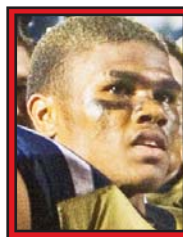


The Downey Patriot



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Dyslexic twins write a book
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Friday, November 28, 2008

Vol. 7 No. 32

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



Robert "Bob" Turner, 84, was at a local donut shop when a boy rode off on his bicycle. Turner's only means of transportation. That's when Cpl. Mike Pope (pictured above with Turner) and the Downey Police Officers' Association decided to help. Photo by Mary Forney

Theft story has happy ending

■ Elderly man stranded when bike is stolen.

BY MARY FORNEY, STAFF WRITER

DOWNEY – Riding his Torker three-wheel bicycle with a basket in the back, Robert "Bob" Turner, 84, travels the streets of Downey daily. It is his only means of independent transportation, having lost his drivers license several years ago due to vision impairment.

In the afternoons, Turner can be found drinking coffee and chatting with a group of other retirees at the Sunland Donut shop on the corner of Stewart and Gray and Old River School roads. Friendly and upbeat, Turner and his bicycle are well-known in the surrounding neighborhood.

On Nov. 20, while Turner was enjoying his daily visit with friends at the coffee shop, a boy hopped on Turner's bicycle and rode off. Turner tried to chase the boy, but as he wore out, watchers-by joined in the pursuit.

Unfortunately, the boy and Turner's bicycle disappeared.

Cpl. Mike Pope was on duty at the Downey Police Department when a witness called in the bicycle theft.

When Pope arrived, he found Turner heart-broken.

For the next two hours, Pope and other police officers scanned the area – checking apartments and talking to residents. Finally, Pope took a saddened Turner home.

Pope went into action. As president of the Downey Police Officers' Association, Pope called Russell's Bike Shop on Firestone Boulevard to get a quote on a replacement bicycle for Turner.

"I was concerned because the bicycle was his transportation. So the other officers and I got the money together and ordered the bike," Pope said.

Wanting to surprise Turner with the new bicycle, it was Pope who got a surprise the next day. A tenant from a local apartment complex called the police department after spotting the stolen bicycle and recognizing it as being Turner's.

Within hours, Pope met Turner at his favorite donut shop to give him back his bicycle.

"I couldn't wait to pick it up and show it to him," Pope said. "He was like a kid at Christmas when he saw his bike."

Turner, who was an aviation radioman and gunner in World War II, is thankful to Pope for caring.

"He's the greatest," said Turner's daughter Lynda Thorn. "He brought my father home after his bicycle was stolen and went out of his way when the police have other things to do."

Pope simply sees his actions as a job perk.

"I enjoy being in our police association because people donate money so we can use it for things like this. Since his bicycle was found, we will cancel the order for a new bike and use the money for someone else in need," Pope said.

"This is what makes me proud to be a policeman – helping others."

Santa Claus available to call Downey children

DOWNEY – The city of Downey Community Services Department is again offering children ages 4-8 an opportunity to chat with Santa Claus in a free program entitled "North Pole is Calling You."

To participate, parents or guardians should fill out an information card at the Community Services Department inside City Hall. The card will ask for the

child's name, pronunciation, home phone number, parents' name, hobbies, holiday wish list, and more.

Cards will be available Dec. 8-15, and must be submitted by 5 p.m. Dec. 5. Santa Claus will call children Dec. 16-17 between 6 and 7 p.m. He will have a brief chat with each child.

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

Longoria is celebrity marshal

■ Major league All-Star agrees to ride in Holiday Lane Parade next weekend.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Tampa Bay Rays third baseman Evan Longoria, a Downey native who honed his slick fielding skills on the infields of local baseball diamonds, will serve as celebrity grand marshal at the Dec. 7 Holiday Lane Parade on Downey Avenue.

Longoria burst into the majors in remarkable fashion this season, capturing the American League Rookie of the Year Award and helping lead the Rays on an improbable run to the World Series, where he broke the record for most home runs in a postseason by a rookie.

Longoria grew up in Downey and began playing baseball with West Downey Little League, where he was coached by Herb Welch. Longoria attended St. John Bosco High School in Bellflower, where he lettered in baseball for four years.

After graduating, Longoria spent a year playing shortstop for Rio Hondo College, and played well enough to earn first-team All-State honors.

That summer, he was offered and accepted a baseball scholarship to Cal State Long Beach, and transferred there as a sophomore.

Longoria played third base for the Dirtbags, and hit .320 to earn a place on the All-Conference team. In 2006, he was selected by the Tampa Bay Rays with the third overall pick of that year's draft.

Longoria made his major league debut April 12 of this year. Two days later, he hit his first career home run against the New York Yankees at Tropicana Field.

He finished the season with 27 home runs and 85 RBIs.

Maria Larkin, chairman of the Holiday Lane Parade, confirmed Longoria's participation this week. She also thanked Mayor Pro Tem Mario Guerra for his role in securing the All Star.

"The parade committee wouldn't have gotten him without Guerra's help," Larkin said. "We're very excited to have Evan as our celebrity grand marshal."

The parade is sponsored by the Downey Chamber of Commerce and begins at 1:30 p.m. on Downey Avenue on Dec. 7. The annual event is free.



Evan Longoria, the reigning American League Rookie of the Year, will appear as the celebrity grand marshal at the Dec. 7 Holiday Lane Parade in Downey. Photo courtesy Flickr user JDub

Seniors get early turkey dinner

BY MARY FORNEY, STAFF WRITER

DOWNEY – All it takes is 220 pounds of turkey and 440 pounds of potatoes to feed nearly 300 people.

That is what it took Mary Jo Eneyart to feed the crowd at West Middle School during its annual Thanksgiving dinner for senior citizens on Nov. 20.

Eneyart is the foods teacher and in charge of the Character Counts program at West Middle School.

"I started cooking the week before the dinner," Eneyart said.

This was the 24th year that the West Middle School students, staff and parents have hosted the community meal.

"It's worth it because the economy is tough. So in the tradition of caring and giving back to the seniors, we continue," Eneyart said.

For some seniors, it was their first time as a guest, and for others, attending the Thanksgiving dinner has become tradition.

Doris Franceschi, 76, was one

of the seniors attending the meal for the first time. With her children grown, Franceschi is now a widow. Visiting West Middle School became a highlight of her holiday as she remembered her children attending the school in the 1970s, so she hopes to be back next year.

The longest-running attendees were Glenmore Schwarz, 81, and his wife Emma, 84, who have been coming to the Thanksgiving dinner since 1988.

"We had three children and three grandchildren come here," Glenmore said. "It's a nice night out and good food."

Amir Ljuljanovic, 11, summed up the attitude of the serving children.

"We wanted to help our school run our senior dinner well – to make it the best senior dinner in Downey," Amir said. "We want to make the seniors happy – like I-Hop – you come hungry and leave happy."



West Middle School students, staff and parents show team spirit cooking and serving 220 pounds of turkey and the trimmings to nearly 300 senior citizens. Photo by Mary Forney

Council shelves request for staff raises

BY ERIC PIERCE, CITY EDITOR

DOWNEY – The City Council this week temporarily shelved a plan to grant salary raises – some as high as 11.5 percent – to nearly 100 city employees, including code enforcement officers, 911 dispatchers, and mid-level management.

Mayor Pro Tem Mario Guerra and Councilman Kirk Cartozian said they were uncomfortable approving such bumps in salary when Downey's economic future is still relatively uncertain.

Guerra praised city employees for their work, but called the raises "obscene" and "a terrible precedent to set."

The city had reached an agreement with the Downey Public Safety Auxiliary Association on a new one-year contract. The agreement called for an across-the-board 4 percent raise and increases in benefits.

Code enforcement officers would have received an additional 7.5 percent pay raise, and police and fire emergency dispatchers another 7 percent.

The Association represents 54 positions within the police and fire departments, including police assistances, records specialists, forensics specialists, and more.

A separate resolution sought to give about 40 city management employees a 4 percent raise in salary.

The move would have cost the city \$175,259 this year. Assistant City Manager Lee Powell said the cost would have been paid using money the city saved by keeping 14 positions open.

Mayor David Gafin said city employees were "grossly underpaid" and working harder because of staff vacancies.

"Citizens deserve to have first-class service," he said.

Councilwoman Anne Bayer

said the city had money in its coffers and "it seems reasonable to do this."

Councilman Rick Trejo agreed, and said he worried about employee morale.

Cartozian, who said he had never before voted against a salary increase, countered with, "Happy employees are employees who have their jobs."

Gafin, Guerra and Cartozian eventually voted to bring the issue back at a later date, with Trejo and Bayer dissenting.



On Nov. 15, two sets of girls from Our Lady of Perpetual Help Church and St. Raymond's Catholic Church were recognized at the 50th annual Religious Recognitions Liturgy and Medal Presentation. The girls were recognized for spiritual, cultural and community service projects, and for participating in the I Live My Faith program.

Tickets on sale for Winter Concert

DOWNEY – The Warren High School Instrumental Department will present its annual Winter Concert at the Downey Theatre on Dec. 16. The show is put together annually by Warren's band unit, and features both holiday and non-traditional works. The concert begins at 7 p.m. Scheduled to perform are Jazz I (advanced jazz ensemble), Jazz II (intermediate jazz ensemble), Symphonic Band (a 106-piece wind band), Brass Quintet (a classical quintet formed by Warren student musicians), and 411 (a jazz quintet). Tickets are \$7 presale or \$10 at the door. For tickets, e-mail Niemeier at dnmeyer@dusd.net or call (562) 869-7306, ext. 5616.

Thanksgiving Service brings together conglomeration of faiths

BY MARY FORNEY, STAFF WRITER

DOWNEY – The Menorahs were lit and temple members gracious as Temple Ner Tamid greeted members of Downey's Interfaith Action Group on Monday.

Hosting the Interfaith Thanksgiving Service at the temple, the visiting congregation members and Downey clergy included Bishop Hopeton Clennon, Moravian Church; Rev. Candie Blankman and Rev. Alfredo Delgado, First Presbyterian Church; Rev. Mark Warnstedt, Our Lady of Perpetual Help Church; Rev. Nancy Hamm, Christ Lutheran Church; Rev. Audie Derryberry, Downey Bible Church Reform; Rev. Liz Habecker and Rev. Marilyn Mason, St. Marks Episcopal Church; and Rev. Richard Kurrash, Downey Memorial Church.

Themed "Loving God by Loving Others," this was the fourth year that the Interfaith Action Group has held a community Thanksgiving service.

"This is a unique opportunity to come together on a secular holiday," said Rabbi Len Muroff.

Blending the Jewish Torah service and Christian worship, the recited scriptures and songs were in Hebrew and English.



Jewish and Christian members of the Interfaith Action Group gather for their fourth Thanksgiving Service in Downey. This year's service was hosted by Temple Ner Tamid on Monday. Photo by Mary Forney

Guest speaker Rev. Nancy Hamm, who spoke about "Loving God with Grateful Praise" and how music is an effective form of praise, led by example by joining Cantor Ellen Jaffe-Gill in a musical presentation called "Modim Anachnu Lach" in Hebrew, or "We Thank You" in English.

Prior to Hamm's homily, Dr. George Bridges, who is the director of the Meals on Wheels, and his daughter Carrie Wrigley addressed the group, sharing the needs of the program during the holiday season. To Wrigley, feeding the shut-ins is her way of loving others.

"It is a joy and a blessing to sit with them for just a few minutes each day," she said. Rabbi Muroff encouraged the group to be giving at all times – not just during the holidays. "We believe because we are blessed, we have an obligation to help those in need," he said.

Church seeks to honor military families

DOWNEY – Desert Reign Assembly of God (currently under construction at Lakewood Boulevard and Hall Street) and Stonewood Center are searching for military families to recognize during the holiday season.

"Our church recognizes the

many sacrifices of having a loved one enlisted and serving in the military," the church said in a statement. "We realize what a significant hardship this can create for not only the individual serving but for his/her entire family of loved ones. "If you are aware of a deserving

military family who has someone currently serving or who has suffered loss of life while serving our country and lives in the city of Downey, we want to hear from you." Each week during the month of December one family will be cho-

sen to receive a \$500 gift certificate from Stonewood Center. To nominate a family, write a letter why you believe the family is deserving of the gift, along with official documentation of the candidate's combat assignment (this can be a photo copy). Letters should be sent to Desert Reign Assembly of God, Attention Devi or Valerie, 12113 Woodruff Ave., Downey, CA 90241. For more information, call Devi Kokaram at (562) 818-7645 or Valerie Fairman at (562) 818-0357.

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Council OKs new position

DOWNEY – In a move city officials say will make Downey safer and better prepared to respond to an emergency, the City Council this week authorized the creation of a new deputy city manager/public safety emergency operations chief.

The position's primary duty will be to direct the city's emergency preparedness program, said Assistant City Manager Lee Powell.

"During the city's review of the recent boil-water event, the need for this position was established," Powell wrote in a staff report. "The city needs to improve its procedures related to emergency situations and to (ensure) that all city departments coordinate their efforts related to emergency operations."

Including benefits, the new position will cost the city \$315,060 per year.

"The salary range of the new position will be equal to the current deputy city manager/special projects and the benefits of this new position would be tied to the benefits of fire chief," Powell wrote.

The city does not plan to fill the expected vacancy when an assistant fire chief retires at the end of December. Leaving the position open will save the city \$253,899.

"The net budgetary impact is, then, \$61,161," Powell wrote.

City approves emergency alert system

DOWNEY – If Downey ever suffers an emergency that requires mass communication with residents, the city this time should be prepared.

The City Council this week voted to enter into a one-year agreement with Avtex, Inc., a company that specializes in hosted mass notification systems.

The city will pay no more than \$15,000 per year for the services.

City officials said Avtex will install a new 500-line server next month. Officials expect the server to place 200 to 500 calls per minute.

"At these speeds, the system could call our estimated 38,000 residences and businesses in two to four hours," Scott Pomrehn, assistant deputy city manager, wrote in a staff report.

The system will also be able to notify residents through e-mails and text messages. When the system is implemented, the city will go through a public information campaign to gather contact information from residents, Pomrehn said.

Pomrehn said the city was only entering into a one-year contract to maintain flexibility and shop around for cheaper alternatives. The city is also looking to become involved in a county-wide reverse 911 system.

Tree lighting ceremony set Dec. 8

DOWNEY – The city of Downey will host their annual tree lighting ceremony Dec. 8 at 6 p.m. outside City Hall.

The free event will feature entertainment from local schools, arts and crafts for children, a raffle, a snow play area, and a visit from Santa Claus.

Snacks will be sold by the Downey Rose Float Association.

The Christmas tree will be lit at 6:30 p.m. For more information, call (562) 904-1895.

Community center marking holidays

DOWNEY – The Barbara J. Riley Community and Senior Center is hosting a holiday boutique as part of its first annual Winter Wonderland Festival on Dec. 6.

The event will include a breakfast with Santa Claus, boutique, youth and adult performers, and arts and crafts.

The entertainment line-up includes the St. Matthias High School choir, Bell Choir, Warren High School choir, YMCA dance troupe, pre-school singers, hip-hop dancers, and more. Free raffles will be held every half-hour starting at 10 a.m.

The Winter Wonderland Festival is free, except for the breakfast with Santa, which is sold out. Festivities are from 9 a.m. to 1 p.m.

For more information, call (562) 904-7223.

Community Calendar
www.allaboutdowney.com

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Winners make an impression

■ Dyslexic teens, authors of a popular award-winning novel, speak to kids at West Middle School.

BY MARY FORNEY, STAFF WRITER

DOWNEY – West Middle School and its library have not been the same since identical twins Brittany and Brianna Winner, 13, held an assembly on Nov. 6 called, "If You Can Dream It, You Can Write It."

The creators of "The Strand Prophecy" are the youngest award winning authors in the United States – and they are dyslexic.

"The boys and girls have been coming to the library wanting to read – I checked out 100 more books than usual last Friday," said West Middle School Library Media teacher Julia Desalernos.

The Winner twins motivated West Middle School students to read and write by sharing their experiences battling their learning disability.

"When I found out I had dyslexia, I was defeated," Brianna said. "I was able to spell and write, but it took me twice as long."

Writing the award-winning book was the result of a mere challenge by the twins' father Jeff Winner, who co-authored the book.

"They thought they were stupid," Jeff said. "So I told them they weren't and to do the impossible – write a novel."

With their father's guidance and mother's support, the Winner twins from Fullerton began brainstorming ideas for a book and used a speech-text program to assist them with writing.

"It became the ultimate family hobby," Brittany said. "The book started to evolve as the characters formed and seemed to write the book themselves."

The five-book science-fiction adventure series is about a scientist superhero who tries to warn the world and protect the innocent from dangerous creatures. The books are penned under the name J.B.B. Winner – representing Jeff, Brittany and Brianna.

Released in May, the first book in the series won the Benjamin Franklin awards for Best Young Adult Fiction, Best First Book Young Adult Fiction, and Best First Book Fiction; the Independent Publisher Book Awards Gold Medal; and Linx and TopSpot online awards.

"When the girls actually got the book in their hands, it was a turning point. They finally knew what I already knew – that they were bright kids," Jeff said. "So then the girls wanted to change lives by going out and talking to other kids."

The Winner twins shared their story to West Middle School students by performing songs that they wrote themselves, dancing, and talking to an onscreen 3-D robot who interviewed them onstage.

"We want to let other kids know if you have an obstacle and overcome it, you will be happier," Brittany said. "If you have difficulty reading, listen to books. If you have difficulty writing, learn to type. If you have trouble doing math, use a calculator."

Currently, "The Strand Prophecy" is on the accelerated readers list in 65,000 schools. The book can be found at Barnes and Noble bookstores, as well as Amazon.com. In May, iTunes and Amazon.com also launched accompanying songs written and performed by the Winner twins.

Brittany and Brianna are completing school through independent study to enable them to go on book tours and appear at middle school assemblies



Brittany and Brianna Winner are authors of "The Strand Prophecy," a science fiction adventure series available in major bookstores.

across the country.

"The girls are so relatable and powerful because they are talking to kids their own age," Desalernos said. "They make an impact because the kids now know that there are celebrities that are good for them – like artists and illustrators – not just music celebrities, but book authors."

For more information about "The Strand Prophecy," visit online at www.StrandTheBook.com.

Holiday boutique at Rio San Gabriel

DOWNEY – A holiday boutique sponsored by the Rio San Gabriel PTA will be held inside Rio San Gabriel Elementary School's cafeteria on Dec. 5 from 3:30 to 9 p.m.

Rio San Gabriel is at 9338 Gotham St.

Contest opens for holiday decorations

DOWNEY – Contest registration forms are still being accepted for the annual Holiday Home Decorating Contest in Downey.

Categories include: Best Use of Lights, Lawn/Roof Display, Window Display, Animated Display, Religious Display, Handcrafted Display, and Total Display.

City-wide awards will also be presented for the following themes: Holiday Splendor, Santa's Award, Christmas Magic, and Sugar Plum Award.

Entry deadline is Dec. 11. Judging will take place Dec. 15 from 5:30 to 10:30 p.m.

For more information, call the Barbara J. Riley Community and Senior Center at (562) 904-7223.

Make your own tree ornament

DOWNEY – A holiday ornament workshop will be hosted at the Barbara J. Riley Community and Senior Center Dec. 12 from 6:30 to 7:30 p.m.

Participants will make five unique ornaments provided and taught by Color Me Mine of Whittier. Ornaments will be ready for pick-up one week from the class end. Cost is \$25 per person.

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Stacy Brabant of the Downey PTA HELPS organization collects food donated by Downey Federal Credit Union members.

Credit union donates to food pantry

DOWNEY – Downey Federal Credit Union sponsored a canned food drive for needy families in Downey last month.

Credit union members responded with bags of canned vegetables and fruits, peanut butter, tuna fish, canned meat, canned meals, non-cook items, and juice.

Two large collection bins filled to the brim with food donations were collected, credit union officials said.

The food was picked up by Stacy Brabant, director of Downey PTA HELPS (Health, Education and Local Pantry Service).

“We are truly grateful to Downey Federal Credit Union and other supporters of our organization,” Brabant said. “Your help benefits families in Downey who are unable to provide for their own.”

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The Diamondbacks will represent Downey in the CABA World Series in Indiana this July. Photo courtesy Dan Nevarez

World Series beckons for Diamondbacks

BY SCOTT COBOS, STAFF WRITER

DOWNEY – An upstart group of kids who have only been together three months has come out of the woodwork to represent the state of California in the Continental Amateur Baseball Association World Series in Indiana this July.

The Diamondbacks are a group of kids 10 years old and under mainly made up of players from Northwest Downey Little League and other surrounding area leagues. The kids were hand-selected by coaches to tryout and the results have been nothing short of amazing.

Sporting a 12-2 record after their first few months, the kids all of a sudden find themselves invited to play against other states in the CABA World Series and with tons of time to prepare.

In the CABA Fall League tournament final, the Diamondbacks found themselves facing the San Gabriel Valley Assassins and prevailed 9-4.

In the first inning, the Assassins loaded the bases with no outs. Diamondbacks starting pitcher Angel Pena managed to weather the storm and pitch out of the jam without allowing a run to cross the plate.

That was all the motivation the Diamondbacks needed as two home runs were hit by Nick Morales and RBI base hits were contributed by Manuel Lopez.

“We have something very special,” said manager Dan Nevarez. “Every member of this team deserves this championship.”

The Diamondbacks will be playing in Chino Hills this weekend at the Field of Dreams complex in a Thanksgiving tournament. They will also be playing in two tournaments in the following weekends in Glendale and Monterey Park.

They make their home at the NWDLL fields at Furman Park.

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Thanksgiving

When friends and family we hold dear
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To ask the Lord's blessing
On turkey and dressing,
Let's give thanks for America mighty and grand
With bountiful harvests throughout the land

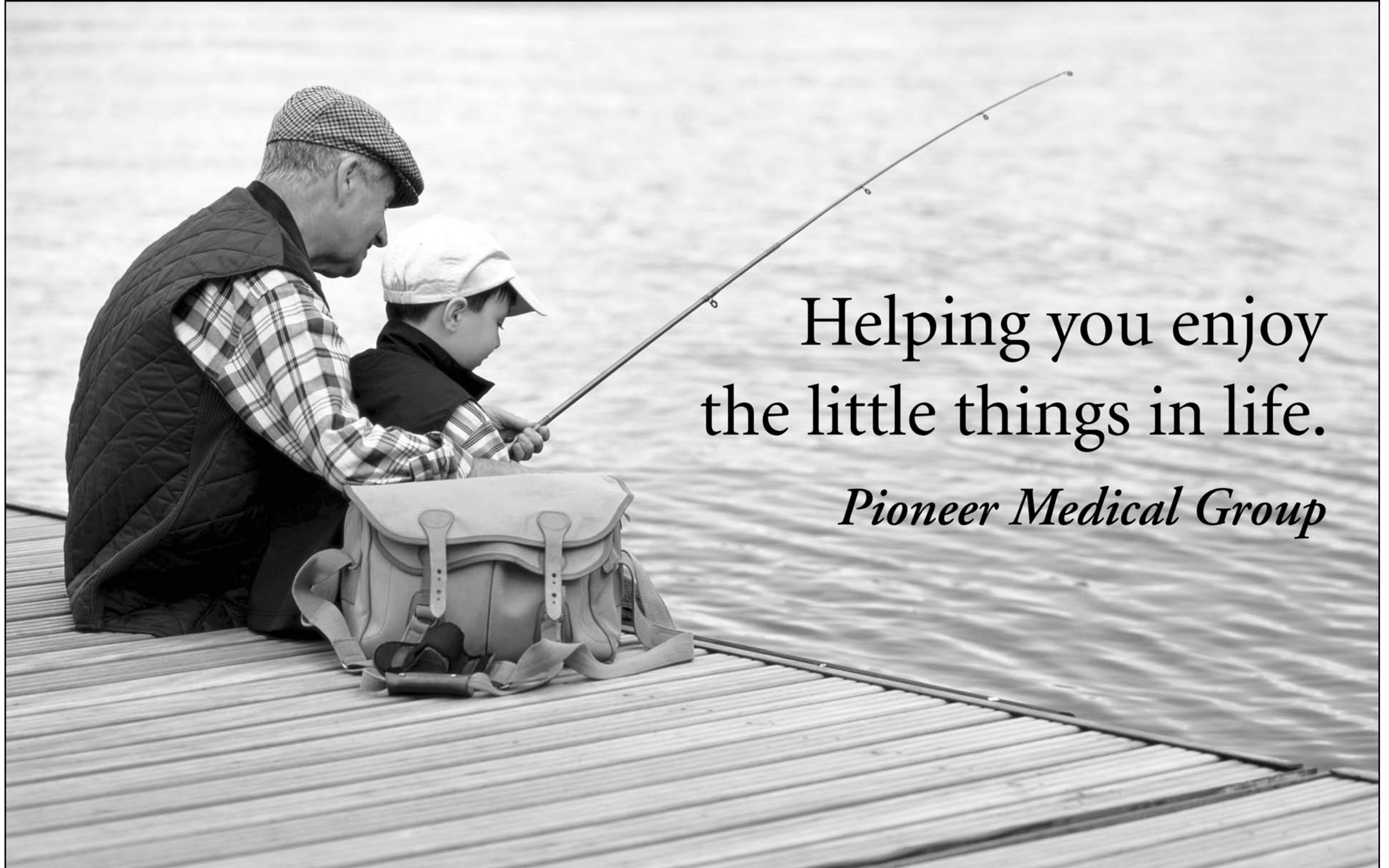
Let's pray for our leaders -- that each one will know
How to cease corruption and make America grow.
Let's pray for all of our troops overseas
Who are steadfastly fighting courageously
To secure the freedoms we hold dear
And protect us from terrorism and other fears

-- Martha J. Morrissy,
Downey

Thanksgiving

Our Heavenly Father
In your kingdom so high
Creator of Earth
And our beautiful sky
The trees are in bloom
And the fruit is near to bare
Your works are so beautiful
Prosperous and rare
As I walk thru my garden
All this beauty I see
I bow down my head
All my thanks go to thee
Heavenly Father I thank thee for all
The summer the spring
The winter fall amen

-- Rose Sciascia Neal,
Downey



Helping you enjoy
the little things in life.

Pioneer Medical Group

Our patients are like family to us. We care about their needs and understand their time is valuable, which is why we do everything we can to make healthcare convenient. With all that we have to offer, it's easy to see how Pioneer Medical Group is designed to make life easier – for you and your entire family. Call 1-877-552-5752 for a physician referral, or visit us online at www.PioneerMedicalGroup.com and experience a better kind of healthcare.



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Big bucks

By Eric Pierce

Apparently, I chose the wrong profession. I should have become a deputy city manager/public safety emergency operations chief, whatever that is.

The job description for a deputy city manager/public safety emergency operations chief is sketchy, but I know this: it pays good money. Very good money. As in, \$315,000 per year in salary and benefits, a hefty bill footed by Downey taxpayers.

As a city staff report puts it, "The city needs to improve its procedures related to emergency situations and to (ensure) that all city departments coordinate their efforts related to emergency operations."

I can't disagree with that, but at a cost of \$315,000 per year?

September's boil-water order revealed Downey's vulnerabilities in the event of a real disaster, but I would think those deficiencies could be addressed in-house, without the need of (another!) deputy city manager.

The city already has an emergency preparedness team in place, and a mass notification system for residents was approved by the City Council this week.

Preparing for a major disaster is prudent work, but I'm not sure it needs to be a full-time job, especially at such an exaggerated price.

Internet chatter has it that the job was created for Fire Chief Mark Sauter, who's reportedly at odds with his own firefighters. Whether Sauter takes the job remains to be seen.

What I do know is that the deputy city manager/public safety emergency operations chief (whew!) is a great paying gig at \$315,000 per year in salary and benefits.

That's a lot of money to protect our city from another boil-water order.

Steps to reestablish control over finances

Every year, the most popular New Year's resolutions usually alternate between losing weight and getting one's finances under control. With all the attention on the dire state of the economy, getting fiscally fit will most likely not only top next year's resolutions, but also create a bigger challenge than ever to accomplish.

Ring in the New Year on the right financial foot with these five essential tips from Dara Duguay, director of Citi's Office of Financial Education, to help get your finances in shape:

Don't treat money as a taboo subject. Whether managing finances yourself or with a spouse/partner, avoiding money issues in the hopes that they will just go away or until you have a financial crisis only guarantees stress and arguments. Set aside time every month – or schedule regular monthly "money meetings" with your partner – to review the bills, progress towards your money goals, investment portfolio, college savings and any other money topic that is relevant. This monthly review could coincide with bill paying or when your bank statement arrives.

Create an emergency fund. Emergency savings are, in effect, a form of insurance. It will protect you from life's curveballs catapulting you into a financial crisis. So open a savings account and don't stop contributing until you have saved enough to cover at least three months of monthly expenses. If you can save six months worth, even better.

This will prevent you from having to take cash advances, which while helpful in emergencies, come with fees and interest rate charges that are usually higher than your credit card purchases. Use cash advances with discretion, and don't use them to fill gaps in your income or savings. Having an emergency fund will give you peace of mind.

Pay more than the minimum on your credit cards whenever you can. Even a small amount more than the minimum can make a big difference in the time it takes to pay off your balance and the total cost of interest. Also, be sure to make your monthly payments on time, every time. Even one late or missed payment can be recorded in your credit report and affect your credit history.

Contribute the maximum to a retirement savings plan. Approximately 50 percent of Americans who have the opportunity to contribute to a company retirement plan choose not to. In many cases, contributions are matched by the company. This is free money that is being thrown away by opting out.

Remember that your contributions will reduce your taxable income and will only be taxed when you start to withdraw them at retirement age.

Make sure you have adequate insurance protection. There is nothing like an emergency to wipe out your savings or add to your debt level. Protect yourself financially from as many emergencies as possible by ensuring adequate insurance for health, life, auto and home.

Confronting these issues can be difficult since no one likes to think about possible illness or death, but to assume you are invincible from "life events" or tragedy is to not be realistic about life.

Dara Duguay is the author of three books and is currently director of Citi's Office of Financial Education.

Letters to the Editor:

Tax on pet's health

Dear Editor:

I am writing to make all of your readers, especially those with pets, aware of a new proposal being considered in Sacramento.

By now everyone is familiar with the deficits the state will be facing in the next few years. To bring in new income to the state coffers, Gov. Schwarzenegger has proposed placing a sales tax on veterinary services. No other health profession will be taxed; he has singled out pet owners for this sales tax.

I think taxing such a basic need as a pet's health care will create a financial hardship for many individuals and families in these challenging economic times, and put the pet owner in a difficult position when presented with the extra cost the tax will impose. The added expense will result in a lower quality of care and more euthanasia of beloved pets for those owners already on a limited budget.

Please take the time to write to the governor and voice your opposition to this tax. Write to: Gov. Schwarzenegger, Capitol Building, Sacramento, CA 95814.

— Claudia Horvath, D.V.M., Los Alamitos Animal Shelter

Shelter compassion

Dear Editor:

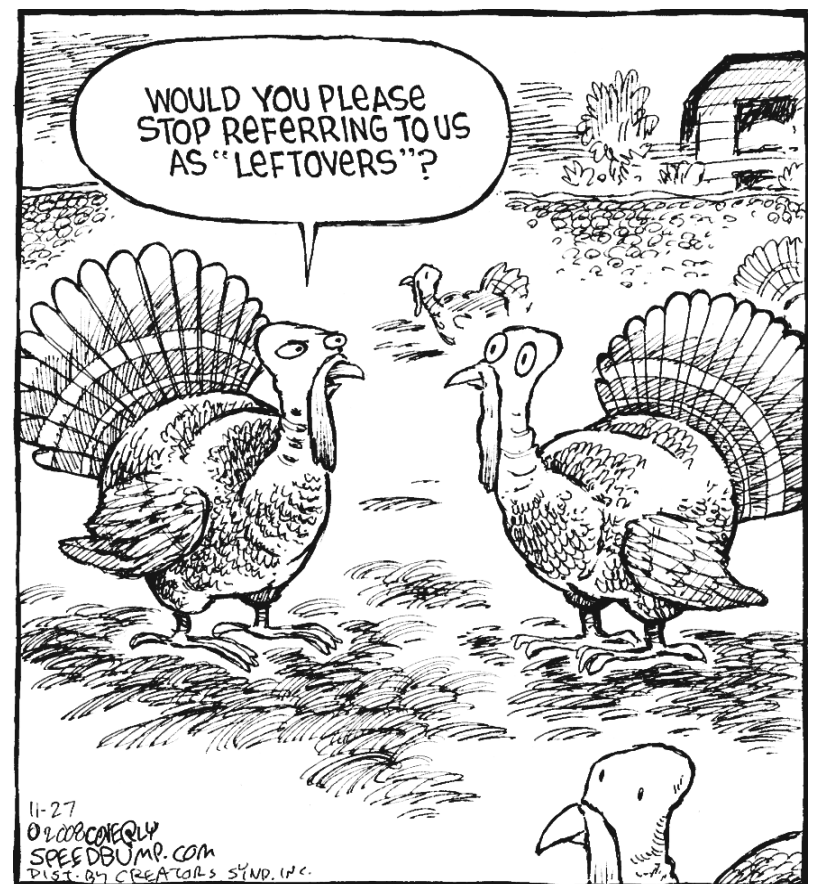
For God's sake, doesn't anyone have common sense anymore? ("Puppy Problems," 11/21/08)

I happen to know the rules. If your city doesn't pay money to the shelter, they won't accept the animal. This is so animals will go to the proper shelter and can be claimed by their owner, and the expense of caring for the animal is paid for by your city.

But with that said, on a Sunday someone brings you a sick, blind, dying puppy they picked up with compassion in their heart and you turn them away. Shame on the shelter for not teaching their employees there are times when we break the rules for the good of all. If nothing else they could have put the puppy in a cage to die rather than have the good-hearted people drive all over town with the puppy.

Can't we teach workers to sometimes just say yes with a little compassion and understanding and explain where to go next time? You wonder why animal shelters have such bad reputations, well this is a prime example.

— H. Burns, Downey



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.

The politicos at Sacramento fiddle while California burns

BY HENRY VENERACION, STAFF WRITER

Even before the economy's downward slide reached today's alarming proportions, Governor Arnold Schwarzenegger and the state legislature have been constantly bickering over the shape and substance of the state budget.

The budget, passed nearly three months late, now shows an \$11.3 billion deficit. Contentious debates between state officials and lawmakers over how best to plug the gap have raged unabated since.

There's still no agreed-upon solution to-date. The best possible compromise of late, to raise the necessary revenue, seems to be a 50-50 split: raise the sales tax 1-1/2 percentage points. Averaged out to 9.5 percent, this would make it the highest in the nation.

Or cut spending. This means cuts in education (on the K-12, college and university levels), health and social services programs, local government's revenue streams, etc.

This means nervous time for all concerned. Kevin Condon, DUSD Asst. Superintendent/Business Services, had this to say recently: "There's a lot of posturing at the state capital. We are dusting off our budget, and we're looking at a worst-case scenario. It's definitely a troubling time. Hopefully they come up with something [palatable]."

One trouble is that people who are supposed to make a decision on this are either out of town on other business, or are being termed out of office. The nonsensical manner in which they approach the budget is truly appalling.

While President-elect Barack Obama scrambles to form what he hopes will be a highly effective Cabinet strike team to tackle the maddening array of problems facing the nation, California's elected leaders continue to show a lack of urgency in a matter as dire as any.

Politicians in Sacramento fiddle, while California burns.

Diabetes a public health crisis

BY REP. LUCILLE ROYBAL-ALLARD (D-34) AND BETH DENNIS ZACHARY

At age 33, Rosalba looked forward to the joy and happiness a second child would bring to her home. During a routine prenatal care visit, Rosalba found out that she had gestational diabetes, putting her hopes of a healthy pregnancy at risk. Her doctor immediately referred her to the East Los Angeles Center for Diabetes at White Memorial Medical Center in Boyle Heights, where she learned that she would need to take special steps to protect her health and the health of her unborn baby.

Fortunately, Rosalba took the counselor's advice seriously, made the necessary diet and exercise changes and delivered a healthy baby boy with only minor complications. Rosalba represents the majority of the women with gestational diabetes who deliver at White Memorial every year. The rest of the women are not as fortunate. Often, it's because the women don't seek the advice they need or, if they do, don't take the right actions to control the disease.

Gestational diabetes (GDM), which affects only women who are pregnant, is one of the three most common types of diabetes. The other two are Type 1 (also known as juvenile diabetes) and Type 2 (or adult on-set diabetes). Although Type 2 diabetes accounts for 90 to 95 percent of all diabetes cases, GDM is becoming increasingly common, affecting approximately 200,000 of our mothers, sisters and daughters each year.

Diabetes is a condition in which the body does not produce any or enough insulin to break down the sugars and starches in food to make energy. Instead the body collects extra sugar in the blood that can damage vital organs.

GDM, in particular, can have harrowing effects on the mother and child if left untreated or uncontrolled. It can cause an unborn baby to grow extra large, creating health problems such as damage to the baby's shoulders during delivery, difficulty breathing, jaundice, and abnormal heart growth.

Additionally, children whose mothers have had GDM have a higher propensity for developing obesity and diabetes as they grow. The mother's risk does not end at delivery either, because women who have had GDM have a 20 to 50 percent chance of developing Type 2 diabetes in the next 5 to 10 years following the pregnancy.

Ethnic minorities, such as the predominantly Latino community served by White Memorial, continue to have a higher incidence of the disease and are often less able to obtain the care they need to manage it. The Centers for Disease Control and Prevention (CDC) have estimated that by 2050, 50 percent of minority adults will have diabetes. Already an estimated 2.5 million members of the Latino community 20 years and older have diabetes. At White Memorial alone, 60 percent of patients who have multiple health complications have diabetes.

Although more pronounced among ethnic minorities, diabetes can affect anyone. An estimated 24 million Americans have diabetes, 5.7 million of whom don't even know they have it. Another 57 million Americans have "pre-diabetes," putting them at high risk for developing the condition and its complications, such as heart disease, stroke, blindness, kidney failure, and leg and foot amputations. Diabetes contributes to about 200,000 deaths every year.

It is time that we make diabetes research, education and prevention efforts a top priority in our communities and our country. The CDC is already funding great programs like the California Diabetes Program, but we need to do more. During the last five years the national costs of diabetes have increased by more than 30 percent, reaching a staggering \$174 billion a year. Yet the CDC Division of Diabetes Translation, which plays a critical role in prevention efforts, has continued to be significantly underfunded. The American Diabetes Association (ADA) has urged Congress to invest \$1 for every American with diabetes in order to provide the resources necessary to combat this devastating public health crisis.

As women and mothers, we urge you and your loved ones to visit your doctor for a diabetes test, call your local hospital to learn about their programs and look up information online on the ADA web site at www.diabetes.org. Diabetes is often linked to physical inactivity and obesity, so taking the right preventative steps today can help you to stay healthy and live longer.

Diabetes stands as the great public health crisis of this century, particularly in Latino and other minority communities. Together, we can fight this disease and improve the lives of all Americans affected by it.

Rep. Lucille Roybal-Allard is the first Latina in U.S. history appointed to the House Appropriations Committee. She serves on the Subcommittee on Labor, Health and Human Services, and Education where she oversees funding for many important health-related programs and agencies, such as the Centers for Disease Control and Prevention (CDC), the National Institutes of Health and community health centers. In this role, she has been an advocate for CDC health research and preventative health programs.

Beth Dennis Zachary, FACHE, is president and CEO of White Memorial Medical Center, a 353-bed non-profit, teaching hospital in the predominantly Latino community of Boyle Heights. Under her leadership, the hospital is nearing completion of a 10-year, \$200 million campus reconstruction project, which was funded in part through a \$31 million fundraising campaign. She has served at WMMC for 20 years, working collaboratively with more than 60 local organizations to meet the critical healthcare needs of the community.

The Downey Patriot

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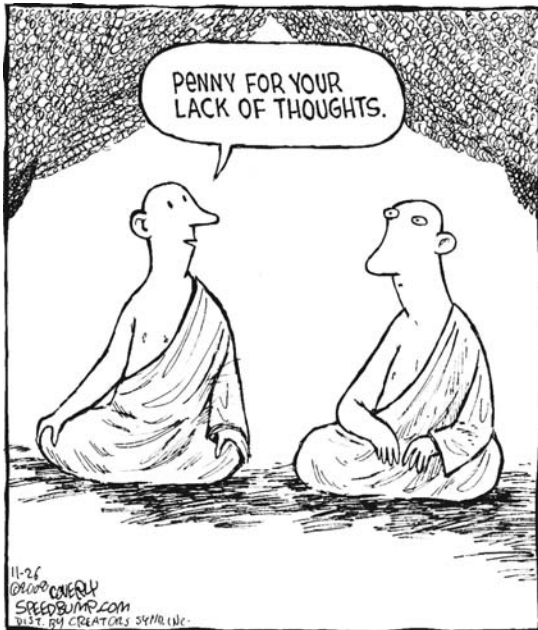
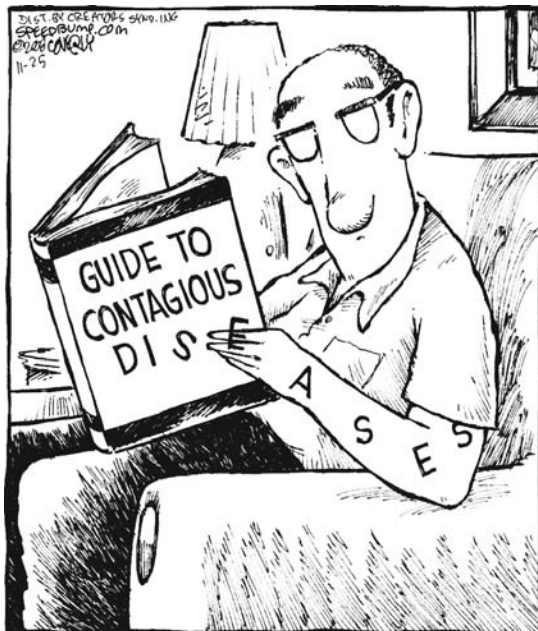
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For December

- Tues. Dec. 2: **Mavor's Transition**, City Hall, 6 p.m.
- Fri. Dec. 5: **Holiday boutique**, Rio San Gabriel Elementary, 3:30 p.m.
- Sun. Dec. 7: **Holiday Lane Parade**, Downey Avenue, 10 a.m.
- Mon. Dec. 8: **Tree lighting ceremony**, City Hall, 6 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 Zolda 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 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., 7:00 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 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.

Saturdays

- 9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.

Sundays

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

On This Day...

- Nov. 28, 1520: Portuguese explorer Ferdinand Magellan sails through the South American strait that now bears his name to reach the Pacific Ocean.
- 1942: A fire erupts at the Cocoanut Grove nightclub in Boston, killing nearly 500 people.
- 1962: Actor, comedian and TV host Jon Stewart is born. Also born Nov. 28: Berry Gordy (79), Randy Newman (65), Ed Harris (58) and Judd Nelson (49).
- 1990: Margaret Thatcher resigns as prime minister of Britain.
- 1994: President Bill Clinton repeals the federal 55 mph speed limit.

THE NEWSDAY CROSSWORD

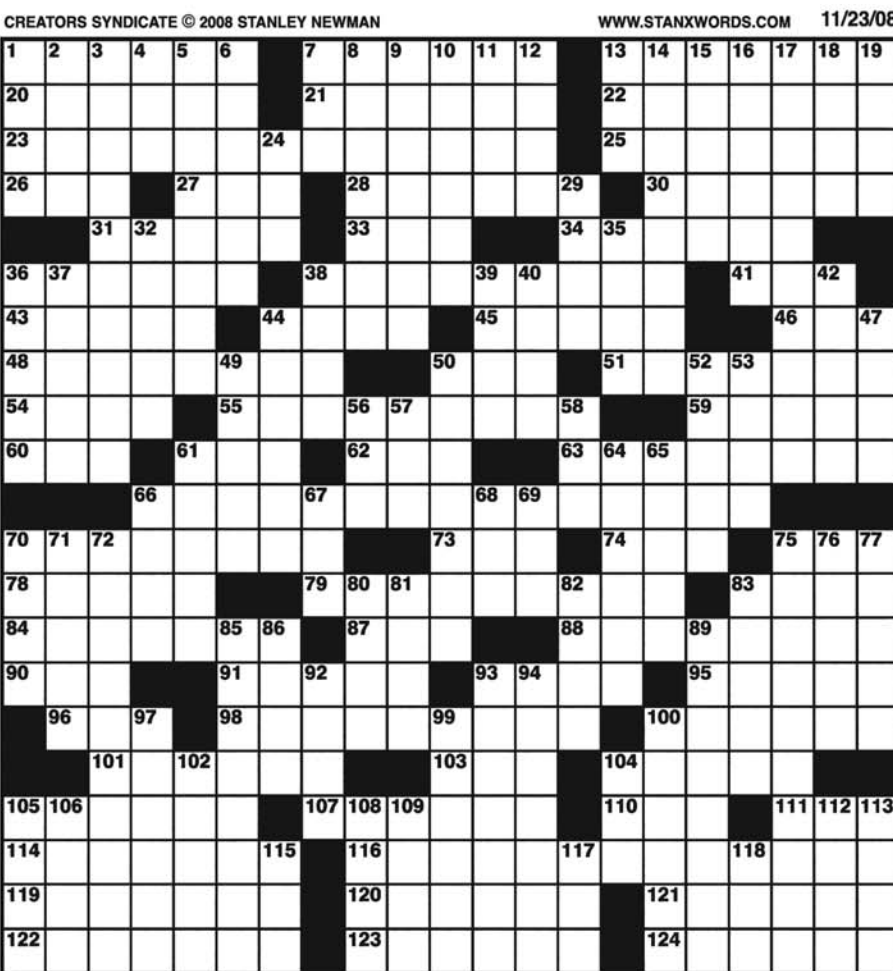
Edited by Stanley Newman (www.StanXwords.com)

GET IT TOGETHER: It's fasten-ating
by Randolph Ross

- ACROSS**
- 1 From purchase
- 7 Horse in a Mary O'Hara book
- 13 Crenshaw cousins
- 20 Sort of solution
- 21 Undeserved blame
- 22 Sign of a mistake
- 23 Impulsive moves
- 25 "Don't worry" remark
- 26 24 hr. dispenser
- 27 The Gaslight
- 28 Chess piece, at times
- 30 Rinsed with a solvent
- 31 Acted like an expectant father
- 33 Darya (Asian river)
- 34 -Hungarian Empire
- 36 Tightly knit groups
- 38 Place to get fleeced
- 41 Sinus specialist, for short
- 43 Squirrel staple
- 44 James of Las Vegas
- 45 Stan's sidekick
- 46 Old Eur. domain
- 48 Baker St. resident
- 50 1-800-FLOWERS rival
- 51 CBer's sign-off
- 54 Turn down
- 55 Witch-mask features
- 59 Crude carrier
- 60 NFL gains
- 61 Call upon
- 62 Auction conclusion
- 63 Image specialists
- 66 Big surprise
- 70 Bengali neighbor
- 73 Small battery
- 74 Guitarist Paul
- 75 Keglers' org.
- 78 Milk, in Monterrey
- 79 Close contest

- 83 Department
- 84 Hang in there
- 87 Dalloway or Doubtfire
- 88 Immediately after
- 90 You can dig it
- 91 Apple product
- 93 Certain NCO
- 95 French toast portion?
- 96 Personal-ad abbr.
- 98 Stores for equestrians
- 100 Not made up
- 101 Monopolize, slangily
- 103 Tic-tac-toe win
- 104 Tissue material
- 105 Bay (Massachusetts resident)
- 107 Refused
- 110 Midpt.
- 111 Feathery wrap
- 114 Tactful
- 116 "I'll Take You There" group
- 119 Pablo Casals, e.g.
- 120 Gets ready for company
- 121 Roger and Julianne
- 122 Go-aheads
- 123 Sunday paper extra
- 124 Appends

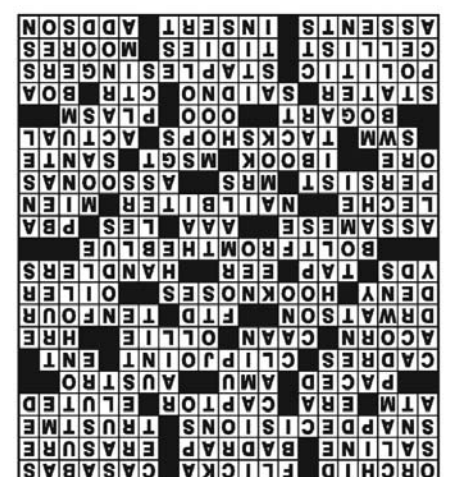
- 11 Philosophy 101 subject
- 12 Lhasa
- 13 That: Fr.
- 14 One taken in
- 15 Ste. Marie, MI
- 16 Guarantee
- 17 Detain for a talk
- 18 Weapon for Napoleon
- 19 Tournament position
- 24 Rogue
- 29 Racetrack boundary
- 32 Impressive variety
- 35 Military division
- 36 Club carrier
- 37 With lots of land
- 38 Baseballer Robinson
- 39 Little bits
- 40 Word on a quaint store sign
- 42 More loyal
- 44 Commandeers
- 47 Slips up
- 49 Oil source
- 50 Promwear
- 52 Difficult situation
- 53 Dossier
- 56 Plop preceder
- 57 Opposite of paleo-
- 58 Yonder yacht
- 61 Actress Marisa
- 64 Having the most skill
- 65 Cards and Mets
- 66 Dickensian expletives
- 67 Marsh
- 68 Bar bill
- 69 "Ball"
- 70 Purina alternative
- 71 Futurists



- 72 Eccentric ones
- 75 Bank IDs
- 76 Hasty retreat
- 77 First name in photography
- 80 Wild
- 81 Gets under one's skin
- 82 Where prices are seen
- 83 Palace protectors
- 85 Certain string player
- 86 Way up the slope
- 89 Nomination from AMPAS
- 92 Fall mos.
- 93 Marshmallow sandwich
- 94 Computer-printing controller
- 97 Capable of travel
- 99 Pseudo-surfers
- 100 Camry alternative
- 102 Arrive at an airport
- 104 Computer-lab inventory
- 105 Watchdog org.?
- 106 Places for polish
- 108 Italian wine center
- 109 Get writing
- 112 Black-and-white snack
- 113 Part of NBA
- 115 Change, for short
- 117 PA setting
- 118 Pan, for one

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 name of the title equine in the Mary O'Hara children's book "My Friend Flicka" (7 Across) is the Swedish word for "little girl." In the equestrian world, JACK equipping a horse, including the saddle and bridle. Robert Mueller (7 Down) became Director of the FBI in September, 2001.



Paging Dr. Alan Frischer..

BY DR. ALAN FRISCHER

Organic or non-organic...how do you choose? What is organic, and is it worth the extra money? Is it safer, more healthful than "regular" food? Let's take a look at these questions.



Organic foods are grown and processed according to certain production standards. They are grown without the use of conventional pesticides, artificial fertilizers, human waste or sewage sludge, or genetic modification, and they are processed without ionizing radiation or food additives.

Livestock are raised without antibiotics and growth hormone. Organic food production is highly regulated, and producers must obtain certification in order to market food as organic.

Historically, organic food was produced on small family farms, which is why organic food was once found only in small stores or farmers' markets. Since the early 1990's, however, organic food production has experienced steady growth. In 2008, organic food represents 1-2 percent of food sales worldwide, and is projected to represent a much more significant percentage of total food sales in the future.

Many organic farming advocates question whether conventional farming is harmful to the environment. Scientific consensus on environmental impact is mixed. Organic farming certainly does leave fewer synthetic pesticides behind, and sustains a more diverse and healthier ecosystem for plants, animals and insects. However, it also uses more land than does conventional farming, and can potentially destroy a greater volume of rainforest.

Are organically grown foods more healthful than conventionally grown foods? Many studies have been conducted on pesticides and their potential harmful effects. One key argument for purchasing organic food has been the simple fact that organic foods contain less pesticide and pesticide residue; they generally contain only about one-third the amount of pesticide of conventionally grown food (organic farming allows for certain plant pesticides, but no synthetic pesticides).

However, the federal government sets strict standards for allowable amounts of pesticide residue, and legitimate conventional foods fall well below those levels. Needless to say, there is still ample controversy over the safety of certain pesticides. Studies continue to be conducted on this critical matter.

Do organic foods provide greater nutrition than conventionally grown foods? The Soil Association conducted a study to compare the vitamin and mineral content of organic foods vs. non-organic foods. The organic foods won out with higher levels of all 21 of the examined nutrients.

The largest study to date of organic food was completed in 2007 and found that organic food had 40 percent more antioxidants than conventionally grown food.

Perhaps the most powerful reason for consumers to favor conventionally grown food over organic is simply cost. Organic foods typically cost 10 to 50 percent more than similar conventionally produced products and up to 100 percent more for organic meat and dairy products. This alone becomes a prohibitive barrier for most of us, especially in time of economic recession.

I can't conclude without adding my mother's memorable words regarding the nourishing yet non-organic diet of my own childhood: "I was raised on this food, and turned out just fine"! I will leave to you the task of working through the cost vs. benefit analysis regarding organic food.

Remember to eat a balanced and wholesome diet, whether organic or not.

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.

Time to sign up for Part D

CONTRIBUTED BY ROBERT GOLDBERG

From now until Dec. 31, Medicare Part D is offering an open enrollment period, meaning that seniors can change their prescription drug coverage to pick a new plan that better meets their needs.

Seniors should jump at this once-a-year opportunity. Instead of being forced into a one-size-fits-all plan run by the government, Part D participants can choose among a variety of private insurance plans, custom tailoring their coverage to their particular drug needs.

Since companies have to compete for the premium dollars of millions of Part D participants, they're delivering increasingly attractive offerings. Beneficiaries are seeing a broader selection of drugs, lower prices, and more generous benefits.

Indeed, the Centers for Medicare and Medicaid (CMS) estimates that the average monthly premium for standard Part D coverage in 2009 will be \$28, only \$3 higher than last year, and a whopping 37 percent lower than the \$44.12 monthly premium projected for 2009 when Part D was launched.

The prospect of substantial cost savings is another big reason why savvy seniors should sign up for Part D.

You don't have to be a rocket scientist to pick the right plan. Simply make a list of all your current prescriptions and dosages. Then visit "Plan Finder," an easy-to-use, interactive comparison tool at Medicare.gov.

Once you enter your information, "Plan Finder" kicks out a list of all the appropriate plans and their costs in your area.

This year, the CMS "Plan Finder" has a valuable new feature that can help you save even more on drugs by comparing the cost of filling your prescriptions by mail versus buying directly from a local retail pharmacy.

According to a recent poll, nearly nine in 10 seniors covered by the Medicare drug benefit are satisfied with the program. In the coming weeks, seniors should take advantage of the open enrollment period and sign up or switch to a new plan that better meets their needs.

Seniors should also pay attention to any effort Congress makes to take those choices away. Many lawmakers are pushing for a redesign of Part D, as they'd like to turn it into a more traditional government program with just a single, price-controlled plan. By taking the opposite approach, Medicare Part D leverages market forces to create competition, leading to lower prices, better service, and more choices. And choice is what better health is all about.

Robert Goldberg is vice president of the Center for Medicine in the Public Interest.

Cyclists bring awareness to HIV, AIDS

With all the attention to a myriad of diseases affecting people in the U.S., AIDS has been put on the back burner. But this year on Dec. 1, World AIDS Day, some Angelinos want to change that.

A group of cyclists who participate in AIDS Lifecycle—a bicycle ride from San Francisco to Los Angeles every June to raise funds and awareness for HIV and AIDS, are taking their message and their bicycles to Beverly Hills High School to remind students, and the public at large, that HIV and AIDS are still very much with us and are still killing far too many people, including young adults and children.

Brian Hodes of Until There's a Cure Cycling Team, (Team UTAC) is spearheading an effort involving a wide range of people, from HIV positive cyclists to Southern California high school students, which is embracing World AIDS Day as a time to educate and spread awareness.

Chantalle Noormand, 16, is one of the organizers of events at Beverly Hills High. To prepare for Dec. 1, she and other students are giving presentations to classes and organizing two assemblies to be held on the athletic field that day. The first begins at 11:30 a.m. The second begins at 12:20 p.m.

World AIDS Day is being embraced by a number of Beverly Hills High students and departments. For example, graphic design classes are making posters, journalism classes are writing articles, and health classes are studying HIV and AIDS, and Noormand started a Facebook group to spur interest.

Noormand is passionate that the message of HIV prevention reaches her fellow students and the community at large. "I'm really committed to teaching adolescents about AIDS," she says. "It's something we can prevent and we should."

"There are few messages as important as this one," says Eric Kamm, 48, who was diagnosed with HIV in 2000 and is one of the speakers at the Beverly Hills High assemblies. "If you look at many countries in Africa, you can count people on the street—one, two, three—and one of those people, one out of three, is HIV positive. That's why going to Beverly Hills High is so important. There is an illusion that HIV is a disease of the past."

Kamm bicycles with a group called the Positive Pedalers, a group of HIV positive cyclists, and just last week, they lost one of their members.

"I've lost 44 or 45 of my friends," he says. And he emphasizes that despite images of glowing, healthy people pictured in advertising campaigns, living daily with HIV and staying healthy is not easy. The medi-

cine he takes has horrendous side effects and he is concerned about getting sick.

"You worry about being in a crowded elevator," he says. "A cold might keep someone else down for a week, but it will keep me in bed for two, and I'm really, really healthy."

And while it is important that everyone gets his message, he feels it is particularly important that young people are the recipients of the message that HIV and AIDS need to be taken very seriously.

"What I want to tell these kids, is, I am expecting you to take control of your own life, and taking control means making the right choices. I think these kids, given good information, are smart enough to make the right choices. AIDS is totally preventable, but you have to take responsibility."

The evening of Nov. 30 at 6 p.m., Hodes will begin a 24-hour bike ride around the track at Beverly Hills High. His ride will continue during the student assemblies. Students will walk with him, and anyone who would like to cycle with him at any time during his 24-hour ride, is invited. Cannondale will supply bicycles for those who would like to ride with him.

"I hope to show the kids that you can do anything you can put your mind to," Hodes says of his marathon ride. "I hope other cyclists and members of the media will join me for however long they would like, whether it's for 28 minutes, 28 laps, or for any amount of time they are comfortable with."

In addition on Nov. 30, at 8 a.m. approximately 200 cyclists will ride 28 miles around Los Angeles as part of a worldwide bicycle event with each mile representing one year of the pandemic.

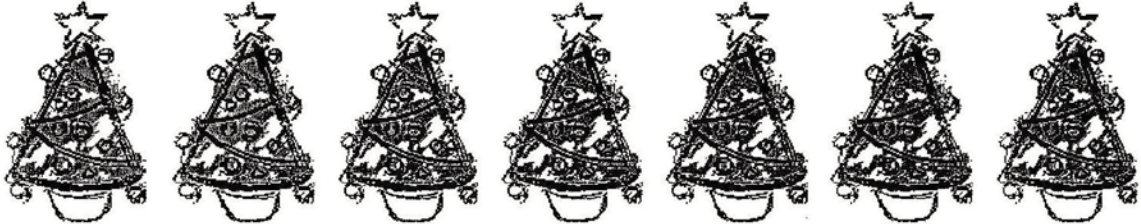
Care center celebrates grand opening

DOWNEY – Downey Care Center at 13007 Paramount Blvd. will celebrate their grand opening with a ribbon cutting ceremony Tuesday at 3 p.m.

Downey Care Center is one of 312 long-term care facilities across the nation to have earned the American Health Care Association and the National Center for Assisted Living's Quality Award "for demonstration a strong commitment to continuous quality improvement."

For more information, call (562) 208-4663 or (562) 923-9301.

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Mary Evelyn Paul will be remembered at a service tomorrow at Rose Hills, beginning at 1 p.m.

Mary Evelyn Paul services tomorrow

DOWNEY – Mary Evelyn Paul, of Downey, passed away in her home Nov. 22 surrounded by immediate family.

She was born in Eldorado, Ill. on Oct. 7, 1923 to David and Berneta (Rhine) Lindsay. She spent the first 39 years of her life living in Illinois until she moved to California in 1962, where she spent her remaining 46 years.

She was married to Daniel Paul for 45 years and they had one daughter together.

She was a member of Downey United Methodist Church and a 27-year member of Downey Chapter Order of Easter Star. Paul was also involved with International Order of Rainbow for Girls and was given the highest honor awarded by the organization, the Grand Cross of Color.

She is survived by her husband, Daniel J. Paul Jr.; three children, David Abney, of Downey, Nancy Lynn Johnson, of Long Beach, and Patricia Beth Koesling, of Hollister; two stepchildren, James L. Paul and Katherine Diane Schoob, of Marshall, Wis.; her sister, Paula Hutt, of Decatur, Ala.; sisters-in-law, Bell Lindsay of Mooreville, Ind., and Betty Paul of Pittsburgh, Pa.; eight grandchildren; six great-grandchildren; four step-grandchildren; and 10 step-great-grandchildren.

A viewing will be held today from 6 to 8:30 p.m. at Rose Hills in Whittier. Funeral services will be held tomorrow at 1 p.m. at the Memorial Chapel at Rose Hills. Interment will follow at graveside.

A remembrance lunch will be held at Downey United Methodist Church following services.



Services for Jacob Kyle Herbertz will be held Saturday at 1:30 p.m. at the Church of Jesus Christ of Latter-day Saints in Whittier.

Jacob Kyle Herbertz was 19

DOWNEY – Jacob Kyle Herbertz, 19, passed away Nov. 17. He was born June 29, 1989 in Downey and grew up in Whittier.

He graduated from Sonora High School last year and began attending Fullerton College this fall. For three years, he worked as a swim instructor for children, and as a lifeguard at the Whittier YMCA. He was also employed at In-N-Out Burger in Santa Fe Springs.

He is survived by his parents, Tim and Debbie Herbertz; sister, Kristy Valadez; brothers, Timmy, Matthew and Andrew Herbertz; grandparents, Woody and Pat Davis, and Sharon Curtiss; and many extended family and friends.

A viewing will be held today at 4 p.m. at the Church of Jesus Christ of Latter-day Saints, 15100 Cordova Rd., in La Mirada. Services will be held tomorrow at 1:30 p.m. at the Church of Jesus Christ of Latter-day Saints, 15265 Mulberry Dr., in Whittier.

In lieu of flowers, the family requests donations of an unwrapped toy to a children's charity.

City collecting toys for needy kids

DOWNEY – The city of Downey is in the midst of hosting its 23rd annual holiday toy drive to benefit underprivileged children.

Residents and businesses are encouraged to donate new, unwrapped toys at drop-off points throughout the city. The toys will be distributed to kids by the Downey Council PTA HELPS' Holiday Basket Program, and to other local children's programs.

The toy drive will continue through Dec. 12. Drop-off locations include City Hall, Downey City Library, Downey Police Station, Barbara J. Riley Community and Senior Center, all Downey fire stations, Downey public schools, and local businesses displaying a city toy collection box.

For more information on how you or your organization can get involved with the toy drive, call (562) 904-7103.

Dining disaster leaves a foul taste

BY MARY FORNEY, STAFF WRITER

Dining out can be a bit of a challenge for me at times because I am allergic to many different foods. If I eat the wrong thing, my throat closes up, my eyes swell shut, and my lips have become so huge and blistered that I startled the family dog.

When visiting a restaurant, I not only have to tell the waitress what to bring me, but also what not to garnish my plate with. I try to stick with familiar restaurants, but I recently wanted to try out a new place in Downey.

Taking my youngest daughter with me, she ordered a coke and I ordered a cup of coffee. Discovering there was no sugar on any of the tables in the restaurant, I asked the young waitress (who spoke impeccable English) if she could bring me a packet of artificial sweetener.

She left and returned with a glass jar of real sugar, plopped it down in front of me, and asked if we were ready to order.

I politely told her I don't use real sugar and asked her again for artificial sweetener.

"Oh...Splenda and Equal," she said as she finally understood.

She left to get my artificial sweetener and when she returned, we were ready to order. My daughter asked for a regular turkey sandwich with fries and I asked for a chicken Cesar salad with a cup of fruit.

Much to my surprise, the waitress asked me what kind of dressing I wanted on my salad and began reciting different types of dressing.

"I'm not ordering a house salad – I'm ordering a chicken Cesar salad," I said. "So I would like Cesar dressing on it."

I thought she understood because she said "Okay".

My daughter's eyes opened wide as the waitress brought her a large turkey and bacon club sandwich instead of the regular sandwich she had ordered. My salad looked great, but I was confused when she handed me the dressing on the side.

I told my daughter it didn't look like Cesar dressing, but I put it on my salad because I was now hurried and hungry.

Taking a bite, I discovered it was Italian dressing which is on my list of foods to avoid. We tried several times to get the waitress' attention, but to no avail.

Putting down my fork, I drank my coffee and waited for my daughter to finish eating. When the waitress brought our check, I told her it was Italian dressing and showed her the salad I couldn't eat.

"Oh, I'm sorry – I don't eat salad so I don't know the difference," the waitress said. "The cook sits out dishes of dressing and I just grabbed one of them."

I will never dine at that restaurant again – willingly. Not only did I not get to enjoy a good chicken Cesar salad, but I risked having a bad food allergy attack.

And the worst part is...I am still waiting for my fruit cup.

Downey Brewing ribbon cutting

DOWNEY – Downey Brewing Company at 10924 Paramount Blvd. (formerly Nordic Fox) will celebrate its official grand opening with a ribbon cutting ceremony Dec. 9 at 4 p.m.

The event, done in conjunction with the Downey Chamber of Commerce, will include appetizers and refreshments.

Christmas boutique for Fail-Safe

DOWNEY – A Christmas boutique to benefit Fail-Safe 4 Felines will be held Dec. 7 from 10 a.m. to 4 p.m. at 11233 Woodruff Ave., behind the Bank of America.

Handcrafted items, holiday crafts, jewelry, and refreshments will be for sale. There will also be a raffle and door prizes. Admission is free.

For more information, call Pat at (562) 547-7068 or Robin at (562) 618-5965.

Woman's Club celebrates Christmas

DOWNEY – The Downey Christian Woman's Club will celebrate Christmas at their Dec. 10 meeting at the Los Amigos Country Club.

Charise Williams will be the guest speaker. The topic is "The Gift of Friendship."

The lunch meeting begins at 11:45 a.m. Cost is \$12, and men are welcome to attend.

RSVP by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.

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DECEMBER WHAT'S HOT TIPS



Brian Peterson
"Off The Chain"

I went to Los Cerritos Center looking for something with swag that would be "off the chain" and down to earth at the same time. EZ Lounge has that kind of look; it's Melrose Avenue meets Cerritos. I went in and picked out the FullHam Blazer, a fresh shirt from Roar, with the red lion vest. Total: vest \$69.99, Roar collard long-sleeve \$76, blazer \$160.



Joseph Szekula
"Gear And Leather"

If you have trouble finding gifts, look no more. The iPhone is a perfect gift, everyone wants one and it just passed the Razor in sales! What's also great about it is that it only costs \$199, cheaper than the iPod touch. Also, I think leather is coming back, and Macy's in Downey has a Guess section with many leather jackets...including some that are just under \$100.



Lauren Alvarez
"G For Jacket"

Wow, Christmas is around the corner! Do you have any idea what to get your teenage daughter or your best friend from grade school? This edgy leather jacket just arrived at G by Guess for only \$89.90. This jacket contains gold zippers, a belt, and even a hood. This was one of the best deals at the mall and is perfect for the cold weather. So now you have one less gift to worry about. With that out of the way, Happy Holidays everyone!



Stanley Docum
"Holiday Empyre"

This holiday season there are many gifts to get. This cool graphic tee, zip-up hoodie and jeans would make a great gift. I like this Empyre graphic tee because of its creative design. The jacket and black jeans are also Empyre. All this can be bought at Zumies in Stonewood Center for about \$100.



Sunnie Mao
"The Book Life"

If you're having problems trying to find the perfect gift, I suggest you take a trip to Borders at the Lakewood Center. That's right, I believe the perfect gift is a book! It's different from the boring gift card, video game, CD, etc. Plus, they have books for all ages. If you're shopping for your BFF, you should definitely look into the "Twilight" series by Stephanie Meyer. They're only \$10.99, and you two could always have a girl's night out by watching the movie in theaters.



Tiffany Ford
"The Book Life"

The holiday season is near and many people just don't know what a stylish teenager would ask for. Well stop buying gift cards and get them the perfect gift. Most teenage girls love jewelry. It goes well with outfits and handbags. My favorite articles of jewelry are silver necklaces. They sparkle and bring out every teenage girl's smile. I love this beautiful silver circle necklace that I found at April Snow at the Los Cerritos Center. The necklace was only \$20, and for \$15 extra you could buy matching earrings. Every time you see that necklace dangling from her neck, you will be proud that you got just what she wanted.



Moode, Knabe take familiar seats

DOWNEY – For the 18th consecutive year, Marsha Moode and Supervisor Don Knabe will again host the Holiday Lane Parade on Dec. 7. Moode is executive producer of the Downey Civic Light Opera. She has been honored as a "Woman of Distinction" by Soroptimist International of Downey and as a woman "Making History in the Southland" by the League of Women Voters. She was also selected "Volunteer of the Year" by the Downey Chamber of Commerce. For 18 years, she hosted a political discussion program, "The Campaign Series," and "Good Company," an interview program with artists and performers. She has appeared in film and on TV, and at one time hosted her own Los Angeles radio show. Knabe was first elected to the Los Angeles County Board of Supervisors in 1996, and was easily reelected in 2000, 2004, and 2008. He has received many honors and awards, and in 2007 was appointed to service on the president's Homeland Security Advisory Council. He also was on the MTA's board of directors. He was elected to the Cerritos City Council in 1998 and served for eight years, including two stints as mayor. He and his wife, Julie, have been married 40 years. They have two sons, Curt (Svea) and Matt (Briana), and two granddaughters.

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BOLT PG (11:15, 1:45, 4:15), 6:45, 9:15

BOLT IN DISNEY DIGITAL 3D PG (12:00, 2:30, 5:00), 7:30, 10:00

TWILIGHT PG-13 *Fr to Sun* (11:00, 1:00, 1:55, 4:00, 4:50), 7:00, 7:45, 9:55, 10:40; *Mon to Thu* (11:00, 1:00, 1:55, 4:00, 4:50), 7:00, 7:45, 9:55

QUANTUM OF SOLACE PG-13 (11:05, 11:45, 1:40, 2:25, 4:25), 5:10, 7:15, 8:00, 10:00, 10:20

MADAGASCAR: ESCAPE 2 AFRICA PG (11:30, 2:05, 4:30), 7:05, 9:25

ROLE MODELS R (12:00, 2:30, 5:00), 7:30, 10:00

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'The Nutcracker' opening in Irvine

IRVINE – The beauty, pageantry and tradition of the holiday season will be on display when "The Nutcracker" debuts at the Irvine Barclay Theatre on Dec. 12. The full-length traditional production, choreographed and directed by Festival Ballet Theatre, honors the international themes and fantasy aspects of the popular story ballet that features a cast of more than 180 Southern California children and professional dancers. Single tickets for "The Nutcracker" are \$38 for adults, \$33 for children, seniors and students. They are available at all TicketMaster outlets or by calling (949) 854-4646. The Irvine Barclay Theatre is located at 4242 Campus Dr. in Irvine.

'Little Women' opens in Long Beach

LONG BEACH – "Little Women," a play based on the classic Louisa May Alcott novel, opens today at the Long Beach Playhouse Studio Theatre. "Little Women" is the story of tomboy Jo, her sisters, and their loving mother Marmee. Each of the March sisters faces the challenges of 1860s America and ultimately discovers personal purpose and enduring love. Tickets are \$22 general admission, \$20 for seniors, and \$12 for students with ID. For tickets, call (562) 494-1014 or visit www.lbph.com.

'Miracle on 34th Street' in La Habra

LA HABRA – The La Habra Depot Theatre is turning back the clock to Christmas, 1947 for "Miracle on 34th Street." Based on the Academy Award-winning movie, the play runs from Nov. 29 – Dec. 21 on Friday and Saturday nights at 8 p.m. and Sundays at 2:30 p.m. Tickets are \$18 for adults and \$15 for students, children and seniors. Sunday matinees are \$10. For reservations, visit www.lhdepottheatre.org

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AUSTRALIA PG-13 (10:45 2:20) 5:55 9:30

FOUR CHRISTMASSES PG-13 (11:20 1:35 3:50) 6:05 8:20 10:35

BOLT 3D PG (10:00 12:25 2:50) 5:15 7:40 10:05

BOLT PG (10:15 1:25 3:50) 6:15 8:40 11:00

TWILIGHT PG-13 (10:15 1:10 4:05) 7:00 9:55

TWILIGHT PG-13 (11:15 2:10) 5:05 8:00 10:55

QUANTUM OF SOLACE PG-13 (11:15 1:55 4:35) 7:15 9:55

MADAGASCAR 2 PG (10:20 12:45 3:10) 5:35 8:00 10:25

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www.thedowneypatriot.com



WRITE TO US

Express your comments or concerns regarding news and events around Downey. Our *letters to the editor* section is a great way to voice those views publicly. We'd also love to hear any feedback you have in general - please feel free to e-mail us at downeypatriot@yahoo.com.

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New Titles at the Downey City Library

Fiction

- **"It Only Takes Moment"** by Mary Jane Clark. Television news reporter Eliza Blake has witnessed tragedy and danger in her career, but nothing has prepared her when her 7-year-old daughter is snatched from summer camp.
- **"The Jewel of Gresham Green"** by Lawana Blackwell. This is fourth in a series set in the little township of Gresham, England just before the turn of the 20th century.
- **"Nation"** by Terr Pratchett. Mau is the only one left after a giant wave sweeps his island village away. Somewhere in the jungle Daphne -- a girl from the other side of the globe -- is the sole survivor of a ship destroyed by the same wave.
- **"Quofum: a Novel of the Commonwealth"** by Alan Dean Foster. The crew on a mission to the planet of Quofum finds that the mysterious place is not orderly or logical, but slips in and out of existence.
- **"Small Crimes"** by Dave Zeltserman. Corrupt cop Joe Denton has just been paroled from the county jail in Bradley, Mass., after serving seven years for his drug-fueled assault on D.A. Phil Coakley.

Non-Fiction

- **"Blunder: Why Smart People Make Bad Decisions"** by Zachary Shore. With examples from history, politics and business, the author discusses seven traps that lead to bad decision-making.
- **"The Farm to Table Cookbook: the Art of Eating Locally"** by Ivy Manning. Farmers markets are meeting the demand for local, natural ingredients. This book gives recipes and tips for cooking with natural foods.
- **"Pieces of My Heart: a Life"** by Robert Wagner. This is the candid autobiography by one of Hollywood's most popular stars.
- **"Seeds of Discontent: the Deep Roots of the American Revolution, 1650-1750"** by J. Revell Carr. The author explores events during 100 years that led the colonies to launch a revolution.
- **"Traveler's Tool Kit: Mexico and Central America"** by Rob Sangster and Tim Leffel. The authors share ideas on how to travel safely, eat well and save money on your next trip.

Visit www.downeylibrary.org and click on "New and Notable Books" to browse more titles



Chris Baumann is this year's recipient of the Distinguished Service Award given by the Downey Association of Realtors, the highest honor bestowed on a member for their "distinguished and unselfish service." Baumann, owner/broker of Red Carpet Heritage Realty, has an extensive service resume and has won many professional awards. He can be reached at (562) 244-3239.



Janet Lau was honored by the Downey Association of Realtors with the 2008 Realtor of the Year award. Lau is a professional in Downey real estate and has served hundreds of clients over 21 years. She can be reached at her office at Red Carpet Heritage Realty by calling (562) 923-5401.

Chorus auditioning female singers

NORWALK – The Southland Harmony Chorus is searching for female singers in the Norwalk and surrounding areas to join its group. Women of all ages who enjoy singing are invited to attend the chorus' weekly rehearsals on Tuesdays at 7 p.m. at the Norwalk Masonic Center, 12345 E. Rosecrans Ave.

Woman's Club going to Pechanga

DOWNEY – Seats are still available for the Woman's Club of Downey's bus trip to the Pechanga Resort and Casino on Monday. The bus will leave the Woman's Club at 8 a.m. and return at approximately 5:30 p.m. Cost is \$6 for Woman's Club members and \$11 for non-members. Included is a \$5 voucher for casino play. Guests must be at least 21 to attend. For reservations, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-0377.

Seniors invited to free workshop

DOWNEY – Presbyterian Intercommunity Hospital will present a free Nutrition and Successful Aging workshop for adults over age 50 at the community center on Dec. 8 at 9:30 a.m. Cindea Trejo will host the workshop and provide information on dieting and exercising for healthy living. She will also speak on dietary intakes and supplements, antioxidants, and more. Pre-register by calling (562) 904-7223 or visit the community center before Dec. 4.

Church in search 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.

Holiday home tour Dec. 14

DOWNEY – Residents will have a chance to tour four beautifully decorated Downey homes when the San Antonio Guild of Childrens Hospital Los Angeles again hosts their holiday home tour on Dec. 14. Tours will be given from 1 to 7 p.m. Tickets are \$25 and can be purchased at Saywell Florist or most local beauty salons. To order by mail, send a check to SAG Home Tour, 7860 Baysinger St., Downey, CA 90241. For more information, or to become a boutique vendor, call (562) 927-8511.

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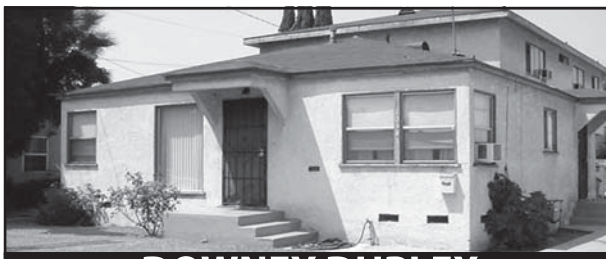
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FEATURED PROPERTY



A Trophy House

A magnificent North Downey 4 bedroom, 3 bath home. Some of the outstanding features are 3 fireplaces, large pool, spa, formal living room, family room, alarm system, formal dining area, copper plumbing. For virtual tour: www.towncenter.com/9327. We call this a rare gem.

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Motivated Owner

Beautiful Downey 3 bedroom, 1.5 bath home in a nice neighborhood, lovely gardens, copper plumbing, central heating, and owner wants a quick sale!



Commercial Lease

Have you ever wanted a gym close to your office? This is a great opportunity to lease an office next to the YMCA in Downey. 4 nice offices are available, parking in rear and side. Fantastic corner location.



Go Cal State...

Great opportunity to live by Cal State Fullerton. 3 Bedrooms, 2 baths, central heat & A/C, tile floors, fruit trees. This is a short sale and could be a fantastic buy.



Hot Downey Buy

A tasteful 4 bedroom, 4 bathroom home. Central heating & A/C, sparkling pool, fireplace, and granite counter tops in kitchen but not a big price.



Looking For Wide Streets?

Live In One...Rent The Other? This one has it all! Clean and move in condition, corner lot, 1 @ 2 bedrooms/1 bath, 1 @ 1 bedroom/1 bath and a huge reduction in price.



Close To Middle School

A fantastic floor plan with 1593 sq. ft., central heating & A/C, fireplace in living room, large family room, new interior paint and across the street from middle school!



Close To Downey Landing

This property is zoned R2. Nice & clean 4 bedroom, 2 bath home and 2 car garage. Not a REO or short sale. Think about the future potential!



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Warren players celebrate after their 38-17 victory over Santa Monica last week. Running back Jesse Callier (5) set a new school record with 332 rushing yards. Photo by James Quick III

It's just Callier being Callier

■ Standout running back sets new school record as Warren advances in CIF playoffs.

carries in a game as he does.

"We get him as many touches as possible," said Benadom. "I don't really know what else to say."

Warren's night didn't start out so hot. On the opening play, the Bears fumbled the ball and turned it over to Santa Monica who promptly put up a touchdown.

The Bears are currently playing some of their best football of the season coming after an upset loss against cross-town rival Downey High School.

After that point, it was all Callier all the time. Santa Monica in the second half looked sharp but any threats were immediately thwarted by safety Bailey Cowins who picked off two pass attempts.

BY SCOTT COBOS, STAFF WRITER

DOWNEY – The best way to describe Warren High School's running back Jesse Callier last Friday was said best by his coach.

They went on to seal their fate as champions in the San Gabriel Valley League the following week, beating the defending league champion Dominguez High School.

To end the game and make sure it was completely out of reach, the Bears ran a play action fake and found a wide open Cowins down the sideline for a 33-yard touchdown pass.

"Jesse did Jesse," said head coach Chris Benadom after his team's first round 38-17 victory over Santa Monica High School in the CIF playoffs.

Benadom said he wanted to have his team going into the playoffs with a full head of steam and from the looks of it, that's exactly what they're doing.

The Bears travel to Manhattan Beach tonight to take on Mira Costa High School. Warren lost the coin toss and will take on a league champion who has won six straight games. While the Mustangs are vulnerable at home, the Bears have struggled on the road making this game a possible wash.

Callier who has been a dominant force for the Bears all season, broke his own school record with 332 yards rushing on 25 carries with four touchdowns. The most impressive thing about his effort was that it was in a playoff game.

"They're resilient," Benadom said of his players. "They fought through the bad weeks. We played a horrible game against Santa Fe and we had a bad game against Downey. These kids are just so resilient."

Game time is 7 p.m.



Downey rallied late in the season for a playoff berth, but came up short in the playoffs, losing to Culver City, 25-7. Photo by Paul Heidecker

Vikings go down quietly

■ Downey can't find their offense, lose 25-7 in first round.

25-7.

Culver City's quarterback Marquel Carter was all over the field, throwing for 248 yards and three touchdowns and rushing for 83 yards with another touchdown, essentially accounting for all of his team's points.

on the tough road to the playoffs the Vikings had to endure.

The Vikings finished the year 5-6 overall and 3-2 in league. After a devastating start in league play, Downey had to win against league leading Warren and semifinalist from last year's playoffs Gahr High School. They did just that in order to get a berth to the playoffs.

BY SCOTT COBOS, STAFF WRITER

DOWNEY – The defensive scheme that stopped one of the best running backs in the state wasn't enough to stop a mobile quarterback with an arm as the Downey Vikings lost in their first round playoff game against Culver City,

Downey's only score of the game came on a pass from Steven Cervantes to Keith Holland, a combination that proved deadly while



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