



PAGING DR. FRISCHER
The many benefits of walking

SEE PAGE 2



CRIME REPORT
Shooting at Downey motel

SEE PAGE 2



ENTERTAINMENT
Comic book exhibit opens in Cerritos

SEE PAGE 7



NEWS
Apple honors 5 Downey schools

SEE PAGE 8

Doctors go from colleagues to friends as one saves the other's life

■ Dr. Sammy Saab suffered a heart attack at home but was saved by his healthcare colleagues.

known physician at UCLA, I see him like he could be my brother and how would I want him being treated.”

predisposing conditions.”

Diagnosis and treatment

Sallam's team began their evaluation and an EKG showed that Saab had suffered what's known as a “widow maker” heart attack, which involves the blood vessel that supplies up to half of the heart muscle.

“The key is to move quickly and initiate treatment right away,” he said. “Even a few minutes can be the difference between tens of millions of dead or healthy heart cells.”

They administered medication and cardiologist Rushi Parikh, MD, performed an emergency angioplasty to remove the clot and place a stent.

Saab, who was hospitalized for the first time since childhood, said he adjusted easily to being a patient rather than a provider. Colleagues dropped by to say hello. Due to COVID-19 protocols, only his wife could visit. His four children made a big sign and stood outside his window. He had his laptop to respond to work emails.

“I'm a big believer in karma,” he said. “I've always been very sensitive to patients. I always picture myself as a patient and that's how I treat people. It wasn't a big adjustment. I felt empowered, they answered all my questions.”

Saab spent two days in the ICU and two more in a recovery unit before he was released. He went back to work on the following Monday and started the process of recovery, both physically and psychologically.

He underwent cardiac rehab, a program of supervised



Dr. Tamer Sallam, left, was on call overseeing the cardiac unit at Ronald Reagan UCLA Medical Center when Dr. Sammy Saab was brought in, having suffered a massive heart attack. (Photo by Joshua/UCLA Health)

exercise, based on the recommendation of Sallam.

“I didn't think I needed it, but in reality I needed it,” he said. “It was a great boost to my mental health. It gave me a lot of confidence.”

Saab takes about seven medications, including a twice-a-month injectable to treat a type of bad cholesterol called lipoprotein A (LPA) that isn't captured on a traditional lipid panel but increases the risk of heart disease. Some of his family members see Sallam after Saab's brothers and son were tested for elevated LPA.

He said managing his own medication has helped him realize the intricacies that patients face. He now spends more time explaining the purpose of what he prescribes.

“I can't pronounce the drugs I take,” Saab said. “Now I can see how easy it is to get medication confused.”

Weekend at a Glance

Friday 91°

Saturday 92°

Sunday 87°

THINGS TO DO



Cool Cruise Car Show
Saturday, 10 am-4 pm
Old Town La Verne

Featuring The Answer band in concert and benefitting the La Verne K9 Police Foundation.

ON THIS DAY SEPTEMBER 9

1850:
California became the 31st state of the union.

1926:
The National Broadcasting Co. (NBC) was incorporated by the Radio Corporation of America.

1942:
A Japanese floatplane dropped incendiary bombs on Oregon during World War II, marking the first time the contiguous United States was bombed by an enemy aircraft.

1956:
Elvis Presley appeared on The Ed Sullivan Show for the first time.

1957:
President Dwight D. Eisenhower signed into law the first civil rights bill to pass Congress since Reconstruction.

1965:
Sandy Koufax of the Los Angeles Dodgers pitched a perfect game in a 1-0 victory over the Chicago Cubs.



1971:
Prisoners seized control of the maximum-security Attica Correctional Facility near Buffalo, N.Y., beginning a four-day siege that claimed 43 lives.

1976:
Communist Chinese leader Mao Zedong died in Beijing at age 82.

2003:
The Boston Roman Catholic Archdiocese agreed to pay \$85 million to 552 people to settle clergy sex abuse cases.

2009:
Rep. Joe Wilson, R-S.C., shouted “You lie!” during President Barack Obama's speech to Congress on health care.

Birthdays
“Bridget Jones's Diary” star **Hugh Grant** (61), “The George Lopez Show” actress **Constance Marie** (56), actor and comedian **Adam Sandler** (55), “Modern Family” star **Eric Stonestreet** (50), jazz singer **Michael Buble** (46), Academy Award nominated actress **Michelle Williams** (41), former Lakers guard **J.R. Smith** (36) and Croatian soccer player **Luka Modrić** (36).

Contributed by UCLA Health

DOWNEY – Eight months after a massive heart attack, Sammy Saab, MD, MPH, medical director of the Adult Liver Transplant Program at UCLA Health, trekked 60 miles of mountain trails with his 17-year-old daughter's Girls in Boy Scouts of America troop.

As he carried a 50-pound pack, Dr. Saab sometimes feared he could die in the remote New Mexico wilderness.

Yet as he trudged through storms and mud over the summer, he found confidence and inspiration thinking about Tamer Sallam, MD, PhD, the UCLA Health cardiologist who helped save his life.

“When I was on the hike all I could think about was Tamer and how I'm going to thank him when I get back,” Dr. Saab said. “If it wasn't for him, I wouldn't be doing it. I thought about him every day.”

Sallam said he wasn't expecting to care for a colleague on that October 2020 day at Ronald Reagan UCLA Medical Center. Although now, Saab is also his friend.

“A lot of it comes down to the basic principles that guide any patient-physician relationship, which is based on trust, being ethically responsible, trying to advocate for your patient's welfare – whether they're a physician or not – and making recommendations based on the evidence,” Sallam said.

“I don't see him as this well-

2 workouts, 1 ambulance ride

On a Tuesday afternoon last fall, Saab finished a 30-minute stair workout before rushing to his home office for a Zoom meeting without time to shower. He began feeling heaviness and squeezing in his chest. His asthma inhaler and an antacid provided no relief.

“When I realized it was probably a heart attack, I took a quick shower. I was pretty smelly,” said Saab, who also ran four miles early that morning.

Saab, who was 52 at the time, called 911 and directed the ambulance to take him to Ronald Reagan UCLA Medical Center, next door to his office in the Medical Plaza.

Sallam, co-director of the UCLA Cholesterol Management Center, was on call overseeing the cardiac care unit when he got a page with Saab's name. He'd never met him but knew he also cared for critically ill patients at the hospital.

“I initially thought it must be an error,” Sallam said. “I thought they probably paged me with a supervising physician name.”

He soon discovered that Saab was his emergency patient despite no history of heart problems.

“Sammy was arguably the poster child for a healthy person, exercising twice a day and not having any seemingly obvious risk factors,” Sallam said. “But unfortunately, this is the humbling nature of this disease; 15% of patients who have their first heart attack don't have any obvious

Dr. Stauffer's family says thank you



My mom was Mary R. Stauffer, who passed away in February of this year. I would like to thank all the wonderful people who came to help celebrate her life on Aug. 28 at Stauffer Middle School. It was fulfilling to have the celebration here in Downey where she spent so much of her time as a doctor and philanthropist. It is also where she created the Mary R. Stauffer Foundation to give back to the community where her medical practice thrived, and her children graduated from the public schools.

There are so many people that my mom would want me to thank for making the event possible, so please bear with me. I'd like to start by thanking Dr. John Garcia, Alyda Mir, Emely Martinez, and Glenn Yamasaki who all had such great memories to share during the program. Thanks to Greg Welch for emceeing and beginning with a moving invocation, and thanks to my brother Jim for reading Bible passages. Thanks to Bill Kirkwood for presenting the “Angel Among Us” award to the school and to Mayor Claudia M. Frometa for declaring Aug. 26 “Mary R. Stauffer Day.” And thanks to Foundation board member Phil Davis and his brother Calvin for their heart rendering duet of “Prayer” that closed the program.

There are so many other people to thank who helped make the day a success. Thanks to Nancy Swenson, Foundation COO, who directed the multiple preparation activities. Thanks to Darryl Browning, principal at Stauffer Middle School, who assured all aspects of the facility accommodated memories of mom's life and to his vice-principal Erin Hanohano-Lira, who beautifully arranged the displays of mom's life in the library. Chris Nezzar and Curtis Choi made

sure stage sound and all video stations worked without a hitch. Nate Harris created a superb video of recent Foundation student award winners, memories from a few local citizens, and a touching remembrance from the eyes of her granddaughter Jessica. And we can't forget Johnny Zegarra and the Culinary Arts students who prepared and served the delicious appetizers, especially the blueberry tart – reflective of mom's favorite food blueberry pie. Students demonstrated results from some Foundation grants with their expertise in robotic and drone equipment. Foundation secretary Reggie Donahue secured the photoshoot background with mom's picture in the center, and the Italian Ice – a sweet cold treat. Teresa Ford assembled into binders a small portion of the thank you cards and letters my mom received over the years. Kim Sodemani organized the display of the binders and prepped the book “The Complete Life” (written by my mom's grandfather) that Jim Stauffer helped give away. And a big thanks to all who attended and respected the COVID protocols. I know the list was long and if I missed someone, please forgive.

We have many volunteers supporting the Mary R. Stauffer Foundation today (and always looking for more) but I would be remiss if I didn't thank those that helped launch mom's educational foundation and the Downey Patriot for showing its contributions to the world. A huge thanks to the late Linda Kennedy who was mom's right hand as the Foundation's CFO for many years and whose husband, John, still volunteers. And a special thanks to my siblings Dorothy, Jim, Judi, and John, our spouses and children who have all supported mom's foundation in so many ways. Over its 29 years, her Foundation has given nearly \$7 million to students and teachers in Downey, and it is ready to continue long into the future as she wished.

If only one Character Counts pillar could be chosen to describe my mom, I would choose Citizenship. What would the world be like if every successful person gave back to their community in this way?

Thanks to God for all our blessings,
Janet Stauffer Suzuki
4th of 5 children and CEO of Mary R. Stauffer Foundation



Air Force veteran Roman Gonzalez spent four years in active duty. He says he has “mixed emotions” about the state of the country today. (Photo by Alex Dominguez)

Fall of Afghanistan painful to watch for veterans

■ Military veterans share their frustrations with the turmoil engulfing Afghanistan.

By Alex Dominguez
Staff Writer

DOWNEY – After over \$2 trillion spent, 2,352 American service members killed and 20,000 wounded, a war weary America pulled its final troops out of Afghanistan on Aug. 30; America's longest war would come to an end just a few weeks shy of the 20th anniversary of the Sept. 11 attacks that sparked the conflict.

In the wake of its departure, the country fell into the hands of

the Taliban in just over a week's time.

For those who were one of the 800,000 service members to serve in Afghanistan over the war's span, it's a bitter pill to swallow.

Roman Gonzalez, 33, served four years active duty in the Air Force and is currently in the reserves. Over the course of his service, he has deployed three times; most recently to Afghanistan in 2018-19 as a medic in a hospital.

He says he “still doesn't know how to feel about it.”

Continued on page 4

Paging Dr. Frischer...

By Dr. Alan Frischer

I encourage each and every patient I see to find a way to make exercise a regular part of his or her life. Many forms of exercise involve coordination with others, purchasing costly equipment, reserving a court, or taking classes. There is one simple, no-excuse form of exercise that nearly anyone can do: Walk.



Countless studies show that this simple form of movement has numerous and wide-ranging benefits:

- Nearly half of all Americans are inactive, and walking is the simplest way to start. It doesn't involve special training, is safe for new exercisers, and has one of the lowest exercise injury rates.

- Walking can be as easy or intense as desired. Start slowly on level surfaces, and increase pace and elevation gradually. Some choose to walk with hand and

- ankle weights.

- Walking regularly for some 22 minutes per day can help with weight loss, lower cholesterol and blood pressure, reduce the risk of heart disease, diabetes and cancer, and strengthen the bones, muscles and joints.

- Walking is a brain booster; it improves memory and cognitive function. It has been associated with an increase in the brain's gray matter, and some studies show that walking reduces the risk of dementia and Alzheimer's disease.

- Walking boosts mood and lowers stress, especially when walking outdoors, in a natural setting.

- Walking helps to improve our energy level. Many people reason that if they feel tired, how can they go for a walk? It is a proven fact that exercise gives us more energy.

- Walking improves sleep and helps to resolve insomnia. This is especially true for those between 50 and 75.

- We hear a lot about walking

10,000 steps per day. This is not a magic health goal. While reaching 10,000 steps is admirable, one study showed that even as few as 4,400 steps per day resulted in a lower death rate than did 2,700 steps per day.

- Walking with others is a great way to build bonds. Walking with your children can enhance communication, reduce behavioral issues and even help them academically. Walking with your spouse offers similar benefits. Note that most romantic relationships start with a friendship! Take a friend for a walk.

- Walking through the neighborhood improves relationships with neighbors, reduces crime rates, and serves as a great way to get to know your community.

- Need one more argument? Other than investing in a good pair of well-fitting walking shoes, it's free. No money spent on a gym membership, yoga classes, tennis lessons, etc. I urge you to consider starting your new walking program today.

Dr. Alan Frischer is former chief of staff and former 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.

Crime Report

On Aug. 30 at 12:40 am officers responded to a shots fired call, at 12340 Lakewood Blvd (Studio Inn) and upon arrival, they could not locate any victims or suspects. A review of surveillance video showed a brief interaction between two unknown adults in the parking lot. The victim suddenly ran toward a car and the suspect fired one shot at him with a black handgun. The victim fled in a vehicle, and the suspect fled on foot. Officers located one spent shell casing confirming a round was fired, but they were unable to locate a victim or witness.

On Aug. 31 at 11:55 pm, officers responded to 9851 Imperial Hwy (Chevron) in regards to a robbery in progress. The adult male suspect entered the Chevron and handed the cashier a handwritten letter. The suspect brandished a metal hammer, walked behind

the sales counter, and took \$780 worth of cigarettes. The suspect fled the scene on a bicycle. The suspect has since been identified and arrested.

On Sept. 1 at 6:45 am, the victim was making a delivery to the 9800 block of Everest St. During the delivery, a road rage incident occurred with the suspect in a passing vehicle. The suspect exited his vehicle with a metal bar and approached the victim. The suspect swung the bar, missing the victim, who retreated and called police. Suspect fled and was not located.

On Sept. 3 at 3:15 pm, officers were dispatched to the 8500 block of Everest St, in regards to a robbery. The victim, a juvenile, was walking from school when the juvenile suspect grabbed the victim's necklace from her neck. The victim ran to her parent and pointed out the suspect who had taken

her necklace. The suspect fled the scene. The Detective Bureau identified the suspect and is handling the investigation.

On Sept. 4 at 1:25 pm, officers responded to calls of a shooting on the 7300 block of Dinwiddie Ave. Responding officers located an adult male victim on scene suffering from a single gunshot wound. The victim was transported to a local hospital where he was treated and is in stable condition. Downey Police Detectives are currently investigating.

On Sept. 5 at 3:45 pm, officers responded to the 13600 block of Downey Ave. regarding a subject with a knife running and screaming. Officers located the suspect in the area, where he was detained without incident and arrested.

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In Memory of

Reverend Ivan C. York

February 21, 1933 – August 9, 2021



Ivan York passed away peacefully at the home of his eldest son and wife, Vaden Scott and Blanca on August 9, 2021, at the age of 88 years. Ivan was born in Goodland, Kansas to George Earl and Calla Perna York. Ivan was the 10th of 11 children. He was raised attending church and at the age of 12, accepted the calling to spread the good news message of Jesus Christ.

He graduated a semester early from Modesto High School in 1952 and was the "Valedictorian". He then met his future wife Virginia Mae Brown on March 22, 1952, at a church service in Grover City, CA, and were married in 1953.

Ivan attended Glad Tidings Bible Institute in Scott's Valley between San Jose and Santa Cruz, California for two years 1953 & 1954. He then received a "Teacher's Certification" and was then awarded a Bachelor of Theology from L.I.F.E. Bible College located in Los Angeles, CA in 1957. He further expanded his education throughout the years.

His marriage to his wife, Virginia Mae "Cookie" lasted for 61 years until her passing. Together, they built a family and a ministry. In 1970 a church ministry was started in the living room of their home and that small gathering led them to build a church in 1979 called Sonlite Tabernacle, located at 9020 Imperial Hwy. in Downey. Ivan retired from that ministry in 1997. His overall ministry spanned 70 years as pastor, evangelist, teacher, etc.

Ivan had a strong work ethic and during his ministry, he often had to obtain simultaneous employment to keep the family fed. To list a few, he worked at a paper bag company, was a salesman at a shoe store, became a real estate agent, a night janitor at Stonewood Mall, as well as a shipping dock worker at Superior Fast Freight located in Los Angeles, CA.

York has been a Downey resident since 1970, and was preceded in death by his wife, "Cookie" in 2014. He is survived by his sons, Vaden Scott York (Blanca), Nathan Todd York; daughter, Tonya Zan Fujita (Gene); two brothers, Robert York and Leland York; several grandchildren, nieces and nephews.

Experiencing the loss of their family Patriarch, Ivan's children offer these simple words in reflection: "His passing has affected me profoundly, but his life has affected me even more" – Vaden York, son. "To know him, was to love him" – Nathan York, son.

"He loved people and he loved his family with all he had" – Tonya Fujita, daughter.

Taliban's takeover sparks mixed emotions among local veterans

Continued from page 1

"It's definitely mixed emotions," said Roman. "You put in so much of your time and effort; when I was there, I became immersed in it. That was my day in, and day out...that was my life."

Roman says that he understands the decision to leave, saying "we can't fight a war forever," however feels that the pull out was done too hastily.

"I think it was the right decision to come home, but I don't think it was done the right way," said Roman. "I think we saw the chaotic scenes and everything, and obviously the 13 [service] members who died and many more that were wounded; I think that was lack of security."

"We kind of abandoned our bases. I think we pulled out our troops too soon, not really securing the area for that pull out."

The images of the Taliban "parading around" with American vehicles and equipment left Roman angry.

"I think we should have disabled all that equipment or brought it back home; it got there somehow, right," said Roman. "That's another thing with the whole pull out decision: If you're going to pull out, bring some of our stuff home too."

Ian Murphy, 29, deployed in 2014 with the Army's 305th Engineer Company, with the dangerous task of clearing roads of explosives so that the infantry could patrol their routes.

Murphy says that his platoon alone suffered around 20 IED hits along with small arms fire and RPG's.

"Luckily, our armored vehicles protected us," said Murphy. "To this day, I will not forget the feeling of the Ammonia Nitrate as it exploded, or the sight of mangled metal and tires, and clouds of dirt that accompanied each hit."

Five months into his deployment, he would be transferred to Camp Arena, Herat, to act as the assistant liaison officer

for his company to NATO. There, he would help coordinate drone strikes.

"Once, we utterly annihilated 15 insurgents gathered for a meal prepared by their families before they carried out their attack," said Murphy. "But another time, we fired at two motorcycles that turned out to be a father and his son in front, and his wife and daughter in the rear. The rear motorcycle was struck by a hellfire missile, and wounded the father in the front motorcycle. They were carrying illicit weaponry, but it didn't make the feeling of knowing that I was complicit in the deaths of two women any better."

Now he worries that it was all in vain, and he blames the current administration.

"The botched pullout of Afghanistan was only the most recent in the long military history of the Great Powers' involvements there," said Murphy. "It was a military failing of the highest order, and those at the top of our political food chain are solely responsible for the deaths of the 13 [soldiers] on Aug. 26th, and they should be held accountable."

"I am angry that our 'allies' turned on us and themselves. I am scared that my son may have to resume my war. I am disappointed in the American people for electing a mentally-incapable man to the office that allowed this travesty."

Brad Gonzalez, 38, joined the military shortly after graduating from Paramount High School in 2001, in part as a direct response to the terrorist attacks. He would serve as a Navy corpsman with the Marines, then as a private military contractor for the US Embassy in Afghanistan from 2013-14.

As such, the current situation in Afghanistan is very personal for him.

"I've seen the best of men and I've seen the worst of men, and I say that with a lot of pride, a lot of shame, and a lot of guilt," said Brad. "The first time I deployed, it was nuts. I was a 20-year-old kid, we had to write our wills. I had just gotten married."

"The thing about combat is at its very core it's somebody trying to kill you. We can talk about this and that, but at the end of the day there's another person trying to exterminate you. The thing about combat is it brings this intense feeling; these emotions are hard to describe, as far as anger, hate, depression, happiness, comradeship, brotherhood, it intensifies everything."

Brad describes the things he witnessed as "mind-bogglingly the most horrific thing you could ever be put through."

"Seeing people – especially our guys – die and get wounded, I've been in and out of talk therapy for a while now," said Brad. "It's something that of course will never leave you."

"I understand people wanted

to get out of Afghanistan. All those people, all those hawks that would say 'let's go to war, let's do this, let's do that,' they don't understand the aftermath."

Brad says he initially felt some relief with the announcement that American troops would be coming home.

"It was supposed to be conditions-based. Just like in Iraq, I thought there was going to be a small contingent of Americans," said Brad. "I was relieved, because the thing about Afghanistan that I want to make very clear is that in Iraq, they try to kill you. In Afghanistan, the Taliban, those guys, they wanted to hurt you; they want to make sure that you lived, but didn't live with an arm or a leg. Not only sending a message, but that you remember them for the rest of your life."

He still had concerns, however, that the Taliban would eventually regain control of the country. Of course, that's exactly what would happen.

"Seeing those pictures...It's demoralizing man. You go like, 'What the f---?' said Brad. "It was a punch in the gut, and it really made me question a lot of things."

Brad says that America "will definitely have to go back," due to the area being a "hotbed" for several terrorist organizations.

"I have a 1-year-old-son. In his lifetime, probably in the next 18 to 25 years, we will have to go back and root them out," said Brad. "God forbid, I foresee an attack happening – maybe not on American soil like 9/11 – but probably against Europe... something like that; something crazy, or against US interests, and we're going to have to go back."

Despite the current outlook of Afghanistan, Brad says he does not regret his service. His only hope is that through the current crisis and the inevitable debates to come, American's don't forget those who made the ultimate sacrifice.

"I want people to know that a lot of good men and women gave their life, not just for freedom, not just for us, but for other people that they had no idea," said Brad. "I want people to remember them. I want people to pray, or meditate, or whatever it is that people do."

"A lot of them, 98% of them were young guys, young girls. Very young. They'll never get to have a family, [be] parents, grandchildren, they'll never do this or that. I just want people to remember them, and that they went over there for the right reasons, because they wanted the people to have the freedom that we have. They wanted to make sure that people can go to the park, people can do whatever they want, and not have to worry about a car bomb going off on a Friday because it's Friday prayers."

"I want people to remember them."

In Memory of

Arthur Clarence Callahan

July 30, 1943 - August 13, 2021



Arthur Clarence Callahan, 78, finally decided to make his way - on his own terms - after living nine lives and enduring multiple challenges and near-death experiences, incl. motorcycle accidents, heart attacks, and various health scares.

He passed away Friday afternoon, Aug. 13, 2021, with his loving wife of 55 years nearby. He was a devoted husband, fiercely protective and loyal father, kind, gentle-spirited and thoughtful grandfather and friend. He will be remembered for his endless generosity, selfless service to others, and incredible work ethic.

He was born, July 30, 1943, the second eldest of six and grew up in Erwin, TN. On December 11, 1965, he married the love of his life, San Juana Aranda. Together they are the parents of Ramona (Matthew) Curtis, Alice (Patrick) McCormack and Les (Sarah) Callahan, Savannah Camacho, and Pearl Callahan. He is the grandfather of Heather (Nico) Roulston, Taylor Curtis, Raven (Brian) Vincent, James McCormack, Meredith McCormack, Sarah Jane Callahan, Robbie Callahan, Malikai Camacho, and Noah Camacho. He also has three sisters, Pat (Gene) Grossenberg, Sherrie Welcher, and Nety Pepper, along with brother Jimmy (Heidi) who survive him. He was preceded in passing by his daughter, Connie Francis, and brother, Harold.

Art, as friends called him, worked most of his career at Pacific Bell until his retirement in 1999 but enjoyed working at Carl's Jr. and the GTE Corporation beforehand.

He was a gritty man's man who would clean the oil off his hands after working on his old '57 pickup by pouring gasoline on them and scrubbing with a steel wire brush, then clear the dirt from his nails with his knife.

He loved projects - when he was younger, you could always find him tinkering in the garage on old cars, reupholstering furniture or remodeling some aspect of his home. He was unafraid of tackling any project - there was none too great or small for him to approach with the greatest confidence.

He was often buried in books reading his beloved Louis L'Amour novels, home improvement encyclopedias or anything that would teach him something new - he was a lifelong learner.

In later years, during retirement, he would often help his kids with remodeling projects, including the installation of hardwood floors, plumbing, electrical, framing, or hanging drywall, etc. He could literally do anything.

He loved to travel to see his siblings, cousins, aunts, and uncles scattered throughout South Dakota, Ohio or his home state of Tennessee.

A Celebration of Life service will be planned for 3pm on Sunday, September 26, in Glendale, CA, at the Glendale City Church, 610 E. California Ave., Glendale, CA.

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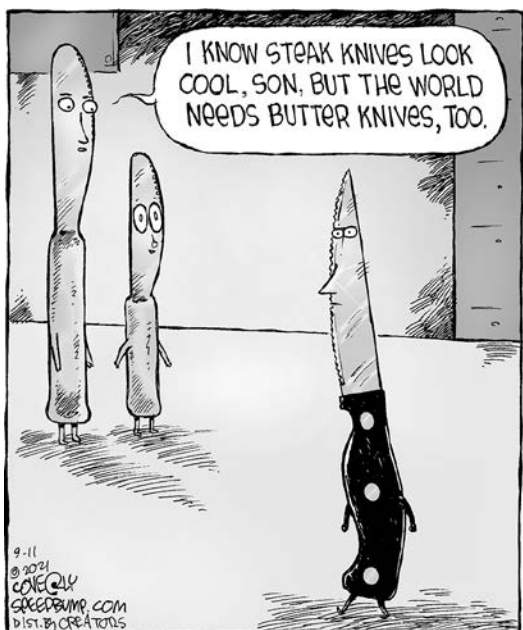
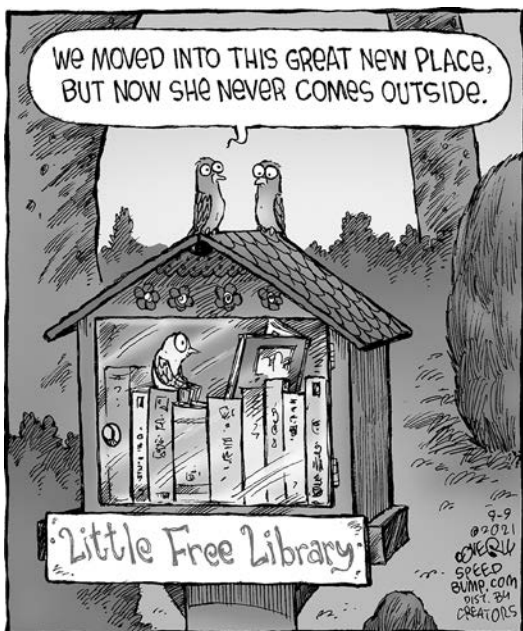
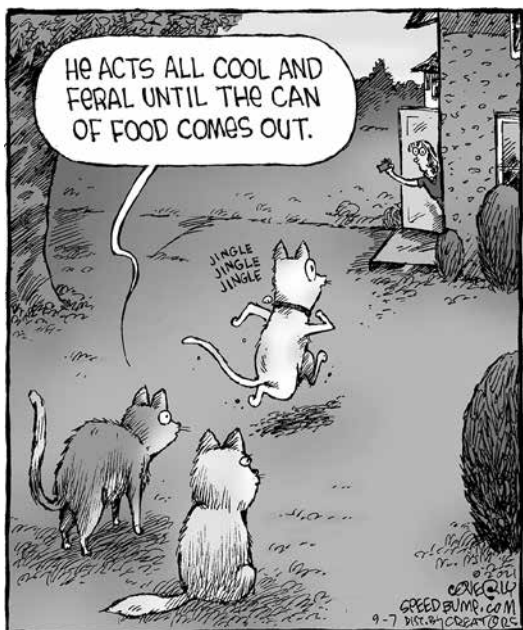
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Downey Community Calendar

CITY MEETINGS

- 1st & 3rd Wednesday, 6:30pm: Planning Commission, Council Chamber at City Hall.
- 1st Tue., 4:00pm.: Recreation and Community Services Commission, Council Chamber, City Hall.
- 2nd & 4th Tue., 6:30pm: City Council, Council Chamber.
- 3rd Tue., 6:30pm: Library Advisory Board, at Downey City Library.
- 3rd Thurs., 6:30pm: CERT, at Downey City Council Chamber at City Hall, for more info call 299-5462.
- 4th Mon., 5 pm: Green Task Force, at City Hall.

Regularly Scheduled Meetings

MONDAYS

- 7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
- 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.
- 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 310-386-8112.
- 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

- 9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.
- 9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.
- 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
- 12 pm: Rotary Club, at Rio Hondo Events Center, call William Medina 413-3447.
- 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.
- 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
- 7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.
- 7 pm: Boy Scout Troop 441, at Apollo Park, email scoutmaster@downeyboyscouts.com.
- 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.
- 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
- 2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.
- 3rd Tues., 12 pm: Downey Newcomers Club, call Marilyn 928-2623.
- 3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
- 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.
- Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

WEDNESDAYS

- 7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
- 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
- 7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.
- 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
- 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.
- 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
- 2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.
- 2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.
- 2nd Wed., 7 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.
- 3rd Wed.: Downey Dog Obedience Club, for information please call Gina 869-5213 or Valerie 420-2972.
- 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call 860-8821 or 927-3635.
- 3rd Wed., 6:00 pm: Sister Cities of Downey, at Barabara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136.
- 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
- Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

THURSDAYS

- 7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
- 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.
- 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
- 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
- 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
- 1st & 3rd Thurs., 7 pm: Boy Scout Troop 351, at Furman Park, contact 562-500-5093 for more information.
- 2nd Thurs., 12 Noon: People of Faith Ministries, call Bill Wallace 923-2311.
- 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
- 2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.
- 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
- 3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.
- 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
- 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

- 7:30 am: Pro Networkers, at Mimi's Cafe, call Barbara Briley Beard at 869-7618.
- 3rd Fri., 8:30 am: Women's "In His Glory" Ministry at Los Amigos C. C. 622-3785.

SATURDAYS

- 9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.

The **DOWNEY GRAFFITI HOTLINE NUMBER** Report graffiti to this number. **923-4484**

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
COURSE CATALOG: It's your choice
 by Greg Johnson

<p>ACROSS</p> <p>1 Quick breath</p> <p>5 Opinions</p> <p>10 CPA's calculation</p> <p>16 Highway travel abbr.</p> <p>19 Earn an ___ effort</p> <p>20 Where Bollywood films are made</p> <p>21 Gab with</p> <p>22 Great report card</p> <p>23 Vegan options</p> <p>27 Silliness</p> <p>28 A question of risk</p> <p>29 Land rover</p> <p>30 French state</p> <p>31 Evaluations</p> <p>32 Flora's field</p> <p>33 Bit of broccoli</p> <p>36 "Ditto"</p> <p>38 Gymnast Mary ___ Retton</p> <p>39 Bovine options</p> <p>47 Soothing plant extracts</p> <p>48 Growing goats</p> <p>49 Leon who wrote historical novels</p> <p>50 Gymnast Korbut</p> <p>51 Bathwater tester</p> <p>52 Broadcasts</p> <p>53 Upper class</p> <p>55 Detective novelist Earl ___ Biggers</p> <p>56 Language of central Africa</p> <p>58 Acknowledge as a source</p> <p>59 Cuts squarishly</p> <p>60 Trattoria options</p> <p>67 Wear away</p> <p>68 Power-production projects</p> <p>69 Casino exit line</p>	<p>70 Far from colorful</p> <p>71 The Barber of Seville</p> <p>74 Strike with a snowball</p> <p>75 Across the pool and back</p> <p>78 Gift wrapper's need</p> <p>79 45th state</p> <p>80 Immunological fluids</p> <p>81 Pursue</p> <p>83 Seafood options</p> <p>88 Swelter</p> <p>89 Empathetic comment</p> <p>90 Japanese autos</p> <p>91 Calm down</p> <p>95 Rock bottom</p> <p>97 24 cans, often</p> <p>98 Big game venue</p> <p>99 Bungle</p> <p>100 Golf groups</p> <p>105 Non-vegan options</p> <p>108 Boston winter hrs.</p> <p>109 Book after Nehemiah</p> <p>110 Ornate tie</p> <p>111 "Inner" starter</p> <p>112 Image quality, for short</p> <p>113 Knight rides</p> <p>114 Fairy tale trio</p> <p>115 Metallic corrosion</p> <p>DOWN</p> <p>1 Ideal, in teenspeak</p> <p>2 In the distance</p> <p>3 Formal denial</p> <p>4 Move across</p> <p>5 Infringe upon</p> <p>6 Arctic native</p> <p>7 Cut for fit or content</p> <p>8 Guileful</p> <p>9 Common Little Italy nickname</p> <p>10 Pretend</p> <p>11 Low on cash</p>	<p>12 Hotel room amenities</p> <p>13 Toiletry case</p> <p>14 Margarine holder</p> <p>15 Lost control on the road</p> <p>16 Lava, before its exit</p> <p>17 Joyous song</p> <p>18 Brave and strong</p> <p>24 Carved emblems</p> <p>25 Plant swelling</p> <p>26 Foolish talk</p> <p>31 City near Santa Fe</p> <p>32 Domineering</p> <p>33 Club with a house</p> <p>34 Stitch's pal in a Disney film</p> <p>35 Instrument with keys</p> <p>36 Instigate</p> <p>37 Henry Ford contemporary</p> <p>38 Secret retreat</p> <p>40 Japanese dog</p> <p>41 Tolkien letters</p> <p>42 F ___ (certain test choices)</p> <p>43 Full ___ (hearty)</p> <p>44 Send to a senate</p> <p>45 Wetlands wader</p> <p>46 Language of Iran</p> <p>52 Novelist Patchett</p> <p>53 Thingy</p> <p>54 LAX board data</p> <p>56 Very risky proposition</p> <p>57 Grow mellow</p> <p>58 Business baron</p> <p>59 UPS competitor</p> <p>60 Caused</p> <p>61 Impressive collection</p> <p>62 Cleaning products</p> <p>63 43rd state</p>
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64 Upper Midwest capital	81 Sophisticated	96 Sought info
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72 Tiny	86 Descendant	101 Porpoise cousin
73 128 fl. oz.	87 Turkish inns	102 Course listing
74 Look closely	81 Stuff to recycle	103 Digs in
75 Force around USC	92 Came to light	104 Hole to fill
76 Origin of oranges	93 Altoids alternative	106 FDR successor
77 Podded plants	94 Prepare a press	107 What may fit into a
80 Heavenly light	95 Market subsegment	104 Down

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

and *Castigh*. Author Earl DERR Biggers (55 Across) based his Charlie Chan character on a real-life Honolulu police detective, FIGARO (71 Across) was originally the title character of an 18th century French play, which was adapted to operas by Mozart and Rossini. In addition to *My Fair Lady*, other notable films directed by George CUKOR (97 Down) include *Dinner at Eight*, *The Philadelphia Story* and *Gastigh*.



Glennfest film festival prepares for Oct. 6 opening

By Lorine Parks

DOWNEY – Nine ten, big fat hen, it’s coming closer. Mark your calendars for Oct 6-17, for the next Glennfest Independent Film Festival.

“We’re combining films from the missed ninth year, cancelled because of COVID, with 2021’s tenth, and we have more films than we can use,” said Glenn Stephens, founder of the festival. “We’ve gotten rights to two French films, ‘Perfume’ and ‘Lourdes.’ And ‘Wind in the Willows,’ the London Palladium musical hit. The Friends of the Downey City Library are sponsoring that. It has songs like ‘Messing About in a Boat.’”

“We think we know Mr. Toad,” said Glenn, “from Disneyland’s Mr. Toad’s Wild Ride, but this is a musical with live actors. It appeals to adults as well as children.” Kids are encouraged to come with the promise of free popcorn and cute animal masks.

All Glennfest performances are offered free to the public, an idea Glenn had when he wanted to celebrate his birthday 10 years ago, but didn’t want to have the usual party. It has gained followers for showing independently produced movies that are off-the-beaten-path little gems.

“The Downey Symphonic Society is presenting ‘The Conductor,’” said Glenn. “We’ll show that in the Downey Theatre. And ‘Super Lopez.’ The Epic Lounge will be another venue, for flicks like ‘Slava’s Journey: Secrets of the Snow,’ with Helena Bonham-Carter narrating.”

Look Dine-In Cinema, a show place just opened where the Kirkorian and then the Studio Movie Grill was, will host “Racetime 2.” It’s about a spectacular sled race, for kids and adults with special needs.

“Los Caminos de Cuba” will play there too, and the racy Steam Room stories. And a Sunday brunch and screening of “This Changes Everything,” an apt title for a Me Too movement story.

There are four Glennfest venues this year, three in Downey and the fourth in Norwalk. While Glennfest may be celebrating its 10th anniversary, the year 2025 will mark 100 years for the Southeast Japanese School and Community Center in Norwalk, since the first church was established right here.

We were visiting the Center, the sponsor for “Talking to the Starry Sky,” to be shown Sunday afternoon Oct. 17. There’s lots of parking. The Community Center will host Downey community attendees as well as members of the Japanese-American community.

“We teach the Japanese language, dance, kendo and judo, to children and adults,” said Linda Kusuda. “For most of our folks, the newer generations of sansei and yonsei, Japanese is only a second language now. We want them to learn respect for the old ways and that includes respect for all creatures.”

“Talking to the Starry Sky” is a film about several almost simultaneous disasters in 2011, told from the point of view of the disabled and elderly: the Great East Japan Earthquake and a devastating tsunami; and then in Fukushima Prefecture the fatal nuclear reactor leak. The country had no contingency plans to rescue the handicapped and elderly from the sites, and that added to the catastrophe.

The film depicts these civil disasters through a fictional narrative based on the true stories of witnesses. One of the teachers at the Center comes from Fukushima, and she’ll bring her students.

“We would like as many people as possible to see it,” said Director Yurugu Matsumoto.

For more information about schedules and complete showings, watch this space, and also Glennfest’s website and on Facebook and Twitter.

Last defendant convicted in nationwide drug ring

DOWNEY – A 47-year-old man will forfeit three real properties and pay a \$5 million fine for running a multi-million dollar synthetic narcotics distribution network that involved two Downey men, authorities announced.

Daniel Bowles, Phoenix, Arizona, pleaded guilty Tuesday to conspiracy to possess with intent to distribute controlled substances and analogues.

He admitted to overseeing call-takers and the operation’s business finances as well as using multiple business entities to conceal the significant amount of its illegal proceeds.

In 2015, authorities began investigating a smoke shop in Laredo. During that time, they discovered a nationwide mail order business that supplied the shop with illegal synthetic cannabinoid products.

Call-takers in several states took orders for the products with names such as “Brain Freeze” and “Death Grip” which were delivered to shop owners from California. Payment was set to Arizona, often into accounts Bowles controlled.

During the investigation, authorities tracked payments from multiple retail smoke shops throughout the United States and identified several bank accounts involved in the scheme. Financial records show that from February 2012 through 2019, the network received over \$15.4 million in illicit proceeds.

Two Downey men were arrested and pleaded guilty to their involvement in the organization. Thirawat Athikulrat, 42, and Chuanphit Srithongrun, 44, admitted to maintaining warehouses to manufacture the synthetic cannabis products.

On Tuesday, U.S. District Judge George Hanks Jr. accepted Bowles’ plea and set sentencing for Nov. 16. At that time, Bowles faces up to 20 years in prison and a possible \$250,000 maximum fine. He was permitted to remain on bond pending that hearing.

OLPH Women’s Guild seeks new members

DOWNEY – The Catholic Women’s Guild of Our Lady of Perpetual Help Church is inviting local women to join its fellowship.

The Women’s Guild engages women in supporting our church, school and community through various faith, service, social and fundraising activities.

All women over the age of 18 are welcomed to join. Annual membership is \$20.

Application forms are available in the OLPH parish office. For additional information, contact Rose Douglas at (310) 849-5157.



Comic book artist Allen Montgomery, pictured above eating a churro, will have his work displayed during an exhibit at Cerritos Library, now open through Halloween.

L.A. County extends pool season to six months

LOS ANGELES – The Los Angeles County Board of Supervisors last week voted to support a proposal to extend the pool season as the region experiences longer, hotter summers.

“Summer may be coming to an end, but the hot summer weather is not,” said Supervisor Janice Hahn, who co-authored the motion with Supervisor Kathryn Barger.

The LA County Department of Parks and Recreation manages 30 pools countywide and 25 of them are only open ten weeks out of the year. This year, the summer season pools were open to the public from June 15 to Aug. 21.

The board voted unanimously to extend the annual pool season from a ten-week season to a six-month season from May 1 through October 30. The Department of Parks and Recreation will work with the County’s Chief Executive Officer to identify ongoing funding and resources to support this extended pool season and develop a plan to recruit and train additional lifeguards.

The department will report back to the board in 90 days.

Comic book exhibit opens at Cerritos Library

CERRITOS – The Cerritos Library is now presenting an exhibition of comic book artwork by some of the most influential and groundbreaking artists in history.

The exhibition, “Artists’ Alley,” is on display until Sunday, October 31 throughout the first floor of the library.

The exhibition includes “Bat Man,” “Black Panther,” “Justice League America,” “Superman,” “Dr. Strange” and “X-Men” comic books, posters and action figures.

Featured artists include Amanda Conner, Carmine Infantino, Dan Jurgens, Bob Kane, Jack Kirby, Adam Kubert, Andy Kubert, Joe Kubert, Win Mortimer, Dick Sprang, Joe Shuster, Brian Stelfreeze, Jim Steranko and Mico Suayan.

The exhibition was organized by Allen Montgomery and features many pieces from his collection.

Cerritos Library is located at 18025 Bloomfield Avenue, Cerritos. The library is open 11 a.m. to 7 p.m., Monday through Friday; 1 to 5 p.m. on Saturday; and 1 to 5 p.m. on Sunday.

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Paid-in-full bookings: bookings of \$15,000+ qualify to receive a \$750 credit; bookings of \$12,000 – 14,999 qualify to receive a \$500 credit; bookings of \$10,000 – 11,999 qualify to receive a \$300 credit; bookings of \$8,000 – 9,999 qualify to receive a \$200 credit; bookings of \$4,000 – 7,999 qualify to receive a \$150 credit; bookings of \$2,000 – 3,999 qualify to receive a \$100 credit. Booked and paid-in-full travel credit value requires payment-in-full at time of booking. Deposited bookings: bookings of \$15,000+ qualify to receive a \$375 credit; bookings of \$12,000 – 14,999 qualify to receive a \$250 credit; bookings of \$10,000 – 11,999 qualify to receive a \$150 credit; bookings of \$8,000 – 9,999 qualify to receive a \$100 credit; bookings of \$4,000 – 7,999 qualify to receive a \$75 credit; bookings of \$2,000 – 3,999 qualify to receive a \$50 credit. 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A U.S. address is required for delivery. *Rate is per person, land and round trip economy-class airfare from the featured gateway (other gateways available, rates may vary), based on double occupancy for check-in on November 1, 2021 in ocean view king room accommodations at Aston Waikiki Beach Hotel on Oahu and includes taxes, fees and surcharges collected by seller at time of booking. **Rate is per person, land and round trip economy-class airfare from the featured gateway (other gateways available, rates may vary), based on double occupancy for check-in on December 1, 2021 in resort view room accommodations at Sheraton Maui Resort & Spa on Maui and includes taxes, fees and surcharges collected by seller at time of booking. **Rate is per person, land and round trip economy-class airfare from the featured gateway (other gateways available, rates may vary), based on double occupancy for check-in on December 1, 2021 in junior suite room accommodations at Riu Palace Cabo San Lucas All-Inclusive in Cabo San Lucas and includes taxes, fees and surcharges collected by seller at time of booking. *Kids 17 & younger stay free in same room as adults using existing bedding at the Aston Waikiki Beach Hotel or Sheraton Maui Resort & Spa. Occupancy limits apply. ***AAA Travel Alert: Many travel destinations have implemented COVID-19-related restrictions. Before making travel plans, check to see if hotels, attractions, cruise lines, tour operators, restaurants and local authorities have issued health and safety-related restrictions or entry requirements. The local tourism board is a good resource for updated information. For all offers, unless otherwise indicated: Rates quoted are accurate at time of publication & are per person, based on double occupancy. Gratuities, transfers, excursions and, for non-air-inclusive offers, airfare, taxes, fees & surcharges, are additional. Advertised rates do not include any applicable daily resort or facility fees payable directly to the hotel at check-out; such fees amounts will be advised at the time of booking. 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Pleasant Holidays

Airsoft shooting range opening at Stonewood

■ Customers will shoot plastic BBs at targets and be awarded prizes. The game is popping up at malls throughout Southern California.

By Alex Dominguez
Staff Writer

DOWNEY – Plans for an airsoft shooting range to take residence in the Stonewood Center were approved unanimously by the planning commission last week.

Resembling a carnival style shooting game, “Galactic Challenge” will cost \$10 for a round of 60 plastic BB’s. Patrons will shoot at targets and



Photo courtesy Galactic Challenge

be awarded prizes for knocking down a certain number of targets. Rounds usually last anywhere from three to five minutes.

The attraction will be open to all ages, however the facility

will require that minors be accompanied by an adult.

No more than 10 people at a time are anticipated, however the facility can accommodate up to 20, with a total of two staff at any given time.

The proposed hours of operation for the business are the same as the mall itself, 10 am – 9 pm on Monday through Saturday, and 11 am – 7 pm on Sunday.

Galactic Challenge operates within five shopping centers in Southern California, and plan to open eight more in the near future.

The Planning Commission approved the plans unanimously with Chair Miguel Duarte absent.

OLPH hosting Mass of Thanksgiving

DOWNEY – The public is invited to join the OLPH Women’s Guild for a Mass of Thanksgiving at Our Lady of Perpetual Help Church on Saturday, Sept. 25, at 5 pm.

Monsignor Lorenzo Miranda will be the celebrant to commemorate the 70th anniversary of the Guild.

Five Downey elementary campuses named Apple Distinguished Schools

■ Gauldin, Imperial, Lewis, Old River and Rio San Gabriel elementary schools were honored for their innovative use of technology.

DOWNEY – At Tuesday’s Board of Education meeting, it was announced that five Downey Unified elementary schools have been selected as Apple Distinguished Schools.

This international designation has been awarded to Gauldin, Imperial, Lewis, Old River and Rio San Gabriel elementary schools. Each recipient was selected for their unique and innovative implementation of Apple technologies that fostered tech-rich environments that ultimately enhance students’ learning opportunities.

An Apple Distinguished School is described as a hub of innovation, leadership and educational excellence. Being awarded this recognition signifies these five recipients use technology to connect students to the world, fuel creativity, deepen collaboration and make learning personal for each student.

There are currently 546 such schools in the world—ranging from elementary to college level—with 31 of them in California. Downey Unified adds to this list by having five schools within one school district selected for this global designation.

“We are very proud and excited about this recognition, for not one, but five of our elementary schools. Our teachers, Instructional Technology team and administrators have worked cohesively and pushed themselves to showcase our students’ creative use of technology in all subjects,” shared Jennifer Robbins, Director of Elementary Education. “Each school’s written and video application for this recognition reflects how our teachers have introduced technology, through the use of iPads and educational online applications, to help students gain the confidence and skills necessary to present their learning in new and creative ways.”

The selection of five Downey Unified schools as Apple Distinguished Schools highlights the campuses’ success in creating innovative and compelling learning environments that engage students, providing tangible proof of academic achievement.

“If 5th graders have a U.S. state presentation, they can plan to use a green screen and appear in the state’s capital while they present to their peers or use an app to create a new webpage,” said Marnie Luevano, Elementary Instructional Technology Coach, as she explained how students utilize technology within the classrooms. “Our department is here to support our teachers and students in having a ‘voice and choice’ in how they arrive to and present their findings. Technology offers different paths to the same educational goals of research, writing, problem solving, public speaking and much more.”



Five Downey elementary schools were honored for their use of technology in classrooms. (Photo courtesy Downey Unified)

The road to becoming an Apple Distinguished School includes significant upgrades to digital technology access and implementation before the school can even receive an invitation to apply. First, schools must have an established 1:1 (one-to-one) Apple device program for two or more years. This was accomplished in Downey Unified when they began with the 21st Century Learning Communities initiative in 2015-16 when the district began providing an iPad to each elementary and middle school student.

Other criteria to apply includes having 75% or more completion of the Apple Teacher training by the school’s leadership and educators, and documentation of positive results of the integration of Apple Apps and numerous other digital resources into curriculum to create opportunities for student learning.

“For our school to be recognized, is incredibly validating. This is a great accomplishment for our entire school community,” shared Gauldin Elementary Principal, Sylvia Estrella. “Utilizing various applications, our Instructional Technology Coaches and teachers have led the charge in encouraging our students to become innovators in their own learning. Our [Apple Distinguished School] application shows how our students put together engaging presentations, such as writing and creating their own visual autobiographies, fairy tales, experimenting with virtual reality to discover different places around the world, creating their own music with Garage Band and learning coding and solving math problems with apps such as Minecraft EDU. There is no question that this infusion of technology into our learning

strategies instills the type of curiosity that leads to creative thinking in our students in a way that empowers them to see themselves as capable learners. Our classrooms are limitless in learning, thanks to these efforts.”

During each schools’ three-year designation as an Apple Distinguished School, each campus is expected to continuously improve and grow their integration of technology into curriculum. In Downey Unified, it was announced that this includes expanding their Student Tech Squads, Robotics and coding programs as well as student created podcasts and app design challenges.

School leaders at each campus plan to share their stories and successes with other educators, both inside and outside the district, through hosted school visits in collaboration with the Apple Education team. These events will be each school’s opportunity to show how they use digital content and technology to create powerful teaching and learning experiences for their students and, in the process, inspiring more educators to do the same.

The district shared that the remaining eight Downey Unified elementary schools will continue their technology efforts toward the Apple Distinguished School recognition over the next two years.

The five Downey Unified elementary schools recognized will be receiving a plaque and banner in the near future to signify this distinguished honor. Additionally, this important milestone will be celebrated with potentially an in-person or Zoom event to further announce this news to the school community in the coming months.

POET’S CORNER

Custer

He is a hard one to write a poem about. Like Napoleon. Hannibal. Genghis Khan. Already so large in history. To do it right, I have to sit down with him. At a place of his own choosing. Probably a steakhouse. We take a table in a corner. But people still recognize him, come up and slap him on the back, say how much they enjoyed studying about him in school and ask for his autograph. After he eats, he leans back and lights up a cigar and asks me what I want to know. Notebook in hand, I suggest that we start with the Little Big Horn and work our way back. But I realize I have offended him. That he would rather take it the other way around. So he rants on about the Civil War, the way west, the loyalty of good soldiers and now and then twists his long yellow hair with his fingers. But when he gets to the part about Sitting Bull, about Crazy Horse, he develops a twitch above his right eye, raises his finger for the waiter, excuses himself and goes to the restroom while I sit there along the bluffs with the entire Sioux nation, awaiting his return.

David Shumate, *High Water Mark*, University of Pittsburgh Press, 2004.

Interview becomes confrontation and Custer sets himself up to lose again. A man’s character is his fate, says Heraclitus. Shumate writes prose poems that are like traditional poem, minus the line break, using syntax to guide the reader’s breath and pace the poem. Poetry Matters is curated by Lorine Parks.

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10 ways to control high blood pressure without medication

Contributed by the Mayo Clinic

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.

1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure.

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose.

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

In general: Men are at risk if their waist measurement is greater than 40 inches (102 centimeters).

Women are at risk if their waist measurement is greater than 35 inches (89 centimeters).

2. Exercise regularly

Regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 mm Hg if you have high blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

The effect of sodium intake

on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.

To decrease sodium in your diet, consider these tips:

Read food labels. If possible, choose low-sodium alternatives of the foods and beverages you normally buy.

Eat fewer processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food.

Ease into it. If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. By drinking alcohol only in moderation — generally one drink a day for women, or two a day for men — you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5

ounces of 80-proof liquor.

But that protective effect is lost if you drink too much alcohol.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

6. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.

7. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your

pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

8. Reduce your stress

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Try to:

Change your expectations. For example, plan your day and focus on your priorities. Avoid trying to do too much and learn to say no. Understand there are some things you can't change or control, but you can focus on how you react to them.

Focus on issues you can control and make plans to solve them. If you are having an issue at work, try talking to your manager. If you are having a conflict with your kids or spouse, take steps to resolve it.

Avoid stress triggers. Try to avoid triggers when you can. For example, if rush-hour traffic on the way to work causes stress, try leaving earlier in the morning, or take public transportation. Avoid people who cause you stress if possible.

Make time to relax and to do activities you enjoy. Take time each day to sit quietly and breathe deeply. Make time for enjoyable activities or hobbies in your schedule, such as taking a walk, cooking or volunteering.

Practice gratitude. Expressing gratitude to others can help reduce your stress.

9. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a

prescription. Talk to your doctor about home monitoring before you get started.

Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is well-controlled, check with your doctor about how often you need to check it. Your doctor may suggest checking it daily or less often. If you're making any changes in your medications or other treatments, your doctor may recommend you check your blood pressure starting two weeks after treatment changes and a week before your next appointment.

10. Get support

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low.

If you find you need support beyond your family and friends, consider joining a support group. This may put you in touch with people who can give you an emotional or morale boost and who can offer practical tips to cope with your condition.



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Great Opportunity!!!
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• Each house is 1 bed, 1 bath
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Beautiful Lot in Hollydale
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Boy Scouts of America, Cub Scout Pack 805 is currently recruiting boys from Kindergarten to 4th Grade. Pack 805 meets every Tuesday, 6:30 p.m. at **Trinity Baptist Church, 8219 Florence Avenue, Downey** we will have a recruitment meeting **Tuesday August 31st 6:30 pm**. Cub Scouts enjoy fun activities such as **Pinewood Derby, Camping and earning fun Adventures along the way.**

Do Your Best. Let's start here: Cub Scouts are awesome. A program with an amazing history and tradition, Cub Scouting is a sure-fire way to get more involved with your son that puts the fun first. Have Fun Doing It.

Cub Scouting uses six specific methods to achieve Scouting's aims of helping boys and young adults build character, train in the responsibilities of citizenship, and develop personal fitness.

1. The ideals: The Scout Oath, the Scout Law, and the Cub Scout sign, handshake, motto, and salute all teach good citizenship and contribute to a boy's sense of belonging.

2. The den: As part of a small group of six to eight boys, they are able to learn sportsmanship and good citizenship. They learn how to get along with others. They learn how to do their best, not just for themselves but also for the den.

3. Advancement: The advancement plan provides fun for the boys, gives them a sense of personal achievement as they earn badges, and strengthens family understanding.

Cub Scout leaders and adult family members work with boys on advancement projects.

4. Family involvement: Family involvement is an essential part of Cub Scouting.

5. Activities: In Cub Scouting, boys participate in a wide variety of den and pack activities, such as games, projects, skits, stunts, songs, outdoor activities, and trips.

6. The uniform: The Cub Scout uniform helps build pride, loyalty, and self-respect. Wearing the uniform to all den and pack meetings and activities also encourages a neat appearance, a sense of belonging, and good behavior.



E-Mail Cubmaster Aaron Storey cubmaster@downeyboyscouts.com for more information.