

# The Downey Patriot



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Friday, May 8, 2009

Vol. 8 No. 3

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

## Allison Iraheta, it's time to come home

Local girl Allison Iraheta is sent home from "Idol," but a national concert tour still awaits.

BY ERIC PIERCE,  
CITY EDITOR

**DOWNEY** – Allison Iraheta is coming home.

If you ask her, the homecoming comes four weeks too early, but nonetheless, she's coming home.

Allison, the instantly recognizable redhead with a deep, throaty voice that seems beyond her 17 years, was eliminated from "American Idol" on Wednesday.

According to family members, up next for Allison is a national concert tour with "Idol" alumni. Having already signed a required recording contract with "Idol" producers, she will fly to New York tomorrow for promotional appearances.

Yesterday, Allison spent much of her time on Los Angeles airwaves, including interviews on Ryan Seacrest's nationally-syndicated radio show and "Good Day L.A."

Family members were trying to arrange a homecoming for Allison -- possibly as soon as today -- but details were not definitive as of press time.

Wednesday night, Allison moved out of the Beverly Hills mansion where she was living with her mother and the remaining "Idol" finalists. Family members and friends said she spent the night in a hotel and had not yet returned to Downey.

Allison traveled to San Francisco last year for "Idol" auditions. Her rendition of Aretha Franklin's "You Make Me Feel Like A Natural Woman" earned her a pass to Hollywood.

Allison quickly advanced, and cracked the Top 10 after singing "Blame It on Your Heart" by Patty Loveless.

Still, Allison continually found herself in the bottom three of final-



FOX photo



For more on Allison's final performance on 'Idol,' see page 9

For the latest news on Allison's return to Downey, visit us online at [www.thedowneypatriot.com](http://www.thedowneypatriot.com) or follow us on Twitter: [Twitter.com/DowneyPatriot](https://twitter.com/DowneyPatriot)



Downey resident Allison Iraheta was eliminated from "American Idol" on Wednesday. Photo by Michael Becker/FOX

ists based on fan voting. She earned rave reviews this week for a duet with fellow contestant Adam Lambert and a solo rendition of "Cry Baby," but it was not enough to save her.

Allison's elimination did not sit well with some. Bob Payne of the Seattle Times called Allison's departure "somewhat of a surprise."

The Los Angeles Times said

Allison's "spunky personality was a force of humor on and around the "Idol" stage, and her hard-rock vocal style made for memorable performances."

Commentors on an online "Idol" message board were a little more blunt.

"Allison got the shaft," wrote somebody who called himself SoCal Gary.

"Proof positive that 'American

Idol' is decided by 12-year-old girls," wrote Malibu Dave.

And FooFighter from Maple Valley, Wash. said, "Too bad for Allison. What a class act. She actually broke through the boring and mediocre mold our pop singers seem to be stuck in these days. She's a true talent and will have a wonderful career..."

"Stupid, stupid voters."

## Student has 'likely case' of swine flu

Fifth-grader at Old River Elementary has recovered, health officials said. No classes were canceled.

BY ERIC PIERCE,  
CITY EDITOR

**DOWNEY** – A fifth grade student at Old River Elementary School was stricken with a "likely case" of H1N1 – commonly referred to as the swine flu – but has recovered and is now back in school, county health officials said Monday.

In a letter sent to Old River Elementary parents and staff over the weekend, health officials downplayed the incident, adding that "the student is now no longer sick and has fully recovered and has returned to school."

Dr. Jonathan Fielding, director and health officer for the Los Angeles County Public Health, confirmed tests were underway to determine if the student had indeed contracted swine flu, but offered no further details, including when, how and where the student came down with the influenza.

"We don't talk about individuals," he said.

On the recommendation of county health officials, no classes were canceled at Old River Elementary, but sick students were advised to stay home, said Dr. Wendy Doty, superintendent of Downey Unified School District.

Students, parents and staff were also urged to wash their hands frequently, cover their coughs and sneezes, and avoid touching their eyes, nose and mouth.

According to the letter sent to parents, H1N1 "is spread from person-to-person, mostly from the coughs and sneezes of sick people. The virus can also be spread by sharing objects (drinks, eating utensils) or close contact (hugs, kisses) with an infected person."

Health officials urged residents not to take Tamiflu for routine illnesses, not to give aspirin to children, and not to visit emergency rooms or hospitals for treatment and instead see your regular doctor.

## DA Steve Cooley to speak at Kiwanis membership drive

**DOWNEY** – Los Angeles County District Attorney Steve Cooley will deliver the keynote address at a membership drive by the Downey Kiwanis Club this Thursday at the Rio Hondo Event Center.

Cooley, currently serving a third consecutive term as county district attorney, will speak on the importance of public service. The district attorney has established offices in Downey, Bellflower, Norwalk and Whittier, and his deputy district attorneys are encouraged to become involved in their local communities.

Downey Kiwanis is part of Kiwanis International and is one of the oldest and most established service organizations in Downey. They are creators of the Kiwanis

Foundation, a charitable foundation that supports local projects in the community.

The membership drive luncheon is free to prospective members and will be held from noon to 1:30 p.m. Downey citizens who are interested in performing community service and helping Downey children are invited to attend.

For more information, contact Downey Kiwanis President Mario Trujillo at (562) 500-5484 or e-mail [mariojtrujillo@aol.com](mailto:mariojtrujillo@aol.com).



Steve Cooley

## 'Fill the Boot' raises \$20K

**DOWNEY** – Thanks to generous contributions from the Downey community and the hustle of Downey firefighters, more than \$20,000 was raised last week for the Muscular Dystrophy Association (MDA).

Downey Fire Fighters Local 3473, part of the International Association of Firefighters (IAFF), was stationed at the intersection of Lakewood and Firestone boulevards May 2 collecting money from motorists as part of their "Fill the Boot" fundraiser. The money was donated to the Southeast Los Angeles and San Bernardino Chapter of the MDA.

Firefighters also collected

donations at the Downey Street Faire.

The MDA is a voluntary health organization that works to provide treatment and find cures for more than 40 neuromuscular diseases. In Southern California, the MDA helps fund specialized clinics at Rancho Los Amigos National Rehabilitation Center, and also helps people with the purchase of wheelchairs, leg braces and communication devices.

The MDA also sends "Jerry's kids" to a week-long camp every year. The programs are funded almost entirely by private contributions raised through programs like "Fill the Boot."

## Police, firefighters to be honored

**DOWNEY** – American Legion Post 270 will host its annual police and firefighters appreciation event May 18 at 6:30 p.m. at the Los Amigos Country Club.

The legion will honor certain Downey police officers and fire-

fighters for their "outstanding service within the community." The honorees will be presented awards for their service.

For information on attending, call Commander James Higuera at (626) 445-2582.



Downey firefighters hustled more than usual last Saturday as they solicited donations from motorists at Lakewood and Firestone boulevards, and guests at the Downey Street Faire. More than \$20,000 was raised, with proceeds benefiting the Muscular Dystrophy Association. Photo courtesy Downey Fire Department

## Downey man accused in Illinois drug ring

**PEORIA, ILLINOIS** – A Downey man was one of three people arrested last month and accused of participating in a multi-state drug ring involving hundreds of pounds of cocaine.

The Peoria Journal Star first reported the arrest of Downey resident Jeff McWhorter, 33, who was stopped April 24 in an RV traveling on Interstate 55 in Illinois.

Police allegedly found 108 kilograms (about 238 pounds) of cocaine stashed inside the RV, which carried an estimated street value of \$2.1 million to \$3.7 million.

Also arrested were Steven Schnepfershoff, of Torrance, and Manrique Rivera, of Romeoville, Ill.

A man known as "El Gordo" paid McWhorter and Schnepfershoff, who are half-brothers, to drive the RV to Joliet, Ill., the two reportedly told police. The men told police they had previously been paid \$10,000 to transport 15 pounds of cocaine, the newspaper reported.

McWhorter and Schnepfershoff met Rivera, an associate of "El Gordo," near the same place they made the first delivery, according to the newspaper. The cocaine was placed inside five duffel bags.

Authorities found several duffel bags containing about \$550,000 in cash inside Rivera's home, according to a criminal complaint. Ill.

## Golf tournament honors life of Vega

BY SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – The Cindy Vega Scholarship Fund Committee has announced the holding of the first annual Cindy Vega Golf Classic scheduled for June 16.

The tournament will be held at the Rio Hondo Golf Club and will include dinner afterwards.

All proceeds will go towards a scholarship fund created in Vega's honor.

Several ways are offered to participate in the tournament. Individuals can play in the Classic for \$125 per person or \$400 per foursome.

Businesses can also sponsor a tee box and hole for \$100. Single tee boxes or hole side sponsorships are also available for \$60 each. The Classic will also accept any charitable prize donations for the raffle.

All donations are tax deductible. If you do not wish to golf or purchase a tee box or hole, you are able to attend the dinner only for \$25 per person.

The deadline to register for the event is May 27. If you have any questions about the event or donations, please contact Eric Watts or Rob English by email at [CindyVegaGolfClassic@yahoo.com](mailto:CindyVegaGolfClassic@yahoo.com)



or call the Warren Banker's office at 562-869-7306 ext. 5816.

The Cindy Vega Scholarship Fund is a charitable organization that honors the life of Cindy Vega. Vega was a teacher and ASB director at Warren High School and was most known for her leadership, enthusiasm and generosity.

Vega passed away in June 2008. After her passing, family, friends, co-workers and students created the memorial scholarship fund in her name.

## TLC family resource center gets early makeover

BY HENRY VENERACION,  
STAFF WRITER

**DOWNEY** – True Lasting Connections (TLC) coordinator Luz Perez is on record as saying that the TLC Family Resource Center, technically an adjunct of the Downey Unified School District, relies heavily on support from the community for its viability as a program that helps especially underserved students and their families with a variety of social services.

When West Middle School's Builders Club therefore recently volunteered, as one of their group projects, to do a "little" makeover of TLC's facility at the corner of Foster Road and Bellflower Boulevard (inside the Lewis Elementary School campus), TLC readily accepted the offer.

Last Saturday morning and afternoon some 15 students and two West teachers, Builders Club advisor Mary Jo Enyeart and Louis Cortez, went about sprucing up the place inside and outside, including installing flower beds and a big, visitor-friendly 'Welcome' sign in front, while shredding paper, straightening out the curtains, and otherwise brightening the inside. West principal Craig Bertsch, when

apprised of the project, said: "I have great folks here."

Part of the story consists of the "modest" funds raised by the Builders Club and spent on the project: whatever balance was needed was donated by Lewis principal Robin Martin. Enyeart's husband also pitched in, helping Cortez with the muscle work.

Perez was very appreciative of the Builders Club's gesture, saying that getting much-needed support "has lately become more challenging due to the economic crisis."

The TLC Family Resource Center provides free services to DUSD uninsured and underinsured children and their families in the following areas: medical services, vision and dental care, parental education, food and clothing, counseling, enrollment in low-cost health insurance, support groups, and referral services to outside agencies.

The nonprofit organization, quoting its prospectus, "exists solely on charitable contributions and foundation grants." Contributions are tax deductible.

The center celebrates its 10th anniversary next year.

"It was time [for a makeover]," said Perez.



Students and staff from West Middle School's Builders Club volunteered to spruce up the True Lasting Connections facility last Saturday. Photo courtesy DUSD

## TLC softball tournament scheduled May 30

**DOWNEY** – The first annual TLC Softball Tournament will be held May 30 on the Downey Adult School fields.

All proceeds will benefit the True Lasting Connection Family Resource Center, a non-profit organization which has seen a recent decline in donations and grants.

Teams from Downey Kiwanis, Downey Rotary, Warren High School and Downey High School have agreed to participate in the event. Teams paid a \$650 entry fee to participate.

TLC provides a litany of free services to needy Downey families, including healthcare and low-cost health insurance. They also offer

referrals.

"In these challenging economic times, these services become even more critical," said Kiwanis club member Fernando Vasquez, who helped organize the event. "This team effort helps further a mission we all share, supporting social programs that help Downey children and their families, while raising awareness for those affected during these difficult moments."

Free food and water (courtesy of the Municipal Water District) will be available for those in attendance. The community is invited to attend.

The first round of games begins at 9:30 a.m. Winners will be announced at 2:30 p.m.

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# Happy Mother's Day



**Christine Fonseca**

Hope you have a happy Mother's Day. Thank you for everything you do for us. We love you so much. Melissa, Candice and Ray



**Dearest Mom**

This Mother's Day I just wanted the world to know I LOVE YOU!  
Your Son, Jonathan



**To My Loving Aunt**

I love and cherish everything you do! You are incredible  
Your nephew, Jonathan



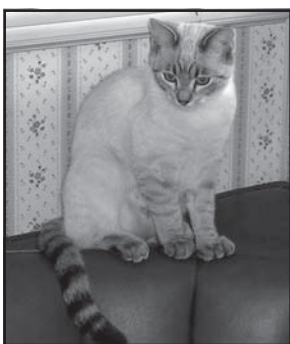
**Joan Martin**

I'm so lucky to have you as my Godmother! Happy Mother's Day!  
Love, Jennifer



**Nana**

We think you're lovely! You make us so happy! Thanks for everything. Love, Jacob & Samantha



**Mama**

I'm so excited for our littlest December addition. I promise to be nice! Love, Sophia



**Mary Evelyn Paul**

"Yes Mother Dear" I miss you very much Your family misses you Oct. 7, 1923 - Nov. 22, 2008  
Love, your son & family



**Grandma**

Can't wait to meet you! Happy Mother's Day!  
Love, Baby G



**Flormila Colchado**

I want to wish you a very Happy Mother's Day. You have cared a lot for your kids and this is the way we want to say thank you. Love your four kids



**Kathy Perez**

Happy Mom's Day to the most beautiful mom in the world! We love you so much!  
oXoXXo, T, N, S & B



**Wilhelmina Ingwersen**

Mom, we all love you so much. You are the best mom anyone can have. You really are wonder woman. Happy Mother's Day.



**MaryAnn Sourial**

I want to wish you a Happy Mother's Day Mommy! I want to show you how much I appreciate you! I love you so much and I know nobody could replace you! Remember, I will always love you the most!  
Love, Marina



**Yamileth Flores**

A great mother & grandma. You taught us to give. How to enjoy life w/family. We love you  
Happy Mother's Day



**Rosa Rose**

The values you've taught, the care you've given, and love you've shown, have enriched my life. Love You, Christine



**Mom**

Thank you for always being on my side mom! I love you. Happy Mothers Day!  
Nicole



**Mom**

Admit it Mom, I'm your favorite! Happy Mother's Day, I love you.  
Eric



**Marta Gonzalez**

Mami, I feel so proud and blessed to have you as my mother. You're my greatest role model and inspiration. Thank you for your unconditional love, patience, and for always believing in me. I adore you! Amy Duran



The city's new Green Task Force held its first meeting Tuesday, where they adopted a mission statement and announced goals.

## Green Task Force adopts a mission statement

**DOWNEY** – The city's newly-formed Green Task Force, created with the goal of helping Downey transform into a more green community, held its first meeting this week at the Coca-Cola bottling plant.

The task force, led by Mayor Mario Guerra and Councilman Luis Marquez, used the inaugural meeting to adopt its mission statement and list its goals.

The task force's mission statement is to:

"Improve the public's knowledge and business community's knowledge of environmental topics and how their participation helps everyone;

"Encourage practices to protect the environment, our city and the public's health;

"Address community environmental concerns and potential solutions and advise the City Council on possible courses of action;

"Focus on immediate and long-term solutions for conservation, sustainability and education."

The task force also chose four goals:

"Adopt sustainability and conservation as a core value;

"Support comprehensive public education effort;

"Review of all city departments and energy and environmental issues and prospects;

"Encourage and facilitate behavioral transformation through public education, and leading by example...Reduce, Reuse, Recycle, Respect."

## Memorial Day observed at cemetery

**DOWNEY** – American Legion Post 270 will help observe Memorial Day at a special program May 25 at the Downey Cemetery.

The ceremony will feature remarks by the Downey Cemetery District Trustees, a wreath-laying, a rifle salute by Post 270, and the playing of Taps.

Past commander Larry Batulis will offer a few prayers and a brief eulogy will be given from present commander James Higuera.

No parking will be permitted at the cemetery. A free shuttle service will take guests from the Lakewood Boulevard Green Line parking lot to the cemetery, and then back.

The ceremony will take place at the Veteran's Memorial Wall and garden inside the cemetery. The program begins at 11 a.m. and lasts approximately one hour.

The Downey Cemetery traces its history back to the 1870's and serves the cities of Downey, Bellflower, Paramount and parts of South Gate.

For more information on the Memorial Day program, call Stephanie Shorthill at (562) 904-7236.

## Mystery writers to lead discussion

**DOWNEY** – Some of Southern California's best mystery writers will be in Downey on June 6 for a book-signing and luncheon event sponsored by Friends of the Downey City Library.

The event begins at 11:30 a.m. at the Rio Hondo Event Center.

Downey High School graduate and mystery writer Jeff Sherratt will join a panel consisting of authors Michael Mallory, Gary Phillips and Darrell James. Their books will be available for purchase and signing after the discussion.

Cost to attend is \$20 and includes choice of a beef, chicken or pasta lunch.

Reservation forms are available inside the Friend's Gift Shop inside the library. Deadline for reservations is May 30.

# Young artists take home prizes

■ Downey students win cash, scholarships in Roybal-Allard's annual art competition.

**DOWNEY** – Two Downey students have been announced as winners in the 2009 34th Congressional District Student Art Competition.

"I am proud and honored to represent a district filled with so many gifted students, inspirational teachers and community-minded organizations and businesses," said Rep. Lucille Roybal-Allard (D-34), who sponsors the competition. "And I am especially proud and honored to represent the parents. Your nurturing love motivates your children and helps them to realize their full potential. I commend you for being their inspiration."

Each art entry is judged on four criteria: originality, technical skill, artistic presentation and use of color and contrast.

The first place prize went to Johnell Hipol, a Bellflower resident and senior at Mayfair High School. Her marker and pen piece, titled "La Vida," will be exhibited at the U.S. Capitol for one year.

Hipol received a four-day trip for two to Washington, D.C. for the June 24 national exhibit opening and \$500 spending money. She also won a \$1,000 scholarship, a \$200 gift certificate for art supplies, and \$150 cash.

Downey's Brittney Dreher, a senior at Warren High School, was one of five finalists who were also recognized. Dreher placed second with her painting, "Highlight of My Life."

"Ever since I was young, one thing was clear to me – that my calling in life was to inspire others and express myself through visual art," Dreher said. "My personality is very much revealed in my art – my drive for perfection, attention to detail, and taste for colors."

Dreher won a \$750 scholarship, a \$175 gift certificate for art sup-

plies, and \$100 cash. Warren High School received a \$500 gift certificate for art supplies.

"This painting is a depiction of my second passion – traveling," she said. "Traveling encourages understanding between dissimilar people and cultures, allowing people to gain knowledge of the world, humility, and an altered perspective of life."

"In the painting, the map relates to traveling but also symbolizes the infinite options that life presents. Also, the picture that I am sketching within the piece represents the difficult decisions in life that shape individuals. The sketch itself reflects all the unique experiences brought back from my specific trip or journey. Seeing the world and all it has to offer is a great love of mine, and therefore, a 'Highlight of My Life.'"

Julian Whitfield, a Downey resident attending Columbus High School, won an honorable mention award for his acrylic painting titled "Technicolor Vocal Vomit." Whitfield won a \$250 scholarship, a \$125 gift certificate for art supplies, and \$100 cash.

Columbus also received a \$300 gift certificate for art supplies.

"I believe music and art are my calling. I see myself making a career out of art because it's something I love and take very seriously," Whitfield said. "Right now, I am in a band called After the Broadcast and I create all the art for us, like album covers, T-shirt designs, and even redesign some of our band equipment. It makes our shows unique because people get to hear our music while I display my art."

"Art is important in our society because it lets us express ourselves without limitations."



Brittney Dreher, a senior at Warren High School, was the second place winner in the 34th Congressional District Student Art Competition. From left: Norma Roque; Douglas Andrews, Warren High School art instructor; Rep. Lucille Roybal-Allard (D-34); Dreher; Martha Saucedo, vice president of community affairs for AEG; and Kara Medrano.



Columbus Continuation High School student Julian Whitfield won honorable mention for his work, "Technicolor Vocal Vomit," at the 16th annual 34th Congressional District Student Art Competition. From left: Norma Roque, emcee and reporter for Univision; Whitfield's mother; Whitfield; Rep. Lucille Roybal-Allard (D-34); Hector Elizalde, public affairs representative for the city of Vernon; Kara Medrano, chair of the 2009 Organizing Committee; and Whitfield's father.

## Group to discuss special election

**DOWNEY** – Citizens for Downey will discuss the May 19 special election and the pros and cons of its ballot measures when it meets this Wednesday at 7:30 a.m. at the Rio Hondo Event Center.

An optional breakfast buffet will be available at 7 a.m. All Downey residents are invited and no reservations are necessary.

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**City of Downey Summer Day Camp Programs**

**SPORTS CAMP**  
Ages: 8-12  
June 22-August 28

This 10 week summer day camp offers children an opportunity to learn 12 hours of skills each week from a professional in a specific sport. All camp activities are conducted in a safe, well-supervised environment. Camp includes, excursions, swimming, mini-trips and a daily snack. For ages 8-12

**"Top Chef"**  
July 20-24

Campers will go through food handling training and make several fun and delicious dishes. Menu's will be prepared, and our own restaurant opened at the end of the week for friends and family. This camp is designer for campers ages 6-16, and features many delectable competitions with plenty of challenges.

**"Survivor Camp"**  
July 27-31

Tribes are formed and the fun begins! Competitions require teamwork and dedication to overcome obstacles, and build camaraderie. Everyone at Survivor Camp is a winner! No one gets voted off this island, but only one team can be the ultimate at survival. Based on a popular TV series, you may even get to eat a bug! Ages 6-16

**Adventure Camp**  
A Summer camp especially designed to challenge teenagers with exciting and interesting activities conducted by trained recreation personnel. Independence Park will be the headquarters, with excursions, swimming, and weekly mini-tips.  
Ages 11-14  
June 22-August 28

**Harry Potter Camp**  
August 3-7

We will train students to be the next big Camp Wizard! We study magic, potions, horticulture and flight. Participants will build wands, capes, hats and everything needed to become a Kid Wizard. Target ages are 7-16 years old.

**Wilderness Camp**  
Ages 6 - 10  
June 22-August 28  
10, One Week Sessions

An exciting day camp where children will make arts & crafts, cook, and participate in many exciting activities including weekly excursions & and weekly pool trips.

Camp costs include supplies, materials, daily snack and weekly excursion.

**"Downey Tennis Camp"**  
June 29-July 24

This camp is designed for ages 6-16 & caters to children who are preparing to begin and advance their tennis skills. Campers will learn basic strokes, shot placement, serves, volleys and strategies in tennis play.

**Camp Hollywood**  
This six week day camp is a fun and educational camp geared toward children ages 8-13 interested in the theatrical arts. Campers will have the opportunity to learn and participate in all of the best areas of theatre including acting, playwriting, scenery and props, costumes and makeup

**Specialty Camp Cost:**  
\$115 per week

Extended Care Available:  
\$40 session, first child  
\$35 session, additional Child  
Extended care is available for Sports, Adventure, Wilderness, Skate, and Hollywood Camps

Early Bird Registration is on May 20, 2009 from 5:30-7:30pm at Gary P. McCaughan Gym at Apollo Park.  
General walk-in registration will begin Tuesday, May 26, 2009 from 8:00am-5:00pm at City Hall, Community Services Department. Registration is a first-come first-served basis.  
For more information, please call City Hall at 562-904-7238 or check www.downeyca.org

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## Downey resident to attend Naval Academy

**DOWNEY** – Downey resident Ryan Montgomery has been appointed to the U.S. Naval Academy in Annapolis, Md.

Following his graduation from Valley Christian High School in Cerritos, Montgomery expects to begin the elite 4-year Naval Academy program this summer.

“I am very proud of Ryan. He is an exceptional young man who earned admission to one of our nation’s most prestigious service academies through his hard work, commitment and leadership abilities,” said Rep. Lucille Roybal-Allard (D-34), who nominated Montgomery. “I’m certain Ryan’s self-discipline, strong motivation to succeed and eagerness to serve our country will enable him to become a fine commissioned officer and leader that our community and nation can be proud of.”

Each year, Roybal-Allard nominates qualified students from her district for admission to the service academies, which also include the U.S. Air Force Academy in Colorado, the U.S. Military Academy in West Point, N.Y., and the U.S. Merchant Marine Academy in King’s Point, N.Y.

Successful applicants receive a free education in exchange for a commitment to serve five years as a commissioned officer in the military following graduation.

Entrance into the academies is highly competitive. Last year, for example, only 14 percent of 1,537 of all Naval Academy applicants were offered appointments.

Montgomery currently holds a 3.9 GPA and “performed very well” on the SAT. In addition to playing football, track, the violin, and singing in the school choir, he has also mentored students at Tucker Elementary School in Long Beach. He also tutored at his church’s Sunday school and volunteered at Camp Pendleton.

For his efforts, he has received numerous awards and accolades, including induction into the National Honor Society in 2007.

Admission to the service academies is based on a multitude of skills and attributes, including character, scholarship, leadership, physical aptitude, medical fitness, goals and motivation.

To learn more about the service academies and the nomination process, visit Roybal-Allard’s website at [www.house.gov/roybal-allard](http://www.house.gov/roybal-allard).



Ryan Montgomery, shown with his mother, right, and Rep. Lucille Roybal-Allard, has been appointed to the U.S. Naval Academy.

## Church hosting community picnic

**DOWNEY** – The Immanuel Armenian Congregational Church will host a community picnic May 25 from 11 a.m. until sundown.

Shish kebab and chicken kebab dinners will be offered for \$15. There will also be raffles, prizes and games for the entire family.

The community is invited to attend. The church is located at 9516 Downey Ave., north Florence Avenue.

## Daughter’s Day Brunch tomorrow

**DOWNEY** – Downey United Methodist Church will host its annual Daughter’s Day Brunch tomorrow at 11 a.m.

The topic is “Mother Teresa – Greatest Humanitarian of the 20th Century Still Speaks Today.”

Tickets are \$9. For more information, call the church office at (562) 861-9777.

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**Community Calendar**  
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**IMMIGRATION**

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- ACCIDENTS
- HABLAMOS ESPANOL

ATTORNEY AT LAW  
**ALEXIS SAAB**

10810 Paramount Blvd Suite 201  
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## POET’S CORNER

### My Mom

Before we take our daily bread  
My Mom would always say:  
Now close your eyes and bow your head  
And take the time to pray.

Each night before I go to bed  
I still can hear her say:  
Now close your eyes and bow your head  
And take the time to pray.

Her words are ringing in my ear  
And ev’ry now and then  
An angel chorus do I hear  
They are softly joining in.

And when the way seems dark ahead  
My heart can hear her say:  
Just close your eyes and bow your head  
And take the time to pray.

My way to heaven’s straight ahead  
My Mom prepared the way  
Each time she looked at me and said:  
Just take the time to pray.

Just close your eyes and bow your head  
And take the time to pray.

–Bill Milburn,  
Downey

*Poems can be submitted  
to The Downey Patriot at  
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## No trust

By Eric Pierce

Nothing in life seems real these days. Children today have fewer and fewer people to look up to.

Manny Ramirez, the Dodgers' \$25 million man, has tested positive for performance-enhancing drugs, a fancy word for steroids.

Manny cheated. He cheated the Dodgers out of a potential shot at the World Series, he cheated fans out of something (and someone) to actually root for, and he cheated children out of a role model to believe in.

Manny was larger than life. He was gregarious, lovable and affable. But now we know he was phony. He was a cheat, no different from Barry Bonds.

As soon as I heard the news I texted my brother, a devoted (and optimistic) Dodger fan who replied, "Yeah, that sucks, but [the] Dodgers save money and Manny will stay next year [because] no team will want him."

He's right, of course, no team this side of Pluto will want Manny now, but that includes the Dodgers.

Who do we root for?

Even Kobe Bryant, no matter how great, is tainted. At worst, he carries the stigma of sexually assaulting a young woman in Colorado. At best, he is innocent of assault but admittedly cheated on his wife.

It's hard to be a fan these days. It's hard to believe in athletes.

Sometimes, it's just hard to trust.

## Keep your staff and bottom line intact

Since when did people become expendable?

It seems that way, when we read the headlines showing hundreds of thousands of people being laid off in the wake of the recession. As of this month, the unemployment rate has reached 8.5%. In some states, the number of those unemployed exceeds 10% of the workforce. First, we freeze raises, then we stop 401K contributions, and finally we hand out pink slips as a way to save money.

But what these strategies don't do is MAKE us money.

That's what Clint Greenleaf, CEO of Greenleaf Book Group, believes management should really focus on.

"If I were more political, I might start the dramatic 'one in every 10 Americans' speech in a portentous, overly concerned, Big Brother voice. But let's just cut to the chase, shall we?" he said. "My company's industry is not immune to the effects of the current economic state - quite the opposite. We're small, independent, and we produce a non-essential consumer good. For some in this business, that could be a death sentence. Larger rival companies are cutting jobs in the hundreds. On the other hand, we only have about 30 full-time employees. And even one layoff is, in my opinion, unacceptable."

Greenleaf's assertion is that it's not about who's "essential" and who's "expendable." If you've done your hiring right, everyone is essential, he said.

"Cutting one person from the team is losing one invaluable resource that helps make this entire company tick," he said. "In the short term, it's hurting morale and lowering the productivity of a department. In the long run it means the entire company's time and money spent trying to make up for the loss—redistributing tasks and overburdening departments, struggling to make up the slack, dealing with the paperwork, and eventually putting additional man-hours toward rehiring and retraining. And of course, the toll layoffs take on the economy are tremendous."

The most important resource in any company is people, according to Greenleaf. Without their labor and commitment, most companies would not be successful. To that end, he's asked his employees to institute what he calls the "lay-on" as opposed to the layoff.

"Essentially, every employee is putting in one voluntary extra hour per day at work," he explained "One extra hour to be used in the most advantageous way possible: finishing up projects, having a meeting with a client or vendor, assisting a coworker, getting hands dirty working in another department. Even cleaning a desk or organizing files, if it helps improve efficiency."

The numbers work, he said:

- 30 employees x 1 hour per day
- Multiplied by a 5 day workweek
- Equates to 150 extra hours
- Divide that number by 40 hours per standard workweek
- The result is 3.75, the equivalent of almost 4 full time employee work weeks

For any company, an extra hour increases the work week from 40 to 45 hours and is a simple 12.5% increase.

"And managers don't have to hire a single new person," he said. "Rather than cutting expenses (and revenue), we're keeping all of our employees' benefits and increasing productivity - and revenue as well. And, we aren't asking for anything big. Just a little extra time each week that is completely flexible."

And it's working. Since implementing the program in early March, company profits are up and reserves for hard times are growing. *Clint Greenleaf is CEO of Greenleaf Book Group, where he's published more than 1000 titles, and his 2008 sales hit \$8.1 million.*

## Letters to the Editor:

### In praise of Student Life

Dear Editor:

I've been living in Downey for 37 years now, and always wondered what the kids are up to these days. After I graduated from Warren High School once upon a time, I got detached from the good old days of cliques and weekend parties. Then the Student Life section was created.

I was amazed at this new generation of high school students. I'd like to thank whoever thought up of putting that section in the city newspaper, and those who write in it.

Sam Yun always has the 411 on stuff that's going on in school. Vlad Ionescu is the satirical genius. His Soulja Boy article really made that noisy mess of a song look good. Brianna Schar's article on financial aid made me feel a little guilty about how easy I had it getting into a college in my day, so I've been donating here and there to financial aid programs.

When seeing what new ideas their minds are filled with by reading Student Life, I'm always even more pleased at my indirect yet thoughtful contribution to their education.

Once again, I want to thank everyone that's making this newspaper possible every Friday, and especially the young ladies and gents that are telling me about what's going on in their everyday life.

— Daniel P. Farlow,  
Downey

### What racism?

Dear Editor:

I would like to address the rhetorical question Mr. Cristea presents in his letter "Basic Science." (Letters to the Editor, 5/1/09) Based on the subtitle of Charles Darwin's book, "The Origin of Species: By Means of Natural Selection of the Preservation of Favored Races in the Struggle for Life," he calls Darwin a racist and asks, "Who are the favored races, Charlie?"

Anyone who has read the book will find this question risible. It is beyond the purview of Darwin's book to postulate on humans or the human race, their origin or evolution. Rather he comments on domestic and wild animals, plants and insects.

If someone thinks the scientific investigation of animals like ducks, turtles, or dogs is racist, maybe they should reassess their cognitive process.

— Russell Rankin,  
Downey

### Yard sale for good cause

Dear Editor:

Tomorrow, May 9, my family will be holding a lemonade stand and yard sale to benefit the Arthritis Foundation. Twenty percent of Americans have some form of arthritis. We are raising money so that one day there will be a cure for this painful disease that also strikes children.

My daughter has Pauciarticular Juvenile Arthritis. She has had it since she was 3 years old; she is now 10.

Did you also know that more children have arthritis than muscular dystrophy, juvenile diabetes, cystic fibrosis and cerebral palsy combined? Please help us get the word out that kids get arthritis too.

The yard sale and lemonade stand will be at 9345 Hasty Avenue, in Downey. We are north of Gallatin Road. One hundred percent of the proceeds are going to the Arthritis Foundation.

— The Minnig Family,  
Downey

### High hopes for Avenue Theatre

Dear Editor:

With all the hubbub going on about the Avenue Theatre, I'd like to propose it as the first step in the road to recover for the faltering-at-best "Downtown" Downey.

As a young (20) founding member of a local Downey-based improv group on the rise, I don't look at the Avenue as just a picture show kind of place. I think it could possibly be a rotating performance space. Three months of films, three months of stage plays, three months of Shakespeare, and then three other months dedicated to other forms of art such as art galleries, performance artists, and instructional workshops.

I've heard the argument from the City Council concerning its close location to the Downey Theatre. As much as I appreciate having performed with such a large crowd at that venue with my group for a night of comedy last month, the cost is a major reason for it sitting like an extinct volcano. I'll not get into exacts, but one night cost our benefactors a multiple of four-figures.

That is not easy for a small improv group, let alone a good deal of theater companies, but I must admit it is somewhat of a bargain for a 700-seat house. The problem is that even with the deal they gave us, it's well out of reach of small groups such as us or other troupes and acts. So where could these small groups go that can't afford something as rich and decadent as the Downey Theatre? Oh, look, it's the Avenue!

We must all understand that this is also in a prime location for a small theater. When my group attempts to find a new theater, we have to look behind the "orange curtain" that is Orange County's theater scene. Or we have to figure out a way to go into the mad crunch that is Hollywood, with nothing affordable in areas that will get you seen. The Avenue is perfectly placed in the middle ground: not too far from Hollywood to get them into here, and just up the street from the theater nuts in the OC.

It could also be used to host local music events featuring bands from the high/middle schools and local kids. That's something that would bring in the young folks to a city that has decided to aim its appeal well beyond its large youth population. Heck, could you imagine if the Avenue suddenly took off in popularity and became the place to get your start and the legends of comedy and music recognized this, deciding to hit up the venue?

Let us hope that the City Council actually listens to the people they are supposed to serve and prevent a severe botch-up of this sure-fire diamond in the rough.

— Jared Head,  
Founder, Chameleon Comedy

*Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.*



## Letters to the Editor:

### Green Task Farce

Dear Editor:

I read with amusement the articles on the Green Task Force appointments, and Mr. Elsherif's letter to the editor (The Downey Patriot, 5/1/09).

I am not surprised that the political hacks and drooling hangers-on were appointed, but I am surprised that they couldn't find a seat for the spelling-challenged applicant. The fact that an electrical contractor (Bob Ciatti of Efficient Lighting & Electric) is considered "the most qualified of the bunch" is ridiculous, and shows that the council has no clue, as usual.

It is unfortunate that recommendations of this "task farce" will find willing support from the idiots on the council who appointed them, whether these recommendations make any scientific sense or not. And without the participation of evidently qualified individuals such as Mr. Elsherif, Mr. Eric Olson, or Mr. Harold Tseklenis, I doubt there will be any sense whatsoever.

— Thomas D. Smith,  
Downey

### Car show admirer

Dear Editor:

The car show that was at the Downey High School parking lot last Saturday for the Downey Street Faire was the best car show that the city of Downey has ever had.

There were new and old cars. The people who put it together did a wonderful job.

— Mike Sandoval,  
Downey

### Seeking explanation

Dear Editor:

As Ricky asked Lucy to 'splain it to him, that's what I'm asking for. How can a big part of our Democratic-controlled Congress be so upset that three terrorists were water-boarded and other forms of punishment given to get information that kept Los Angeles from having a similar Sept. 11 catastrophe - men mainly responsible for the Sept. 11 deaths of more than 2,000 people.

It was astounding to me to realize that so many in Congress and other politicians are so compassionate and have such deep feelings toward our enemies that would kill us that they would choose to prosecute those of the previous administration and even lawyers who gave advice who were trying to - and did - keep the U.S. safe from another attack. Is this being done to be vindictive or maybe just to enrich their lawyer friends, as I can't see any benefit for it or logical explanation?

The explanation I'm really asking for is how can they be so very, very compassionate toward those who would kill us, but think nothing about or express no sorrow or compassion for the deaths of more than 50 million aborted babies worldwide every year, and indeed have not spoken out against partial birth abortion.

I wouldn't want the blood of these innocents on my hands. Yet President Obama could hardly wait (one of his first edicts signed behind closed doors - no fanfare or trip to another state to sign it) to not only kill our babies, but committed our tax dollars to do this throughout the world. Maybe all of this \$10 trillion isn't really needed.

— Elsa Van Leuven,  
Downey

### Some higher education

Dear Editor:

This letter is in response to the article entitled "Impact of State Budget on DUSD Laid Out at Meeting" (May 1).

It is absolutely devastating that our government has allowed us to become so in debt that they are willing to risk the education of our future. With the school budget cuts, our children are going to be in oversized classrooms with inadequate teacher-student relationships. Grades are going to suffer.

College courses are being downsized as well. I am a student at Cerritos College and when registering for summer courses was told that the classes were not solid so to keep a second option in mind in case my class was cancelled. Some higher education!

This has got to be fixed.

— Michelle Dominguez,  
Downey

## The Downey Patriot

**STAFF**

Jennifer DeKay-Givens	Publisher/Adv. Director
Eric Pierce	City Editor
Henry Veneracion	Staff Writer
Scott Cobos	Staff Writer
Dorothy Michael	Display Advertising
MaryAnn Sourial	Display Advertising
Linda Larson	Classified Advertising
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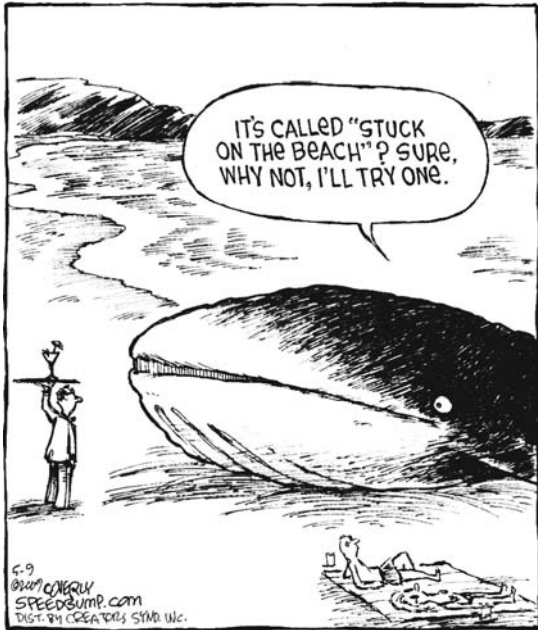
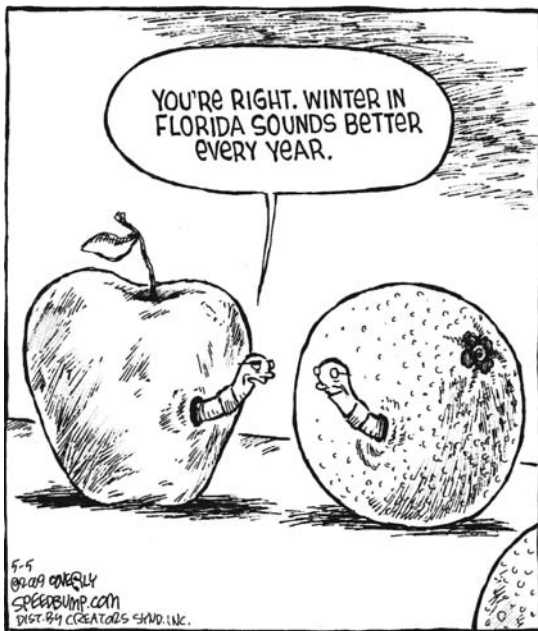
TEL (562) 904-3668 | FAX (562) 904-3124 | Hours Monday-Friday 9a.m. - 3p.m.  
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## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### Events For May

- Sat. May 9: **E-waste collection**, Stonewood Center, 9 a.m.
- Sat. May 9: **Kid's Day**, Furman Park, 10 a.m.
- Sat. May 9: **Daughter's Day Brunch**, Downey United Methodist Church, 11 a.m.
- Tues. May 12: **Rise 'N Shine networking**, Downey Brewing Company, 7:30 a.m.
- Tues. May 12: **'A View from the Bridge'**, Warren High School, 7:30 p.m.
- Wed. May 13: **Child immunizations**, Alameda Elementary, 3 p.m.
- Thurs. May 14: **Kiwanis membership drive**, Rio Hondo Event Center, 12 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.: **Sertoma 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-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 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.

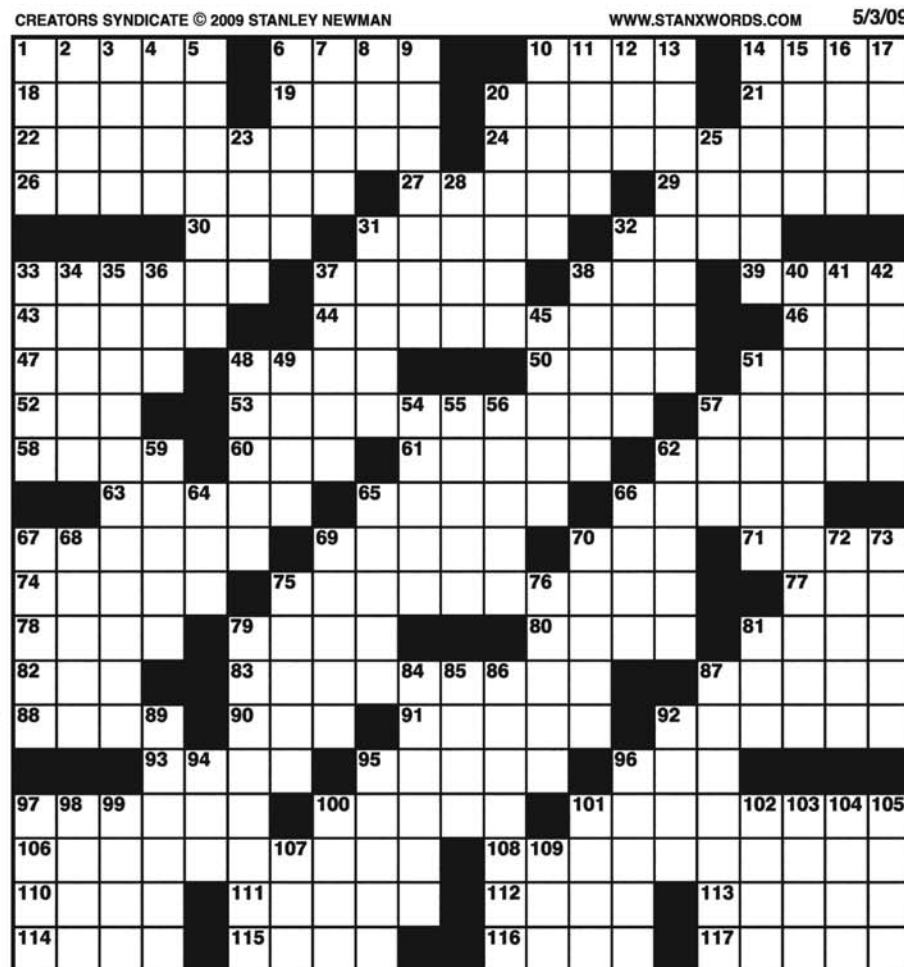
## On This Day...

- May 8, 1541:** Spanish explorer Hernando de Soto and his European expedition reach the Mississippi River.
- 1886:** The flavor syrup for Coca-Cola is invented by pharmacist John Styth Pemberton.
- 1926:** Comedian Don Rickles is born. Also born May 8: rock musician Alex Van Halen (56), former football coach Bill Cowher (52), football hall of famer Ronnie Lott (50), "Little House on the Prairie" actress Melissa Gilbert (45), and pop singer Enrique Iglesias (34).
- 1945:** President Harry S. Truman uses a radio address to announce the end of World War II.
- 1978:** David Berkowitz pleads guilty to the "Son of Sam" murders.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**WHO'S WHOSE: Exploring possessiveness**  
 by Fred Piscop

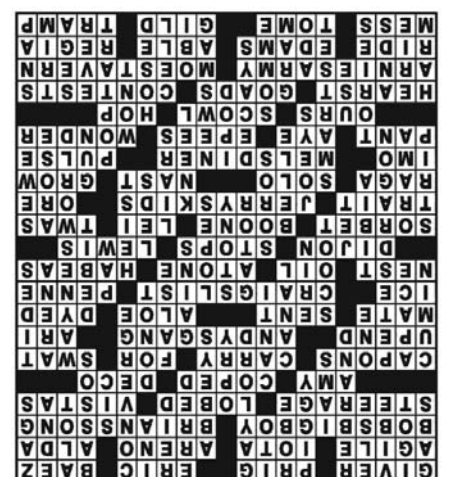
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| 57 Tubular pasta                        | 116 Richly adorn                 | 51 Credit opposite                  |
| 58 Snug spot                            | 117 Walk heavily                 | 54 Swamp critter                    |
| 60 Wildcatter's strike                  |                                  | 55 Showing no emotion               |
| 61 Make amends                          | <b>DOWN</b>                      | 56 Easy strides                     |
| 62 ___ corpus                           | 1 Shoots the breeze              | 57 Handle clumsily                  |
| 63 Mustard variety                      | 2 "___ Plenty o' Nuttin' "       | 59 Fibula neighbor                  |
| 65 Timetable listings                   | 3 Vague sense                    | 62 Bank caper                       |
| 66 Clark's partner                      | 4 Alternatively                  | 64 Deep black                       |
| 67 Frozen dessert                       | 5 Give a marketing makeover to   | 65 Hungarian-born financier         |



- |                              |                               |                       |
|------------------------------|-------------------------------|-----------------------|
| 66 Watch readouts, for short | 81 Race starter's aid         | 97 Detriment          |
| 67 Landing area              | 84 Goes bad                   | 98 Pennsylvania port  |
| 68 Advertising suffix        | 85 Digital music player       | 99 Afterthoughts      |
| 69 Ball girl                 | 86 <i>Time</i> , for instance | 100 Carb unit         |
| 70 Fabricators               | 87 Toaster Strudel rival      | 101 Honeycomb section |
| 72 Sprang up                 | 89 1770s loyalists            | 102 At any time       |
| 73 Urban conduit             | 92 Refuses to                 | 103 Video-game giant  |
| 75 Baby kangaroos            | 94 "___ only as directed"     | 104 Lean              |
| 76 Prepare to be dubbed      | 95 English Channel feeder     | 105 Go ballistic      |
| 79 Chic group                | 96 Cleaned, as a driveway     | 107 Commotion         |
|                              |                               | 109 Kimono closer     |

You can contact puzzle editor Stanley Newman at his e-mail address: [StanXwords@aol.com](mailto: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.

Australian-born actor ERIC Bana (10 Across) portrays the Roman villain Nero in the new "Star Trek" film. PENNE (57 Across) literally means "feathers" or "quills" in Italian. AQUA REGIA (113 Across), composed of nitric and hydrochloric acids, is used to dissolve precious metals such as gold and platinum.



## Paging Dr. Frischer...

By Dr. Alan Frischer



helping to regulate their blood glucose levels.

•Anxiety: Massage has been shown to reduce anxiety in depressed children, anorexic women, and in adults trying to quit smoking.

•Alcohol withdrawal: When combined with traditional medical treatment, massage has shown benefits, perhaps by increasing feelings of support, safety and engagement in therapy.

•Labor: Massage during labor appears to lessen stress and anxiety, relax muscles and reduce pain.

0149Immune system: HIV patients who participated in massage studies showed an increased number of natural "killer cells", which are thought to defend the body from viral and cancer cells.

•Infant growth: Massage encouraged weight gain in premature babies and reduced their hospital length of stay.

•Self-esteem: Massage involves direct physical contact with another person, and can make one feel cared for. That special attention can improve self-image in people with physical disabilities and terminal illnesses.

So why exactly might massage be beneficial? The data supporting the findings above tell us that massage or some component of it is beneficial to many aspects of our health. What we still do not know is exactly how or what massage does to the body to bring about these benefits. It is possible that the majority of the medicinal effect is simply due to human touch. Studies are now underway to examine what happens when humans touch one another. Do chemicals in the body and brain, which modulate the immune system, the stress response, or mood, actually change? The scientific community expects to be seeing more concrete medical data soon.

Are there risks to massage therapy? It is not for everyone. We all know people who simply do not like to be touched. If performed by a trained therapist, risks are minimal, but there are some people for whom massage could actually be dangerous, including those with:

- A recent heart attack
- Deep vein thromboses (blood clots)
- Unhealed fractures
- Rheumatoid arthritis in the area being massaged
- Cancer in the area being massaged
- Severe osteoporosis in which the bones are so brittle that massage could cause a fracture.

Contact your physician if you question whether massage is safe for you. I wish you good health, and peace of mind and body!

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.

## H1N1 Flu Arrives in Downey with Limited Impact

BY MARK SAUTER,  
DEPUTY CITY MANAGER, EMERGENCY PREPAREDNESS, CITY OF DOWNEY

Last week the country and the media waited and watched to see if the H1N1 flu virus would spread and create havoc with our families and commerce or simply run its course as many seasonal flu viruses do each year. Locally, community responders and administrators were talking on a regular basis, considering many 'what if' scenarios and sharing prevention messages with their crews, colleagues, students and residents. Everyone involved was sincerely concerned for the welfare of those affected and hoped for a quick end to the expanding incident as the weekend approached.

On Thursday and again on Friday, the message from the medical community was the H1N1 virus was not as virulent as had been first thought. Medical officials were saying the H1N1 virus was very similar to that of a seasonal flu virus. The methods of transmission were appearing more predictable as well. The experts advised the primary routes of spread were air borne droplets of the virus transferred by coughing / sneezing or elements of the virus left on public surfaces, then touched by others and consequently ingested or spread by touching the eyes or rubbing the nose. Despite the outpouring of 'flu-prevention' information, cases of H1N1 flu continued to rise, although not dramatically. In many cases the flu-virus is passed from one person to another before the flu-symptoms overtake the virus carrier. The spread of the virus impacted many students and led to over 400 schools closures across the country by concerned health and school administrators.

Despite the preparedness and hopes of the entire community, a student from Old River Elementary School experienced 'flu-like' symptoms at the end of last week. The student was initially thought to have a typical case of the seasonal flu. However, testing was done and on Monday confirmation was given by a laboratory in Downey that the student had been infected with the H1N1 virus. By the time the test results were completed, the student was feeling much better. As of this writing, thankfully, the student has recovered and returned to school. There has been no word of any spread of the virus at the school since the initial reporting.

The Los Angeles Department of Public Health (LACoPH) investigated the student illness and has not yet issued a determination on the source for the flu virus.

The Downey Unified School District (DUSD) administration became aware of the illness late Friday evening and immediately contacted the responsible parties. They worked with the LACoPH officials to determine the best practices for the student and the school system. City officials were contacted and briefed. On Sunday, Old River School was sanitized by 16 DUSD staff members as a precautionary measure. The flu virus is known to live as long as 2-8 hours on a surface. However, the District elected to take the extra steps to increase the level of comfort for the returning students and faculty. A 'Connect Ed' message was sent out on Sunday advising the parents of Old River School students of the incident and of the actions taken since its discovery.

Since the initial reports of the H1N1 virus problem early last week, patients seeking treatment at Downey Regional Medical Center (DRMC) and from the Downey Fire Department remained at a seasonal level. City emergency and DRMC workers followed the recommended protocols of:

- frequent hand washing (with soap or hand sanitizer), especially before eating
- not touching the face, eyes, or nose with unwashed hands
- taking care to sneeze or cough into tissue and then disposing of the tissue into a trash can
- staying back at least 3-6 feet from people who are sneezing or coughing if possible
- staying home if they felt ill with flu type symptoms until at least one day after the symptoms ceased
- sanitizing 'shared' surfaces on a regular basis
- visiting a private physician if flu symptoms persist
- receiving an annual flu-shot in the fall months each year.

On Monday, representatives from the city emergency staff and DUSD again communicated about the current status of the H1N1 problem in the City. Certain communication center protocols were implemented by the Fire Department (at the direction of the LACoPH) to improve the flow of information for public health officials and for emergency responders. On Tuesday, DRMC was again contacted for a status update. DRMC operations were reportedly normal at that time.

Presently, there is only speculation as to the life span of the H1N1 virus. Some have forecasted the virus may return next flu season as a more virulent strain. Regardless of what occurs in the next several months with the virus (or a possible mutation of it), following the standard pre-cautions listed above are the best means to reduce everyone's risk of contracting a flu virus and subsequently becoming ill.

The websites for the Centers for Disease Control and the LA County Public Health Department continue to provide timely information and prevention messages.

## Swine flu question & answer

Contributed by the Los Angeles County Department of Public Health

### Should certain people take extra precaution against colds and flu?

Some people can become seriously ill if they get the flu, this includes: pregnant women, infants, the elderly, people with HIV or cancer who may have weakened immune systems, and those with heart of lung disease. It is very important that these people take extra care to avoid close contact with other people who are sick, and contact their healthcare provider immediately if they do become sick.

### The pandemic phase level was raised to 5. What does that mean, should I be concerned?

Phase 5 describes how clusters of cases have been found in several countries around the world and that the illness is likely to spread. This description does not reflect the current situation in Los Angeles County and does not describe the severity of illness. However, this change in phase level does stress the importance of doing your best to reduce the spread of illness in our communities: stay home if you are sick, wash your hands often, cover your coughs, and avoid touching your eyes, nose and mouth.

### How do I know if I have H1N1 (also known as swine flu)?

The symptoms of this flu are the same as those for regular flu: fever, cough, sore throat, body aches, chills, headache, fatigue. Some cases also have had vomiting and diarrhea.

### How do I keep from getting this new flu?

Prevention recommendations are the same as seasonal flu: wash your hands often, avoid close contact with people who are sick, avoid touching your face (eyes, nose and mouth).

### Should I avoid going out and going to events?

No. There is no reason to avoid public gatherings or events. But as always, stay home if you are sick and practice healthy habits like washing your hands.

### Should I keep my child out of school?

No. But children that are sick should stay at home until better – not just now, but always.

### What should I do if I have flu-like symptoms?

Anyone that is sick (fever, cough, sore throat) should stay home – not just now, but always. If you are sick, do not return to work or school until one or two days after symptoms end.

### How do I care for someone with flu-like illness?

The same as always: provide water or other fluids, and watch to see if symptoms get worse or do

not resolve. Many basic over-the-counter medications can reduce fever and make people feel better. Precautions to limit the spread of flu-like illness when caring for someone are the same as what you should do for regular colds and flu.

### Should I buy medicines to treat flu?

Antiviral medications should be taken only under the guidance of a medical doctor since medicines can have side effects, especially if they are not taken correctly. It is important to remember that most flu-like illness resolves without the need to see a doctor or to take medication (besides over-the-counter medicines to reduce fever and make you feel better). It is also important to remember that many other illnesses cause flu-like symptoms – and if your illness is not caused by the flu, flu antivirals will not make you better. Incorrect and overuse of antivirals is not only dangerous, but can also lead to further viral resistance.

### Should I wash surfaces to avoid getting sick with flu?

Germs can spread when a person touches something that's contaminated with germs and then touches his or her eyes, nose or mouth. Cleaning common surfaces can help kill germs and reduce infections, but it's not practical or possible to clean surfaces continuously – it is impossible to clean everything as well as have it stay clean all the time. The best way to avoid getting the flu does not include special cleaning procedures beyond normal.

### What are more serious signs of flu illness?

While to date most new flu cases in the U.S. have been mild to moderate, and in general people with flu-like illness will get better without complications, seek medical care if you experience any of these more severe symptoms:

- For children, watch for:
  - If flu-like symptoms do not get better after a few days or become worse; fast breathing or trouble breathing; bluish skin color; dehydration or unable to drink enough fluids; not waking up, not interacting, confusion, being disoriented; fever with a rash.
- For adults:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting

Everybody knows that getting a massage feels good. But is a massage actually good for your health? Science has not managed to keep up with the multitude of goods and services claiming to be healthful. What hard scientific data is available on the health benefits of massage therapy?

During a massage, soft tissues (including muscles, skin and tendons) are manipulated, using fingertips, hands and fists. It can be given by a variety of health care professionals, including a physical therapist, occupational therapist or massage therapist. Different types of massage are performed in a variety of settings for a range of purposes, including achieving relaxation, relieving soft tissue injury, lessening muscle tension, and a host of other reasons.

Major medical institutions including the Mayo Clinic and the Sloan-Kettering Cancer Institute have invested significant resources in order to understand the benefits of massage. In a key study performed by Sloan-Kettering, massage therapy was given to a group of cancer patients. Patients rated their levels of pain, fatigue, stress/anxiety, nausea, and depression, both pre- and post-massage. The three-year study included 1,290 patients and various types of massage therapy. Symptoms were reduced by approximately 50%, including for those patients who were suffering the most. Outpatients improved 10% more than inpatients. The benefits appeared to continue for at least a two-day period. Sloan-Kettering concluded that massage therapy is indeed associated with substantial improvement in the symptoms of cancer patients. More research is clearly called for, but various studies have shown improvement in:

•Pain: Pain decreased in patients with fibromyalgia, migraines, recent surgery, back pain, and cancer pain.

•Cancer treatment: People with cancer who received regular massage therapy during treatment reported less anxiety, pain and fatigue (note the Sloan-Kettering study, above).

•Sports-related soreness: Some athletes receive massage after exercise, especially to the muscles used most in their sport. Massage may improve circulation to those muscles.

•Children with diabetes: Children who were massaged every day by their parents were more likely to stick to their medication and diet regimens, thereby



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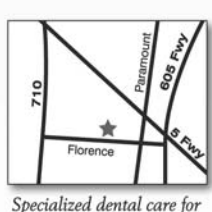
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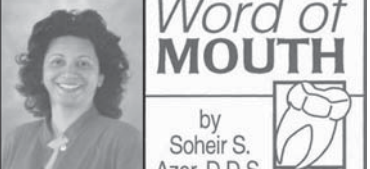
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by Soheir S. Azer, D.D.S.

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# Alcie Louise Inman survived by family

**DOWNEY** – Alcie Louise Gilliland Inman, a former real estate agent and broker in Downey, died peacefully on April 9 in Phoenix, Ariz.

She was born March 3, 1922 in Davis City, Iowa. She was raised by her parents, Hiram Addsett and Minnie Agnes Gilliland, on their farm outside Lamoni, Iowa. A lifelong member of the Community of Christ Church, she was baptized in Lamoni in 1933 by her grandfather, Nephii Lovell.



She attended Graceland College in Lamoni and later Iowa State College. She married Lawrence Inman of Olwein, Iowa while they were students at Iowa State.

They divorced after 16 years and she moved with their three children to be near her sister in Norwalk. They settled in Downey, where she worked as a real estate agent and broker.

After retirement, Inman volunteered as a Pink Lady at Downey Community Hospital and was a member of Downey Newcomers Club,

Downey Senior Citizens Recreation Club, and in various clubs at Leisure World in Seal Beach.

She also traveled extensively with her family and Jack McNellis, her longtime companion until his death two years ago. In October 2008, Inman moved to Phoenix to be near her daughter.

Inman was preceded in death by her daughter, Katharine Jann Van Duerm.

She is survived by her sister, Alta Mae Clemmons; brother, Lewis Lovell Gilliland; daughter (and Katharine's twin sister) Elizabeth Ann Van Zee; son, Philip Inman; sons-in-laws, James Van Zee and Jeffrey Van Duerm; grandchildren, Rebekah Inman, Faith (Nikhil) Inman-Narahari, Christie Inman, Leslie Van Zee, Lisa (Scott) Gardner, Robyn Edwards, Philip Edwards, and Aaron Van Duerm; and great-grandchildren, Sarah, Elizabeth, Samuel, Gabriel, and Ethan.

A memorial service will be held tomorrow at Leisure World, inside Clubhouse 3, Room 2, in Seal Beach. The service begins at 4 p.m.

In lieu of flowers, the family has requested donations to Outreach International, 129 W. Lexington, Independence, MO, 64050.

# Kate Ellen Grace was lifetime Catholic

**DOWNEY** – Longtime Downey resident Kate Ellen Grace passed away suddenly on April 19.

She was born in Rome, Italy on Feb. 27, 1922. At the age of 14, she and her parents, William and Giuseppina Phipps, and younger brother Bob came by way of ship to the U.S.

After a brief time living on the Jesus Maria Ranch in Santa Barbara, they settled in Glendale, where Grace met and married Ed. All three of their children, Michael, Patrick (who died of meningitis at age 3), and Carol, had been born before they moved to Downey in 1951. Ed joined the Los Angeles Police Department; after their children were raised, Grace became a real estate broker in Downey.

Grace was a fervent Catholic her entire life, and attended daily Mass

for more than 50 years. She was active in the OLPH Women's Guild and Bible study, and was a promoter of the League of the Sacred Heart. She also devoted time to Mother Teresa's Missionaries of Charity and other charitable and missionary organizations.

A funeral Mass was held at Our Lady of Perpetual Help Church on April 24.

She is survived by her daughter, Carol, of Plumas County, Calif.; grandchildren, Rebecca Zomorodian, Lisa Grace, Michael Grace, all of Orange County, Daniel Kearns, currently serving in Iraq with the U.S. Marines, Daisy Ching Kearns, currently in the Ukraine with the Peace Corps; and two great-grandchildren, Sara and Sasha Zomorodian, of Orange County.

# Bob Durkee was WWII fighter pilot

**DOWNEY** – Robert F. "Bob" Durkee, a Downey resident and former Downey city planning commissioner, passed away May 1.

He had been residing at Brookfield Healthcare Center in Downey since December of 2008.



Durkee was born Feb. 14, 1921 in LaGrange, Ill. He graduated from Wyandotte High School in Kansas City in 1939 before attending junior college. He entered the Army Air Corps and became a fighter pilot, flying P-47s in Europe during World War II.

He moved to Downey in 1946 after the war, and met his wife Sarah at Downey United Methodist Church, where they had remained members.

Durkee was active in the church, PTA, and was a planning commissioner for Downey. He graduated from Long Beach State in 1968, and worked for North American Rockwell and Safeway Stores as an industrial engineer.

He and his wife moved to Bishop, Calif. after they retired in 1983.

He is survived by his wife, Sarah; sons, Raymond and Donald Durkee; daughters-in-law, Vivian and April Durkee; and grandchildren, Matthew and Alison Durkee.

A memorial service was held yesterday at Downey United Methodist Church. Any contributions may be sent to Downey United Methodist Church or Friends of the Inyo, 699 West Line St., Suite A, Bishop, CA, 93514.



Gabriel Martinez and his son, Diego, were the winners of a raffle for a Nintendo Wii console courtesy Red Carpet Heritage Realty at Saturday's Downey Street Faire. Martinez has lived in Downey for more than eight years.

## Math textbooks open for review

**DOWNEY** – The public is invited to examine textbooks being considered for adoption by the Downey Board of Education for use in middle and high school mathematics classes.

Copies of the textbooks are now on display in the second floor lobby of the Gallegos Administration Center at 11627 Brookshire Ave. They are available for viewing Monday through Friday, 7:30 a.m. to 4 p.m., until June 8.

Suggestions or criticism of the books should be submitted in writing to the superintendent. The board will consider the textbooks' adoption at its June 9 meeting.

## Rise 'N Shine meeting Tuesday

**DOWNEY** – Barbara Fenley of Downey Care Center and Jeff Heib of Hope 4 Loans will speak at Tuesday's Rise 'N Shine Networking meeting at Downey Brewing Company. The meeting begins at 7:30 a.m.

Residents are invited to attend. Cost is an order from the menu.RSVP by calling the Downey Chamber of Commerce at (562) 923-2191.

## Fashion show at Woman's Club

**DOWNEY** – The Woman's Club of Downey will host a fashion show fundraiser May 16 from 11 a.m. to 2 p.m. inside its clubhouse.

Cost is \$30 per person. For tickets, call Debra Miller at (562) 619-0269.

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# Allison says goodbye to 'American Idol'

By BRIDGET SAGRERO, STAFF WRITER

With the stakes running high and the "American Idol" Season 8 reaching its end, Downey's Allison Iraheta hit the stage Tuesday night performing Janis Joplin's song "Cry Baby," and sadly fell short on votes Wednesday night and had to go home.

Rock icon Saul Hudson, better known as Slash, took part in mentoring the top 4 finalists on "Idol" this week since it was Rock Week. The contestants each had their one-on-one time rehearsing their selected songs with Slash at the Roxy on the Sunset Strip. Once Allison had her song rehearsal with Slash, he said that she had a natural rock and roll naturism and swagger.

This week the show ran a little different due to the fact that only four contestants remained in a full-length show time, so each contestant had to perform twice, including a duet with another contestant. Adam Lambert and Allison were first to perform their solo performances, which then followed Kris Allen's duet with Danny Gokey and their solo performances, and ended with Adam's and Allison's incredible duet.

Allison's performance of "Cry Baby" was not her best performance of the season but was very well sung. Her voice was amazing like always but she chose the wrong song to perform. She did not take on a song that would challenge her to sing to her full potential and the judges took note of it.

"You can sing your face off, you can sing anything, [but] I did not like this song choice for you," said judge Randy Jackson.

Simon Cowell complimented her vocals but told her that it was obvious that she tried to sound too much like the original singer, making her a "sound alike" and that her performance was unoriginal because of it. Allison has a natural edgy grasp to her voice that makes her singing so powerful. It was only her song and artist choice that faulted her in sounding

like Joplin since in this song they have a similar vocal style.

The story was different when she hit the stage to do her duet with Adam and performed "Slow Ride" by Foghat. The judges praised both of them for their amazing chemistry on stage and vocal talent. All the judges recommended they do a duet on their albums in the future.

"Rock god. Rock goddess. This is when a duet is right, when you're pushing each other to be better [and] that's what you just did on the stage," said judge Kara DioGuardi.

Simon Cowell said the performance was what might save and keep Allison in the competition. Unfortunately, Cowell was wrong about Allison being saved on Wednesday.

After more than 64 million votes were counted, the results were in on Wednesday night and 17-year-old Downey resident Allison did not make the cut. She had an amazing journey on "Idol" and gave many young people the hope and dream of one day going as far as she did in making their dream and passion come true.

Just because her journey ended on "Idol" does not mean it is all over for her. This summer she will be on a 50-city tour with the rest of the top 10 finalist of Season 8. The end is only the beginning for Allison.

Well known musician Daughtry was also eliminated around this time on "Idol" years back and he is now working with his band on a second album, and Jennifer Hudson was eliminated early when she was on the show and is now an Oscar and Grammy winner. We have not heard the last of Allison and that is a safe bet to make.

Besides the sad news of Allison leaving, the "Idol" stage was great that night with performances. The top four contestants sang to "Schools Out for Summer," alongside Slash on guitar. Paula Abdul performed her song "I'm Just Here for the Music." Daughtry debuted his band's song "No Surprise" and No Doubt performed their song "Just a Girl."

# Warren drama students performing next week

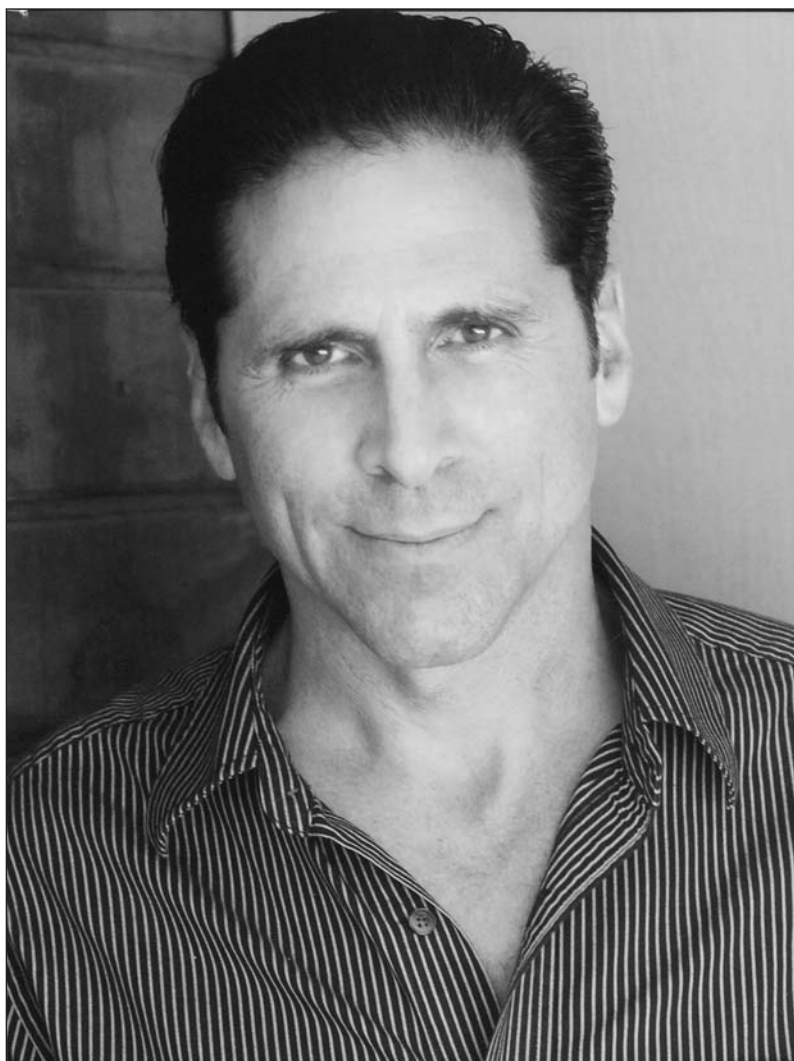
DOWNEY – The Warren High School Drama Department will present Arthur Miller's play "A View from the Bridge" May 12-16 at the school's Emerson Theatre.

Longshoreman Eddie Carbone lives in the Red Hook section of Brooklyn with his wife, Beatrice, and her orphaned niece, Catherine, whom they have brought up as their own daughter. Into the household come two of Beatrice's cousins from Italy who enter the country illegally to find work on the waterfront.

Eddie's love for his niece turns to obsession when the younger of the Italian brothers, Rodolpho, and Catherine strike up a friendship that blooms into romance. Soon Eddie's conflicted feelings lead him to betray his family's trust and take action that ends in violence.

Warren's Drama Department has teamed up with the Itomura Make-up Academy at Downey Adult School "to help create the look" for "A View from the Bridge."

"A View from the Bridge" will be presented May 12-16 at 7:30 p.m. Tickets are \$8 and are available online at [www.emersontheatre.net](http://www.emersontheatre.net) or by calling (562) 869-7306, ext. 87910.



Steve Yudson will star as Julian Marsh in the Downey Civic Light Opera production of "42nd Street", opening May 28 at the Downey Theatre. Yudson appeared on Broadway and at the Shubert Theatre in "Cats" and recently starred as Don Quixote in "Man of La Mancha." For tickets to "42nd Street," call (562) 923-1714.

# Couple talks about travel adventures

DOWNEY – Downey residents Eva and Jerry Silverman will share stories from their travels around the world at the May 19 meeting of the Ezra Center for Mature Adults.

The Silvermans will talk about their past trips to St. Petersburg, Russia, Finland, Denmark, Norway and Sweden.

The program begins at 10 a.m. A catered kosher lunch will be served afterwards at a cost of \$6 for Ezra members, \$7 for non-members.

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

# Spring concert Tuesday

DOWNEY – Warren High School's band program will present their annual spring concert Tuesday at the Downey Theatre.

Performing will be the Warren Wind Ensemble, Concert Band, and the newly-formed West Downey Elementary Band. The concert will also include solo performances from senior band members.

Several pieces of music will be dedicated to Cynthia Vega and Alex Ceja -- both of whom passed away in the last year and had deep connections to Warren High School and the music program.

Tickets are \$10 and will be available on the day of the concert at the box office.

# New Titles at the Downey City Library

## Fiction

- **"All Other Nights"** by Dara Horn. A Union soldier in New Orleans, Jacob has been ordered to murder his uncle, who his superior officers say is involved in a plot to assassinate President Lincoln. This Civil War spy thriller and romance novel also explores race and religion in 19th century America.
- **"Ender in Exile"** by Orson Scott Card. In this latest Ender novel in the science fiction series, the boy military genius knows he cannot live on Earth and joins the colony ships to settle a new world.
- **"Guilty or Else"** by Jeff Sherratt. The author of "The Brimstone Murders" writes a new "Jimmy O'Brien" mystery set in Downey circa 1972. When a prominent state senator's attractive assistant is murdered, the cops arrest a gardener but the novice criminal lawyer suspects the Mob.
- **"Hotel on the Corner of Bitter and Sweet"** by Jamie Ford. Henry Lee is still mourning the death of his wife when he learns that the belongings of Japanese Americans hidden in the basement of Seattle's Panama Hotel for decades have been discovered. Henry is drawn to the basement, and what he is searching for there opens a door he thought he had closed forever.
- **"Nobody Move"** by Denis Johnson. Compulsive gambler Jimmy Luntz owes money to the loan sharks in the latest thriller from the author of "Tree of Smoke."

## Non-Fiction

- **"10-10-10: Ten Minutes, Ten Months, Ten Years"** by Suzy Welch. The Oprah Magazine columnist gives a new strategy for making difficult decisions and clarifying life choices.
- **"Brain Rules: 12 Principles for Surviving and Thriving at Work, Home and School"** by John Medina. Multitasking doesn't improve productivity, says biologist Medina, who shows how we can use the brain to our benefit in daily life.
- **"Might As Well Laugh About It Now"** by Marie Osmond. The beloved musical star shares her life and positive attitude about her milestones and missteps along the way.
- **"Must-Have Mom Manual: Two Mothers, Two Perspectives One Book That Tells You Everything"** by Sara Ellington and Stephanie Triplett. Real mothers share real insights with laughs in this collection for new moms.
- **"Uncommon: Finding Your Path to Significance"** by Tony Dungy. Looking beyond the goals of money, power and celebrity, a successful coach tells what it takes to become a person of significance.

Visit [www.downeylibrary.org](http://www.downeylibrary.org) and click on "New and Notable Books" to browse more titles

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## Downey sizzles as they rout Warren 14-2 in rivalry showdown

By SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – Sometimes being hot just isn't enough as Warren found out against Downey on Tuesday at Taylor Field.

Downey, on the heels of being recently ranked in the CIF polls as the No. 2 team in Div. IV, put it to the Bears, routing them for the second time this season 14-2.

Pitcher Jeremy Ruiz went five innings for the win and received plenty of offensive help from Ivory Thomas and Chris Munoz who accounted for 10 of the 14 runs scored.

Thomas in the game was 2 for 4 with five RBIs and scored three times and Munoz was 4 for 4 with a RBI and also scored a run.

The 14 runs scored is the fifth straight San Gabriel Valley League game that Downey has scored 10 or more runs in. The Vikings now have 20 wins overall and take another step closer to a league championship.

"Our team performed well," said Thomas. "We're rolling as a team and if we can keep that up, we'll be alright."

Downey was able to do the majority of their damage by getting their leadoff men on base in five of the seven innings. From there, scoring runs was almost second nature. Downey averaged three runs in every inning the leadoff man reached base.

"You're at a huge disadvantage when you let the leadoff guy get on, especially with a team like Downey where they have a lot of guys who can run the bases pretty well with some speed," said Warren manager Paul Alvarez. "The top three or four guys [in Downey's lineup] are all good base stealers and runners. When you let



Downey had a field day on the basepaths, scoring an average of three runs in every inning the leadoff man reached base. The Vikings beat Warren, 14-2. Photo by Art Montoya

one of those guys on base, it's a danger."

Warren allowed two runs to Downey in the first inning to start things off but responded with a 2-run inning of their own with an RBI base hit by Derek Garcia and a run-scoring fielder's choice by Chris Cota.

Four more runs in the top of the second inning by the Vikings with a leadoff homerun by Anthony Roller and a 2-run double by Thomas put the game out of reach for the Bears.

Ruiz started off slow for

Downey but settled down allowing only two more base runners in the next four innings.

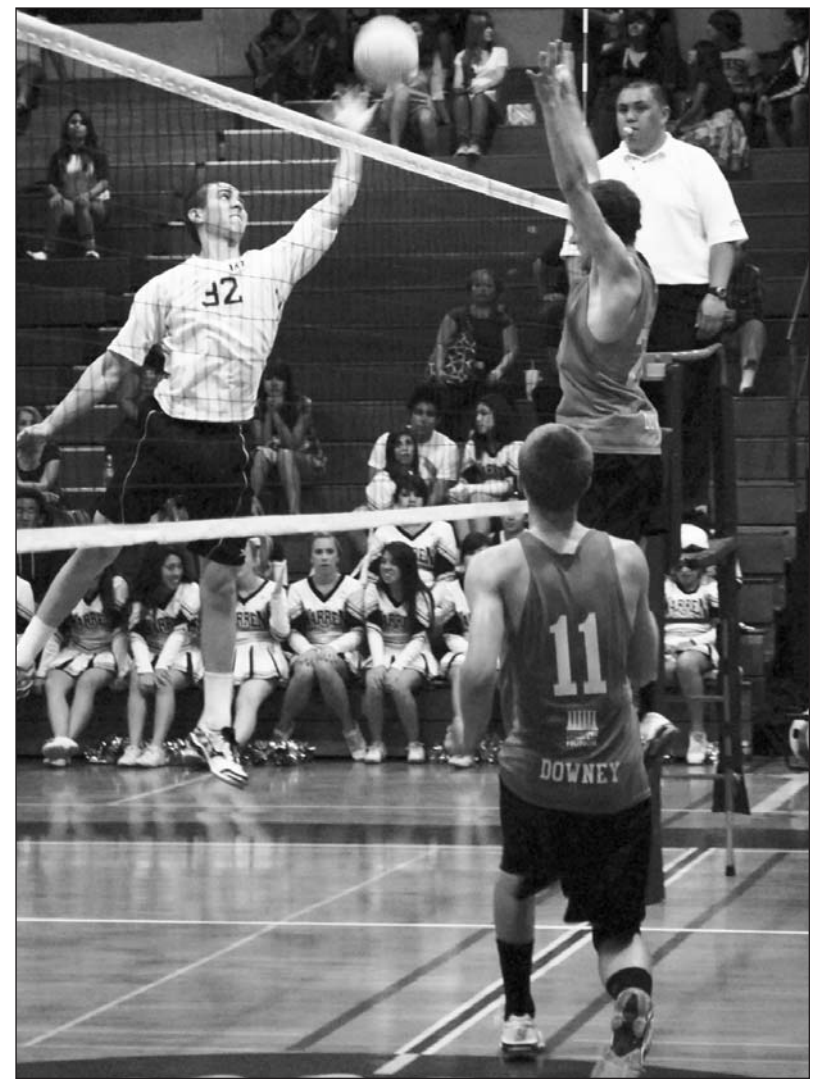
The No. 2 Vikings haven't been ranked this high in baseball in over 10 years and are primed to win league and make a deep run in the CIF playoffs. But manager Jess Gonzalez said he pays no attention to the rankings because there's still a long way to go.

"I don't care about [the rankings]," he said. "It doesn't matter. We don't even talk about it. We just worry about going out and playing. Honestly, I bet some of the kids

don't even know. We don't even bring it up. We're just trying to win ball games, that's it."

Alvarez said they've already started working on what their approach needs to be next year to be as successful as or better than Downey.

"I think it's the mental game that we need to continually work on and understand the game isn't over after the second inning," he said.



No. 1-ranked Downey beat Warren in four sets Tuesday to stay undefeated. Photo by Paul Heidecker

## Downey shows why they're No. 1

By SCOTT COBOS,  
STAFF WRITER

**DOWNEY** – Downey looked all the part of a No. 1-ranked boys volleyball team on Tuesday, overpowering Warren in four sets (25-20, 22-25, 25-18, 25-16).

Realistically, Warren was the only team that had any chance of beating Downey this year in league play, but unforced errors plagued the Bears in the third and fourth games.

"My thought is that we had a

game plan that worked and when we didn't follow it, it didn't work," said Warren head coach Brad Simons.

While Downey won the first set, there was an undeniable momentum swing in the last few points. The momentum swung the Bears' way in the second game winning by three points, but in the third and fourth games the unforced and mental errors started to stack up.

"It's all upstairs for us right now," Simons said. "We play well for spurts and get satisfied too quickly. We had them on the ropes then let them off the ropes. But hey, they're a good team and there's nothing to feel sorry about when you're beaten by a good team."

Downey with the win stays undefeated in the SGVL and is favored to run the table in league and be the No. 1 seed in the CIF playoffs.

A win is always nice over your city rivals but Downey head coach Mark Rand still thinks his team can be better.

"I'm a little frustrated with them," he said after the game. "They stopped listening at one point and instead were playing to the crowd and going up and hitting the ball as hard as they could. Once I made a couple subs in the third game, it changed the momentum of the match."

Rand said he still believes there are things his team can work on and is worried that the little mental vacations his team takes during matches will eventually catch up with them. Overall though, he said he was happy with the result.

"I'm being nitpicky, but I feel like at the end of the year I need to be. But still, I'm proud of them."



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Rio San Gabriel reclaimed their spot as champions at the Carnival of Champions. Photo by Paul Heidecker

## Rio San Gabriel reclaims Carnival of Champions title

BY HENRY VENERACION,  
STAFF WRITER

DOWNEY – Warren High School's stadium grandstand was more than ever a sea of colors at the 49th annual running of the Downey Unified School District's Carnival of Champions track and field exhibition last April 25, as classmates, family members, friends and sundry supporters in their bright Downey Adult School-provided floppy hats yelled and screamed their heads off and cheered their teams on.

The hats came in purple, green, blue, red, yellow and white, a perfect match to the bright spring sunshine that also caused the appearance of large sports umbrellas, also coming in different colors.

The meet brought together some fourth and fifth grade boys and girls from nine DUSD elementary schools. They competed in seven gym and track & field events: baskets in one minute, softball throw for distance, standing long jump, 50-meter dash, 100-meter dash, 4x100 400-meter relay, and mixed coed relay.

When it was all over, the doughty young athletes from Rio San Gabriel reclaimed the overall title they lost last year to a scrappy Old River School team. Rio San Gabriel finished with a total of 190-1/2 points, beating Old River by a scant 40 points. Also according to Carnival of Champions over-

all coordinator Phil Davis, Old River beat third-place finisher Lewis Elementary by the thinnest of margins.

Before last year's loss, Rio San Gabriel had a stranglehold on the title, winning it 11 straight years.

As usual, reminders of the six Pillars of Character were evident everywhere (they were featured on the floppy hats as well), even as they and their meanings, along with the overarching theme, "the strengthening of character through healthy sports competition," were invoked by Superintendent Wendy Doty in her welcoming remarks.

"We're proud of our traditions," she said.

### Final Standings

- 1st: Rio San Gabriel
- 2nd: Old River
- 3rd: Lewis
- 4th: Rio Hondo
- 5th: Gallatin
- 6th: Price
- 7th: Carpenter
- 8th: Gauldin
- 9th: Unsworth

## Kids Day tomorrow at Furman Park

DOWNEY – The 22nd annual Kids Day, a community event showcasing the activities, organizations and contributions of Downey's youth and youth service providers, will be held tomorrow from 10 a.m. to 4 p.m. at Furman Park.

This year's theme is "A Celebration of Healthy Youth in a Caring Community."

Kids Day festivities will include a penny carnival, two stages with music and dance entertainment, a middle-school mural contest promoting "going green" and environmentally prudent activities, informational vendors promoting health and fitness-related projects and services, scouting villages, a moon bounce and slide, and a variety of food and drink available for purchase from community-based organizations.

The seventh annual 2-mile Fun

Run begins at 10:45 a.m. The first 100 people to register will receive a goody bag and all participants who cross the finish line will receive a ribbon. Runners can register at the Community Services Department inside City Hall or at the park on the day of the event, starting at 10 a.m.

The Downey Fire Department will also host their Community Safety Fair at Kids Day. Visitors can view the department's Urban Search and Rescue Truck and all of its gear. Fire personnel will also present a vehicle excavation and fire extinguisher demonstration.

The Public Works Department will also host its Environmental Fair, demonstrating how Downey is "going green" through several eco-friendly exhibits.

For more information on Kids Day, call the Community Services Department at (562) 904-7238.

## DUSD now accepting kindergarten sign-ups

DOWNEY – Kindergarten Round-up, early registration for children who plan to enter a Downey Unified School in September, will be held at Downey elementary schools in May.

To be eligible for kindergarten, children must be 5 years of age on or before Dec. 2, 2009. Proof of age must be presented at time of registration. Proof can be a birth certificate, baptismal certificate, or other legal document.

Parents must also bring proof of residence in the district, and evidence their child has received a physical examination which must be completed after March 1, 2009.

Parents must also bring their child's immunization record and ensure that their child is current on their immunizations, which include 5 DTP (four doses meet requirement if at least one was given on or after the child's fourth birthday), 4 Polio (three doses meet requirement if at least one was given after fourth birthday), 3 Hepatitis B, and 2 MMR (the first dose of MMR must be given on or after the first

birthday).

In addition, parents must prove that the child has received the varicella immunization or have a statement from a doctor stating that the child had chicken pox. Parents must provide the results of a Mantoux test for tuberculosis, and the test must be done after Sept. 1, 2008.

A new requirement by the California Department of Education is that parents must provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or other registered dental health professional. Oral Health Assessments that have been completed within the 12 months before the child enters school meets this requirement (examination must be completed after Sept. 1, 2008).

For specific information about registration times or other information, call (562) 469-6500 and ask for your local school. If you do not know which school your child will attend, call (562) 469-6553.



Trinity Christian School of Norwalk took first place at the Sharp International Cheerleading National Event, held April 18-19 in Las Vegas. The Extreme Cheer Tigers also swept the Grand National Champion title in the Elementary Division. Two squad members also competed as a duet and won first place. The squad is coached by Kathryn Volk and its adviser is Mrs. Chavez.

## Football registration at Kids Day

DOWNEY – The Razorbacks will accept registration for its youth football league at tomorrow's Kids Day event at Furman Park.

Registration will be taken for boys and girls ages 5-14 who wish to play tackle or flag football or participate in cheerleading.

Flag football is \$130, tackle football is \$185, and cheerleading is \$100. Raffle tickets are available to help offset registration costs.

Assistant coach opportunities are also available. For more information, call Downey Youth Football President Louis Morales at (562) 928-6081 or Vice President Mike Baumann at (562) 889-1183.

## Moravian Church to present a concert

DOWNEY – Downey Moravian Church will present a "Moravian Musicales" on June 1 at 7:30 p.m.

The concert will feature the church's all-trombone choir, chancel choir, and vocal and instrumental soloists.

The concert is free but a freewill offering will be taken. For more information, call (562) 927-0718.

## Free immunizations for children

DOWNEY – Children can receive free immunizations Wednesday 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.

## Stonewood collecting e-waste

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

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.

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



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1 & 2 BEDS, A/C, pool, water/trash pd., ceiling fans. Nr. shops, schools, bus, 105, 710, 605 fwys.  
Call (562) 923-8400

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**DOWNEY \$300 OFF 1ST MONTHS RENT OR LOWER RENT PER MONTH**  
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**Father's Day is June 21!!!**  
Send a message in The Downey Patriot!

The Downey Patriot will publish a special section dedicated to Father's Day. For only \$25.00, you can honor your father, grandfather or that someone special with a 1.986" by 3" announcement.

Deadlines for announcements is June 15 and will be published on June 19, 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:  
The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240

ACTUAL SIZE

**The Downey Patriot**  
8301 E. Florence Avenue, Suite 100, Downey, CA 90240  
Line = approximately 20 to 23 characters including spaces and punctuation

Line 1 (Father's Name) \_\_\_\_\_  
 Line 2 (Your message here) \_\_\_\_\_  
 Line 3 \_\_\_\_\_  
 Line 4 \_\_\_\_\_  
 Line 5 \_\_\_\_\_

Billing Information  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_

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

**Hats Off to the Graduates!**  
Congratulations, Class of 2009!

The Downey Patriot will publish a special section dedicated to commencement and graduation ceremonies. For only \$25.00, you can honor your graduate with a 1.986" by 3" announcement. They will be listed by school and by name.

Deadlines for High School announcements is June 8 and will be published on June 12, 2009.

Include the following information:  
 Completed Information Card  
 Photo of the Graduate  
 -- 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:  
The Downey Patriot, 8301 E. Florence Avenue, Suite 100, Downey, CA 90240

ACTUAL SIZE

**The Downey Patriot**  
8301 E. Florence Avenue, Suite 100, Downey, CA 90240  
Line = approximately 20 to 23 characters including spaces and punctuation

Line 1 (Graduate's Name) \_\_\_\_\_  
 Line 2 (School) \_\_\_\_\_  
 Line 3 (Your message here) \_\_\_\_\_  
 Line 4 \_\_\_\_\_  
 Line 5 \_\_\_\_\_

Billing Information  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
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- NUBIA AGUIRRE
- PATTY GONZALEZ

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- ABBY DURRANT
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<p><b>Carrie Uva</b> "Let's Talk Real Estate &amp; Law Too!" <b>562-382-1252</b> <a href="http://www.CarrieUva.com">www.CarrieUva.com</a></p> <p><b>FOR RENT!</b></p>  <p><b>RENT ME!</b> 3 BD, 1 BA home in N. Downey. \$2,000 a month. Available NOW! Call Carrie for Info 562-382-1252</p>	<p><b>Jason Lockwood</b> The 24 Hour Difference! <b>562-619-2979</b> <a href="http://www.JasonLockwoodSells.com">www.JasonLockwoodSells.com</a></p> <p><b>BANK REPO!</b></p>  <p><b>INVESTMENT OPPORTUNITY IN DOWNEY!</b> 29 office suite, 48 parking spaces, 30,052 sq. ft. lot Priced at: \$1,599,999 Call Jason Lockwood @ 562-619-2979</p>	<p><b>Mario Persico</b> "Mario Did it AGAIN!" <b>562-533-7433</b> <a href="http://www.MarioPersico.com">www.MarioPersico.com</a></p> <p><b>OPEN HOUSE</b> SAT 12-4PM</p>  <p><b>7868 RAVILLER DR. ~ DOWNEY</b> Amazing remodeled in 2008, top of the line everything, nearly 2800 sq. ft. home. Call Mario for a private showing 562-533-7433</p>
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<p><b>Carrie's April Activity</b> 8029 Albia, Downey <b>SOLD</b> 6455 Dos Rios, Downey <b>SOLD</b> 10700 Fracar, Lynwood <b>SOLD</b> Call Carrie Today for a FREE Market Evaluation of Your Home!!!</p>	<p><b>NEW LISTING!</b></p>  <p><b>BANK REPO!</b> Newer 4,135 sq. ft. home 5 BD, 4 BA, North Downey location! Bank says sell \$749,900 Call Marie Picarelli (562) 618-0033</p>	<p><b>BACK-UP OFFERS!</b></p>  <p><b>SHORT SALE!</b> HUGE 3 BD, 3BA Amazing Floor plan, Vacant &amp; Move in Ready! Sold in '05 for 740k Now...\$499,000!!</p>
<p><b>AVOID PROBATE!</b></p> <ul style="list-style-type: none"> <li>• Living Trusts</li> <li>• Wills</li> </ul> <p>Make Your Living Trust!!!</p> <p><b>CALL CARRIE TODAY!</b> (562) 382-1252</p>	<p><b>SUPER BUY!</b></p>  <p><b>MOBILE HOME + LAND</b> 2 BD, 2 BA in Moreno Valley. Call for More Details PRICE: \$75,000 Call Mary Jane Lee 562-618-0390</p>	<p><b>BACK-UP OFFERS!</b></p>  <p><b>SPLISH SPLASH IN CHEROKEE ESTATES!</b> Gorgeous 4 BD, 3 BA, 2,300 sq. ft. on a 9,600 sq. ft. lot. Entertainer's Delight! MUST SEE! Call Mario for a private showing 562-533-7433</p>

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 <p><b>Centrally Located!</b> 3 BD, 2 BA North Downey home, 1539 sq ft living space, 6360 sq ft lot, 2 car det garage. Price: \$359,900 Virtual tour at <a href="http://www.MichaelBerdelis.com">www.MichaelBerdelis.com</a></p>	 <p><b>Home Sweet Home!</b> 3BD, 2BA, including a master bedroom w/ large bathroom, 1,603 sq ft, 6,230 sq ft. lot size, hardwood floors, pool, and patio. Price: \$549,900 Call Michael Berdelis at (562) 818-6111</p>	 <p><b>Cherokee Estates Charming!</b> 4BD, 2.75 BA, N. Downey Home w/ spacious family rm, updated kitchen w/ newer appliances &amp; granite counters, pool size yard, 9900 sq ft. lot, and a master bedroom. Priced at: \$635,900 Call Michael Berdelis at (562) 818-6111</p>
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