

The Downey Patriot



Iraheta makes it to Top 5
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Chamber helps GOOD
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Clippers honor West teacher
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Friday, April 24, 2009

Vol. 8 No. 1

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

Energy efficiency theme of annual conference

■ Downey hosts 8th annual Green Expo amid growing threats of global warming.

By HENRY VENERACION,
STAFF WRITER

DOWNEY – Last week's day-long 8th annual Municipal Green Building Conference & Expo held at The Gas Company addressed energy efficiency in the home and at work. Its message was using energy wisely will not only save you money but you'll be contributing in the process to protecting the environment.

A panel of speakers, representing the county of Los Angeles and the cities of Los Angeles and Anaheim, took turns explaining briefly their respective departments' roles in implementing already established sustainability programs throughout the Southland.

They talked about efficient ordinance-based building systems and using "healthier, green" materials, as well as their adoption of LEED-certified structures and how they follow well-researched landscaping and watershed manage-

ment techniques. An example is the planting of drought-tolerant plants (there are about 1,500 kinds of these plants alone, they said), resulting in significant savings of course. They talked about the savings realized from the use of solar roofs and mini wind jets placed strategically around a building.

This was followed by a bewildering array of breakout sessions that dealt with such topics as coping with peak electrical demand; the utility of the future ("smart power grids," LED lighting, etc.); green ports; clean energy technologies; more efficient water use; green urbanism; etc.

The Gas Company, located here in Downey, has of course been in the forefront of the green revolution. Among its services are programs and incentives benefiting businesses and residences.

Among its more simple, and common-sensical, reminders: Turn off lights (and other appliances)

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Alleged gunman surrenders to SWAT

DOWNEY – Following a 5-hour standoff, a Downey man was arrested early Thursday morning on charges of threatening his neighbor with a handgun.

Officers were called to a condominium complex near Quill Drive and Old River School Road just before 9 p.m. Wednesday, the Press-Telegram reported.

A resident claimed a screaming man had threatened him with a gun, according to the paper.

The complex was evacuated

and the Los Angeles County Sheriff's SWAT team was called in, police officials said.

SWAT officers initiated negotiations and the suspect -- whose name has not been released -- surrendered just after 2 a.m., officials said.

A police sergeant said a gun was recovered.

No injuries were reported and residents were allowed to return to their homes after the suspect was arrested.



Marine Cpl. Justin Andrew Aysse, of Downey, will be deployed to Afghanistan on May 3 for a 7-month tour of duty. Aysse grew up in Downey and attended Warren and Downey high schools. Now based in Twentynine Palms, he is the son of Matthew Aysse and the grandson of Susann Aysse.

'There is nothing more powerful than the human spirit'

■ NFL legend Jim Brown preaches message of integrity, humility at Gangs Out of Downey fundraiser.

By ERIC PIERCE,
CITY EDITOR

DOWNEY – In its 20 years of existence, Gangs Out of Downey has received its fair share of accolades for their relentless efforts to tackle and prevent gang violence in the city. But on Wednesday, the non-profit may have received its toughest endorsement yet.

Hall of Fame NFL running back Jim Brown – hailed as "the greatest professional football player ever" by The Sporting News – delivered generous amounts of praise as he spoke at the Gangs Out of Downey (GOOD) luncheon at the Rio Hondo Event Center in Downey.

At 73, Brown used a cane to approach the podium. But he was otherwise spry, and his gruff voice resonated through the banquet hall as he lauded the city's anti-gang efforts.

"When you talk about Downey, you're talking about people who had a vision," said Brown, who spends much of his time now mentoring troubled teens and adults.

"The arrogance is not there, but the success is."

Brown attended the luncheon with associates from Amer-I-Can, a life management program Brown founded that helps students "take charge of their lives and achieve their full potential." The program recently opened a new location at Stonewood Center.

Brown's speech was relatively short – about 15 minutes – and he used the time to emphasize what he termed "the human spirit;" that is, community involvement and selflessness. He spoke highly of dignitaries who paid \$50 each to attend the fundraiser, including four Superior Court judges, the entire Downey City Council, a contingent of Downey Police Department administration, and school district officials.

"There's a lot of great people in this room trying to save our chil-



Former NFL running back Jim Brown headlined a luncheon Wednesday to raise money for Gangs Out of Downey. Brown is founder of the Amer-I-Can program, which recently opened a new office at Stonewood Center. Photos by Eric Pierce

dren," Brown said. "It's almost unprecedented."

Brown enjoyed a short but stellar 9-year career in the NFL, where he shattered several rushing records and was named MVP three times. He retired before age 30 and settled into a career in show business, but later began his humanitarian work.

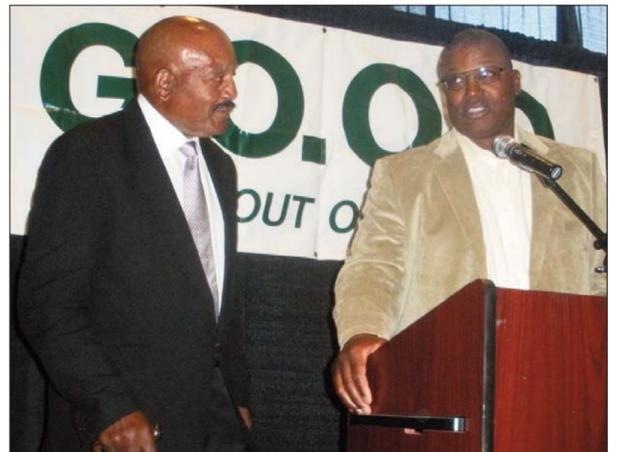
The result, Brown said, was that he became a surrogate father to many troubled young adults.

Despite his celebrity, Brown said he is motivated by "kindness and integrity, not money and fame."

"To help someone, no feeling tops that," Brown said. "There is nothing...more powerful than the human spirit."

Brown said his father abandoned the family early on, and his mother was young, so he was primarily raised by his great-grandmother. Eventually, Brown's high school football coach took the role of father figure. Brown said he tries to follow his coach's example.

"When you work in an organization like (GOOD), some people want numbers to measure your success," Brown said. "(But) numbers can't measure humility and integrity. They can't measure the integrity



Former USC fullback Sam Cunningham, right, was a guest at Wednesday's Gangs Out of Downey luncheon. Cunningham told the story of a notable 1970 football game when he led the Trojans to a 42-21 victory over an all-white University of Alabama team. Cunningham's performance reportedly prompted an Alabama coach to say, "Cunningham did more to integrate Alabama in 60 minutes than Martin Luther King did in 20 years."

in your soul."

Brown wrapped up his speech by urging the audience to "be careful with the generalization" of gang members.

"Some people are trapped in gangs," he said. "(After counsel-

ing) some have performed at incredible levels."

Los Angeles County Supervisor Don Knabe emceed the event.

Football great Jim Brown taller than 6'2"

By HENRY VENERACION,
STAFF WRITER

I'm glad I heard Jim Brown speak at the Gangs Out of Downey luncheon Wednesday.

Even before I saw him in the flesh Wednesday, I was convinced of his greatness as a football player. I've been a longtime Cowboys fan and I used to watch the likes of Roger Staubach, Tony Dorsett, Ed "Too Tall" Jones, Troy Aikman and Emmitt Smith as they won one Super Bowl after another (except when Pittsburgh and San Francisco won). But I knew Jim Brown epitomized the great running back. Not Bronco Nagurski, not O.J. (bah!), but Jim Brown.

He didn't boast about his place

in football, but you could tell by the way his immediate circle of friends and associates (and a former teammate or two among them) deferred to him that he indeed was a special guy.

Brown talked about humility, about the innate worth of everyone irrespective of money, fame, or power, about the greatness of the "human spirit." He was speaking from the heart. And, boy, was he right.

My vivid recollection of him is when he appeared in the movies with Raquel Welch. I didn't know that he eventually got involved with gang rehabilitation, and his influence is spreading.

He need not have minimized his speaking skills. He was elo-



quent. Whatever else he said (about the occasion being a fundraiser, about generalizations about 'gangs', about the many great people in the crowd) hit home. A great

speaker, he, and I'm sure he will continue to inspire.

Now I'll have another cherished memory—I shook hands with the great Jim Brown.



Downey Chamber of Commerce President Rick Rodriguez presented a check for \$1,000 to Gangs Out Of Downey (GOOD) President Carol Rowland at the chamber's April 20 board meeting. The donation comes from proceeds of the 2008 Street Faire. This year's fair will be held May 2 at Brookshire Avenue, north of Firestone Boulevard.

OLPH going to Harrah's Casino

DOWNEY – The OLPH Women's Guild is sponsoring a daytrip to Harrah's Rincon Casino on May 19. Cost of the trip is \$10 and includes a \$5 voucher to be used at the casino, gift shop or buffet. Free bingo will be played on the bus. Guests must be at least 21 years old with a California ID or driver's license and must provide an emergency contact number. To reserve a seat, call Anna at (562) 923-2988.

Musician giving free performance

DOWNEY – Renowned drummer and percussionist Alex Acuna will visit Action Faith Ministries for a special performance tomorrow at 10 a.m. The event is free and open to the public. Action Faith Ministries is at 10839 La Reina Ave. in Downey.

Brotherhood hosting breakfast

DOWNEY – The Brotherhood of Temple Ner Tamid will host a Memorial Day breakfast May 25 in the temple's Fellowship Hall. The "Jewish style" breakfast begins at 10 a.m. The event includes door prizes donated by Joe Kaufman, with a grand prize of a 14K gold chain, courtesy Harold Mark. Cost is \$10 per adult Children under 12 are \$7. Reservations are necessary by sending a check to Temple Ner Tamid, Attn: Brotherhood, 10629 Lakewood Blvd., Downey, CA 90241.

Blessing of the Animals Sunday

DOWNEY – In celebration of Earth Day, Downey Memorial Christian Church will host a Blessing of the Animals this Sunday at noon. The event begins with worship services at 10:30 a.m., followed by the blessing on the church's lawn. Residents are invited to bring their pets. Downey Memorial Christian Church is at 8441 E. Florence Ave. in Downey.

Chorus celebrates 24 years

NORWALK – The Southland Harmony Chorus invites the community to share in the celebration of its 24th anniversary. Festivities begin at 7 p.m. at the Norwalk Masonic Center, 12345 E. Rosecrans Ave., in Norwalk. Southland Harmony is one of hundreds of Sweet Adelines International choruses of women who sing four-part barbershop harmony. Musical knowledge is not necessary to join – voice training and music education are part of members' benefits.

'Cinderella' live on stage

BELLFLOWER – The timeless classic "Cinderella" will be presented by a youth theater group May 1-3 at the Bristol Auditorium in Bellflower. Nearly 30 children from the Youth Cultural Arts Foundation of Southern California will take part in the production. "Cinderella" show times are: May 1: 7:30 p.m.; May 2: 2 and 7:30 p.m.; and May 3: 2 p.m. Presale tickets are \$5 and tickets at the door are \$8. The theater is at 16600 Civic Center Dr. in Bellflower.



Julia Desalernos, library media teacher at West Middle School, has been honored as "Teacher of the Year" by the Los Angeles Clippers. Desalernos coordinated West's participation in the NBA's Read to Achieve program, which earned students a visit from the Clippers' Jason Hart earlier this year. Above, Desalernos is congratulated by players Zach Randolph and Fred Jones.

Register now for hospital's Golf Classic

DOWNEY – Downey Regional Medical Center will host its 24th Annual Golf Classic on May 4 at the Rio Hondo Golf Club in Downey. This year's tournament chair is Jack Kennis, MD, a Downey Regional emergency department physician for more than 25 years. Proceeds from the tournament will benefit Downey Regional's cardiac cath lab, a specialized department with a team of RNs and cardiovascular radiological technicians led by a cardiologist. The cath lab provides state-of-the-art imaging that visualizes and treats coronary artery disease. The lab is available 24 hours a day, seven days a week. Its staff treats patients in the midst of a heart attack as well as patients scheduled for a diagnostic or interventional procedure. Registration for the tournament begins at 9:30 a.m., followed by a putting and chipping contest. Shotgun start is at noon, with a hot barbecue lunch and hosted Bloody Mary bar. The event will conclude with an awards dinner and announcement of the sweepstakes winners, beginning at 5 p.m. Entry fee is \$275. Sponsorship opportunities, dinner tickets and tee signs are also available for purchase. Registration deadline is April 24. For more information on the Golf Classic, or to register, call DeeAnna Hampton at (562) 904-5055.

Belly dancing at farmers market

DOWNEY – Residents can shake, shimmy and flow while learning to isolate and tone at a free belly dancing demonstration tomorrow at the Downey farmers market. Lailah Ibarra-Armas will lead a demonstration of her class, "Belly Dance: Stretch and Tone," at 10:30 a.m. No pre-registration is required and the public is invited to participate. Ibarra teaches 8-week classes at the Barbara J. Riley Community & Senior Center. Her next session begins May 12. The Downey farmers market just celebrated its 1-year anniversary and is open every Saturday from 9 a.m. to 1 p.m. The market is located on Second Street, between New Street and La Reina Avenue, one block north of Firestone Boulevard. More information on the market is available on the city's website at www.downeyca.org. For more information on tomorrow's demonstration, e-mail Ibarra at lailah_yasmina@yahoo.com. More on Ibarra is available online at www.IberianEntertainment.com.

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Police adds parking enforcement officer

DOWNEY – In an effort to “more consistently and uniformly address quality of life issues,” the Downey Police Department has added a third parking enforcement officer to its staff.

The new officer fills a vacant position, the police department said. Enforcement of the city’s parking ordinances lies with the Parking Enforcement Unit.

“It is the Downey Police Department’s general policy to vigorously enforce all parking restrictions. This can be accomplished through the issuance of warnings and/or citations,” the department said in a news release.

According to police officials, some common violations parking enforcement officers face on a daily basis include vehicles parked in violation of posted signs; vehicles parking in violation of the colored zone painted on the curb; vehicles parked on lawns; vehicles parked in the same spot for more than 72 hours; and commercial vehicles parked in residential areas.

For more information on parking restrictions, call Sgt. Dean Milligan with the Downey Police Department at (562) 904-2342.

Firefighters participating in relay

DOWNEY – Downey firefighters will take part in the 15th annual Firefighters Burn Relay tomorrow in an effort to raise money for the Alisa Ann Ruch Burn Foundation.

The foundation works to enhance the quality of life of burn victims while promoting burn prevention education.

Downey firefighters will depart for their part of the relay from Fire Station 1 at 10:50 a.m.

Children’s reading event canceled

DOWNEY – Due to a scheduling conflict, tomorrow’s youth reading event at Downey Memorial Christian Church has been postponed until sometime in May, event organizer Shirley Johnson has announced.

Free bread will still be given away from 10 a.m. to noon, Johnson said. For more information, call Johnson at (562) 862-2378.

Student awarded scholarship

NORWALK – Downey resident Tanakorn Chaivasin was recently presented the Newton Werner Chemistry Scholarship at Cerritos College, a recognition of her 3.85 GPA and community involvement.

Chaivasin volunteers time to several organizations and hopes to become a medical officer in the U.S. Navy.

The scholarship was established in memory of chemistry professor Dr. Newton Werner to recognize outstanding students in organic chemistry.

Business Watch meeting April 30

DOWNEY – Downey business owners are invited to learn about emergency preparedness and local crime trends by attending a Business Watch meeting April 30 from 2-3 p.m. inside the council chambers at City Hall.

Similar to Neighborhood Watch, Business Watch is a joint crime prevention program between the Downey Chamber of Commerce and the city of Downey. Business owners receive training in business security, effective crime reporting, burglary, theft, shoplifting, and more.

All Downey business owners are invited to attend. For more information, call the Chamber at (562) 923-2191 or the city at (562) 904-1895.

Gardening class tomorrow at Rancho

DOWNEY – Are you interested in learning the latest tips concerning backyard composting and smart gardening techniques?

The city of Downey will present a free “smart gardening” composting workshop tomorrow from 9:30 to 11:30 a.m. at Rancho Los Amigos National Rehabilitation Center.

Visitors will learn how to improve their yard and garden, recycle yard waste and kitchen scraps, and create water-wise landscapes. Guests will also receive instruction on backyard composting, worm composting, and grass cycling.

The workshop will be presented in the Rancho Adult Day Services Building #802. Guests should enter Rancho from Old River School Road and look for signs. No pre-registration is required.

For questions, call the city of Downey’s Recycling Office at (562) 904-7103.

Newcomers Club Fashion Show

Summer fashions modeled by club members

DOWNEY – The Downey Newcomers Club will host their annual spring fashion show May 4 at the Rio Hondo Event Center.

Themed “Shopping for Fashion,” fashions will be supplied by the Glory-M’lou boutique of Los Alamitos. Club president Kim Yeager and other club members will be modeling the new spring and summer fashions.

A social hour begins at 10:30 a.m. and the luncheon begins at 11:30, followed by the fashion show at 12:30 p.m.

The cost of the event is \$25, which includes lunch and the fashion show. For reservations, call Melba at (562) 862-2799.



The Downey Newcomers Club is accepting reservations for their May 4 fashion show at the Rio Hondo Event Center. The \$25 admission includes the fashion show and complete roast beef lunch. Social hour begins at 11 a.m., followed by lunch at noon and the fashion show at 1 p.m. For reservations, call Melba Willbanks at (562) 862-2799.

Fundraiser for cat organization

DOWNEY – A spaghetti dinner fundraiser to benefit Fail-Safe 4 Felines will be held Tuesday night at the Downey Elks Lodge, near Woodruff Avenue and Firestone Boulevard.

The dinner begins at 6:30 p.m. and includes a 50/50 raffle. Cost is \$20. For tickets or reservations, call (562) 708-2672.

Beauty salon plans ribbon cutting

DOWNEY – Dazzling Beauty at 11116 Downey Ave. will celebrate its recent renovation Thursday from 4-6 p.m.

The Downey Chamber of Commerce will assist with a ribbon-cutting. Appetizers and refreshments will be served. The public is invited.

HELPS treats supporters to lunch

DOWNEY – Nearly 75 guests were treated to a buffet when the PTA Health Education Local Pantry Service (HELPS) recently hosted its annual “thank you” luncheon at the Barbara J. Riley Community & Senior Center.

Guests included donors who have assisted with funding or donated food supplies, and others who have assisted in the program’s operation throughout the past year.

The HELPS program provides temporary emergency food to qualifying Downey families. Last year, HELPS provided assistance to more than 600 families. They also distributed 450 Thanksgiving and Christmas baskets, which included gifts for children.

HELPS is run by volunteers and is a unit of the Downey Council PTA, which oversees the Downey Unified School District’s 19 Parent Teacher Associations.

Donations to HELPS are always accepted. The program particularly needs canned food, beans, rice, cereal, and toiletries. To help, call (562) 861-9833, Wednesdays and Fridays, between 10 a.m. and 1 p.m.

Connections raising money Tuesday

DOWNEY – Connections Networking Group will hold a fundraiser Tuesday at Frantone’s Pizza & Spaghetti Villa in Downey.

From 5 to 10 p.m., 25 percent of all purchases (including orders to-go) will be donated to Connections.

The public is invited to help raise money. For more information, call (562) 923-7248.

Bingo luncheon May 3

DOWNEY – The Italian Catholic Federation of St. Raymond’s Catholic Church will host a bingo luncheon May 3 at 1 p.m. inside the Msgr. Robert Gipson Hall, 12349 Paramount Blvd.

Cost is \$10 and includes one bingo card, door prize and lunch. A \$25 money tree and other prizes will be raffled.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-1937.

CERT training continues

DOWNEY – The city’s Community Emergency Response Team (CERT) continues its series of meetings for residents who want to help their neighborhood should a catastrophic disaster strike.

Volunteers will undergo training to assist the fire department directly following an earthquake, flood, or other major emergency. They will help assess damage after a disaster; extinguish small fires and teach fire safety; perform light search and rescue operations; perform triage and provide medical services to the injured; and organize the procurement of supplies.

Residents must be at least 18 years old to volunteer. CERT classes will be held tomorrow and May 2 from 8 a.m. to 4:30 p.m. RSVP by calling the Downey Fire Department at (562) 904-7344.

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TOTAL Income Limit:	\$44,400	\$50,750	\$57,100	\$63,450	\$68,550	\$73,600

If you're eligible, have sufficient equity, and would like an application, call the City of Downey's Housing Division at (562) 904-7167.

County debuts solar mapping program

LOS ANGELES — Los Angeles County officials this week unveiled a solar mapping program that will allow homeowners and businesses to go online to determine if their properties are good candidates for solar power.

The program uses roof size, pitch and shading from nearby trees, buildings and mountains to provide a building's solar potential and the potential value of installing solar panels.

By typing in an address, a person will learn the property's roof size, area suitable for solar panels, electricity produced, electricity savings, carbon reduction, nearby solar installations and case studies, available rebates from utility companies, and information about installers.

The level of detail provided means that residents and solar installers do not need to go up on every roof to see if it can support solar, saving time and money. Solar installers will be able to give more detailed estimates based on specific situations, but the solar portal provides generally accurate guidelines of what can be expected. The ultimate goal is to make the website a one-stop solar shop for residents and businesses.

Supervisors Mark Ridley-Thomas and Zev Yaroslavsky praised the project, saying it will help reduce greenhouse gas emissions and energy costs.

The new website — available at solarmap.lacounty.gov — went live Monday and was featured Wednesday — Earth Day — at the National Conversation on Climate Action all-day conference in Los

Angeles, which is part of a national effort to fight global warming.

It is the largest solar map in terms of geographic area in the world, covering 3,000 square miles, said Acting Chief Information Officer Richard Sanchez, whose department developed the site in conjunction with the Internal Services Department.

The solar website, developed at a cost of \$93,500, was generated from high-resolution imagery and elevation information acquired in 2006 which included roof-top and ground elevation every five feet. It calculates and ranks incoming solar radiation every 25 square feet, using roof pitch, orientation, and shading from surrounding structures and trees to provide the best estimate possible.

The project will be of great benefit to the County itself, said Internal Services Director Tom Tindall, as it includes high resolution - three-dimensional modeling of 800 County buildings. These detailed analyses will be used to evaluate and implement cost-effective installations, including solar power and solar water heaters.

The County is a major electricity user, with facilities spread over a wide geography, operating in more than 3,000 buildings that comprise more than 60 million square feet, so the mapping project will save countless hours developing initial estimates and prioritizing projects manually, said Tindall.

It will do the same for other building managers throughout the County, said Yaroslavsky, who authored the 2008 motion to develop "green building" ordinances for

the County's unincorporated areas to lower utility rate and reduce greenhouse gas emissions.

Buildings account for 65 percent of electricity consumption and 30 percent of greenhouse gas emissions in the United States, according to the U.S. Green Building Council. Energy consumption can be reduced by as much as 20 percent by the use of energy-efficient measures in existing buildings.

The County is developing a program that would assist homeowners and businesses in financing solar panels. On April 14 the Board of Supervisors approved Supervisor Ridley-Thomas' motion to create by July a program that would allow property owners to finance energy-efficiency upgrades by borrowing money from the County and paying it back through their property tax bills.

Green: Expo offers tips to reduce use.

Continued from page 1

when they are not being used and when you leave a room; consider using fluorescent lights; wherever possible, use low-wattage light bulbs; use a fan instead of your air conditioner to circulate air; open windows for cool air during the evening and early morning; wash full loads in the dishwasher; fix leaky faucets — one drop of hot water per second can waste 500 gallons per year; etc.

Energy efficiency is of course only one of the indicated solutions to global warming, most of it due to the burning of fossil fuels. Other solutions towards the reduction of carbon emissions include nuclear energy, solar power, wind power, geothermal power and other alternatives.

We've heard and read a lot about the threats posed by global warming. Except for a smattering of nonconforming voices such as that of physicist Freeman Dyson, the world's scientists seem to agree that such a climate change poses

serious harm to the environment and thus to mankind.

Thus one study on climate change predicts that "sea levels will rise over the century by around half a meter (roughly 1.64 ft.), snow will disappear from all but the highest mountains; deserts will spread; oceans become acidic, leading to the destruction of coral reefs and atolls; and deadly heatwaves will become prevalent."

In the West, points out another report, "earlier melting of mountain snow, on which much of the region depends for water, would mean more severe dry spells and droughts that would trigger worse wildfire seasons. Lower stream flows also would threaten fish and wildlife." And on and on the dire predictions go.

President Obama says he's committed to pursuing a clean energy policy. More good news is that the Downey City Council will soon appoint a Green Task Force. This all augurs well for the future.

POET'S CORNER

Lazarus

Light as always draws me
the ghostly glow believed
yet never real

Your light like candles moves me
more than an apple cheeks or gentle smiles
I am all, a rainbow of the senses
spun like some quilt
from time and fantasy

This is one moment, our instant like none other
do you believe it
lost like the smoke of your cigarette
or kept like the flame of
a perfect crystal.
—John Quincy Adams

Two Kids

Just
Two kids
You and me
Trying to find
Their way
Two kids
Living through
Life's hardships
Together as one
Two kids
Dreaming about
The future and
What is to come
Two kids
Sharing love
With each other
With no casualties
Two kids
Making bliss
Making life
Making love
Just
Two kids
—Nicholas Baxter,
Downey

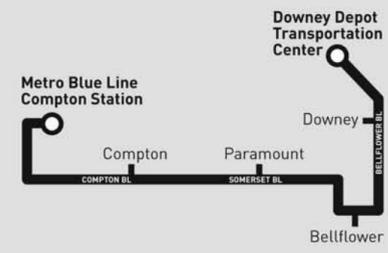
Community Calendar
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My little friend

By Eric Pierce

I have a secret. A deep, dark, shameful secret that I have been living with for about 2 months now. But before we continue, you need to promise not to judge me. Deal?

I live with a mouse.

Eek! I know. It's a tiny little thing, about the size of a pack of cards. But, oh, is it fast! It darts out from beneath the wall furnace and makes a dash for the kitchen. He hides under the refrigerator, under the stove, even behind a plotted plant.

My pathetic attempts to capture the rodent have failed. He licked the peanut butter right off three rat traps, and I found paw prints on a sticky pad I placed directly beneath the furnace.

If my life were a cartoon, I would be Tom, the bumbling feline, and he would be a demonic crossbreed between Jerry and Speedy Gonzalez.

The worst part is, this devilish mouse (I call it a mouse, my girlfriend prefers rat -- and she says it with real scorn in her voice) no longer fears me. Last weekend, the mouse came out of its hiding place in the early afternoon, broad daylight! I swear it winked at me before scampering off.

I'm running out of options here. My landlord doesn't seem particularly concerned (or even surprised). He kinda shrugged his shoulders and said, "Aww, really? You have a mouse? Is it cute?" I suppose it would be cute, if the thought of a filthy, disease-ridden rodent rummaging through my kitchen cupboards didn't make me want to gag.

My friend offered use of a paint gun. And while the thought of unleashing a barrage of multi-colored paint pellets on the little mouse was at least mildly soothing, I passed. Another friend said I should hire an exterminator and deduct the bill from my rent. That may be my last resort but, to tell you the truth, I kind of want to catch the mouse myself.

At this point, it's personal.

Let parents choose their children's schools

This week, SB 680, which would continue to allow parents to send their children to whatever public school they choose, earned bipartisan, unanimous support on the Senate Floor. The bill is co-authored by Democratic Senator Gloria Romero (D-East Los Angeles) and Republican Senator Bob Huff (R-Glendora).

"(Monday) we made a huge step in ending zip code education which is nothing more than educational redlining," said Romero, who is chair of the Senate Committee on Education. "Parents can choose where their child worships, where their family shops and they must be allowed to choose where their child will receive the best public education to meet their academic needs."

Currently the District of Choice (DOC) program, also referred to as a cross-district or open enrollment option, is due to end on July 1, 2009 after 17 years of existence. SB 680 would make the program permanent. The program gives parents the choice to decide which public school is best for their children's academic needs without first seeking permission from their district of residence, as required under the usual inter-district transfer agreements. The bill would also extend the program to other neighboring districts that elect to serve as a DOC.

The bill recognizes the negative effects of redlining and seeks to end a practice that holds children hostage by a zip code or the area they happen to live. This is often the case when students, especially poor and minority children, are assigned to a persistently low-performing school in their neighborhood. Most students who participate in the DOC program transfer from a low-performing school to DOC schools with an Academic Performance Index of 100, 200 and even 300 points higher than their former school.

"The Districts of Choice program helps thousands of parents and students across the state to choose a school that better meets their needs," Huff said. "With the student population declining statewide, Districts of Choice has become a tool that rewards schools doing a great job, and motivates other schools to do a better job with our limited education dollars."

Without extending this program in law, a student who has transferred to a school in a district other than the school district of their residence would be forced to return to their original district of residence. The DOC program is the only one in current law that provides parents an option to enroll their child in a school of their choice.

"At the end of the day, this legislation is really about providing equal opportunities in education for all California students," Romero said. "Parents, not zip codes, should decide if a school is providing those opportunities for their child."

SB 680 next will be heard in the Assembly Education Committee.

Contributed by the office of Sen. Gloria Romero.

Letters to the Editor:

Bring back travelogues

Dear Editor:

What a shame. We were told, "No more travelogues!" So many of Downey's seniors enjoyed them for so long. We were not told why the travelogues are being canceled.

Downey was one of a few cities that had travelogues for their residents. I sincerely hope they will reconsider and show travelogues again.

— Evelyn Colvin,
Downey

Avenue Theatre plans

Dear editor:

I have been following the proposed development of the Avenue Theater site in Downtown Downey very closely. Information that was disclosed in the community meeting I attended at the Downey library a few months back, as well as articles written in the Patriot, lead me to believe the city is missing the chance of a lifetime to bring our downtown back to what it once was.

This area is the heart of our city. It has the potential to be the spot where families congregate and people go to shop and relax. I'm confident that many Downey residents also share my views.

I find it very disappointing the City Council cannot see that they are making a huge mistake in turning the Avenue Theater into a low income/condo housing project. I understand they have purchased the building with housing funds, but I believe it is their intention to sell it off to the developer that accepts the cities' terms for renovation. If this is the case, why can't they sell it to a developer who would be willing to restore the former "movie palace" and turn it into a place we can use for community events? It has been proven time after time that communities which invest in restoration of landmarks, such as the Avenue, can reap great rewards.

Recently, the Fox Pomona, the Riverside, and the Alex Theater in Glendale have been restored to their former glory. The city of Los Angeles has a plan to restore the Theater District in their downtown area. I don't believe these cities would pursue projects like these if they didn't think they would be successful. The whole idea behind the restoration of these theaters is to create business for the downtown which would allow for these places to come alive again.

Over the past 50 years, the city of Downey has been trying to re-invent its own downtown. Has it worked? I believe the answer is no. A quick drive to Downtown Downey will prove my point. Nothing has really been successful downtown for at least 50 years. This needs to stop.

The people of our community don't want more housing; we want history, art and culture in our lives. The Avenue Theater is the perfect place for this to happen. Please don't set our downtown on a course designed to fail.

I would like to encourage readers to get involved and allow your voice to be heard. Please send me an email to preservedowneyhomes@yahoo.com to find out how you can get involved and make a difference!

— George Redfox,
Downey



City meetings

Dear Editor:

Re "Cut Those Long Meetings Short," 4/17/09). Nice article and it covered an area in need of attention.

As I am at meetings I often bring up some subject to council that an earlier attempt had failed to correct.

Need of road repairs might well begin with Public Works. Then after they listen and do nothing I bring it to council's attention. Quite often they choose to do nothing, numerous burned out street lights being one example. The following meeting I might do it as though it were for a first time. This can go on until someone comes to realize that there is a problem that will not go away and that the easiest way to quiet the complaint is to just fix it.

Now quite obviously this does not make for close friendships but at least the street lights burn. In addition one might get a little closer attention to suggestions or complaints when a new issue comes along if past attempts have been successful in correcting a problem.

For those who choose to let things just slide it is a bother to them. For those who make efforts to set things right I try to express my thanks for their efforts.

As for the public getting their thoughts in order I think that this will be a difficult issue even though your efforts are well placed. It is important that all be allowed to speak their piece.

One thing that might make meetings flow smoother is having the microphone adjusted so as to allow the public to hear what is being said. In the past this has not been a strong point for city management.

Keep up the good work! It is much appreciated.

— Richard B. Pridham,
Downey

County works to fill budget deficits

Supervisor Don Knabe issued the following statement regarding the county's proposed \$22.8 billion budget, which trims \$415 million from the current budget:

"The Chief Executive Officer's plan for the Los Angeles County 2009-2010 Budget reveals that our county is not immune to the financial shortfalls and challenges that are facing other levels of government, but fortunately, Los Angeles County is on better financial ground right now than many cities and counties because of our purposeful planning and financially conservative budgeting practices."

"Even so, our conservative budget planning is not enough. Revenue is declining dramatically and we do not have enough money to pay for ongoing services and programs. So far, the County has been able to absorb many of the hits to our budget in the current year without resorting to any personnel reductions or reductions in services.

"Unfortunately, the upcoming fiscal year will require some cuts to departments to help close our General Fund operating deficit and we will

have much more work in the months ahead in order to close our financial shortfalls. The County is not immune from the perils of our current economy and additional cuts may be needed to continue on an ongoing basis until our economy recovers.

"Ultimately, the Board of Supervisors will adopt a budget that will be balanced and on-time, just as it is every year. The County does not have the luxury the federal or state government has with continued deficit spending. The County must, by law, adopt a balanced budget ever year on time. We will do that again this year, but it will require some creative ideas and shared sacrifice.

"For example, many of the County's partners in delivering service, our public safety labor groups, have already signed a one-year extension to expiring contracts with no increases to salary or benefits. More of this type of shared sacrifice will be required going forward to ensure our balanced budget protects critical programs and has the least possible impact to services."

Curing the stimulus' healthcare maladies

Contributed by Mark Schiller, M.D.

As a psychiatrist, I've observed that people generally make bad decisions when they're rushed and in crisis. Politicians, unfortunately, often fail to recognize this aspect of human nature.

Clearly, we are in an economic crisis, which makes me immediately fearful of politicians' proposed cures.

In rushing to stimulate the economy — a supportable though debatable action — Congress may find a way to include a few programs that won't stimulate anything and which may even make the situation worse. This seems to be the case with two proposals hidden within the stimulus package ostensibly designed to help the unemployed maintain health coverage. One such provision would offer Medicaid, a government healthcare funding program for the poor, to the unemployed or those to be unemployed by 2011, regardless of how much money one has or makes. Thus, we soon may all be paying for millionaires' medical care.

Another provision is to have the government cover 65 percent of COBRA payments for those who lose their jobs. COBRA is a program that helps people maintain the insurance coverage that they had while employed for 18 months after the end of employment. The problem is that it is expensive, because an individual has to pay not only his own share of the premium, but also the previously hidden employer's portion of the premium, which is usually about three times more.

It's not clear how either of these provisions will stimulate the economy, though I do understand the desire to help the unemployed maintain health coverage. I am concerned that both provisions will add to the growing mountain of government debt for which my children will ultimately be responsible and that we will further damage the health care system. There is actually a simpler, less costly, and more beneficial way of helping the growing number of unemployed maintain coverage.

Allow people to purchase insurance policies free of mandates for non-catastrophic services, such as naturopathic care, massage therapists, acupuncture, and any number of other discretionary services. In 2008, the Council for Affordable Health Insurance estimated that such mandates comprised 20-50 percent of the cost of premiums, depending on the number and type of mandates in the various states.

What people really need when unemployed is an inexpensive policy that covers them in the event of a catastrophic illness until they are able to find another job. Massage therapy isn't a primary medical need at that point. Nor do I think that it makes sense for the rest of us to pay for anybody's massage therapy through federally subsidized COBRA payments.

In terms of extending Medicaid benefits, I have worked in government hospitals with Medicaid recipients for more than 20 years. Much of the care is poor, rationed, and inaccessible, and I only see it as a means of last resort. Americans used to good quality health care through private insurance are going to be less than enthusiastic sitting around for hours in a Medicaid clinic. We shouldn't be trying to force them into that clinic, particularly at our expense. Instead, we need to help them pay for their own insurance coverage.

Unemployment is a serious and growing problem, but our short-term focus should be on finding a way to help those who either lose their insurance or will have difficulty affording the expensive policies they had while employed. It would be prudent to help without further deepening the federal deficit. Amending COBRA to permit people to opt for mandate-free, catastrophic coverage would be a simple, direct solution.

Mark Schiller, M.D., is a psychiatrist and a fellow in health care studies at the Pacific Research Institute.

Columbus veterans reuniting

The USS Columbus Veterans Assn. is searching for Navy and Marine Corps shipmates who served on the USS Columbus CA-74/CG-12 between 1944 and 1976 or anytime on the USS Columbus (SSN-762).

A reunion will be held Sept. 30 through Oct. 3 at the Holiday Inn Select in Nashville, Tenn. The Columbus Veterans Association is a group that shares memories and camaraderie and new members are always welcome.

For more information, contact Allan Hope at (260) 486-2221 or e-mail hope4391@comcast.net.

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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For April

- Sat. April 25: **Carnival of Champions**, Warren High School, 8:30 a.m.
- Sat. April 25: **Belly dancing demonstration**, Downey Farmers Market, 9 a.m.
- Sat. April 25: **Gardening workshop**, Rancho Los Amigos, 9:30 a.m.
- Sat. April 25: **Percussion performance**, Action Faith Ministries, 10 a.m.
- Sun. April 26: **Blessing of the Animals**, Downey Memorial Christian Church, noon
- Mon. April 27: **OASIS meeting**, Downey Adult School, 3:45 p.m.
- Tues. April 28: **Connections fundraiser**, Frantone's Pizza, 5 p.m.
- Tues. April 28: **Fail-Safe fundraiser**, Downey Elks Lodge, 6:30 p.m.
- Thurs. April 30: **Business Watch meeting**, City Hall, 2 p.m.

City Meetings

- 1st Tuesdays, 6:30 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.
- 3rd Thursday, 3:30 p.m.: **Parking Place Commission**, Second Floor Training Room at City Hall

Regularly Scheduled Meetings

Mondays

- 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.
- 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 Pat Rooney at 923-5352.
- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Brian Saylor at 927-2000.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd and 4th Tues., 6 p.m.: **Sertona Club**, at Cafe 'N Stuff, for information call (562) 927-6438.
- 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
- 3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at Apollo Park.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Bear 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.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 11:30 a.m.: **Downey AARP**, at Barbara J. Riley Senior Center, for info. 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.
- 4th Weds., 6:30 p.m.: **Emergency Preparedness Committee meeting**, Fire station 1, 12222 Paramount.
- 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.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 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.

On This Day...

April 24, 1898: Spain rejects an ultimatum to withdraw from Cuba and declares war on the United States. The war ended Dec. 10 with the signing of the Treaty of Paris.

1915: The Ottoman Turkish Empire begins a mass deportation of Armenians.

1934: Academy Award-winning actress Shirley MacLaine is born. Also born April 24: mystery author Sue Grafton (69), singer Barbra Streisand (67), comedian Cedric the Entertainer (45), Spanish crooner Alejandro Fernandez (38), and singer Kelly Clarkson (27).

1980: Eight U.S. servicemen are killed in an attempt to free American hostages in Iran.

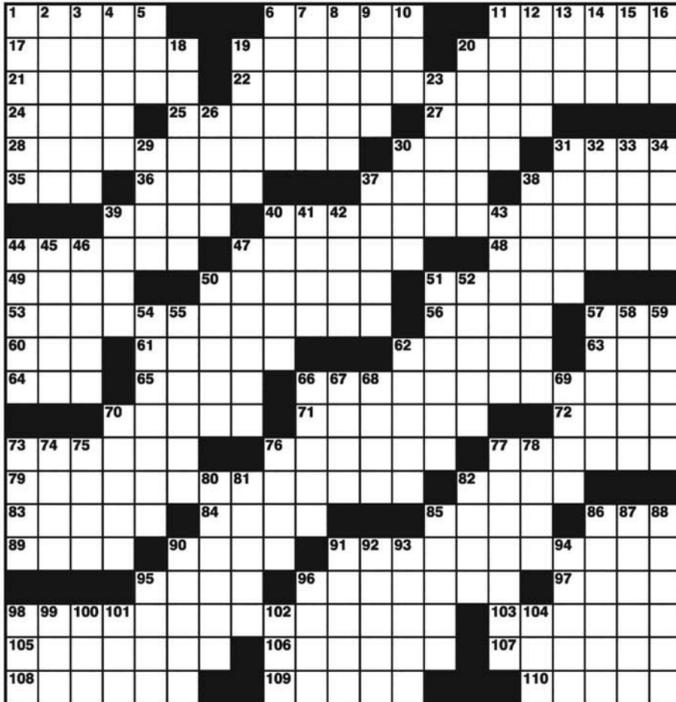
1990: The Space Shuttle Discovery carries the Hubble Telescope into orbit.

2005: Cardinal Joseph Ratzinger is installed as pope of the Roman Catholic Church.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
BACK NINE: With something to hide
 by Pam Klawitter

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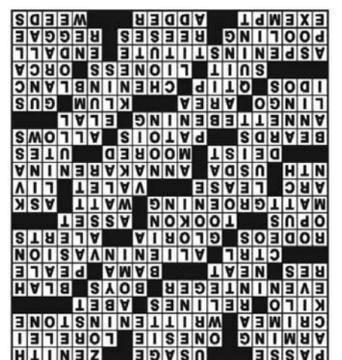


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| 50 Tackled | | 50 Kermit's cousins |
| 51 Something valuable | | 51 Stirs from sleep |
| 53 <i>The Simpsons</i> creator | DOWN | 52 Soup alternative |
| 56 Power unit | 1 Wisconsin NFLer | 54 Transfixed by |
| 57 "___ not what your country..." | 2 Show up | 55 Stand firm against |
| 60 Dart's path | 3 Beams | 57 Supreme Court justice |
| 61 Take for a while | 4 <i>American Idol</i> judge | 58 Tendon |
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The legend of the LORELEI (20 Across) originated in an 1801 book by German novelist Clemens Brentano. The UN's International Labor Organization, or ILO (14 Down), was created in 1919 as an agency of the League of Nations. The theme of the puzzle, as hinted at by the "Back Nine" title: the hidden letters ENIN.



Paging Dr. Frischer...

By Dr. Alan Frischer



And what about women? Exposure to chlamydia and gonorrhea can lead to fallopian tube damage and blockage. Endometriosis occurs when uterine tissue implants and grows outside of the uterus; this affects the function of the ovaries, uterus and fallopian tubes. Ovulation disorders due to hormone imbalances (including elevated prolactin levels) lead to infertility. In polycystic ovary syndrome (PCOS) the body produces too much androgen (a male hormone), which affects ovulation. Fibroids, a common benign growth of the uterus, can grow in the wall of the uterus and block the fallopian tubes. Some medications may lead to temporary infertility. Thyroid disorders, either too high or too low, can disrupt the menstrual cycle. Cancer and its treatment may have a profound affect on fertility. Age is, of course, a significant factor; it leads to fewer eggs being released from the ovaries, poorer egg health, higher risk of miscarriage, and poorer health in general. Finally, and I add this with fear of retribution from my coffee-loving readers, even excessive caffeine consumption reduces fertility.

Have you or a loved one had trouble getting pregnant? If so, read on. Today we are exploring the field of infertility.

If you and your partner have not been able to get pregnant despite having regular unprotected intercourse for at least one year, then you are considered an infertile couple. You would not be alone; up to 15% of couples in the United States are infertile. The male partner is responsible in roughly 25% of infertile couples, 25% are unexplained, and the remaining 50% have problems that can be traced to the woman. Most pregnancies occur during the first six months of unprotected intercourse, and after 12 months, approximately 85% of couples will become pregnant. Half of the remaining 15% will conceive, with continued effort, within the next three years. Age is a huge factor: when the woman is over 35, the infertility rate more than doubles, yet 20% of women now have their first child after that age.

The causes are many because the human reproductive process is so complex. There must be normal ovulation of a healthy egg, safe transit of this egg from the ovary to the uterus, healthy sperm to swim up to meet the egg and fertilize it, and then a healthy uterine environment for the fertilized egg to grow into a viable baby.

More than 90% of male infertility cases are due to low sperm counts, poor sperm quality, or both. Men most likely to be fertile have a sperm count of over 48 million, with more than 63% of the sperm moving, and more than 12% having a normal shape and structure. Many factors can affect sperm health, including chronic illness (cancers, heart disease, diabetes, etc.), malnutrition, obesity, genetic defects (mainly Klinefelter's syndrome), environmental factors, structural defects of the body (undescended testicle and varicocele), and age. Lifestyle choices can also harm sperm development, including the use of anabolic steroids, drugs and alcohol, or exposure to sexually transmitted diseases (chlamydia and gonorrhea). If mumps is contracted after puberty, it can lead to permanent changes in a testicle and forever impair sperm production. Even the use of lubricants may affect the health of sperm. Finally, a host of sexual issues that lead to difficulties with intercourse will increase infertility. These include problems with erections, premature ejaculation, painful intercourse, stress, or other relationship issues.

What is the medical work-up for infertility? Both partners will want to see their family doctor for a general evaluation, including a medical history and a physical exam. The first step for men is much simpler and cheaper than for the woman; a sperm analysis will be run. For the woman, lab tests will likely include checks on diabetes, thyroid function and hormone levels. From there the couple may be referred to a fertility specialist for further tests, including a hysterosalpingogram for the woman to ensure that her fallopian tubes are open and capable of delivering the egg to the uterus.

Treatment has advanced remarkably. If the male sperm are of good quality, and the women's reproductive apparatus healthy, treatment will begin with medication aimed at ovarian stimulation, commonly known as fertility drugs. If conservative medical treatment fails, the physician may suggest in-vitro fertilization (IVF). IVF is an assisted reproductive technology (ART) technique, which generally begins with stimulating the ovaries to increase egg production. Eggs are then surgically removed from the ovary and fertilized with sperm in a laboratory, in order to produce one or more embryos. An embryo transfer procedure then reinserts the fertilized egg(s) into the woman's uterus. The current success rates for IVF depend on the center and on the doctor performing the procedure, but overall, the Center for Disease Control reported success rates in 2005 of 43% for women under the age of 35, 36% for women aged

35-37, 25% for women aged 38-40, 15% for women aged 41-42, and 6% for women over 42 years old.

Clearly, infertility can be caused by a number of issues outside of our control. However, certain lifestyle choices do maximize the chances of getting pregnant. What can you do, starting today, to improve your chances? Most of these recommendations are helpful for both partners:

- Work on reducing stress
- Eat a healthful and nutritious diet
- Exercise regularly
- Control your weight
- Do not smoke cigarettes
- Do not consume excessive amounts of caffeine
- Drink alcohol in moderation and not at all during pregnancy
- Do not use recreational drugs
- Limit your exposure to multiple sexual partners, and protect yourself when you do
- For men, avoid exposure to excessive heat (baths or Jacuzzi-type tubs). Heat is deadly to sperm.
- Start your family at a younger age
- Diagnose and control any health problems immediately; do not put this off until you start "trying" to conceive.

I wish you great health and a wonderful family!

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.

Families putting off health insurance due to cost, poll finds

As economic conditions remain poor, a majority of the public continues to say that they or a member of their household have delayed or skipped health care in the past year, according to the Kaiser Family Foundation's April health tracking poll.

Perhaps because Americans continue to struggle with the cost of medical care in their own lives, the country's overall economic problems have not dampened their interest in pursuing health care reform: a solid majority of the public (59%) believes health care reform is more important than ever, compared with the thirty-seven percent who say we can't afford health reform because of economic problems.

"Our polls suggest strong general support for health reform, but the public can be swayed on the key details," said Kaiser President and CEO Drew Altman. "There is still a tremendous opportunity for leadership but also for interest groups to define the direction of the health reform debate."

The most common actions taken due to costs were substituting home remedies or over-the-counter drugs for doctors visits (42%) and skipping dental care or check ups (36%). Additionally, three in ten (29%) did not fill a prescription for medicine and two in ten (18%) cut pills in half or skipped doses.

Not everyone can forgo care, and overall one in four (26%) Americans say someone in their household has had trouble paying medical bills in the past year.

Support for Some Methods to Pay for Health Reform, Others Less Popular

One of the crucial challenges for health reform is the financing of the plan.

Seven in 10 (71%) Americans strongly or somewhat favor increasing income taxes for those in families making more than \$250,000 per year, but there is much less support for increasing income taxes on all taxpayers (28%).

The poll indicates some support for taxing unhealthy behaviors, sometimes called "sin" taxes. When asked if they would favor or oppose increasing taxes on a package of items including soda, alcohol, junk food, and cigarettes to pay for health reform and provide coverage for the uninsured, six in ten (61%) favor such taxes while roughly four in ten (37%) are opposed. Asked about each of these items specifically, the poll suggests there is somewhat more support for increasing taxes on cigarettes, wine and beer than on snack foods or soda.

Another tax change that has been discussed by some policymakers as a financing option is changing the tax treatment of employer-based health insurance. Roughly half (52%) of the public is opposed to changing the law so workers with the most generous health benefits would pay taxes on the money their employer puts towards their coverage, while 41 percent are in favor. Those who currently have employer-sponsored health insurance are even more likely to oppose the proposal (62 percent oppose, 33 percent favor).

One other potential area of revenue discussed by policymakers for health reform comes from changes to the Medicare program. When asked about making changes to the program as a way to keep Medicare financially sound, reducing payments to managed care plans and other private insurers is "strongly" or "somewhat" supported by two-thirds (66%) of the public. Two-thirds (65%) also support reducing Medicare payments to doctors and hospitals.

Ideological Divide in Support for Public Plan

There has already been an ongoing debate about whether a public plan option should be included in health reform. Generally, two-thirds of the public (67%) "strongly" or "somewhat" favor creating a public option "similar to Medicare." More than eight in ten Democrats and six in ten political independents "strongly" or "somewhat" favor having a public plan, but just about half (49%) of Republicans agree.

Another way to measure Americans' views on the public plan debate is giving the public a choice of two methods and asking which would better encourage price competition among health plans. When asked whether private plans competing with just each other or with a government-administered public insurance plan similar to Medicare would do a better job of lowering costs and improving quality, Democrats favor including a public plan by more than 3 to 1 (71% to 19%), and political independents back this approach 53 percent to 40 percent. A majority of Republicans, on the other hand, prefer having private plans compete without a public plan (54% to 39%).

Have attractive feet this summertime

By Dr. Maureen Jennings

Summertime means bare feet. At the beach, at the pool or just walking in sandals, it's the season where your feet get to breathe. But how do you keep your feet healthy as you expose them to dangers like athlete's foot and other maladies that can make your feet itch, swell or just look ugly?

Dr. Maureen Jennings, podiatrist and spokesperson for Pedinol Pharmacal's Fungoid Tincture - a foot fungus remedy - says healthy feet are always important, but even more so during the summer.

"It's not enough just to keep your feet clean," Jennings says. "A lot of people tend to ignore their feet, and as a result they expose them to all kinds of infections and problems that can cause them to be both unhealthy and unsightly. The last thing you want during the summer is to be forced to hide your feet because they're red, itchy or inflamed."

"And let's face it guys, wearing socks with sandals is one quick way to make the 'loser's list' with

the ladies." Jennings says there are 11 simple rules to follow for healthy, happy feet.

- Proper hygiene and regular inspection of the feet and toes are the first lines of defense against fungal infections.
- Clean and dry feet resist disease.
- Washing the feet with soap and water, remembering to dry thoroughly, is the best way to prevent an infection.
- Shower shoes should be worn when possible in public areas.
- Shoes, socks, or hosiery should be changed more than once daily.
- Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe.
- Wear shoes that fit well and are made of materials that breathe.
- Avoid wearing excessively tight hosiery, which promote moisture.
- Socks made of synthetic fiber

tend to "wick" away moisture faster than cotton or wool socks.

- Disinfect home pedicure tools.
- Don't apply polish to nails suspected of infection—those that are red, discolored, or swollen, for example.

"Another thing to watch for ladies is the nail salon," Jennings says. "As times get tough, some salons are cutting corners on the sterilization of their tools and soaking tubs. Ask your salon attendant if they've washed their equipment before they start working on your feet. Germs and bacteria can grow in the tubs they use to soak your feet, so if it looks dirty, insist they clean it with soap and hot water before they refill it for your session."

Jennings also recommends men be extra careful about foot care when visiting the gym.

"Those showers and locker rooms at the gym are breeding grounds for all kinds of fungus and bacteria, but you can fight it if you make sure you dry your feet thor-

oughly after you shower, and put on a pair of clean socks after your shower. You wouldn't put on the same shirt you used for your workout after showering, so why would you want to wear the same socks from your workout after you cleaned up?"

Dr. Maureen Jennings has been a podiatrist in private practice for 23 years, and is also the executive director of the Jennings Institute for Clinical Research and former Dean for Research at the New York College of Podiatric Medicine.

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

If you exercise regularly and adhere to a healthy diet, your dentist can be as valuable to you as your personal trainer and nutritionist. That is, the dentist can play a significant role in helping patients lead longer, healthier lives. According to at least one study, oral health may be a marker for longevity. The study participants were divided into three groups: those with good natural teeth, those who wore dentures, and those with poor dental health. After ten years, it was found that people with good teeth (whether natural or artificial) were more independent and functioned at a higher level than their peers with poor teeth. They also lived longer and enjoyed better social relationships and happier moods.

We provide dental services for every type of dental problem. Proper brushing and flossing, a healthy diet, regular professional cleanings, checkups, and x-rays, can all help ensure many years of oral health. Please call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307, where we offer dental care for the entire family with an emphasis on preventive care. Let us show you how to properly care for your teeth.

P.S. During the course of the 10-year study of people between ages 70 and 75 mentioned above, only 33% of the people with good teeth died during the study while 48% of the people with poor teeth died.

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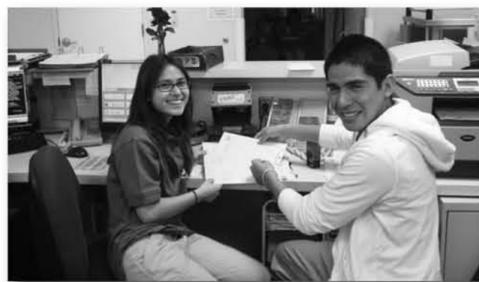
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After brief scare, Iraheta advances to Top 5 on 'Idol'

By BRIDGET SAGRERO, INTERN

HOLLYWOOD – On Tuesday night, Downey's Allison Iraheta hit the "American Idol" stage again, performing Donna Summer's 1978 hit song "Hot Stuff."

This week on "Idol" we were taken back to the 70's into the disco era. Each contestant got to choose and perform their favorite 70's song. Iraheta was fourth to perform and hit the stage a bit differently than the others before her.

Iraheta sat on the staircase as the "Idol" screen opened, making her visible to the public. And as the screen fully opened, the staircase slowly slid forward as she sang her first notes gracefully. Iraheta made some notable changes to Summer's song, adding an electric guitar to complement her style. I thought it was very clever of her to have changed it up and give it the "Allison spice" I love.

Even though I loved the song arrangement, judge Randy Jackson thought it was a little too much. But he went on to say that she was one of the best singers in the competition. Another judge, Kara Dioguardi said, "From a singing perspective that was a 9 out of 10." Simon Cowell called Iraheta's performance "brilliant" and said that she was the show's underdog.

Matt Giraud stood on the border of elimination last week but the judges used their only save of the season to keep him around. Because of that, two contestants had to leave Wednesday.

The top seven contestants opened the show with a dance number to hit song "Let's Dance Let's Shout" by Michael Jackson, which was choreographed by one of their judges, Paula Abdul. After



Downey resident Allison Iraheta, 16, has advanced to the final five on "American Idol" after avoiding elimination this week. Photo courtesy FOX

their dance number Iraheta ran to the side of the stage and picked up a bouquet of flowers the group had gotten Abdul for helping them with their dance.

Things were not happy for long, as host Ryan Seacrest announced that someone had to leave do to the lack of votes in their favor. I was sure that Lil Rounds was going to go home and, as predicted, she was the first eliminated. Rounds has an amazing voice but I did not feel she was someone that stood out, like Iraheta or Adam Lambert, who have something so unique about their voices.

Before Seacrest announced

who else was going home, "Idol" had guest performers hit the stage. The first performer was Freda Payne who performed her hit song "Band of Gold." As she ended her performance she introduced the second guest, Thelma Houston, who performed her song "Don't Leave Me This Way." Houston and KC & The Sunshine Band also performed "Get Down Tonight."

After all those amazing performances, Seacrest once again came over where the remaining six contestants were and reminded them that two were up for elimination. He went through Kris Allen and Lambert and cleared their safe-

ty, but once he got to Anoop Desal things changed. Desal was in the bottom, Seacrest announced. Danny Gokey was saved, and that left Giraud and Iraheta.

I was hoping Iraheta would not be part of the bottom with Desal, but she was. After waiting and biting my nails through David Archuleta's performance of "Touch My Hand," I was hit with relief when Desal was the one whose journey was over and not Iraheta.

Iraheta needs votes so watch next week and vote if you like her performance.

Free bus ride to Festival of Books

DOWNEY – The Friends of the Downey City Library will sponsor a free bus trip to the Los Angeles Times Festival of Books on April 25.

The festival offers lectures, author panels, storytelling and writing workshops by more than 400 authors. Also featured will be book signings, cooking demonstrations and poetry readings.

"This trip is ideal for book lovers who don't wish to drive and park on the Westwood campus," said City Librarian Nancy Messineo. "Everyone who enjoys great books, good food and entertainment will want to join us."

The bus will leave at 8 a.m. from the library's parking lot and return at 5 p.m. Bus passengers must sign and turn in a liability waiver upon registration.

Bus transportation and festival admission are free but some events require advanced tickets. The excursion involves walking on the UCLA campus and participants are encouraged to bring a sack lunch or lunch money.

For reservations, call (562) 904-7360, ext. 132, or visit the library.

New Titles at the Downey City Library

Fiction

- **"Atmospheric Disturbances"** by Rivka Galchen. What do you do when you discover that the person you love is, in fact, not the person you love? Psychiatrist Dr. Leo Liebenstein tries to recover his "real" wife Rema.
- **"City of Thieves"** by David Benioff. A darkly comic novel about two teenage boys sent on an absurd mission during the Siege of Leningrad.
- **"Dangerous Laughter: 13 Stories"** by Steven Millhauser. Obsession is the common thread that links these stories from a Pulitzer Prize winner.
- **"The Ginseng Hunter"** by Jeff Talarigo. Refugees fleeing political oppression and famine disrupt a Chinese man's solitude in this portrait of life on the North Korean border.
- **"Olive Kitteridge"** by Elizabeth Strout. Retired schoolteacher Olive Kitteridge deplores the changes she sees in her small town and the world at large. In a collection of narratives featuring this unforgettable character, Olive comes to understand herself and the human condition.

Non-Fiction

- **"American Made: the Enduring Legacy of the WPA"** by Nick Taylor. This appraisal tells how the Works Progress Administration changed U.S. social policies as well as its physical and cultural landscape.
- **"In Defense of Food: an Eater's Manifesto"** by Michael Pollan. An eloquent report that combines research with advice on making food choices to enrich your life and improve your health.
- **"Pictures at a Revolution: Five Movies and the Birth of the New Hollywood"** by Mark Harris. The 1967 "best picture" nominees provide a framework for examining changes in the film industry and shifts in American society.
- **"The Suicide Index: Putting My Father's Death in Order"** by Joan Wickersham. A brave and honest memoir that explores the effects of suicide on those left behind.
- **"Traffic: Why We Drive the Way We Do (and What it Says About Us)"** by Tom Vanderbilt. Learn why new cars crash more often than old cars, why Saturdays have the worst traffic of the week, and discover the most stressful single activity in everyday driving. A comprehensive, lively look at a universal topic.

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

'Beatles' musical adds 3 shows

LA HABRA – Due to enthusiastic response to "Ticket To Ride", a musical biography of the Beatles through the eyes of manager Brian Epstein, the La Habra Depot Theatre announced the addition of three shows. The show runs through May 3 on Fridays at 8 p.m., Saturdays at 4 and 8 p.m., and Sundays at 1 and 5 p.m.

The Saturday, May 2 4 p.m. show is sold out. Tickets are \$20.

Frank Mendonca, who plays "Paul McCartney" for premiere Beatle tribute act "Fab Four" will join the band for all remaining shows. Other members of the Las Vegas based "Fab Four" will be substituting in during the run to help cover the added matinees.

"The theatre is doing this show as fundraiser for an outstanding summer youth program," said Mendonca, who lives in Henderson, Nev. "We decided it was a great cause and we're supporting it wholeheartedly," he continued.

More than a basic Beatles tribute concert, "Ticket To Ride" takes the audience back to the pivotal moments and locales of the Beatles' career. Beginning at the legendary Cavern Club in Liverpool where they meet their manager, Brian Epstein, the audience continues their journey to venues that include the Ed Sullivan Show, Shea Stadium's 50,000-plus screaming fans, the Abbey Road recording studios and their final live performance on the rooftop of their Apple Corp office building.

The character of Brian Epstein, played by Greg Wilmot, serves as narrator throughout the show.

"We understand this retelling of the Beatles story through the eyes of Brian Epstein is a first for theatre," said P.M. Howard, who played George in the original

Broadway "Beatlemania" production. "This show gives the audience a behind-the-scenes look at the Beatles with 25 of their smash hits."

"The show was at near capacity for the opening weekend and our ticket sales for the remaining shows are overwhelming," said producer Andy Nagle. "We added the matinees to make sure everyone who wants to see the show will be able to," he continued.

Since 1997, Hard Day's Night has been thrilling audiences with tight harmonies and flawless note for note instrumental renditions of Beatle hits. With more than 1,000 performances, Hard Day's Night plays 200 dates per year in North

America and Europe. The band has honed the show to become one of the most musically and visually satisfying Beatle tribute acts in the world.

The show is a fundraiser to support the La Habra Depot Theatre's summer youth program, with the Hard Day's Night band playing the three-week run for a nominal fee.

The Depot is the one of the lone community theatres in Southern California that does not charge children to participate in youth shows. Some Orange County theatres charge children up to \$850 per child to join a youth show.

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THE SOLOIST PG-13 (11:05, 2:00, 4:50), 7:45, 10:30
EARTH G (12:00, 2:20, 4:40), 7:00, 9:20
17 AGAIN PG-13 (11:20, 1:50, 4:25), 7:05, 9:35
CRANK HIGH VOLTAGE R (11:00, 1:10, 3:25, 5:40), 7:55, 10:10
STATE OF PLAY PG-13 (11:00, 1:40, 4:35), 7:40, 10:20
HANNAH MONTANA: THE MOVIE G (11:10, 1:45, 4:30), 7:10, 9:50
FAST & FURIOUS PG-13 (11:45, 2:10, 4:45), 7:15, 9:45
MONSTERS VS. ALIENS 3D (DIGITAL 3DX) PG (11:40, 2:15, 4:45), 7:20, 9:40

Times for Friday-Thursday, April 24-30, 2009

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William Gibson was Mason, Shriner

DOWNEY – Downey resident William “Bill” Gibson passed away April 19. He was 76.

Gibson was born in Convoy, County Donegal, Ireland on Oct. 3, 1932. He was employed at General Motors for 25 years before retiring.

He was also a Mason and a Shriner.

Gibson is survived by his wife of 49 years, Margaret; daughters, Jennifer and Tracy; grandchildren, William, Aaron and Kimberly; one brother, Tony; and many nieces and nephews.

A funeral service will be held today at 11 a.m. at Miller-Mies Mortuary Chapel in Downey. Burial will follow at Forest Lawn Memorial park in Cypress.

Clifford Mills was Kiwanis member

DOWNEY – Clifford C. Mills, a DUSD teacher and longtime member of Downey Kiwanis, died peacefully at home on April 14. He was 92.

Mills was born in Compton on March 11, 1917 to Samuel Mills and Ruth Heninger. He graduated from Compton High School and then from Chico State College, where he met his wife, Lois Eaton, to whom he was married for 67 years.

Mills received his master’s degree in Business/Education from USC. During World War II, he served with the Army Reserve’s field artillery unit, and retired as a lieutenant colonel.

A former Eagle Scout, Mills worked as a teacher and business manager for the Downey Unified School District. He joined Downey Kiwanis in 1954 and had more than 50 years of perfect attendance.

He resided in Buena Park for 44 years.

Mills is survived by his wife, Lois; two daughters, Sheryl Mills McCamey and Denise Mills; grandchildren, Kelli, Cary, Randy, Marisa and Nicholas; and five great-grandchildren.

Know your caregiver options

DOWNEY – Shawn Herz, director of program development at the Los Angeles Caregiver Resource Center, will be the featured speaker at Monday’s OASIS meeting at Downey Adult School.

Herz’s topic is “Caregiving and Navigating the System Resources.”

Herz is a regular lecturer at USC’s School of Social Work and School of Gerontology. With more than 25 years experience, she is often called upon by the media for insight on caregiver issues.

Monday’s presentation will explain and define who family caregivers are and explore the challenges they face. Visitors will learn about the resources and assistance available in the community to support family caregivers.

The OASIS program is open to all older adults and is held in the Harriett Paine Event Center at Downey Adult School.

Enrollment is free and begins at 2:45 p.m. The program starts at 3:45 and is followed by an optional dinner which may be purchased for \$3.50 at time of enrollment.

Downey Dial-a-Ride will provide transportation for those who qualify. For more information, call (562) 940-6200.



The production staff of “42nd Street” gather around the piano during auditions. Presented by the Downey Civic Light Opera, “42nd Street” opens May 28 at the Downey Theatre. Photo courtesy Marsha Moode

‘42nd Street’ brings dazzle, pizzazz

DOWNEY – It’s 1933 all over again on Broadway as a group of musical stars and wannabes join together to put on another razzamattaz show for a Depression-stricken audience out for a good time.

Where would “A Chorus Line,” “American Idol,” and “Dancing With the Stars” be without this greatest of backstage musicals, “42nd Street”?

Wherever they may be, they don’t have the immortal Al Dubin-Harry Warren songs, such as “We’re in the Money” and “Lullaby of Broadway,” which remains the theme song for instant stardom.

The Downey Civic Light Opera brings back the dazzle, the dances and the anxious delights of getting a show on its feet with a pizzazz that has never dimmed.

Tickets are available for the 3-weekend run beginning May 28. Call (562) 923-1714, or write the Downey Civic Light Opera at P.O. Box 429, Downey, CA 90241.

Makeup class begins April 27

DOWNEY – Downey Adult School’s Makeup Academy will begin its 15-week Makeup Artistry Program on Monday.

The program teaches student beauty makeup, glamour, and high-fashion makeup for film, TV and stage. Also covered in the course are old age, prosthetics, and character makeup techniques.

Aside from class work, students can also take advantage of externships to see how movies and TV shows are made in Hollywood.

Students who enroll in the course will receive a professional makeup kit from Academy Award-winning makeup artist Maurice Stein. Upon graduation, students will receive a professional portfolio of their work.

The courses instructors are working celebrity makeup artists. The class is ideal for those looking to make a quick career change, school officials said.

For registration information, call Downey Adult School at (562) 940-6200 or visit www.das.edu.



“Is He Dead?”, a play by humorist Mark Twain, opens next week in Long Beach. Tickets are now on sale. Perry Ojeda and Jerry Hoffman, above, star in the production.

‘Is He Dead?’ making premiere

LONG BEACH – The West Coast premiere of “Is He Dead?”, a newly-discovered comedy by American humorist Mark Twain, opens for a special preview performance Tuesday at the Long Beach Performing Arts Center in Long Beach.

The show officially opens May 1.

Tickets range between \$29-\$60 and are available by calling (562) 436-4610 or online at www.ictlongbeach.org.

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Coaches overlook Downey in latest CIF rankings

■ Despite Downey's recent success, Gahr is granted No. 2 CIF seed.

By SCOTT COBOS, STAFF WRITER

Now, I don't mean to be a pest about useless rankings by the CIF offices, but has anyone taken a look at the latest Div. III baseball polls that came out Monday? One word comes to mind when I look at them: conspiracy.

The latest polls show Gahr at No. 2 while Downey is ranked No. 7. This is going to sound like such a "homer" statement when its said, but how is Downey not ranked above Gahr?

No, I don't wear Viking red or gold nor do the coaches pay me to write propaganda. In fact, I'm a Warren graduate. If anything, I should be laughing at how Downey is getting robbed in the standings.

Nevertheless, the rankings just show how little attention "coaches" pay to other teams in other leagues. No doubt, Downey belongs in that No. 2 spot way more than Gahr does. While this column may start to reek of statistics, numbers never lie.

Offensively, the numbers are going to pull for Gahr. They have outscored Downey by 35 runs throughout the season and they are being led by five players that are hitting at least .400, one player being Michael Lugo who has been on absolute fire, batting .500 on the season with 34 RBIs and five homeruns.

Gahr is an offensive powerhouse which is something odd considering they are historically known to punt you to death. It's almost eerie to watch Gahr outslug teams rather than drop down a sac bunt or a squeeze play to win a game.

Downey isn't that far behind offensively. Actually they're right there. Lugo is batting .500 with those homeruns and RBIs but guess who's only 13 RBIs behind from matching Lugo stride for stride? That's right, Chris Munoz is tearing the cover off the ball as well.

The Vikings are also right there when it comes to players hitting the ball, also carrying five players that are batting at least .400. The difference between the two offenses is that Gahr has a couple slightly better complimentary players to their big guns.

This is all fine and dandy, but as the old baseball cliché goes,

offense sells tickets, pitching and defense wins championships. One team has pitching and defense, the other has lights-out pitching and defense.

Gahr, while they aren't too bad as a pitching staff still, has a team ERA of 3.28 and gives up just a little over five runs a game. Well, that'll get the job done as long as you continue to score 10 runs per game on average.

An OK pitching staff has gotten Gahr to an overall 15-5, which is great, but percentage wise it's not better than Downey. The problem with Gahr is that they find themselves lost if they run into a buzz saw that is good pitching.

In all of their losses, Gahr has scored an average of 3.5 runs per game. If you do the math, giving up five runs a game then scoring only three isn't a formula for success.

Now Downey's pitching is doing a fabulous job this year, led by Munoz, who by this point needs to be considered as a legitimate leader for all-CIF honors, has a team ERA of 2.07. Downey scores almost as much as Gahr but not quite.

The most disturbing number between the two pitching staffs is the runs allowed differential. Downey has allowed 61 fewer runs than Gahr. That's about four runs less per game than Gahr. That's massive. When a team allows virtually no offense per game, it's not hard to win.

Most importantly though, these coaches overlooked something when ranking the teams: one game. Downey and Gahr played each other earlier in the season and while it may have been at the beginning, it went toward the two teams' records.

Downey played Gahr at home and shutout the offensive juggernaut that was supposed to be the Gladiators then flexed their own muscle and put an 8-spot on the scoreboard. The game really wasn't much of a contest. Gahr was simply outclassed by Downey in that game.

But here we are, talking about how the CIF offices, which are conveniently located right next door to Gahr, allowed the Gladiators to be ranked No. 2 and Downey No. 7 when it's quite obvious that these rankings are reversed.

Children's Bible school this summer

DOWNEY – Trinity Baptist Church of Downey will host a Vacation Bible School – a week of songs, activities and games that help children understand the Bible and the world – beginning July 27.

The class is held daily from 6-9 p.m. For more information, call (562) 927-1473.

Curves collects a ton of food

DOWNEY – Curves of North Downey collected more than 1,200 pounds of non-perishable food during its 11th annual food drive last month.

"I was touched at the generosity the community has shown (during these) difficult times," said store owner Meena Katakia. "We were glad to be of help."

For more information on Curves, call (562) 862-2220.

Fashion show at American Legion

DOWNEY – American Legion Post 723 will host a fashion event April 18 and the community is invited.

The event is titled "Fashions at High Sea" and will feature fashions by Glory M'Lou and jewelry from Park Lane.

Social hour begins at 11 a.m., followed by lunch at noon. The fashion show starts at 1 p.m.

Cost is \$15 and proceeds will benefit Girls State. For more information or reservations, call Nancy Watson at (562) 413-6414.

Critter Run, party for SEAACA

DOWNEY – The roar of motorcycles will fill the air when SEAACA hosts its sixth annual Critter Run on July 26.

Critter Run is a motorcycle ride benefiting the animals and programs at SEAACA (Southeast Area Animal Control Authority).

The 100-mile ride is organized by the Mid Cities HOG Chapter and L.A. Harley-Davidson. SEAACA will host an after-party following the ride with food, drinks, tours, vendors, pet adoptions, live music, and more.

SEAACA is seeking sponsors and vendors for the event. For more information, call Aaron Reyes, director of operations at SEAACA, at (562) 803-3301, ext. 223, or e-mail aaron@seaaca.org.

Free immunizations for children

DOWNEY – Children can receive free immunizations May 13 at Alameda Elementary School, courtesy the Downey Unified School District and St. Francis Medical Center.

Immunizations will be given for chicken pox, hepatitis A and B, DTP, MMR, polio, meningococcal, and tuberculosis.

Children ages 4-18 can receive the immunizations between 3-7 p.m. No appointment is necessary, but kids must be accompanied by a parent or guardian.

Bring the child's official immunization card with past immunization history. For more information, call (562) 904-3589.

Carnival of Champions tomorrow

DOWNEY – The 49th annual Carnival of Champions Track and Field Exhibition will be held tomorrow starting at 8:30 a.m. at Warren High School.

The meet brings together fourth and fifth grade athletes from nine Downey elementary schools. Approximately 500 boys and girls will compete in seven track and field events, including the 50-yard dash, 100-yard dash, baskets in one minute, softball throw for distance, standing long jump, four-member 440-yard relay, and mixed coed relay.

Field events begin at 8:30 a.m., followed by running events at 10:15, and final heats at 11:30.

The public is welcome to attend. Admission is free.

Mall in search of volunteers

DOWNEY – Stonewood Center is searching for mothers and daughters who can help assemble 500 "care kits" for the American Cancer Society and Relay for Life.

The kits, which include items donated by Stonewood retailers like Robek's Juice and local orthodontist Dr. Alon Ofir, will be donated to local women in need.

Women of all ages and mother/daughter teams with children 10 years and older are encouraged to help. The kits will be assembled May 7 at 5 p.m. inside the Macy's Court at Stonewood Center.

RSVP by calling (562) 904-6744.

Strong pitching helps Downey stifle Dominguez

By SCOTT COBOS, STAFF WRITER

DOWNEY – With a little housecleaning to attend to, Downey again beat Dominguez 18-0 on Tuesday and continued their domination over the team who has yet to win a game in San Gabriel Valley League play.

Vikings pitchers Jesse Silva and Jeremy Ruiz combined to allow only one hit to the Dons with Silva picking up his third win of the year.

Downey stacked up 12 hits in the almost redundant demolishing of Dominguez with Chris Munoz and Ivory Thomas accounting for three of the hits and four of the runs.

Another ho-hum win for the Viking helps them keep pace with Gahr for the top spot in the standings. The only thing separating the two teams is the Downey win in their only match-up of the year.

Downey plays today at home

against Dominguez for the final time this year at 3:15 p.m.

Warren

A late collapse in a 4-1 loss against Paramount on Tuesday may have cost Warren their only hope at a playoff spot.

The Bears were tied with Paramount 1-1 going into the sixth inning when the Pirates scored two then scored an insurance run in the seventh inning to put away the Bears for good.

Going into the game, Warren was tied with Paramount for the third spot in the San Gabriel Valley League rankings. With the loss, coupled with a tough schedule to finish with, Warren may have seen the door shut on their playoff hopes.

The Bears play Paramount for the last time this season today, and with a win would have to hope for a miracle but would still keep their post-season hopes alive. They will be at Paramount tonight under the lights at 7 p.m.

Church cleaning up railroad tracks

DOWNEY – Members of the Church of Jesus Christ of Latter-day Saints will celebrate Keep America Beautiful Month by helping clean up local railroad tracks tomorrow.

Church members will be wearing "Mormon Helping Hands Vests" while they clean the tracks from one end of town to another.

The clean-up begins at 9 a.m. and the community is invited to help. To volunteer, call Lois Buchanan at (562) 927-9790.

Stonewood collecting e-waste

DOWNEY – Stonewood Center will collect unwanted e-waste from residents at a recycling event May 9.

The mall will collect broken or unwanted electronic products. Greenview Resource Management, a partner in the event, will properly recycle the items.

E-waste includes electronic products or devices, including computers, TVs, and printers. For a complete list of qualified e-waste products, visit www.shopstonewoodcenter.com.

The event will be held in the northeast parking lot off Woodruff Avenue, near Sears, from 9 a.m. to 4 p.m.

Buy a gift card, get flower discount

DOWNEY – Stonewood Center is in a budding relationship with its shoppers.

In fact, Stonewood Center is treating its shoppers to some fresh blooms this spring. Between April 24 and May 10, shoppers will receive a coupon worth \$20 to 1-800-FLOWERS.com for every \$100 Stonewood Center gift card purchase.

"We understand that our shoppers are more budget conscious than ever, and we want to make finding a gift for mom a little less stressful," said Whitney Wigle, marketing manager at Stonewood Center. "We know our shoppers will appreciate the gesture."

To take advantage of the program, visit Guest Services near JCPenney, or call (562) 861-9233.

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Mother's Day is May 10!!!

Send a message in **The Downey Patriot!**



The Downey Patriot will publish a special section dedicated to Mother's Day. For only \$25.00, you can honor your mother, grandmother or that someone special with a 1.98" by 3" announcement.

Deadline for announcements is **May 4** and will be published on **May 8, 2009.**

Include the following information:
 Completed Information Card
 Photo
 -- By Mail - photo must be 2" x 3"
 -- By EMail - photo must be 300 dpi (DowneyPatriot@yahoo.com)
 Check payable to The Downey Patriot

Send to:
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Line = approximately 20 to 23 characters including spaces and punctuation

Line 1 (Mother's Name) _____
 Line 2 (Your message here) _____
 Line 3 _____
 Line 4 _____
 Line 5 _____

Contact Information
 Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

Please call The Downey Patriot with any questions regarding your announcement. Phone (562)904-3668

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Ask the Contractors Board

Do Boy Scouts need license to paint over graffiti?

Q: My son's scouting troop was trying to find a way to raise money for their next camping trip. One of the boys came up with the marvelous idea of selling a graffiti removal service to different business and property owners. It would improve the community and give the troop a way to earn money. My brother said this qualifies as contracting and they would need a state license. Tell me this isn't true?

A: Anyone, Boy Scout or not, who does contracting work valued at \$500 or more needs to be licensed by the CSLB. Painting walls or the sides of buildings is considered contracting work.

If the jobs are under \$500, they might get by with city or county permits. Check with your planning or community development department to find out about your local regulations.

If the troop is trying to generate long-term contracts with clients, it could explore some other options. For instance, you might find a licensed contractor who is willing to oversee their work. However, workers' compensation and liability insurance should be a strong consideration when thinking about any kind of contracting work.

Q: The good news is that I love the new spa system we had installed in the backyard. The bad news is the contractor who installed it knocked over our neighbor's fence and poked a hole in the side of our house when he was moving it in. He did a half-baked job of propping the fence back up and slapping some stucco on the house, which remains unpainted to this day. Isn't he legally required to fix the things that he broke?

A: The decent thing would have been for the contractor to fix what was damaged in the commission of a contracting job right away. However, getting justice through the legal system may be a little harder.

One way to protect yourself in the future is to ask the contractor to carry liability insurance. This will cover damages done during a contracting job. Liability insurance is not mandatory, but you, as a customer, can request it when hiring a contractor.

Meanwhile, try contacting your contractor again and ask him for a firm commitment on when he will repair the damage. He may have just gotten busy on other jobs. If that doesn't work, you can download a complaint form at www.cslb.ca.gov.

The California Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs, licensing and regulating California's 302,000 contractors. The CSLB investigates 20,000 complaints against contractors annually. For more information, or to check out a contractor's license, bond and workers' compensation insurance information, visit the board Web site at www.cslb.ca.gov.

Attorneys giving free legal advice

LYNWOOD – The Mexican American Bar Association will host its first annual Community Legal Fair tomorrow from 9 a.m. to 4 p.m. at Plaza Mexico in Lynwood.

Guests can receive free legal advice from specialized attorneys in different areas of practice, including immigration, criminal defense, family law, probate, and more.

The event is free and Spanish interpreters will be available for non-English speaking visitors.

Plaza Mexico is at 3100 E. Imperial Hwy in Lynwood. For more information, call Maria Torres at (213) 749-2889 or e-mail mabalaco@sbcglobal.net.

Military life told in theater

LONG BEACH – "And the War Came," an original production from California Repertory Company artistic director Joanne Gordon, opens tonight at the Armory in downtown Long Beach and will continue through May 9.

Gordon grew up in South Africa under apartheid, where she says she developed a profound mistrust of political and military leaders. But after two years of sharing space and interacting with the National Guard Armory, Gordon developed an appreciation for the service and sacrifices of our military.

General admission tickets are \$20, or \$17 for seniors and students. The Armory is at 854 E. 7th St. For tickets, call (562) 985-5526 or visit www.calrep.org.



Soroptimist International of Downey recently held its annual women of Distinction breakfast honoring women who have volunteered to make a difference in Downey and (in some cases) the world. First row, left to right: honorees Nina Smart, Dr. Wendy Doty, Carli Ciatti, Mary Zoe Phillips, and Mayor Pro Tem Anne Bayer. Second row: council members Luis Marquez and David Gafin, Mayor Mario Guerra, Camino Real Regional Gov. Cheri Fleming, club president Monica Goel-Hornberger, District 3 director Linda Haines, and Councilman Roger Brossmer. Honoree Katie Hare was out of town and unable to attend.

Sephora store opening at JCPenney

DOWNEY – Sephora, a leading retailer of beauty and skincare products, will open a new store May 3 inside the JCPenney at Stonewood Center.

The Sephora will occupy 1,500 square feet and carry 50 brands of beauty products, including "hard to find cult makeup lines" such as Bare Escentuals, Stila and Smashbox. A large skincare line includes offerings from Peter Thomas Roth, Korres and Caudalie, and fragrances from Dior, DKNY, Aquolina and Sean John will be available.

Sephora also has its own collection of makeup, skincare, bath and body products, and accessories.

The new Sephora opens May 3 inside the Downey JCPenney. Its hours will be Monday through Saturday, 10 a.m. to 9 p.m., and Sunday, 11 a.m. to 7 p.m.

Learn to communicate better

LAKWOOD – Dr. William Lee Parker will speak about "Communicating with Your Significant Other" when the Hearing Loss Association, Long Beach/Lakewood Chapter, meets May 14 in Lakewood.

Parker is president of the Parker Hearing Institute in Torrance and holds professional licenses in audiology and hearing aid dispensing. He has published several articles on hearing issues and a noted lecturer.

The meeting begins at 6:30 p.m. at the Weingart Senior Center, 5220 Oliva Ave., in Lakewood. Admission is free and reservations are not necessary.

CRTA honoring older retirees

WHITTIER – The California Retired Teachers Association, Division 31, Area 8, will recognize members over age 80 at its meeting May 12 at the Greenleaf Masonic Lodge in Whittier.

The business meeting begins at 11 a.m. and will be followed by lunch. The program will include a performance from the Rio Hondo College Chorus.

For more information, call (562) 696-4474.

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 9:05-9:45AM - Jazz Ensemble Singers from "Warren High"
 10:00 - 11:00 AM - Downey First Christian Church DFCC "Rock Over London"
 11:20 AM - 12:50 PM Sebastian Sidi
 1:15 PM - 2:15 PM - Onstage Dance Center
 2:30 PM - 4:00 PM - Jaguar
 4:15 PM - 5:00 PM - Class 6 Band

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"Lilian Lopez and Lorena Amaya did a good job and everything went smooth. Lilian and Lorena are very nice people to work with." – Rosa Flores

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Gangs Out of Downey luncheon Wednesday



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