken lightly; that few people percentage wise have served, and thousands have died protecting our country's freedom. Every veteran should be looked upon with respect and honor, Combs said.

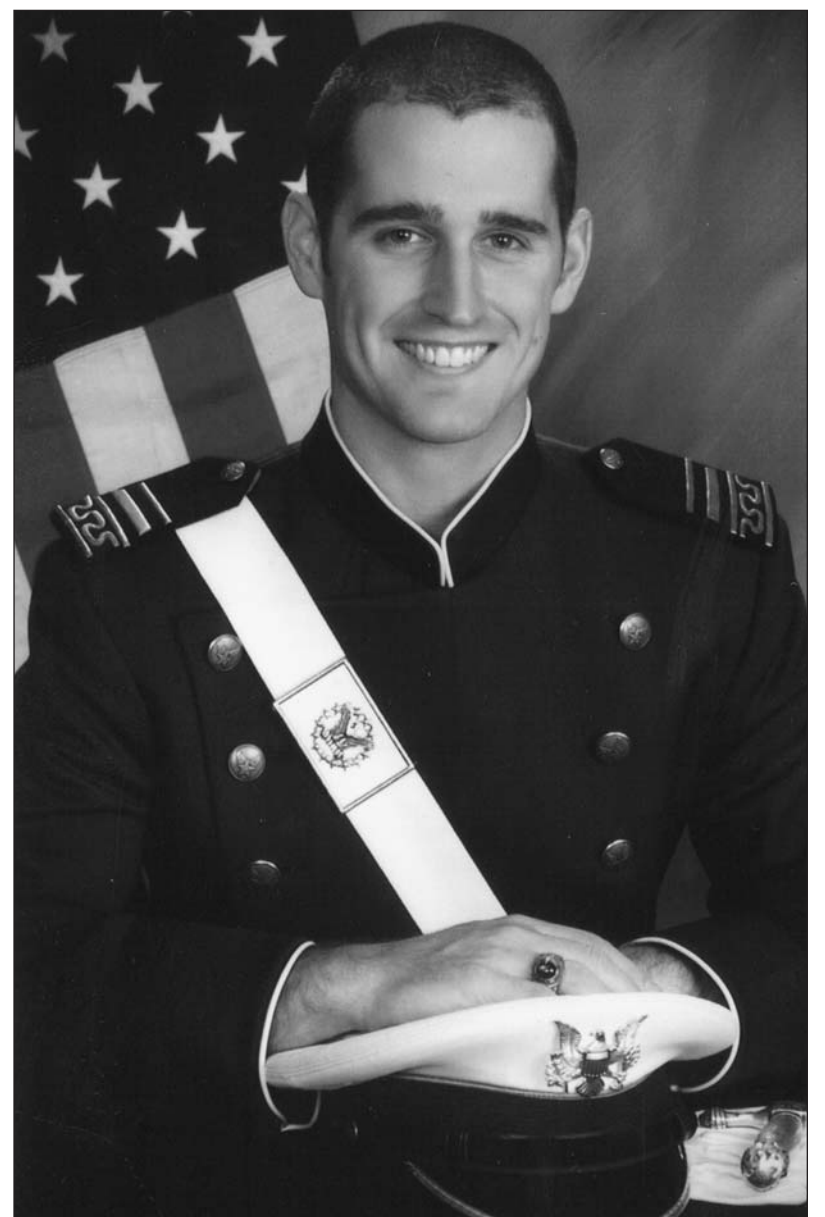
Co-speaker was Elder Donald Tenny, a general authority of The Church of Jesus Christ of Latter-day Saints. Tenny showed quotations from leading American patriots throughout history, and quoted from scripture showing that the U.S. Constitution was a divinely inspired document and that its writers had been divinely chosen to assemble the document that would guarantee freedom to all in this country as long as they upheld the divinely inspired tenets.

Brief comments were made by Mayor David Gafin; Andrea Avila, deputy to Don Knabe; John Gomez, commander of the local VFW post; and Larry Larsen, president of the Downey Stake of the church (LDS).

Military memorabilia was exhibited, including pictures, books, personal histories, military unit souvenir volumes, medals and badges, unit patches, uniforms, and a collection of military small arms.



Speakers at Saturday's commemorative service honoring veterans included (left to right): Mayor David Gafin, Andrea Avila, Gen. James P. Combs, Larry Larsen, and Elder Donald Tenny.



Lt. Harrison Gipple, grandson of longtime Downey resident and former fighter pilot (WWII and Korean War) Col. Harvey W. Gipple, USAF (retired), is undergoing a year-long fighter pilot training himself in Mississippi. On the dean's list, Gipple graduated from the Air Force Academy in 2007.

### Church in need of volunteer tutors

**DOWNEY** – First Presbyterian Church of Downey is searching for volunteers to help tutor kids in math, science, English and music.

Tutors can work as little as two hours per week and will work with students in grades 2nd to 6th.

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

### Bidding extended to ride on float

**DOWNEY** – The Downey Rose Float Association has extended the bidding deadline to ride on the 2009 float until Nov. 21.

Four seats are available, and winning bidders will ride on the "Broadway's Golden Age" during the Rose Parade in Pasadena on Jan. 1. Riders will be dressed in men's tuxes (provided by the Rose Float Association).

Submit your bids to: DRFA, Float Ride, P.O. Box 765, Downey, CA 90241. For more information, call Gary De Remer at (562) 260-8503.

### Christian band in concert Sunday

**DOWNEY** – Christ Lutheran Church is hosting a musical performance by Twice As Deep at their Coffee House this Sunday from 6 to 7:30 p.m.

Twice As Deep is a multi-cultural group of men overcoming racial, age, and denominational barriers to make music. Their lyrics strive to take listeners "twice as deep" into worship and praise.

"It's not a show for us," said Jeremiah Womack, singer-songwriter of the group. "For me, music has always been a message with a mission, even when I was playing for the world. Don't get me wrong though, if the worship or message is good, it will still be entertaining."

The concert is free and coffee, drinks and dessert will be served. The community is invited.

Christ Lutheran Church is at 7707 Florence Ave. in Downey.

### E-waste collection set Nov. 22

**DOWNEY** – Members of Warren High School's choir ensemble will be collecting e-waste for recycling Nov. 22 at Christ Lutheran Church.

E-waste includes any consumer electronic equipment that is no longer wanted, including TVs, VCRs, cell phones, computers, monitors, etc.

Christ Lutheran Church is at 7707 Florence Ave. in Downey.

### Fail-Safe fundraiser Saturday

**DOWNEY** – A casino night fundraiser for Fail-Safe 4 Felines will be held tomorrow at the Downey Elks Lodge at 6:30 p.m.

The night will include 50-50 raffles, a silent auction, and buffet dinner. Tickets are \$25. For reservations, call (562) 708-2672.

### ALF meets for dedication ceremony

**DOWNEY** – The Aerospace Legacy Foundation will host their next meeting tomorrow in conjunction with the dedication ceremony of the Columbia Memorial Space Science Learning Center.

The meeting begins at 2 p.m. The space center is at 12400 Clark Ave., adjacent to Downey Studios.

For more information, e-mail [alfdowney@aol.com](mailto:alfdowney@aol.com).

### Rare books, other items up for bid

**DOWNEY** – The Friends of the Downey City Library is now accepting bids for their annual holiday silent auction.

A variety of items are up for bid, including "The History of the Union Pacific Railroad in Cheyenne" by Robert Davis; a copy of "Life" magazine dated September 1968 featuring "The Days in the Life of the Beatles" and a mono-disk of an original recording; "The Sinatra Treasures" with intimate photos and moments from the Sinatra family collection; and a photo gallery offered in "The Sistine Chapel: A Glorious Restoration."

The silent auction will end at noon on Dec. 13. Items are available for viewing as you enter the Downey City Library.

Bids can be placed inside the Friend's Book Store inside the library. Call (562) 904-7360, ext. 130, with any questions.

### Benefit concert tomorrow night

**DOWNEY** – Downey residents can jump and jive to the sounds of the 1940s, '50s, and '60s with the Wiseguys Big Band Machine at a concert benefiting Easter Seals Southern California Disability Services tomorrow night at the Downey Theatre.

From swing to swank, the Wiseguys entertain audiences with the sounds of Perez Prado, Buddy Rick, Glenn Miller and Bobby Darin.

Tickets are \$25 per person. The concert begins at 7:30 p.m. and will also include prize drawings and a silent auction. Prizes include restaurant gift certificates and more.

Half of the concert proceeds will benefit Easter Seals. For tickets, call the Downey Chamber of Commerce at (562) 923-2191 or Century 21 My Real Estate at (562) 927-2626.

The theater box office will open at 4 p.m. tomorrow.

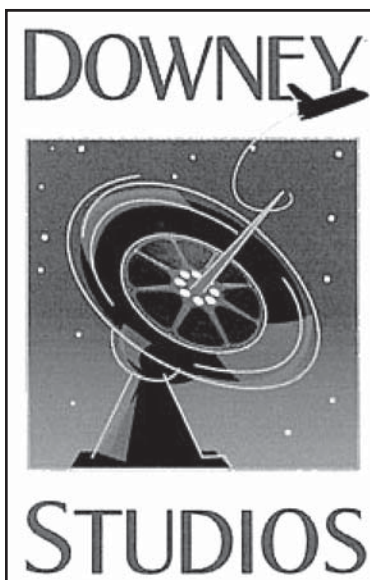
### Program uses art to teach U.S. history

**DOWNEY** – St. Matthias High School received the Picturing America program on Sept. 10, one of more than 26,000 schools and public libraries across the nation to receive the program from the National Endowment for the Humanities.

Picturing America is a free initiative that helps teach American history and culture by bringing some of the country's great art directly to classrooms and libraries.

St. Matthias received 40 large, high-quality reproductions of American art and a comprehensive teachers' resource book to facilitate the use of art in core subjects.

"We are so pleased to receive Picturing America," said St. Matthias teacher Mrs. Storc. "This program will really enrich classroom learning by allowing our students immediate access to some of the nation's most important art."



Downey Studios would like to extend a sincere

# THANK YOU

to Downey Fire  
Downey Police

and the studio employees, for their prompt and highly professional response to the fire at the studio on Friday, November 7, 2008

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6:00—7:30 PM  
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A multi-cultural group of guys overcoming racial, age, and denominational barriers to make music that is for the Creator and Savior of the world—for His people, and for those souls seeking a purpose in life. They take the listener "twice as deep" into worship and praise and yet are still listener friendly with catchy guitars, driving drums, and vocal melodies!

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**Christ Lutheran Church**  
7707 Florence Avenue, Downey 90240





An estimated 2,000 people attended the 11th annual Youth Fishing Event at Wilderness Park last week. Photo courtesy city of Downey

## Thousands of kids fish Downey's lakes

**DOWNEY** – The 11th annual Youth Fishing Event at Wilderness Park hosted more than 2,000 children and their families Saturday, city officials said.

Co-sponsored by the city of Downey and California Department of Fish and Game, the event included a low-cost pancake breakfast, five learn-to-fish stations, a fly-tying demonstration, and giveaways.

The lakes at Wilderness Park were stocked with 1,800 pounds of catfish and trout for the event. Financial sponsors contributed T-shirts, supplies and the fish.

Community sponsors included: All American Home Center, Andrews Rancho, Berkeley Gulp, Big 5, Bradley's Plastic Bag Company, California State Lodge Fraternal Order of Police, California Department of Fish and Game, Classic Graphix, Coca-Coca Bottling Company, Downey City Employees Federal Credit Union, Downey Federal Credit Union, Downey Fire Management Association, Downey Firemen's Association, Downey Fly Fishers, Downey F.O.P. Lodge 20, Downey Police Officers' Association, the Finch Family, Gangs Out of Downey, Golf 'N Stuff, Hometown Buffet, Imperial Catfish, In-N-Out Burger, Izaak Walton League (Fullerton and Whittier), Knights of Columbus, Maintenance Services Division, McDonald's, Nationwide Security and Building Services, Penske Toyota Scion, Public Safety Auxiliary Employees Association, Rainbow Bait, Rubio's (Downey), Savon Tackle, South Bay Lady Anglers, Southern California Gas Company, Starbucks (Downey Landing), Stonewood Center, Target (Norwalk), Von's, Wal-Mart, and World of Décor.

Volunteers and community groups which contributed to the event included: city of Downey Community Services Department, city of Downey Maintenance Services, city of Downey Volunteers, Downey After Hours Club, Downey Fire Department, Downey Fire Explorers, Downey Fly Fishers, Downey Police Department, Downey Police Explorers, the Izaak Walton League of America, and Starbucks (Downey Landing).

## Travel film delves into Russia

■ Downey Theatre travelogue series continues with "Rail Across America -- St. Petersburg to the Pacific."

CONTRIBUTED BY  
THE DOWNEY THEATRE

**DOWNEY** – A train called the Rossia thunders across Russia on the world's longest rail line, the famous Trans-Siberian. Taking six and a half days to travel more than 8,500 miles through eight time zones, the Rossia carries its passengers from the Russian capital of Moscow to the Pacific port city of Vladivostok.

Combined with an extension of the Tsarist capitol of St. Petersburg, the Trans-Siberian ties the world's largest country together from the Gulf of Finland to the Pacific Ocean.

Join with fellow explorers this Sunday afternoon, Nov. 16, as the Downey Theatre presents the fourth film of the 2008-09 Armchair Adventure Travelogue Series, "Rail Across America – St. Petersburg to the Pacific," filmed and narrated by Mary Lee and Sid Nolan. The program begins at 2:30 p.m.

This epic journey on the Trans-Siberian rail line is one of the great train rides of the world, but to really know Russia, you must leave the main line and explore along the way. As a result, we travel by car, ferry, hydrofoil, railcar, plane and helicopter, as well as by train in the course of our explorations.

We prepare for the journey with a consideration of Russia's enormous ethnic diversity, its extreme climatic contrasts, and an overview of the differences between western, or European, Russia, and Siberia, or Asian Russia.

Then, it's on to St. Petersburg, its great museum and its royal palaces before journeying to Novgorod, Moscow, and the Golden Ring area around Moscow. These destinations offer an opportunity to examine the high points of Russia's long and fascinating history.

Next, we depart Moscow on the Rossia, not stopping again until we reach Yekaterinburg, a city just east of the Ural Mountains. Another long train ride takes us to Irkutsk, originally founded as an outpost of the growing tsarist land empire. From this dynamic city we continue to Lake Baikal and ride a rail car on a scenic section of track no longer part of the main line.

More explorations of Lake Baikal follow including a stay on fascinating Olkhon Island. A hydrofoil ride takes us to Ust-Barguzin on the eastern side of the lake and on to Ulan-Ude, capital of the Russian Republic of Buryatia. Some of the Buryats who live in this region still practice the Buddhist Religion and the area also has settlements of Old Believers.

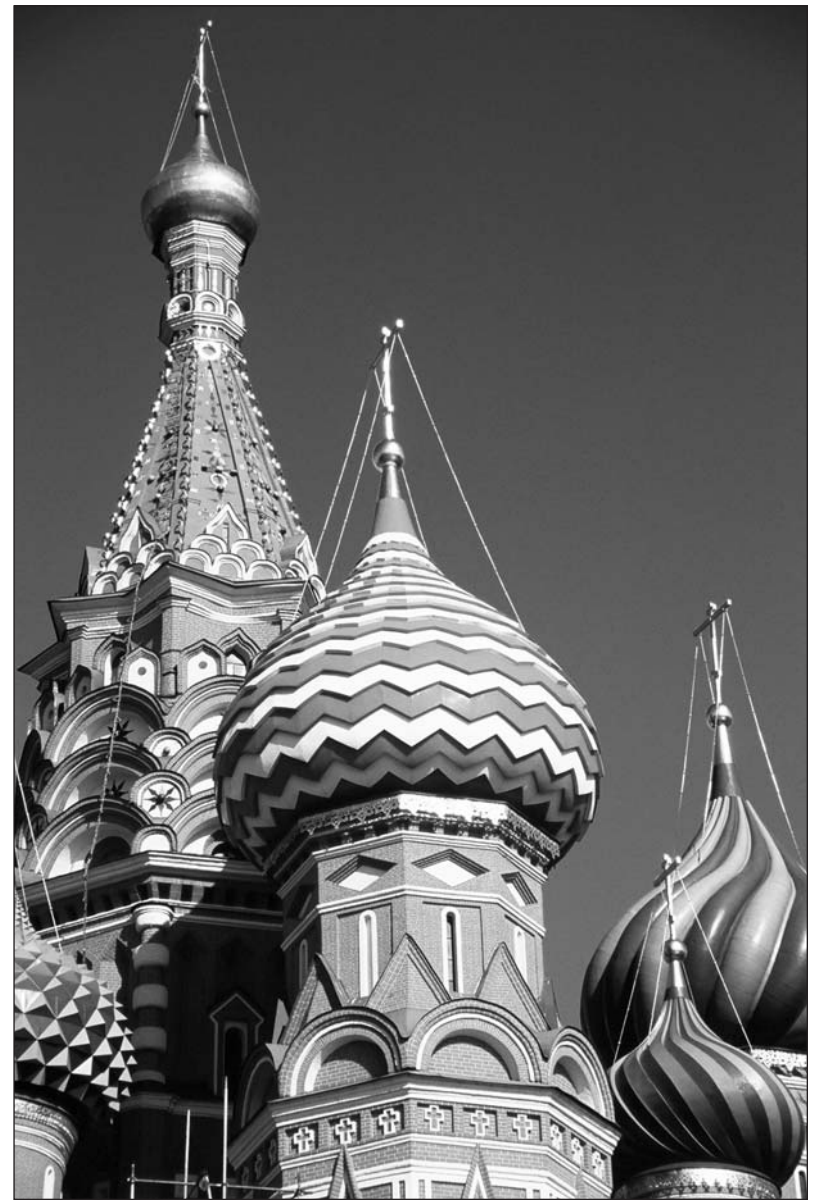
It's another long train ride from Ulan Ude to Khabarovsk, capital of the Russia Far East. Here, the Amur River separates Russia from China, and there are Nanai settlements nearby, populated by a people who are closely kin to the Chinese populations across the river.

From Khabarovsk, an overnight train ride takes us to Vladivostok, Russia's major port on the Pacific. This city was totally closed to outsiders during Soviet times.

A final destination, this time reached by plane, is the remote Kamchatka Peninsula. Few travelers have an opportunity to visit this wild and scenic land of hot springs, volcanoes, and peoples whose kinship to the Native Americans of Western North America is clearly evident in their music, dress, traditional housing, and physical appearance.

After pausing in an isolated interior village, we travel by helicopter into the mountain tundra where nomadic herders tend a herd of 2,000 reindeer.

Mary Lee Nolan, Ph.D. and Sid Nolan, Ph.D., making their first appearance at the Downey Theatre, have been working in the field of educational media production for over 35 years. Their companies, Academic Media Network and GlobeScope Travel Productions, create documentaries, educational materials, and specialty films for a



The domes of St. Basil's Cathedral, constructed on the orders of Medieval Czar Ivan "The Terrible" in Moscow, will be explored in Sunday's travel film at the Downey Theatre. Photo courtesy Sid Nolan

variety of clients.

Between them, the Nolan's hold advanced degrees in History, Geography, Anthropology, Journalism, and Recreational Resource Development.

Their travels have taken them to every continent of the world except Antarctica. The Nolan's bring to their work not only the technical skills of multi-media production, but a professional understanding of their topics.

"Rails Across Russia – St. Petersburg to the Pacific" is the fourth Armchair Adventure of a 10-film series. All films are on Sundays at 2:30 p.m. in the Downey Theatre.

Tickets for individual films may be purchased on day of performance only beginning at 1:30 p.m. at the theatre box office. Adult tickets are \$7.00 and senior/student tickets are \$6.00 (cash or check only).

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## Decision on dance studio's appeal to come in 30 days

■ OnStage Dance Center is appealing city proposal to reduce its dance floor by 2,000 square feet.

BY HENRY VENERACION, STAFF WRITER

**DOWNEY**—A slew of speakers spoke Monday in support of Onstage Dance Center's appeal to reverse a proposed Council resolution to deny a conditional use permit and zone variance, which would limit the dance studio's floor area to 2,095.5 square feet (vs. 4,300.5 sq. ft.), reduce the required number of parking spaces by 32 spaces, and reduce the required side yard setback of a (unpermitted) patio to 22 feet.

The modifications are points of contention with regard to the dance studio property, located at 12912 Paramount Blvd., which has since come into the possession of owners Glen and Elizabeth Gomez.

After arguments pro and con were heard at the public hearing, the matter was referred back to the Planning Commission for further review, and a report to be submitted in 30 days.

In other action the Council:

- Authorized the appropriation of \$30,000 from the Asset Forfeiture Funds for an unscheduled purchase of a new computer server and software for the Police Department's communications center, after finding that the existing components were not compatible with the 9-1-1 hardware upgrades due for installation in December;

- Approved the agreement with Downey Studios for foreseen overflow and special event parking for the Columbia Memorial Space Science Learning Center, which will be dedicated tomorrow, and the Discovery Sports Complex, which has already been dedicated and is nearing completion;

- Accepted the construction and maintenance responsibility of the new 8-inch sewer main and associated improvements installed along the south side of Quill Drive, and therewith the final construction contract amount of \$31,000;

- Rejected all the original bids (six in all) and granted authority to re-advertise for the Fire Station No. 1 Perimeter Walls project, including the installation of motorized vehicular gates, to improve security at the fire station;

- Adopted a resolution approving the final subdivision map of Parcel Map No. 68959 (8764 Firestone Blvd.), representing a consolidation of three parcels into one parcel where a CityBank building is planned for development, approving an agreement with the subdivider, and accepting a faithful performance bond as surety;

- Directed staff to negotiate a per call/minute agreement for hosted mass notification services (prompted by the communication deficiency exposed by the recent boil-water order crisis), with final agreement to be presented at the Nov. 25 Council meeting; and

- Approved a request by Mayor Pro Tem Mario Guerra to schedule a special meeting of the Downey City Hospital Commission to hear testimony from the hospital (DRMC) about their current financial condition and prospects for the future.

The next regular public meeting of the Council will be at 7:30 p.m. on Tuesday, Nov. 25 at City Hall, 11111 Brookshire Ave.

### Seniors invited to Thanksgiving dinner

**DOWNEY** – Downey senior citizens are invited to a free Thanksgiving dinner Thursday, Nov. 20, at West Middle School.

The dinner, which begins at 5 p.m., is now in its 27th year and is sponsored by the students and staff at West Middle School.

The school's band and ensemble will provide dinner music. For more information, call (562) 904-3565.

### Museum closing for the winter

**DOWNEY** – The Downey Museum of Art will close for the winter holidays on Nov. 23.

The museum's last day of operation before it closes for the year will be Nov. 22, when it will open from 1-5 p.m. The museum, located at Furman Park, will reopen in February.

"We wish the community a happy holiday season with gratitude for their patronage and support," said Kate Davies, the museum's executive director.

### Church to distribute food baskets

**DOWNEY** – The Breath of God Christian Fellowship will host their 17th annual Thanksgiving Outreach Dinner Nov. 21 at the Barbara J. Riley Community and Senior Center.

The church will also distribute food baskets through Downey middle schools and high schools on Nov. 24.

To volunteer at the dinner or food distribution, or to donate food, call the church at (310) 767-9620. Monetary donations can be mailed to Breath of God, P.O. Box 39903, Downey, 90239.

### Group studies presidential wives

**DOWNEY** – The Ezra Center for Mature Adults at Temple Ner Tamid will study presidential wives at their Tuesday meeting.

The program will be led by Dr. Virginia Baxter, who oversees the Long Beach City College Foundation. Baxter is a researcher of presidents' wives and has taught classes on the subject.

Registration begins at 9:45 a.m. and the program will run from 10 to noon.

A catered kosher lunch will be served after the program. Cost of the lunch is \$6 for Ezra members, \$7 for non-members.

For information, call Miriam Brookfield at (562) 943-3170.

### Donations accepted for U.S. troops

**DOWNEY** – With the holidays approaching, the Armed Forces Recruitment Center in Downey is now accepting supplies for care packages that will be sent to U.S. troops deployed in Iraq and Afghanistan.

Supplies that can be donated include beef jerky, boot socks, gum, hard candy, baby wipes, eye drops, ChapStick, hot cocoa mix, and cookies.

The Armed Forces Recruitment Center is at 8566 Firestone Blvd., across the street from Downey High School.

## Storyteller giving library performance

**DOWNEY** – The Downey City Library will celebrate Children's Book Week with a special performance by storyteller Christopher Yates on Thursday.

Designed for kids ages 3-12, Yates will appear as "Lord Rusty" in "The Happening Rusty Comedy Variety Show" from 7-7:45 p.m. in the Cormack Room.

## The Poet's Corner

### Haunts for Sale

Monet blue walls  
and black doorways  
erased the tentativeness  
of the first visit.  
Wide yellow windows mixed  
with the blue and black  
coaxed me into Mondrian's world.  
Then Escher's fluttering  
leaf pattern on the ceiling  
did tricks with my eyes.  
I didn't know if I  
was coming or going.

Am I part of this picture?  
Is this house haunted?

I was carried away to the gardens.  
My critique? Too impressionistic.

I made a mad dash for my car through  
the haze. Breathless I climbed in  
and slammed the door. A fumble with  
the keys the engine finally turned  
over and I screamed, "VAN GO!!!"

—Margaret Hehman-Smith,  
Hollydale

### Justin Time

Over the canyon and country breeze  
Two mellow soldiers sit down on their knees  
I can see your breath  
The weather does strike cords of much depth  
What time is it?  
Neither a time to be asking this  
The war is raging and turbulence comes brisk  
Nothing gratitude and time can make of this?  
I'm pretty sure at least one will survive to reminisce  
He took his watch out and she glanced and it read  
Your dying breath  
Yours truly sincerely death  
But death was not sincere and they lived to see  
Another day and another one and perhaps one more.

—James Hernandez,  
Downey

### Time


From whence comes the time?  
To where does it go?  
At times it seems fast and  
Sometimes it seems slow  
They say that its pace  
Never varies in time  
Well perhaps it just seems like  
It's all in my mind.  
—George J. Geller,  
Downey



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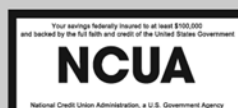


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- Plus, you can get a new one for 0% Interest.

There's usually NO CASH TRADE-IN for older systems. Most old systems are so outdated or expensive to repair that they have little or no value. We hardly ever hear of companies anywhere in the United States offering cash for trade-ins, but since our local Technical School used several old systems to help train their students for the Winter term...

You can get \$625 cash for your trade-in no matter how old! We'll either hand you a crisp check for your old trade-in, or give you a fat discount when you get your new one. It's your choice. But we must warn you. This offer will end when enough systems are traded in to help train the winter students.

Also, you can get your new system at 0% interest for 12 months! This means you can save a bundle in interest charges, an still have payments of...

Just \$12 per month... for six months! There's no prepay penalty, no catches, no tricks. This is a triple bonus for you -

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- But there's more.

In the bargain, you'll be getting a brand new air conditioning and heating system that is GUARANTEED to save you

And yet another great benefit is our 5 year parts and labor warranty. This warranty is so complete that you CAN'T spend a cent in repairs for the next 5 years. We cover you with complete protection from repairs, so you can relax in total comfort - year after year - and not even think about repair bills.

But to take full advantage of this triple bonus, you must call before we get all the trade-ins we need. Remember, there's normally NO trade-in allowance on older furnaces, but for the next couple of weeks you can get up to \$625 cash for yours.\*

So call COOLING 4 LESS by DOCKSTADER'S today at (562) 698-0201 to set up your FREE no-obligation survey. We'll send someone right out. Call (562) 698-0201 before we get all the trade-ins we need. Thank You.\*

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## What a dud

By Eric Pierce

Here we are, two weeks away from Thanksgiving, and I'm feeling blah.

Yes, blah.

My wallet is empty, and all I can think about is the looming Christmas holiday and the sure havoc it will wreak on my depressed bank account.

Being broke sure has a way of warding off the Christmas spirit, doesn't it?

But I suppose I only have myself to blame. Last week, I made what I thought to be a sure-fire investment but it turned out to be a dud: I bought a GT Xpress 101.

You know what the GT Xpress 101 is, especially if you're a fan of late-night infomercials. It's the handy dandy cooking device that sort of looks like a futuristic waffle maker. You open the machine's lid, drop your food into two non-stick wells, and close it. That's it. The unit cooks the food from top and bottom.

In concept, it's a great idea. Perfect for a guy like me who can't flip an omelet to save his life. (I'm also guilty of flipping hamburgers over incessantly, trying to gauge their doneness. The habit has gotten me banned from multiple barbecues.)

The problem is, the cooking wells are tiny, barely large enough for a single portion. And because the contraption is built almost entirely of cheap hard plastic, the whole unit becomes hot to the touch when cooking.

I'm not going to go into a prolonged bashing of the GT Xpress 101. I just wanted to share my opinion, for what it's worth.

Cathy Mitchell, queen of the infomercials, you have let me down. Still, you're new and improved Ab Roller intrigues me.

## Rotary-Arc golf meet a success

BY HENRY VENERACION, STAFF WRITER

Despite a \$7,500 drop in revenue from last year, co-chair Paul Mathys of the annual Rotary/Arc golf tournament held last Friday at the Rio Hondo Golf Club said he nevertheless expects tournament net proceeds to reach "somewhere between \$23,000 and \$25,000"—still a good outcome considering the, in his words, "uncertain economic environment we find ourselves in today."

The golf tournament, one of many in the Rotary's array of charitable programs, benefits Arc of Southeast Los Angeles. It draws golfers of varying skills from all over every year. Using a 'scramble' format, this allowed friends/acquaintances among the participants Friday to exchange pleasantries (as well as trade veiled, albeit good-natured, insults), as well as indulge in the inevitable shenanigans, in between holes.

Some 135 foursomes tried to outbirdie each other this year. When the smoke cleared, "Team Downey Patriot," consisting of Scott Givens, Henry Veneracion, Troy Supinger, and John Casillas claimed third place, with an eye-popping score of 14 under par. Each member got a handsome trophy for his efforts. The other winners' names were unavailable. No matter. The pervading themes of the tournament have always centered on having fun and raising money for Arc.

The overflow awards dinner that followed featured a raffle and a live auction handled expertly by Dorothy Pemberton (top auction item: a 50-inch plasma HDTV).

Patriot publisher Jennifer DeKay-Givens had one message to "Team Downey Patriot:" "Be sure to come in first next year!"

## Letters to the Editor:

### Well-deserved recognition

Dear Editor:

Thanks to Henry Veneracion for his well-deserved recognition of a Downey resident and city employee who does so much for us "Keep Downey Beautiful's Carol Rowland Really Cares," 11/7/08). The titles says it best.

As Keep Downey Beautiful coordinator, Carol frequently checks our city for areas that need sprucing up. She makes arrangements for KDB committee members and local organizations to meet on a Saturday for an hour to clean an area. These volunteer organizations consist of Stonewood Center employees, civic, social, fraternal organizations, scouting groups, and religious groups.

Carol is a wonderful, knowledgeable, interesting public speaker so she often goes to schools and talks to students about keeping our city clean. Recently, Carol appeared on Channel 2 and 9 to discuss the importance of keeping our city clean. In addition to being KDB coordinator, Carol finds time to be president of Gangs Out of Downey.

Our clean-ups are 9 – 10 a.m. on a Saturday. If you want to have fun while doing the city a service, join us some Saturday soon. You will see and appreciate the many locations we choose to spruce up. It is fun, safe and you'll enjoy joining us to keep Downey beautiful.

— Byron Dillon,

Downey

## Signs that housing is perking up

America's economic rebound depends on a real estate recovery, but many are asking, "What's it going to take to get it all going?"

The Downey Association of Realtors (DAOR) points out that housing always leads the economy in recoveries, and this one will be no different. In fact, already there are signs that housing is perking up.

"The most important factor driving home sales is affordability," said Nubia Aguirre, president of DAOR. "While it's true that unemployment is rising, it's important to remember that 93 percent of working households have jobs, compared with 95 percent during good economic times. Those people who are working respond to incentives and attractive affordability conditions."

Measures like the new first-time homebuyer tax credit and the increased number of mortgage loans qualifying to be purchased by Fannie Mae, Freddie Mac and the Federal Housing Administration are helping to bring homebuyers into the marketplace, Aguirre said.

An early indication that buyers are responding to incentives was the solid jump in pending home sales in August, to the highest level in more than a year. Nationwide, existing home sales likely will break out from a seasonally adjusted annual sales rate of 4.8 million to 5 million to 5.2 million by the end of this year, according to economists at the National Association of Realtors (NAR). By 2009, existing home sales likely will total 5.4 million, up from about 5 million in 2008.

New home sales will not fare as well, according to the NAR. There is an oversupply right now and home builders in most areas are being forced to cut back sharply.

The total inventory of new and existing homes combined remains elevated, so further reductions in building will be a good thing. The lower level of housing starts this year will keep new-home sales under 500,000 in 2009 – far below the 1.2 million peak in 2005, according to NAR analysts.

NAR's economists are not expecting a prolonged and deep recession. "Fortunately, the economic downturn appears manageable," Aguirre said. "Previous housing recoveries have shown that rising sales will thin out the housing inventory and begin stabilizing home prices. The credit markets will loosen up once home prices have begun to recover."

Fortunately, policymakers and both presidential candidates recognize the need to get the housing market moving, Aguirre said.

"The two housing stimulus bills this year (which include the homebuyer tax credit and higher loan limits), as well as the \$700 billion U.S. Treasury plan and the Federal Reserve's recent actions are all designed to assure a steady mortgage flow and help revive the housing sector."

Aguirre advises homebuyers and sellers to take a good look at the opportunities that exist in today's market.

"For qualified buyers, this could be just the time to take advantage of the lower interest rates, affordable prices and incentives like the tax credit," Aguirre said. "If you're a seller who has only owned your home for a couple of years, remember that any loss you take on the sale is more than likely to be made up on the new purchase."

## Letters to the Editor:

### Unwanted notoriety

Dear Editor:

A great historical first has just occurred in our country. Election of a black president!

Coincidentally, at the same time, a lowly receptionist and salon manager both have brought shame on our city of Downey. In addition, the manager of the retailer, over 100 years old and with a name recognized by all, has tried to justify the actions of these two employees who seem to lack common sense ("Local Hair Salon Sued for Civil Rights Violations," 10/31/08).

It is unbelievable that a large retailer would allow employees in minor positions make decisions counter to state and federal law. I doubt these people were even alive at the start of the Civil Rights Movement but did they not go to school and secure an education and get some idea about what America is all about?

It would be appropriate, perhaps, for employees of all companies to be reminded that about 11 percent of Americans are black, and that the dollars they have are just as useful as those of whites. Does anyone know of a company that wants to cut itself out of 11 percent of the business available in our country?

In 1959, when we came to Downey, the city had more of its share of bigots. It had appeared that the town grew up since. We were held up to ridicule when our library threw out the Tarzan books. Are we to gain notoriety again because of a few scoundrels?

I would hope that the Downey Chamber of Commerce will be communicating with executives of J.C. Penney and that the company gets control over its employees.

— Walter Henry,

Downey

## Writing group stays young at heart

BY RALPH COHEN, WRITERS' WORKSHOP WEST

Maybe it's just good marketing, but it's easy to understand how a movie like "Young@Heart" can become a minor hit in these times of economic and political woe. The documentary follows a chorus of senior citizens as they prepare for an annual concert in New England.

But this is no ordinary group of aging singers. Under inspired direction, they bring the house down with their versions of rock, punk and soul music. And when they shout out the James Brown tune "I Feel Good!", you can't help but echo their sentiments.

I'm fortunate to be part of a group that shares the "Young@Heart" ethos. At the writers' club that I attend monthly in Downey, I'm just a piker at 58. There are a handful of other members my age, but the real stars are the people in their 70s and 80s.

Like Stanly Hoffman. Just turned 80, Hoffman has released a CD of rap songs that will curl your hair. His lyrics take on all manners of topics – politics, sex, drugs, inequality, recidivism. And he doesn't shy away from blue material.

Don't believe me? You can hear parts of the tracts at [www.cdbaby.com/cd/kwayzer](http://www.cdbaby.com/cd/kwayzer). Hoffman goes by the name of Kwayzar (his rap form of "quasar"), and if you log onto the site, his fish-eye mug will stare back at you from the CD cover.

And we have other leading lights. Rosalie, our vice president, is a gifted poet who continues to be one of the most active participants in the



## Parking complaint

Dear Editor:

I am writing this letter to maybe prevent a future user of the medical building at 10800 Paramount Blvd. from the same fate as I and many others. I received a \$30.50 parking ticket for parking on a Thursday from 10 a.m. to 2 p.m. to get some medical help.

My wife had a 10 a.m. appointment at the lab. She uses a walker so I dropped her off at the rear entrance and went to find a parking spot.

The lot was full to overflowing as it usually is. So I had to park on 5th Street, adjacent to the parking lot. So I get a street sweeping ticket.

Well, they give you two appeals – why, I don't know, because both of them were turned down. Seems they don't care why you had to park there.

So future users be prepared to pay \$30.50 to the city of Downey if you park on 5th Street to visit your doctor on Thursdays from 10 a.m. to 2 p.m.

— William Rossington,

Downey

## Shaky numbers

Dear Editor,

A brief article appeared Nov. 7 regarding Downey Regional Medical Center's annual Charter Ball, announcing that the event raised "approximately \$150K" for the nursery. No date was given for the event, DRMC's 33rd.

It is good that the amount will be used for a worthy cause, the Family Birth Center.

In more recent years, the amount of monies derived from the Charter Balls were designated for upgrading the hospital's nursing tower to the required earthquake standards legislated - see 1994 Senate Bill 1953 - as a result of major earthquakes in 1971 (Sylmar Earthquake that caused over \$500 millions in damage and loss of life for 65 victims). The 1994 Northridge Earthquake gave urgency when it destroyed or severely damaged 23 area hospitals to the tune of \$3 billion. The bill addressed California's 2,700 acute-care inpatient hospital buildings at approximately 470 hospitals in California.

Earlier estimates indicated \$60 million would be required to upgrade the nursing tower of DRMC. Specific dates were set in that legislation for hospitals to begin upgrading. Because there were so many hospitals in California, there wasn't enough time or money to complete the required earthquake updates. Also in the mix was that fact that there were not enough construction companies to perform the tasks. Resulting from this, dates were extended to many hospitals, DRMC among them. The next date for starting and completing upgrade construction is now 2020.

There are problems created by the passing of time. The lack of enough construction companies, and the rising costs of construction and completion, makes the original estimates completely outdated. \$60 million now becomes more than \$100 million-plus.

How will the current administration, a very competent enlightened one by the way, address the financial needs of the upgrade requirement by 2020? There does not appear to be any means of raising more than \$100 million now with the current financial conditions of banking and stock markets. And further, the amount of money needed for earthquake construction upgrades for DRMC will be far, far more than \$100 million.

And just a stone's throw away here in Downey, Kaiser Permanente is just months away from opening its huge hospital - 400 beds plus? - and medical complex in 2009.

However, DRMC folks can always have the whistling-in-the-dark Charity Ball to sum up \$150K - approximately - each year until the day of reckoning, 2020.

— Donn C. Irving

Downey

### The Downey Patriot

**STAFF**

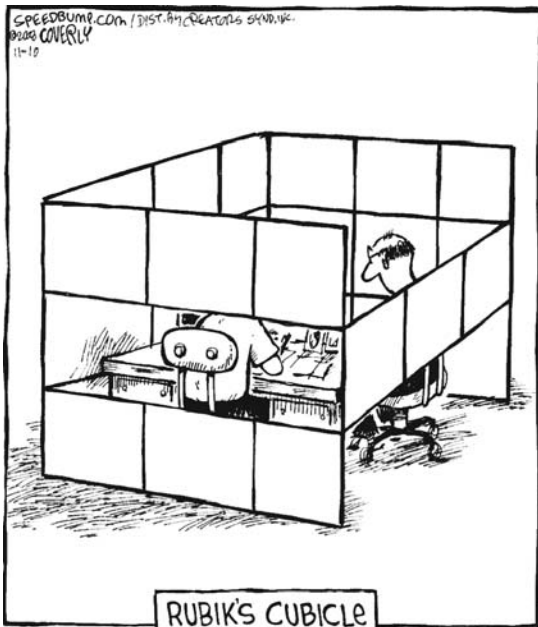
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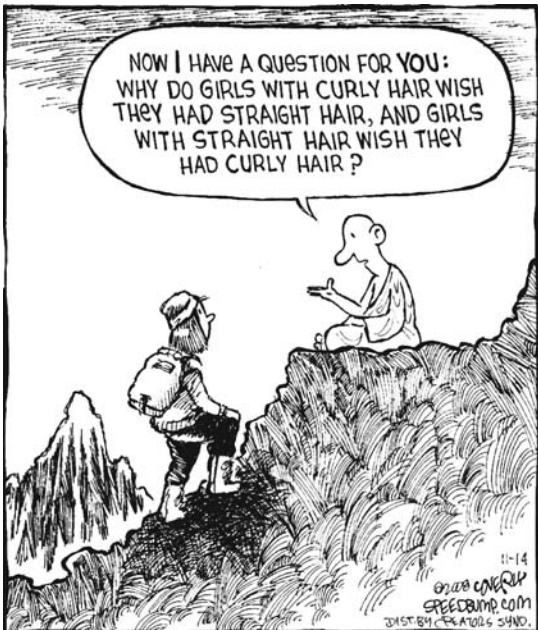
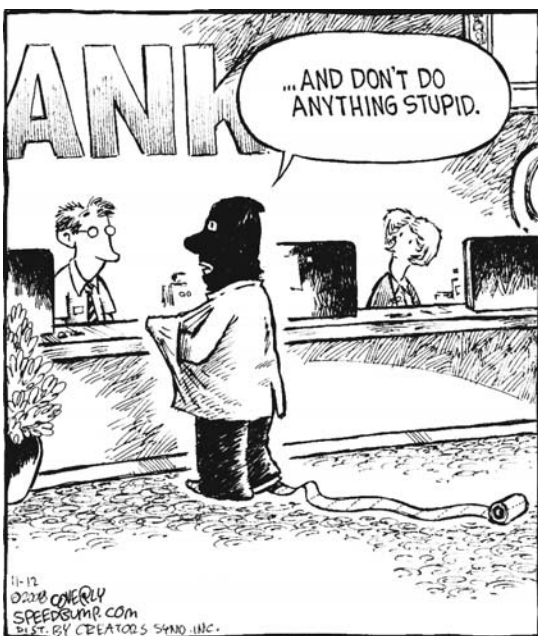
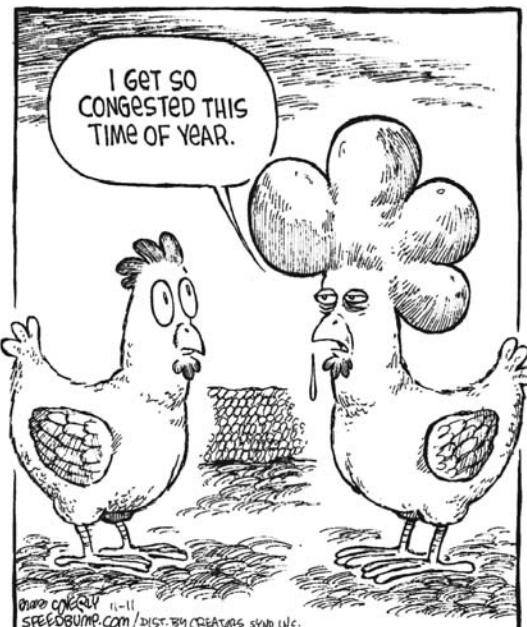
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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For November

- Sat. Nov. 15: **Wiseguys Big Band benefit concert**, Downey Theatre, 7:30 p.m.
- Sat. Nov. 15: **Fail-Safe 4 Felines fundraiser**, Downey Elks Lodge, 6:30 p.m.
- Sat. Nov. 15: **Dedication ceremony**, Columbia Memorial Space Science Learning Center, 2 p.m.
- Sun. Nov. 16: **Twice As Deep concert**, Christ Lutheran Church, 6 p.m.
- Sun. Nov. 16: **"Rail Across America" travelogue**, Downey Theatre, 2:30 p.m.
- Wed. Nov. 19: **Celebrity basketball game**, Warren High School, 7 p.m.
- Thurs. Nov. 20: **Free Thanksgiving dinner for seniors**, West Middle School, 5 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**, 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.: **After-Care Post Cancer Therapy Group**, for information call 923-4800.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd Weds., 7:30 p.m.: **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.
- 2nd Weds., 11:45 a.m. - **Downey Christian Women's Club**, at Los Amigos CC, Call 927-8488.
- 2nd & 4th Weds., 11:00 a.m. - **AARP**, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 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**, for information call 869-1414.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.
- 12 p.m.: **Optimist Club of Downey**, at Samb's, for information call Steve Allen at 622-7655.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

#### Fridays

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

#### Sundays

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

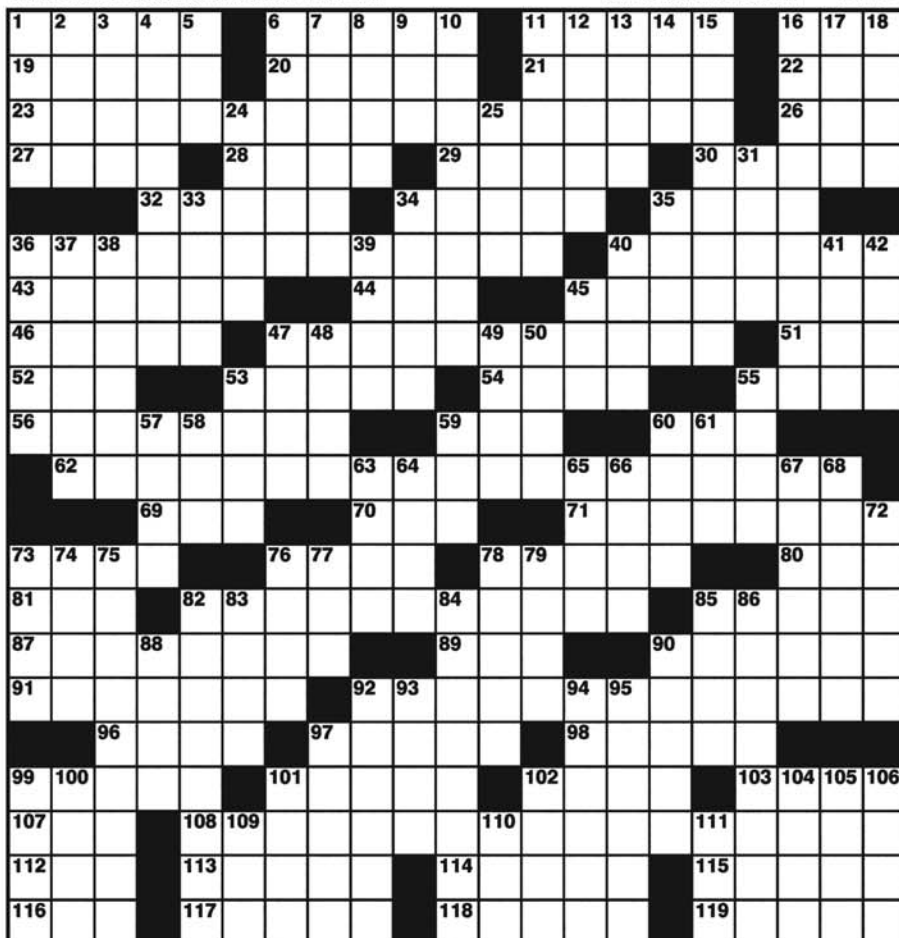
## On This Day...

- Nov. 14, 1832: The world's first streetcar goes into operation in New York City.
- 1851: The classic American novel "Moby Dick" is published.
- 1881: Trial begins for Charles J. Guiteau, an American lawyer accused of assassinating President James A. Garfield. Guiteau is convicted and hanged.
- 1954: U.S. Secretary of State Condoleezza Rice is born. Also born Nov. 14: Prince Charles (60), Yanni (54), Patrick Warburton (44), Curt Schilling (42), and Travis Barker (33).
- 2001: Eight foreign aid workers who had been accused of preaching Christianity in Afghanistan are finally freed by Taliban forces.

### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
AS GOOD AS IT GETS: All the best  
by Merle Baker

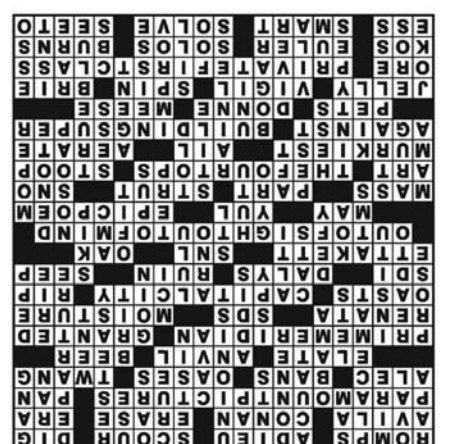
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|------------------------------------|---------------------------------|-------------------------------------|
| <b>ACROSS</b>                      | 81 Skill                        | 15 Stop worrying                    |
| 1 Frolics                          | 82 Motown group                 | 16 Straying                         |
| 6 Parting word                     | 85 Front steps                  | 17 Caspian Sea land                 |
| 11 Clean thoroughly                | 87 Least distinct               | 18 Jets or Sharks                   |
| 16 Archaeological site             | 89 Cause trouble to             | 24 Illinois senator                 |
| 19 St. Teresa's birthplace         | 90 Charge with gas              | 25 Vena                             |
| 20 Schwarzenegger role             | 91 Contrary to                  | 31 Got going                        |
| 21 Clear the slate                 | 92 Apartment custodian          | 33 Response to "Shall we"           |
| 22 Baseball stat                   | 96 Guinea pigs, maybe           | 34 Ababa                            |
| 23 Hollywood institution           | 97 "No man is an island" writer | 35 Gordon Brown, for one            |
| 26 Bad review                      | 98 1980s Attorney General       | 36 Plain writing                    |
| 27 Actor Baldwin                   | 99 Sweet spread                 | 37 Entertain, as a child at bedtime |
| 28 Prohibits                       | 101 Night watch                 | 38 As originally placed             |
| 29 Desert stopovers                | 102 Quick drive                 | 39 1960s Cosby show                 |
| 30 Banjo sound                     | 103 Soft cheese                 | 40 Enter                            |
| 32 Send, in a way                  | 107 Assayer's sample            | 41 1813 battle site                 |
| 34 Smith's block                   | 108 Army rank                   | 42 Willy Wonka portrayer            |
| 35 Ballpark beverage               | 112 Bout enders                 | 45 AT&T competitor                  |
| 36 Greenwich feature               | 113 Swiss mathematician         | 47 "Memory" musical                 |
| 40 Agreed to                       | 114 Files alone                 | 48 Prefix meaning "height"          |
| 43 Soprano Scotto                  | 115 The War producer            | 49 Florence's river                 |
| 44 1960s radical grp.              | 116 Curve shape                 | 50 Doozy                            |
| 45 Dew, for example                | 117 On the ball                 | 53 Challenge                        |
| 46 Hops dryers                     | 118 Unravel                     | 55 Pass over                        |
| 47 Seat of a sort                  | 119 Take care of                | 57 Banking conveniences             |
| 51 Come apart                      |                                 | 58 Campers' org.                    |
| 52 Reagan mil. program             |                                 | 59 Letters on Cardinal caps         |
| 53 Actress Tyne et al.             |                                 | 60 Just for the fun                 |
| 54 Downfall                        | <b>DOWN</b>                     | 61 Greek movie channel              |
| 55 Escape slowly                   | 1 Nul (Easter Island)           | 63 Greek sandwich                   |
| 56 Kids' comic strip of yore       | 2 Caplet shape                  | 64 Rwandan ethnic group             |
| 59 NBC show since '75              | 3 Bog down                      | 65 Maryland athlete                 |
| 60 Symbol of strength              | 4 Diner freebie                 | 66 Major work                       |
| 62 Adage re absence                | 5 Pianist at Rick's             | 67 "Forget it!"                     |
| 69 Spring month                    | 6 Pointed                       | 68 Mean                             |
| 70 The King and I name             | 7 One of Santa's reindeer       | 72 Sulking sort                     |
| 71 Paradise Lost, e.g.             | 8 QB's mistakes                 |                                     |
| 73 Part of an Einsteinian equation | 9 "The Raven" monogram          |                                     |
|                                    | 10 Secession opponent           |                                     |
|                                    | 11 Arrives, as darkness         |                                     |
|                                    | 12 Brutal                       |                                     |
|                                    | 13 Sculling gear                |                                     |
|                                    | 14 Function                     |                                     |

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 PRIME MERIDIAN (36 Across), marking zero degrees longitude, passes through the Royal Observatory at Greenwich, England, where it is a tourist attraction. Retired Italian opera singer RENATA SCOTTO (43 Across) teaches at her own opera academy in Italy and New York. Handling over 100 ships per day in 2007, Germany's the KIEL Canal (88 Down) is the world's busiest artificial waterway.





## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Can we prevent or delay diseases of aging? We know that fruit, vegetables, and whole grains are good for us. It is becoming clear that these foods, as part of an overall healthful diet, have the potential to delay the onset of many age-related diseases. Current research is attempting to identify specific bioactive components in foods, including antioxidants.



Foods rich in antioxidants are often easy to identify by their bright and distinctive colors – the deep red of cherries and tomatoes; the orange of carrots; the yellow of corn, mangos, and saffron; and the blue-purple of blueberries, blackberries, and grapes. Foods with the strongest antioxidant activity are rich in components including vitamins A, C, and E; the mineral selenium; and the carotenoids.

An antioxidant is a molecule capable of slowing or preventing the oxidation of other molecules. Oxidation is a chemical reaction that transfers electrons from one molecule to another. Oxidation reactions can produce free radicals, and it is free radical damage that is thought to contribute to the cell damage and body-wide deterioration that accompanies aging.

For example, recent studies have shown that LDL cholesterol, the so-called “bad” cholesterol, is changed through oxidation from a form that circulates freely in the blood to a form that clogs the walls of arteries. Antioxidants stop these chain reactions. Although oxidation reactions are crucial for life, they can also be damaging. Antioxidants may prevent the formation of these free radicals before they can react and cause harm.

Oxidation is likely involved with age-related diseases such as cancer, cardiovascular disease, Alzheimer’s disease, immune dysfunction, cataracts, and macular degeneration. Unfortunately, it is still unclear whether oxidation triggers, or is the result of, these disease processes.

One thing is certain: Belief in antioxidants has led to an explosion in the production of antioxidant supplements. Millions of people concerned

about preventing heart disease, cancer, and other age-related diseases have turned to them in the belief that they will provide protection against both self-inflicted and environmental insults.

Many “nutraceutical” and health food companies are now selling supplements containing a wide variety of antioxidants in a great variety of doses. Although antioxidant vitamins and minerals are required for good health, we don’t actually know whether the beneficial effects of fruits and vegetables and grains are related to their antioxidants, or to other properties of these foods. Research is just not conclusive as to whether supplementation is beneficial, and if so, which antioxidants, for who, and in what quantities.

In summary:

- Antioxidants obtained from food sources, not supplements, including fruits, vegetables and whole grains, have been proven beneficial in disease prevention. The benefits of antioxidant supplements are not yet well understood.

- Current recommendations by the U.S. government and major health organizations are to consume a varied diet with at least five servings of fruits and vegetables and 6-11 servings of grains (preferably whole grains) per day.

- Consult with your doctor when considering antioxidant supplements. We are constantly finding that the results of studies and research come back to the same message: eat a sensible and balanced diet of natural foods.

Good health to you all!

*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.*



Downey Holiday Lane Parade chairman Maria Larkin (center) is pictured with Downey Regional Medical Center CEO Ken Strople (left) and Robert Risher Jr., director of ambulance services. Downey Regional will again be the parade’s Major Sponsor with a \$5,000 donation. The 57th annual Holiday Lane Parade will take place Dec. 7.

### Chiropractor speaking to ABWA

**DOWNEY** – Stephen Curry from Curry Chiropractic in Artesia will be the guest speaker at Wednesday’s meeting of the American Business Women’s Association at the Rio Hondo Event Center.

The meeting begins at 5:30 p.m. and the public is invited. For reservations, call Susan Torrance at (562) 695-7361.

### Health screenings offered Nov. 19

**DOWNEY** – Stroke and osteoporosis screenings will be offered to Downey residents Nov. 19 at the Downey United Masonic Lodge #220, 8244 3rd St. Appointments begin at 9 a.m.

Life Line Screenings will administer the screenings, which take about 60-90 minutes to complete.

For more information or to schedule an appointment, call (877) 237-1287.

## Keep off those excess holiday pounds

**DOWNEY** – The Wellness Center of Downey Regional Medical Center has a class for residents wanting to reduce stress, increase energy, and keep off the holiday pounds.

Open to the public, the Wellness Center offers a variety of exercise classes, including pilates, cardio pilates, cardio workout, yoga, prenatal yoga, and belly dancing.

The cost for five classes is \$35. The center also offers a “Senior Movin’ Better” class at \$3 per class.

All classes are low-impact and designed for all fitness levels. Massage treatments are also available by appointment.

To register for a class or receive a class schedule, call (562) 904-5551 or e-mail [wellness.center@drmc.org](mailto:wellness.center@drmc.org).

## Health expert giving reasons for exercise

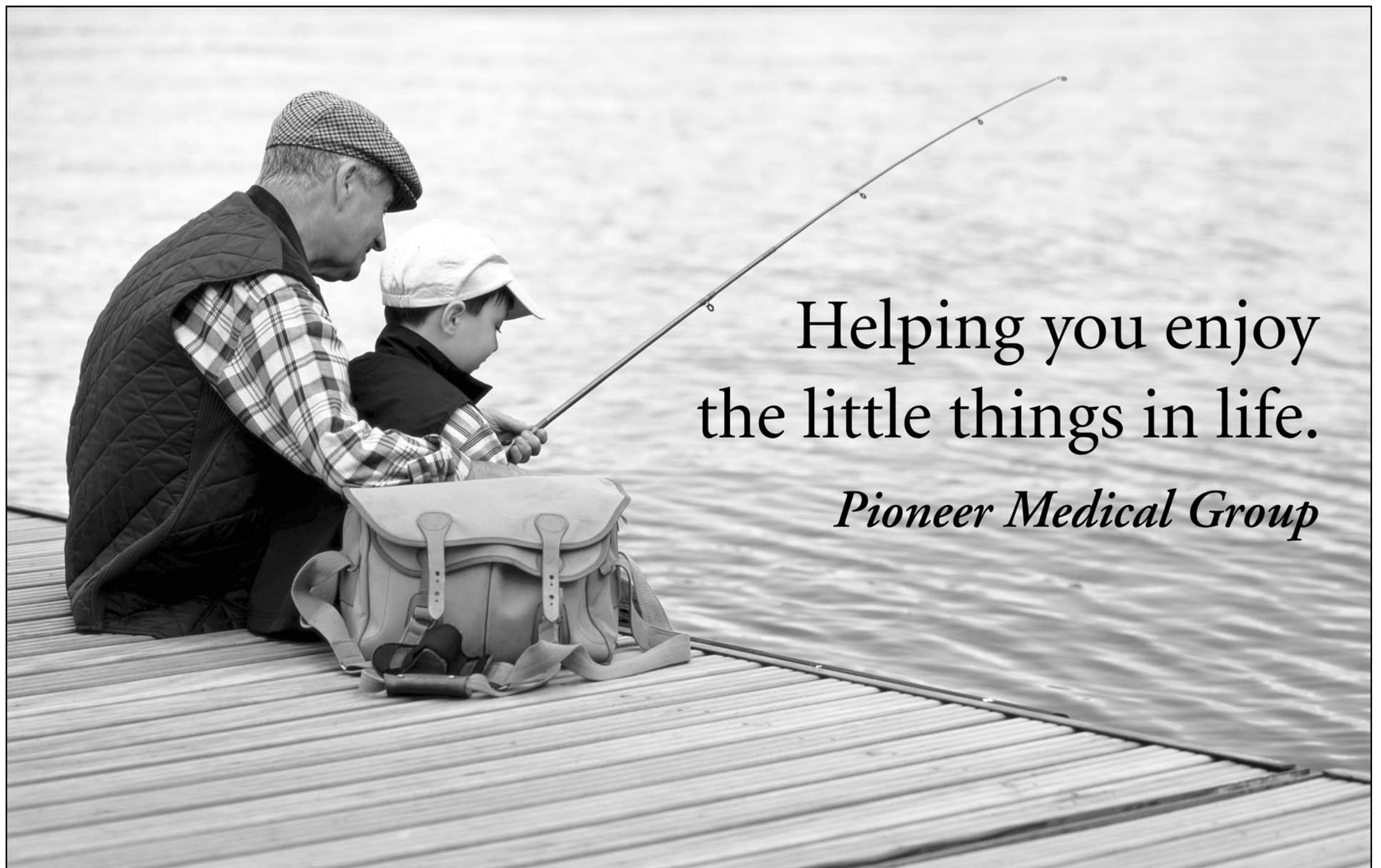
**DOWNEY** – Gloria Riese of the Medicine Education Program will be the featured speaker Wednesday at a 1 p.m. meeting of the National Association of Active and Retired Federal Employees at Furman Park.

Riese’s topic will be “Exercise: Why & How.” It will begin after a

short business meeting.

The public is invited to attend. For more information, call chapter president Bob Knerr at (562) 943-5513.

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# Christmas brunch fundraiser Nov. 23

**DOWNEY** – The Assistance League of Downey's annual Christmas Tree Brunch, "Celebrate the Season," will be held Nov. 23 at 10 a.m. at the Long Beach Hilton.

Festivities include door prizes, drawings, hand-crafted items, collectibles, homemade treats and a "spirit basket." There will also be a silent auction, and clothing/jewelry vendors.

The Citrus College Singers will provide the evening's entertainment, and guests will have an opportunity to win decorated Christmas trees.

Tickets are \$65 for adults and \$30 for children 12 and under. Tickets must be purchased by Nov. 15.

Proceeds from the event will be used to fund Assistance League of Downey projects, including H.O.M.E., Operation School Bell, Kids on the Block, Books on Wheels, Hug-A-Bear, and more.

For information, call the Second Tyme Around Shoppe at (562) 869-0232.

# Art exhibit at Cal State Dominguez

**CARSON** – "Obsessive Surfaces: New Works by California Painters," an exhibition featuring 45 paintings and drawings by three Long Beach artists – Carleton Christy, Darren Hostetter and John Koller – opened this week in the University Art Gallery at Cal State Dominguez Hills. The exhibit runs through Dec. 10.

Curated by CSUDH alumna Bridget Borjorquez, the exhibition focuses on artists whose work reflects an inescapable association with color,

texture, and pattern, with each artist presenting a unique conflation of these elements.

Open 10 a.m. to 4 p.m., Monday through Thursday, the University Art Gallery is in A-107 on the first floor of LaCorte Hall. Admission is free.

Visitor parking in campus lots is permitted with a valid parking pass, which is sold for \$4 at yellow dispensing machines at the front of each campus lot.

## Temple hosting educational classes

**DOWNEY** – A series of educational classes begin Tuesday night at Temple Ner Tamid. All classes are taught by Rabbi Len Muroff and Cantor Ellen Jaffe-Gill.

Classes include "Religion and Politics," Tuesday; "Jews and their Neighbors," Nov. 18; "Jews as Heroes and Villains," Dec. 2; "Peace in the Jewish Tradition," Dec. 9; and "War in the Jewish Tradition," Dec. 16.

Classes are free for congregation members. Cost is \$50 for the entire series for non-members.

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

## Art students selling pieces of work

**NORWALK** – The Cerritos College Art Club will hold their annual student art sale Dec. 7 from 11 a.m. to 5 p.m.

Visitors can enjoy high-quality artwork, including ceramics, sculptures, wood, paintings, jewelry, and more. Pieces will be sold at prices ranging from a few dollars to \$100.

Proceeds from the sale will benefit the artists and Art Club programs. Both cash and check payments will be accepted.

The sale will take place inside the school's Student Center. For more information, call (562) 860-2451, ext. 2600.

## Boutique, fashion show planned

**LAKEWOOD** – The Bellflower Soroptimist Club will hold a "Fun with Fashion" fundraiser tomorrow 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.

## Genealogical Society talks Canada

**WHITTIER** – Debby Horton will be the featured speaker at the Nov. 15 meeting of the Whittier Area Genealogical Society at the Whittier Masonic Lodge, 7604 Greenleaf Ave., in Whittier.

Horton's topic will be "Researching Immigration into Canada."

Visitors are welcome to the meeting, which begins at 1 p.m. For more information, call (562) 941-0818.

## Tenant rights explained at workshop

**DOWNEY** – The city of Downey and the Fair Housing Foundation are conducting a joint tenant workshop Nov. 25 at the Downey City Library.

The workshop will review fair housing laws, leases and notices, rules and regulations, foreclosure issues, discriminatory rules, and more.

The workshop starts at 4 p.m. RSVP by calling (800) 446-3247, ext. 1104.

# Varvarinecz was dedicated to family

**DOWNEY** – Eleanor Varvarinecz died on Nov. 1 at the age of 75.

Born on Feb. 20, 1933 in Charleroi, Pa., she was married to George Varvarinecz, her high school sweetheart, for 55 years.

She is survived by her husband George, daughter Janis Higgins, son Tom Varvarinecz, two grandsons, and one great-grandson.

A funeral mass was held Nov. 11 at St. Raymond Catholic Church in Downey. Burial followed at Eternal Valley Memorial Park in Newhall.



Esperanza Rosas was 101 when she died Oct. 12.

# Esperanza Rosas passes away at 101

**DOWNEY** – Esperanza Rosas, who was born in Mexico but came to the United States at a young age, died Oct. 12. She was 101.

She was born in Morelia, Michoacan, Mexico on May 5, 1907. After coming to the U.S., she married her husband, Rancisco Rosas. They were married 50 years before he passed away in 1977. They had eight children together.

She is survived by three children, Ricardo, Maria Luisa and Francisco; three daughter-in-laws; 21 grandchildren; 41 great-grandchildren; and nine great-great-grandchildren.

# VanRyckeghen was 20-year resident

**DOWNEY** – Arthur Francis VanRyckeghen, a Downey resident for 20 years, died Nov. 10. He was 73.

VanRyckeghen was born in Omaha, Nebr. He was employed by the American Legion, and also belonged to the Moose Lodge and Veterans of Foreign Wars.

A funeral service will be held Saturday at 11 a.m. at Miller-Mies Mortuary Chapel. Burial will be private.

He is survived by his son, Joel; daughters, Laura and Diana; seven grandchildren; and his sister, Mary Alice.

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Lewis Elementary School winners include (left to right): Michael Pelayo, Sofia Mejia, Chiamaka Ikejiofor, Aotoa Fanua, Principal Robin Martin, Kennedy Rodriguez, Jordan Zuniga, Vishal Maheshwaran, Allan Millanes, and Esteban Cuellar.



Bryanna Anderson, from Lewis Elementary School, was unavailable for the group photo, but she was also a contest winner.



Ward Elementary School had eight coloring contest winners. They include (top row, left to right): Lisa Hernandez-Aceves, Maile Piohia, Jean Carlo Salazar, Jasmine Arana-Fletes, and Jose Morales. Bottom row: Cecilia Serrano, Kellin Abrego Reyes, and Gabriella Arcia.

### Auditions set for youth production

**BELLFLOWER** – The Youth Cultural Arts Foundation is holding auditions for “A Night on Broadway,” sponsored in part by the city of Bellflower, on Nov. 26 at 6:30 p.m. at the Bellflower Theater Company. The foundation is looking for children and teens ages 8-19 that can sing and dance. Be prepared to sing 16 bars from your favorite musical and learn brief choreography when auditioning. The Bellflower Theater Company is at 9831 Belmont St. in Bellflower. For more information, call (562) 867-3524.

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\* MADAGASCAR: ESCAPE 2 AFRICA PG (11:45, 12:30, 2:05, 2:50, 4:30, 5:15), 7:00, 7:45, 9:25, 10:05  
\* ROLE MODELS R (11:15, 12:00, 1:45, 2:30, 4:15, 5:00), 6:45, 7:30, 9:15, 10:00  
\* SOUL MEN R Fri: 7:40, 10:15; Sat: 10:15 PM; Sun to Thu: 7:40, 10:15  
\* CHANGELING R Fri to Sun: (12:10, 3:30), 7:05, 10:10; Mon to Thu: (11:10, 2:15, 5:15), 8:15  
\* ZACK AND MIRI R (11:20, 2:00, 4:35), 7:20, 9:55  
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MADAGASCAR 2 PG (10:20 12:45 3:10) 5:35 8:00 10:25  
MADAGASCAR 2 PG (11:20 1:45 4:10) 6:35 9:00  
ROLE MODELS R (12:10 2:45) 5:20 7:55 10:30  
SOUL MEN R (11:35 2:15 4:55) 7:35 10:15  
THE HAUNTING OF MARY HARTLEY PG-13 (10:25 12:50 3:15) 5:40 8:05 10:30  
ZACK & MIRI MAKE A PORNOR R (12:00 2:35) 5:10 7:45 10:20  
SAW V R (10:50 1:15 3:40) 6:05 8:30 10:55  
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# Credit union names winners of Character Counts coloring contest

**DOWNEY** – Downey Federal Credit Union sponsored its third annual Character Counts Coloring Contest at two Downey schools. Students from Ward and Lewis Elementary Schools were encouraged to enter the contest, displaying their interpretation of one of the six pillars of Character Counts. Finalists were given a gift certificate, Kirby Kangaroo membership card, Kirby quarter holder, a coloring book and crayons, and a bag of candy. Entrants were also given a \$1 prize each. There were eight winners from Ward and 10 winners from Lewis. Two winners from each grade were chosen at each school. From Ward, the winners include: Maile Piohia and Kellin Abrego Reyes (kindergarten); Lisa Hernandez-Aceves and Cecilia Serrano (first grade); Jean Carlo Salazar and Gabriella Arciga (second grade); and Jose

Morales and Jasmine Arana-Fletes (third grade). From Lewis, the winners are: Bryanna Anderson and Vishal Maheshwaran (kindergarten); Allan Millanes and Julieta Meillon (first grade); Aotoa Fanua and Chiamaka Ikejiofor (second grade); Kennedy Rodriguez and Esteban Cuellar (third grade); Michael Pelayo and April Ruiz (fourth grade); and Jordan Zuniga and Sofia Mejia (fifth grade). “Downey Federal Credit Union has been a partner of Downey Unified School District and the Character Counts program,” said Barbara Lambert, president and CEO of the credit union. “We support the school district’s adoption of the Character Counts tenets including trustworthiness, respect, responsibility, fairness, caring and citizenship.”

# Credit union sponsoring book drive

**DOWNEY** – Downey Federal Credit Union is sponsoring a book drive for elementary school-aged children in Downey. Bins have been placed in the credit union’s main branch and in the Express Service Office at Downey Regional Medical Center for donations of new books for children ages 5 to 10 years old. Donations will be accepted through Dec. 5. Residents who donate books can fill out an entry form for each book

donated and be entered into a drawing for a \$100 gift certificate. “Downey Federal Credit Union supports the residents of Downey and wants to extend a helping hand to families in need,” said Barbara Lamberth, president and CEO. “At the holiday season, it is important that all children receive some type of gift. A new book is an everlasting gift, and truly makes a difference in the life of a child.”

# Turkey Trot scheduled Tuesday

**NORWALK** – Combining a wellness event with community goodwill, Cerritos College will host its annual Turkey Trot on Tuesday. To enter the 2-mile walk/run participants must donate at least one canned food item that will be passed on to the Norwalk Community Council’s Holiday Food Basket Program. Each year, the event raises nearly 1,000 cans of food from its 200-plus participants. Many who participate choose to exceed the one-can requirement, while others choose only to donate, but not to participate. Race participants also have the opportunity to earn prizes for guessing

their completion time most accurately. Watches are not allowed for the event. The first 200 finishers will receive a commemorative Turkey Trot T-shirt. Pre-registration for the event is encouraged, but not mandatory. Registration forms are available in the Cerritos College physical education office. Registration on the day of the event begins at 9:30 a.m. The race begins at 11:05. For more information, call Carrie Edwards at (562) 860-2451, ext. 2876.

# Jazz Ensemble presents free concert

**NORWALK** – The Cerritos College Jazz Ensemble will perform in a free fall concert Wednesday at the school’s Student Center. The concert begins at 7 p.m. and the community is invited. The performance is free, but one-day parking passes are \$1. For more information, call (562) 860-2451, ext. 2629.

# Judge Mautino talking jury reform

**DOWNEY** – Judge Philip Mautino of Los Padrinos Juvenile Court will be the guest speaker at Rise ‘N Shine Networking Group’s Nov. 25 meeting at Stox Restaurant & Bakery. Mautino will discuss jury duty and reform. The meeting begins at 7:30 a.m. and the cost is an order from the menu. RSVP by calling the Downey Chamber of Commerce at (562) 923-2191.

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## PeeWee advances to league championship game

BY MIKE BAUMANN, DOWNEY YOUTH FOOTBALL

**DOWNEY** – The second round of the Pacific Coast Conference championship playoff schedule last Saturday was not kind to the local Downey Razorback tackle football teams.

Four Razorback teams, MityMite White, PeeWee, Junior Midget, and Midget, had advanced to the second round, but unfortunately, only one, the PeeWee's (9, 10, 11 year olds) will play in the league championship game tomorrow at Downey High School.

The PeeWee Hogs exhibited a stifling defense and a strong offense to beat the Twin Cities Wolverines, 32-0, at Gardena High School. Justin Huff initiated the first of his two touchdown runs with a 15-yard dash to put the Hogs ahead for good early in the first quarter. Excellent blocking from the offensive line Anthony Menendez, Francisco Arrellano, Aaron Castillo, Wendel Kuhn, Angel Luevanos, Joshua Palacios, and Austin Espinosa, enabled the Downey running backs to move the ball effectively.



The Downey Hackers, a 13U travel baseball team, took first place in the USSSA 10th Annual Veterans Day NIT held in Riverside. Pictured, back row, left to right: Coach Terry Lewis, Daniel Roman, Luis Rodriguez, Gabriel Soto, Cesar Torres, Tony Anaya, Eric Campos, and Coach Gene Gonzalez. Front row: Brian Bischoff, Aaron Vilaubi, Darren McCaughan, Francisco Murillo, Alberto Avila and Jonathan Gonzalez.

After Huff second TD, a short 5-yard burst, Joshua Medina scored the first of his three touchdowns on a 70-yard pass interception and point-after try to put Downey ahead 20-0.

After a crushing block by Anthony Menendez on the Wolverine cornerback, Medina's 45-yard scamper closed out the first half with Downey leading 26-0.

Quarterback Rafael Rodriguez connected on a well-executed pass with Austin Espinosa to keep the next drive going and allow Medina's next run, a 65-yarder to put the Hogs in the winner's circle.

Jake Cook closed out the fourth quarter with two fine 30-yard runs which allowed the Hogs to control the ball walk away with the semi-final win.

The PeeWee Razorbacks play in the league championship tomorrow at 1 p.m. at Downey High School.



Debbie Hayek Erickson and Bob Wilder, of Seal Beach, were married Oct. 17 in Las Vegas. They are both graduates of Downey High School, class of 1967, and met two years ago at their reunion. They are parents to Stephanie and Tiffany Erickson and Heather Wilder, and grandparents to Ruby and Johnny.

### Warren alumni game is Nov. 25

**DOWNEY** – Warren High School will host the 2008 Alumni Night on Nov. 25, featuring the school's varsity boys' basketball team taking on Warren alumni at 7 p.m.

The game, which has become an annual event to officially kick-off the basketball season, includes a half-time raffle.

Tickets to the game are \$3 and can be purchased from any Warren boy's basketball player or faculty member.

Warren alumni interested in attending can contact Coach Brent Willis at bwillis@dusd.net.

### Celebrity basketball game Wednesday

**DOWNEY** – TV and music celebrity Aaron Carter will be one of several celebrities at Warren High School this Wednesday to take part in the Celebrity Knights fundraiser basketball game versus Warren faculty.

Other celebs include DJ D-Wrek from MTV's comedy show "Wild N' Out," Manny Guevera from KIIS-FM, Adrian R'Mante from "The Suite Life of Zack and Cody," and Matt Czuchry from "Friday Night Lights." Game time is 7 p.m. Tickets are \$7 pre-sale or \$10 at the door.

### Registration opens for tennis classes

**DOWNEY** – The city of Downey Community Service Department is offering their next session of tennis classes for children and adults beginning Wednesday at Independence Park.

Adult classes will be held Wednesday night from 6-7 and 7-8 p.m. Each class will focus on continued skill development for beginning and advanced players. The fee for the eight-week class is \$95.

Classes for children ages 4-7 and 8-14 will be held Wednesdays from 4-5 p.m. (Level 1) and from 5-6 p.m. (Level 2). Fee is \$95 for eight weeks. For more information or to register, call (562) 904-7238.

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A jubilant Downey High School team celebrates their 17-14 upset victory over Warren last Friday night. Photo by Art Montoya

## Upset special: Downey stuns Warren, 17-14

■ Who says Downey couldn't do it? Vikings prove naysayers wrong with victory over cross-town rivals, Warren High School.

BY SCOTT COBOS, STAFF WRITER

**DOWNEY** – Yes we can. Not only was that the slogan of President-elect Barack Obama's presidential campaign, that was also the attitude of the Downey Vikings in their 17-14 upset win over cross-town rivals, Warren High School, last Friday.

Downey, a big underdog in the game against the league's leading team, contained one of the best running backs in the state and forced the rest of Warren's team to beat them.

"It was all heart," Downey head coach Will Capps said after the game. "We had good workouts all week and we came out with positive results."

Warren's stand out running back Jesse Callier got his yards as expected, rushing for 145 yards on 21 carries with one rushing and one receiving touchdown. But Callier seemed to be the only one getting anything done on Warren's offense.

Downey's revamped defense forced Warren's young quarterback Sam Bettencourt to throw the ball, which turned out to work for the Vikings to perfection. Bettencourt on the night completed only five passes, one for a touchdown to Callier.

"We changed up some of our defenses and personnel and got some players back from injury," Capps said.

The Vikings made sure to cover Warren's best receiver, Bailey Cowins, and force the rest of the team to beat them down the field,

which the Bears weren't able to do.

Warren only compiled 44 yards through the air, one play going for negative yardage. With Cowins covered and Callier in check, the Bears had no one else to go to.

"We came out flat," said Warren head coach Chris Benadom. "Downey played well and we didn't. I told my kids records didn't matter in games like this."

While the Bears were trying to figure out what was going on offensively, Downey's quarterback Steven Cervantes did everything but kick field goals. Cervantes completed 17 of 28 pass attempts, piling up 163 yards with a touchdown and an additional rushing touchdown of his own.

Cervantes' job was made easy by fullback Keith Hollands, who always seemed to get open at the most opportune times. The two hooked up 11 times for 102 yards with the 8-yard touchdown pass coming in the second quarter.

"It was great," said Hollands. "We played with heart. We have to beat Gahr to get into the playoffs though."

The Vikings had a physical element on the ground as well with fullback Joseph Ortiz. Bumping and bruising his way through defenders, Ortiz rushed for 59 yards on 12 carries.

While Downey was doing everything right, Warren never really got in sync until the second half.

Already down 10-7 at halftime because of a blocked field goal

with seconds left to go in the second quarter, Warren made a few blocking adjustments and got Callier going.

Warren was just yards away from scoring a game-winning touchdown after watching Callier burst out of the backfield and fly down the sideline, but Downey defensive back Jeffrey Simen dragged him down to keep it to a 76-yard burst.

The Bears' offense stalled at the goal line then watched as their kicker missed another potential game tying field goal, all but finishing the game for Warren.

A jubilant Downey sideline exploded after the miss and the Vikings were able to run out the clock.

Downey finishes their season tonight at home versus Gahr High School. In order for the Vikings to get into the postseason, they must again beat one of the league's elite. Currently, the Vikings possess a 2-2 record in league and need one more win for a chance at the playoffs.

Warren will finish their regular season at home against Dominguez High School. With a win over the Dons, something they haven't done in recent memory, they will be in good position for their first title in more than 10 years.

"We still want a piece of the big pie," said Benadom. "We want to go into the playoffs with a full head of steam."

Both games are at 7 p.m.

## Hard work pays off: athletes sign letters of intent

■ Pair of Downey students sign letters with Division 1 schools.

BY SCOTT COBOS, STAFF WRITER

**DOWNEY** – Letters of intent were signed by Downey High School athletes Dana Perez and Ivory Thomas Wednesday at the school's library.

Both athletes received scholarships to Division I colleges in their respective sports.

Thomas, a senior centerfielder for the Vikings baseball team, received his scholarship to one of the premier baseball programs in the country, Cal State Fullerton.

"It was a lot of excitement," said Thomas when he learned that CSUF wanted to bring him aboard their program. "It's the greatest achievement I've had since I was a kid."

The Viking outfielder is a four-year letterman on the baseball team and has never hit lower than .390 in a season. Last year as a junior, Thomas batted .429 and led his

team in hits, RBIs and extra base hits.

For his efforts, Thomas was honored as a co-MVP in the San Gabriel Valley League and was first team all-CIF. Thomas also maintained a 3.5 grade point average in the classroom.

"I expect greatness and expect to accomplish many achievements," Thomas said about attending CSUF as a freshman next year.

Perez, a senior centerfielder for the Vikings softball team, received her scholarship to Cal State San Luis Obispo.

"I'm super excited," she said after signing her letter. "I expect great things and to help the Mustangs to a college world series and to keep my grades up in the classroom."

Perez was a two-year starter on the varsity team and could have been a three-year starter if not for a

serious injury last year. She was also named to the all-league team in her freshman and sophomore seasons.

During her sophomore season, she was named first team all-CIF, all the while maintaining a 3.18 grade point average.

If Perez wasn't picked up as a softball player, she may well have been picked up as a basketball player as she was a three-year starter on the varsity basketball team, holds school records in all three-point shot categories and was No. 1 in three-point shots made per game in California and No. 2 in the country, according to MaxPreps.com.

"I can't express enough how much of an excellent young lady she is," said softball manager Micah Karzen. "If we had all Dana Perez's on the team, we'd never lose a game."

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