

The Downey Patriot



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CENSUS APPLICATIONS DUE BY APRIL 1

Help with the census application is available:
City Hall – Monday and Wednesday: 10am-1pm; Thursday: 1pm-4pm; Friday 10am-4pm

Barbara J. Riley Community & Senior Center – Monday & Friday: 8am-12:30pm; Thursday 8am-2pm

Friday, March 26, 2010

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



PHOTO BY KEVIN MACDONALD

The 14th annual Arc Walk for Independence begins tomorrow at 8 a.m. at Stonewood Center. Back row, from left: Giovanni Tavera, Matthew Paulson, Kris Herronn, Marvin Newby and Elizabeth Trujillo. Front: Christian Brown and Douglas Garcia.

Everything set for tomorrow's Arc Walk

■ Festivities to begin at 8 a.m. at Stonewood Center

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – As the Arc of Southeast Los Angeles County prepares for its 14th annual Arc Walk for Independence, Arc participants enthusiastically gear up for tomorrow's event, which is expected to bring out thousands in support of children and adults with intellectual and developmental disabilities.

For Matthew Paulson, who started participating at the Arc in 1997, the Arc Walk allows people with intellectual and developmental disabilities to experience support from the broader community.

"It's a morning of hope," said Paulson, who displayed his excitement this week by wearing classic Arc Walk t-shirts every day. "It's a chance to see the community be involved."

Five days a week, consumers, like Paulson, attend basic education classes, receive job training and utilize other vital resources at the 54-year-old organization, which offers its participants several programs to help support their full inclusion and participation in all aspects of the community.

Warren High graduate Giovanni Tavera came to the Arc in 2002 and couldn't single out just one thing he liked most about the Arc.

"I like everything – all of my friends, all of the fun we have," said Tavera wearing an Arc Walk shirt from 2006. "The Arc Walk shows people that there are jobs for us too – it shows them that we can help. We have different needs, but we deserve respect."

For Arc of Southeast Los Angeles County, the Arc Walk for Independence raises funds and awareness for its many programs by inviting community members to travel either a one or three-mile walking course. Starting at 8 a.m., registered walkers who donated \$10 to the Arc will set out on the course, walking for independence.

"The staff that works with our participants day to day will tell you that it could be called the Arc Walk towards Independence," said Executive Director Kevin MacDonald with a smile. "It's one person at a time, one step at a time – They might be small, but we celebrate them like they're big. We're thrilled with the little successes."

Successes like Arc participant Marvin Newby who rides the bus from his home in Carson to work in the food services program at the Arc. Currently, Newby is an advocate for people with intellectual and developmental disabilities and serves on the Arc's board of directors.

"He's my boss now," said MacDonald with a laugh.

The Arc has seen its annual event grow from 220 walkers in 1997 to more than 3,100 in 2009. This year, host sponsor Los Angeles County Supervisor Don Knabe will be joined by the Laker Girls, the Norwalk All Star Marching Band, and Master of Ceremonies Phillip Palmer of KABC Los Angeles. Acapulco Restaurant will also serve breakfast burritos to all paid participants.

MacDonald is confident that community members will open their hearts and make this year's walk a success.

"It's one morning in the whole year where the community can come and say they care about people with intellectual and developmental disabilities," MacDonald said. "When you give help, you give hope – it is a morning of hope and a celebration of these successes."

Why I walk?

BY KEVIN MACDONALD

I walk because I believe every individual should be treated with dignity.

I walk because people with disabilities have traveled a road that I cannot relate to, but yet I appreciate what they have overcome.

I walk because for one morning a year, I can share time with my friends, family and people with disabilities and for this brief moment – they are stars of the day.

I may be one in several thousand, but I want to show others that I care and more importantly to remind myself that we all have special gifts and talents regardless of our circumstances.

I walk for the thousands who spent most of their lives in large institutions, but who can now thrive in a warm and accepting

See ARC, page 5

Royal Lineage

Ashley Campuzano crowned Miss Downey

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – Following a time-tested script that goes back to 1955 when the Miss Downey Pageant was first staged, the Downey Rose Float Association Saturday crowned 17-year old Ashley Campuzano as Miss Downey, 15-year old Lauren Gardner as Miss Teen Downey, and 11-year old Miranda White as, new this year, Junior Miss Downey.

All three attend Downey Unified School District schools, both Campuzano and Gardner at Downey High, and White at West Middle School. Ashley is not new to the limelight; she served previously as the 2007 Miss Teen Downey.

To share duties for one year as ambassadors of good will for sponsoring organization Downey Rose Float Association and the city of Downey are the incoming members of their courts. This year's four Miss Downey court princesses are Warren High's Nicole Nelson (age 16), Cypress College's Felicia Gonzalez (18), Downey High's Tarra Swoboda (17), and St. Joseph High's Jancy Montoya (17).

There are three Miss Teen Downey court princesses, all ages 15 and all from Downey High: Sol



PHOTO COURTESY DOWNEY ROSE FLOAT ASSOCIATION

Ochoa, Jessica Shaffer, and Genesis Montoya.

Two other 11-year olds, Mikayla Minnig from Trinity Christian and Molly Donahue from Griffiths Middle, are the princesses of this year's newly-established Junior Miss Downey court.

They will take part in tomorrow's Arc Walk for Independence, their first official public act. Their chaperone this year is Soroptimist International of Downey president Patty Kotze.

The winners were chosen from a whittled-down field of 60 contestants, grouped in three age categories: Miss Downey contestants (ages 16-23) numbered 24 hopefuls; 15 girls competed in the Miss Teen Downey category (ages 13-15); and 21 girls (ages 10-12) vied for Junior Miss Downey. The pageant is open to "anyone who lives, works, or goes to school in Downey."

Diana Ly was voted Miss Congeniality.

Commentary:
Show was good, but too long. Page 5



Awards were given in other categories, with a few young ladies emerging as multiple winners in their age groups. Campuzano, the new Miss Downey, was the big winner in the Miss Downey bracket: additionally voted Miss Downey Businesswoman, she won first in Miss Downey Essay, and won the Miss Evening Gown competition as well.

Another big-winner Miss Downey contestant, Jessica Aguirre, was voted Fan Favorite, a new category this year voted on by fans online. She also won the Miss Entrepreneur trophy, was Miss

See MISS DOWNEY, page 8

Well that's rather hideous

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – With questions swirling since its construction began in 2007, city records confirm that the large, two-story residence on the corner of Gallatin Road and Downey Avenue is indeed a single family home.

According to city records, the Rodriguez residence, which many residents believed to be either an apartment complex or condominiums, is a large, family home that will feature five bedrooms, five full bathrooms, two half-bathrooms and a 3-car garage once completed. The home is located at 9276 Downey Ave.

In 2007, previous owner Ernesto Rodriguez began construction on a new home for the 10,723-square-foot lot, but after the property sat vacant for months, Rodriguez sold the land to the current owners in August 2009 for \$310,000.

Last year in late October, the city approved elevation, foundation, roofing and framing floor plans for the home, which will also feature two spacious dens, a study room, and a 20-by-33 foot game room on the second floor.

The home's architecture may look familiar to some as it was designed to favor the Palazzo Poli in Rome. Built in 1735, the Palazzo Poli provides the backdrop for one of Italy's largest and most famous Baroque style fountains, the Trevi Fountain.



PHOTO OF PALAZZO POLI BY BILLKATYGEMMA/CREATIVE COMMONS

The two-story single-family home at 9276 Downey Ave. (top) was inspired by the Palazzo Poli in Rome, Italy.

Layoffs avoided in budget deal

■ Department cuts shave \$4.5 million from budget; library to lessen hours.

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – After a series of cutbacks by department heads, and without resorting to layoffs, furloughs or drastic cuts to city services, Downey's nearly \$4.8 million budget deficit has been trimmed to only \$263,000.

The most visible effect from the budget deficit will be a reduction in operating hours at the Downey City Library. The library will close one hour earlier Monday through Thursday.

By closing at 8 p.m. instead of 9 p.m., the city will save \$40,000, according to John Michicoff, the city's director of finance. The library's Friday through Sunday hours will remain unchanged.

The city will also save \$2 million by continuing a hiring freeze and not filling positions recently left open by departing or retiring employees. There are currently 37 open positions within the city, constituting a 7 percent vacancy rate, Michicoff said.

Other areas of savings include \$1.2 million by suspending liability and equipment charges; \$709,000 in operational savings agreed upon by department heads; \$452,000 in a freeze on equipment purchases; and \$165,000 in capitol project funding no longer deemed necessary.

The remaining \$263,000 deficit will be filled using the city's reserve funds, estimated at approximately \$35.5 million.

Councilmen David Gafin and Mario Guerra sat on a subcommittee that worked with city staff to slash the deficit.

"The key directive we gave to staff was no layoffs," said Gafin, an accountant by trade. "The second directive was to get (the deficit) to \$3 million or less. And they did that."

More military banners installed

DOWNEY – Applications and donations are still being accepted for the city's military banner program, which recognizes Downey residents on active overseas duty with the U.S. military.

Banners list the service member's name and branch of service, and are hung along Firestone Boulevard.

The city recently installed 20 more banners, bringing the total to 40.

Banners are paid for by family members, residents, community organizations and business owners. The city hangs, installs and maintains the banners.

To request an application, or to make a donation, call (562) 904-1895.

Caton sets retirement date

■ City agrees on contract with Gilbert Livas to take top spot in 2012.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – In anticipation of the departure on Dec. 31, 2011 of Gerald Caton after a 22-year tenure as Downey city manager, the City Council on Tuesday authorized an amendment to his contract and a Memorandum of Agreement with assistant city manager Gilbert Livas to ensure a smooth and proper transition of power at the city's top administrative post.

Mayor Anne Bayer complimented the two city administrators, Caton for his many stellar accomplishments over the years, highlighted by his steering of the city's purchase of the 160-acre former NASA site from the federal government and producing a harvest of productive venues and properties (the Downey Landing Retail Center, Downey Studios, Columbia

Memorial Space Center, etc.), and Livas for his accumulated local government expertise gained from a series of high-profile employments in both private and public sectors, serving since 2007 as the city's community development director prior to his recent elevation to assistant city manager upon Lee Powell's retirement.

Bayer explained the justification for the council's actions: "The council made a point to include succession planning as a top priority in last year's goals workshop. Succession planning is an important tool to reduce the risk of losing institutional knowledge, maintain business continuity, and keeping staff morale high through the managerial transfer of power."

Thanking the City Council for the development, Caton said: "It has been my pleasure to serve as Downey's city manager for one-third of the city's history. Having a succession plan in place is very positive for our elected officials and employees. I know Gilbert will be an exceptional city manager for



City Manager Gerald Caton will retire Dec. 31, 2011. Gilbert Livas, currently assistant city manager, has been named his successor.

Downey."

Livas, who will become the community's seventh city manager, remarked: "I am extremely honored to have the trust of all of the members of the City Council. I look forward to working with Mr. Caton for the remainder of his tenure and to providing leadership to our outstanding city management team."

Livas, who was a partner in a redevelopment consulting firm and worked for the cities of Bell Gardens and Anaheim, holds a bachelor of arts degree from UCLA and a master's in public administration from CSU-Long

Beach. He was recently offered positions as city manager in two neighboring cities, Caton said.

When Caton retires at the end of next year, he will have served a total of 37 years in local government.

It is believed that the agreed-upon amendment, involving Caton's release of certain severance benefits under the existing Employment Agreement with the City while the latter funds his family's health benefits for a 6-year period after he leaves office Dec. 31, 2011, may even potentially save the city about \$365,000.

Gallatin kids learn benefits of green

BY LARS CLUTTERHAM

DOWNEY – Gallatin Elementary School launched the first stage of a pilot project last Friday designed to teach students the benefits of reusable grocery bags.

The program was initiated by the City of Downey Green Task Force and has the endorsement of City Council, as well as the approval of Downey Unified School District Superintendent Dr. Wendy L. Doty.

Overseeing the project at Gallatin was Principal Dr. Rani Maline-Bertsch, with creative assistance from teacher Cheyenne Swenson, and the support of Gallatin's entire faculty.

On Friday, all Gallatin students from kindergarten through fifth grade received instruction on the benefits of reusable grocery bags as contrasted with the environmental costs of single use plastic bags.

Anna Valcarcel spoke to the students and gave a PowerPoint presentation to all grade levels. Valcarcel is a conservation biologist with international experience specializing in avian environmental issues. She is a Downey native and teaches as a substitute in the Downey Unified School District, as well as at Cerritos College, having previously been a member of the science faculty at Warren High School.

Following the day-long presentations, all 725 Gallatin students, faculty and staff received a reusable grocery bag to take home for their families to use. The bags were provided by a private donor.

As the second stage of this pilot project, students have been challenged to bring to the school up to 50 or more single-use plastic bags this Friday, March 26. Each child can redeem 10 throwaway bags for a reusable grocery bag, up to five per child. A child who earns all five bags, along with the bag already provided, will be able to take home to his or her parents enough reusable bags to do the grocery shopping for a family of four, thereby keeping as many as 2400 throwaway plastic bags per family per year out of the trash, according to most research estimates.

The third stage of the project will be a voluntary bag decoration competition for all Gallatin students. This contest will be judged by an as yet unnamed blue ribbon panel, and will culminate on Earth Day, April 22, when the winning students from each grade level will receive a prize.

Following the completion of the pilot project at Gallatin Elementary, its success will be evaluated by both Superintendent Doty and by City Council for possible expansion to other schools in the district.

The goal of the program is to empower Downey students to teach their parents about the significant environmental benefits of reusable shopping bags, and ultimately to change the shopping culture of the City of Downey to a community where reusable bags are the norm.

Lars Clutterham is a member of the city's Green Task Force.

EMERGENCY MANAGEMENT

You're On Your Own!

Local Government Public Awareness Series

An Introduction to the Community Emergency Response Team (CERT)

Did you know...

- There is a very good chance that your neighborhood will be on its own during the early stages following a catastrophic disaster.
- After a catastrophic disaster, citizens will volunteer to help. Without proper training, these people can expose themselves and others to potential injury and even death!
- Experience has shown that basic training in disaster survival and rescue skills increases the ability of citizens to survive small responses or other disasters.

What is a CERT Member?
A CERT member is a person who is trained to prepare for and respond after a disaster in their neighborhood.

Who can join CERT?
Anyone 18 years or older who is interested in helping his or her neighborhood in preparing for a disaster and provide assistance afterward.

What type of training do CERT members receive?
CERT members learn how to take care of themselves, their families and neighborhoods through training in the following areas:

- Disaster Preparedness
- Fire Suppression
- Medical Operations
- Damage Assessment
- Light Search & Rescue
- Team Organization
- Disaster Psychology
- Disaster Sanitation

Join the Team!
The next class: April 10, 17, 24, 2010
8:00 a.m. - 4:30 p.m.
RSVP to (562) 904-7345

The City of Downey Community Emergency Response Team (CERT) Program

The City of Downey has become part of a national network of CERT communities. The Fire Department has developed a program that is designed to help neighborhoods prepare for and respond after a catastrophic disaster such as earthquakes, floods and other major disasters.

Individuals completing CERT training will be able to:

- Increase their neighborhood's disaster readiness
- Assess damage after a disaster
- Establish an area fire and health safety
- Perform light search and rescue operations
- Perform triage and provide medical services to the injured
- Organize procurement of supplies

Man with axe shot, killed by police

DOWNEY – Downey police officers shot and killed a man brandishing an axe in the area of Paramount Boulevard and Borson Street last Saturday.

According to the Los Angeles County Sheriff's Department, which investigates most officer-involved shootings, 30-year-old Stephen Bours, of Downey, was walking northbound in the southbound lanes of Paramount Boulevard near Imperial Highway

at around 6:30 p.m.

Officers ordered Bours to drop his weapon but he instead advanced toward police with the axe raised over his head, prompting officers to open fire, sheriff's officials said.

Bours was transported to a local hospital where he was pronounced dead.

No officers were hurt in the shooting.

Sheriff's officials are also

investigating the death of a 31-year-old man who died after Downey police officers used a Taser device to restrain him following a vehicle pursuit.

Albert Valencia was allegedly threatening people inside the L.A. Fitness on Firestone Boulevard at about 9 a.m. Friday, the Sheriff's Department said in a statement.

Responding Downey police officers tried to stop Valencia as he exited the parking lot and observed

him brandishing a knife, the statement said.

Valencia led police on a short pursuit that ended in South Gate. A physical altercation ensued and police officers used the Taser, according to the statement.

Valencia soon became unresponsive and officers administered CPR until paramedics arrived, the statement said. He was pronounced dead at a local hospital.

April's RED HOT COUPONS

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Crime Report

Thursday, March 11

At 9 p.m., officers arrested a 26 year-old Downey man at the Acapulco restaurant, 9021 Firestone, after he became involved in a fight with other patrons and then assaulted a security guard who was trying to break up the fight. The suspect was booked for assault.

Friday, March 12

At 12:30 p.m., a multi-vehicle collision occurred on Imperial Highway near Barlin Avenue. A limousine travelling on Imperial failed to stop and rear-ended the car in front of it. A chain reaction collision followed involving five (5) other vehicles. Minor injuries were reported.

At 5:15 p.m., a vehicle was stolen from the Stonewood Shopping Center. Officers attempted to stop the stolen car in the 10700 block of Haledon, but the driver jumped out of the moving vehicle and fled into the neighborhood. Officers conducted a search for the suspect in the neighborhood, which included help from a Sheriff's helicopter and K-9 unit. Though the suspect was not located, officers did arrest two of his male companions who were in another car and were identified by witnesses as being involved in the car theft. Arrested was a 24 year-old Downey resident and a 20 year-old Oxnard resident.

Saturday, March 13

At 11:30 p.m., a male was robbed of his cellular phone as he walked with a group of friends in the area of Muller and Old River School Road. Three males approached the group, stole the phone, and then fled the area. Officers located two of the suspects in the nearby residential area and detained them. Both were identified by the victim. The suspects, both 19 year-old Los Angeles residents, were booked for robbery.

Sunday, March 14

At 8 a.m., officers identified a series of burglaries that had occurred either overnight or during the early morning hours and appeared to be perpetrated by the same suspect(s). Those businesses were, the 99 Cents Store in the 9900 block of Paramount, a hair salon in the 8600 block of Florence, the Light and Life Church in the 9200 block of Florence, and Nelly's Mexican Restaurant in the 10800 block of Studebaker. Detectives are investigating.

At 1:30 p.m., a male entered Beach's Market, 7900 Imperial Highway, and attempted to steal liquor from the store. An employee attempted to prevent the theft, but was assaulted and received minor injuries. The suspect escaped to an awaiting car. A witness obtained a license plate number that was traced to a local home in the 11900 block of Heritage Circle. Investigating officers detained a 36 year-old female accomplice outside the home and after several minutes of negotiating with the 24 year-old male suspect who had barricaded himself inside the home, persuaded him to surrender. Both suspects reside in Downey and were booked for robbery.

Monday, March 15

At 11:30 a.m., officers responded to the Metro PCS phone store, located at 8847 Imperial Highway, regarding a robbery at the location. The suspect entered the store, pointed a handgun at the victim and demanded money from him. The suspect removed money from the cash register and forced the victim to open a safe, where he took additional funds. The suspect fled the location on foot. The suspect is described as a black male in his late to early thirties, and was last seen wearing a white cap, a black and white checkered jacket and blue jeans. Detectives are investigating.

Thursday, March 18

At 4:45 p.m., a Downey Police Assistant witnessed a 15 year-old Downey resident steal a GPS device from a tow truck in the 8300 block of Telegraph. The suspect was booked for petty theft and transported to Los Padrinos Juvenile Hall.

At 7:40 a.m., officers responded to the 8100 block of Borson regarding a burglary at the location. The suspect(s) removed the window screen to the bedroom and forced open the bedroom window. The suspect(s) then ransacked the two bedrooms in the residence and removed the listed loss.

Friday, March 19

At 7 a.m., officers responded to Downey Pontiac, located at 7255 Firestone, regarding a burglary at the location. Unknown suspect(s) cut through chain link fence to gain entry to the service bay, entered unsecured vehicles and removed loss from same.

Monday, March 22

At 7:20 p.m., officers arrested a 15 year-old Bellflower resident, who was caught writing graffiti on the sidewalk in the 12400 block of Woodruff.

Tuesday, March 23

At 5:20 p.m., officers responded to Jobbers Wholesale, located at 11933 Woodruff, regarding an armed robbery at the location. The suspect entered the business, produced a handgun and demanded money. The victim complied and the suspect fled in a compact vehicle occupied by two other suspects. Detectives are investigating.

Courtesy Downey Police Department

Sewer rate hike gets OK

■ Deteriorating sewer system needs replacing, city officials say.

By ERIC PIERCE,
CITY EDITOR

DOWNEY – In order to rehabilitate and possibly replace roughly 200 miles of aging sewer lines, the City Council on Tuesday unanimously consented to an increase in sanitary sewer rates paid by Downey property owners.

The city received 43 formal objections to the rate hike, far below the 11,558 needed to block the Council's action.

Under the new rate system, the average single-family homeowner will pay about \$8.98 bi-monthly for their sewer bill, not including fees for wastewater treatment service provided by the county.

Before the increase, Downey homeowners paid \$1.90 bi-monthly.

Multi-family homeowners will pay about \$26.12 bi-monthly, and commercial customers about \$27.94.

The new sewer rate includes a fixed bi-monthly charge based on the number of dwelling units, water

meter size or customer class, and a variable bi-monthly charge based on water usage.

About a dozen people protested the rate hike Tuesday, but public works director Brian Ragland said the city could face fines, regulatory actions and third-party lawsuits if the sewers are left to further deteriorate.

The city averages one sewer system overflow per month, said Ragland.

The increase in revenue will allow the city to initiate a system-wide cleaning and video inspection program. Two full-time employees and one part-time employee will be hired to focus on the sewers.

"This isn't a glamorous issue, but this is a necessity," Councilman David Gafin said of the rate hike. "The sewers need to be replaced."

In other action, the Council:

- Recognized neighborhood watch block captains for their one-year anniversaries of service;
- Recognized Downey residents Julio and Juanita Barrera for their support of the city's military banner program;
- Issued a proclamation declaring March 27 as Arc Walk for Independence Day;
- Authorized city staff to solicit

informal bids to renovate the athletic turf on Discovery Sports Complex soccer fields and appropriate \$29,000 for the work;

- Approved a permit request by the Downey Chamber of Commerce to close Brookshire Avenue on May 1 for the Street Faire;
- Approved an expenditure plan for Prop. 1B local streets and roads funding;
- Received and filed a report detailing administrative actions to close a \$4.78 million budget deficit;
- Dismissed consideration of a publicly-funded July 4 fireworks show;
- Established a veterans memorial ad hoc subcommittee consisting of council members Roger Brossmer and Mario Guerra;
- Viewed a preview of the new city of Downey website, scheduled to go live April 1;
- Amended city manager Gerald Caton's employment contract and entered into a memorandum of agreement with Gilbert Livas to take over as city manager upon Caton's retirement on Dec. 30, 2011.

City to replace park's grass

■ Irregular soil at Discovery Sports Complex is to blame, official says.

DOWNEY – The Discovery Sports Complex is only eight months old but turf on the park's soccer fields is already in need of replacing.

The City Council on Tuesday agreed to pay \$29,000 for the turf's renovation, which will require the soccer fields' closure for about four months.

Brian Ragland, director of public works, said in a report that the turf was destroyed "for a number of reasons," including a unique soil consisting of silt and clay not found in other parts of the city.

The soil at Discovery Sports Complex "inhibits the percolation of water resulting in the inability for salts and nutrients to leach into the subgrade," Ragland said.

The soil is also highly compacted, Ragland said, contributing to the lack of root development.

Downey AYSO and the Cal South youth soccer league are currently the only organizations permitted to use the soccer fields,

although unauthorized adult pickup soccer games are common, Ragland said in the report.

As part of the renovation, a series of holes 1-inch in diameter and 12-inches deep on a 6-inch grid will cover both soccer fields. The holes will be filled with dry kiln sand to break up soil texture and compaction, increasing percolation and aeration, according to the report.

A contractor will then "uniformly broadcast about 500 pounds of bermudagrass seed over the two fields. The seed bed will then be covered with organic top dressing material to promote moisture retention and germination. The irrigation system will be adjusted to water frequently and often during a germination period of up to four weeks. Approximately four months duration will be required for estab-

lishment, during which time the fields will remain closed to play."

"It should be noted the work does not end here," Ragland said. "After next soccer season ends, the soccer fields must be aerated again and overseeded with coolseason turf to remain green during fall and winter months. In the spring, the bermudagrass will break dormancy and will regain dominance if it survived the previous season."

"Depending on the outcome of next soccer season, it may be necessary to repeat the drill and fill and overseed process again each year until enough sand is introduced to permanently change the soil texture and permeability."

-- Eric Pierce, City Editor

Would you help pay for a fireworks show?

DOWNEY – Last year's Fourth of July fireworks show may have been a one-and-done event unless community members agree to support the show with donations.

Mark Sauter, the city's deputy city manager for emergency preparedness, is soliciting contributions after the City Council decided against using public monies to fund the fireworks show.

The city partially funded the show last year as part of the Discovery Sports Complex grand opening celebration.

But with the city instituting a hiring freeze to overcome a \$4.8 million budget shortfall, shelling out \$40,000 of public money for a fireworks show would be irresponsible, Councilman David Gafin said Tuesday.

The Council gave Sauter 60 days to collect donations from local service groups and residents.

"I would like to give our deputy city manager time to see what he can do," Councilman Roger Brossmer said. "It's worth a shot."

Sauter said his goal is to raise \$40,000. He was also looking into the possibility of hosting the show at Downey High School where logistics costs could be cheaper. By Wednesday morning, Sauter had already collected \$1,000.

To contribute towards the fireworks show, contact Sauter at (562) 904-6107 or msauter@downeyca.org.

Fundraiser at Mambo Grill

DOWNEY – A fundraiser to benefit arts in Downey will be held tomorrow at 7 p.m. at Mambo Grill.

Chameleon Comedy, a local improvisation group, will perform. Visitors will also be able to bid for a date with a group member.

The event is free and the community is invited.



Del Rio Lanes Celebrates 51st Year in Downey

As Del Rio Lanes enters its 51st year as the most popular family entertainment center in Downey, they extend a hardy thank you for your continued participation in the sport of bowling.

When you walk in the front door many services and locations are obvious. But there is more to Del Rio Lanes than a professionally run Pro Shop, a full service snack bar named "Squeezys" and 32 bowling lanes.

Weekly league bowling has been a tradition enjoyed by 5 generations; seniors in the afternoon, ladies in the morning, mixed leagues after 6 p.m. and kids on Saturday.

Birthday parties and "Cosmic Bowling" (You have to see this to believe it!) are easily booked with a phone call or a trip to the control desk. Imagine – Balloons, Pizza, Soda, Rental Shoes, Invitations, a Hostess, and a Baskin-Robbins Cake in one package. And they clean up the mess! Call today 562/927-3351!

Many organizations use bowling as a profitable fund raiser. Del Rio Lanes always has a booth for "Kids Day" and "Downey Day", giving away thousands of Free Game Tickets. Soccer teams, Girl Scouts, Boy Scouts, Little League Teams, Miss Downey Contestants and Churches are just a few Downey groups that book yearly events. Friends Helping Friends.

Like Karaoke? You can sing along in the lounge on Friday and Saturday nights, plus enjoy sports on the flat screens, WrestleMania, Rock Band and Video Games.

Physically and mentally challenged bowlers have easy access to the lanes via a small elevator and are able to roll the ball sitting down or standing. Over 200 Handicapped people enjoy their game weekly.

Check this paper for a special coupon for the kids, to be used during Spring Break Week. Discover a safe place for your family to play together. Call today (562) 927-3351.



It's Time to Walk! March 27, 2010



A one or three mile Walk to raise funds for people with intellectual and other developmental disabilities.

Stonewood Center – Downey

Acapulco Restaurant
(Corner of Firestone and Lakewood)

On-site Registration Encouraged

7:00 - 8:00 a.m.

Opening Ceremonies

8:00 a.m.

Walk Starts at

8:30 a.m. (Sharp)

➤ Registration Fee \$10.00

Free Breakfast Courtesy of Acapulco Restaurant - for paid participants

Special Guests: The Laker Girls & Phillip Palmer KABC-TV

For Registration Info. – Call 562-803-4606 ext. 230, or register on-line at: www.arcwalk.org

Host Sponsor: Los Angeles County Supervisor Don Knabe

Platinum Sponsors: Tredway, Lumsdaine & Doyle, Water Replenishment District (WRD), Wescom Credit Union & Century 21 My Real Estate Company

Arc is a private non-profit organization serving over 400 people with intellectual and other developmental disabilities every day in 14 different programs.

Choose a hospital you can trust with your life.



Our family taking care of your family for over 35 years.

- Full Service Hospital
- 24/7 Emergency Room
- Newly Expanded
\$10 Million
Heart & Vascular Center



Your neighborhood hospital located at Downey Avenue and South Street.

For more information
or to find a doctor,
visit our website
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or call 1-800-813-4345



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Let's walk!

By Eric Pierce

I will participate in tomorrow's Arc Walk for Independence because I no longer feel sorry for people with developmental disabilities.

Arc of Southeast Los Angeles County has taught me that anything is possible with hard work and motivation.

A developmental disability is not an excuse to not ride a bike, use a computer, get a job or handle money.

A developmental disability does not mean a person cannot be independent and ride the bus to the mall or buy a ticket to watch a movie.

I used to think people with developmental disabilities needed someone to hold their hand. But I've learned that sometimes a firm handshake, a slap on the back or even a fist bump is preferred.

I've learned that Arc consumers can be Dodger fans and Laker fans and, now more than ever, Spark fans.

I've also learned that Arc consumers like to dance but, unlike myself, they're not afraid to let go of their inhibitions and enjoy themselves.

Arc has taught me that people with developmental disabilities make some of the best employees a company can hire. They don't call out sick because they overslept, because it's raining or, heck, because it's Monday.

I've learned that I can speak to a person with developmental disabilities without shouting at them. Most of the time, they're hearing is just fine.

But most of all, I've learned that people with developmental disabilities are just like the rest of us.

All they want is to love and to be loved.

Arc: Let us all come together.

Continued from page 1

community.

I walk to support that person who receives training, love and care on a daily basis at Arc.

I walk for the person who will get their first real job at the age of 40 through Arc's Employment Center.

I walk for the family in crisis who will receive help from Arc's Center for Human Rights.

I walk for the senior, who can retire and enjoy the later stages of life in Arc's Senior Services.

I walk for people with severe disabilities who celebrate even the smallest successes.

I walk for the children who can now attend after school programs that were never open to them before.

I walk for the people with disabilities who have been the focus of ridicule, staring eyes, retarded jokes and who never received that warm smile and hello that I receive.

I walk not out of pity, but because I believe that everyone is worthy of dignity and respect.

I will focus this morning on the abilities of all mankind and not on their disabilities.

I believe that God created man in his own image and we may all be a little different, but we are all beautiful in our own way--disability or not.

The Walk toward Independence is a show of support for individuals who are edging closer toward independence--I pledge to support, encourage and cheer them on--every step of the way.

I am excited that my community comes together and puts aside differences for one special morning of hope.

The Arc Walk for Independence--a tradition--of walking arm in arm together. Arc's motto is "When you give help...you give hope." I will make that motto a reality.

A couple of hours on Saturday morning--March 27, 2010 at Stonewood Center--let us come together.

County looks at options to eliminate deficit

To address an anticipated \$500 million budgetary shortfall in the County's projected 2010-2011 budget, a motion by Supervisor Michael D. Antonovich, unanimously approved by the Board of Supervisors, directs the Chief Executive Officer to review all viable options of ongoing and one-time savings, and report back to the Board during Budget hearings.

"California's \$20 billion-plus deficit and its expansion of entitlement programs during the last 8 years have severely impacted the state's cities, counties and school districts," said Antonovich. "Along with layoffs, other local governments are also exploring furloughs, suspending annual step increases, eliminating sick-leave buy back and many other options."

Letters to the Editor:

Glenn Beck

Dear Editor:

I have found an easy and fun way to understand the politics of the day and what is happening in our society: the "Glenn Beck Program" on Fox News.

He is on at 2 p.m., Monday through Friday, and breaks down the how, what and why of progressive politicians of both political parties.

And with all due respect, please do not judge him based on what someone else has told you about him. That would be very closed-minded. See for yourself through his own words and actions. I think you will be surprised by how informative he is.

He has opened my eyes to many things that the mainstream media -- channels 2, 4, 5, 7 and so on, do not inform you about. I have fact-checked him many times and have found him to be very credible. He is worth watching.

— **Jeffrey East, Downey**

Blue Star Banner

Dear Editor:

The recent letter to the editor sent in by Ed and Patty Aparico entitled "Military Banners" (3/19/10) caused me to recall how our men in service were supported and remembered in another era. Some may remember the Blue Star window banners of World War II. For those who do not, I submit the following.

It was an American tradition in the '40s to display a Blue Star Service Banner in the window of a home when a loved one was proudly serving in the U.S. Armed Forces during WWII. As Americans supported troops deployed overseas, the Blue Star Service Banner would be a reminder that war touches every neighborhood. Each banner was adorned with one blue star for each family member serving. A gold star was displayed if, sadly, they weren't coming home.

The Blue Star Service Banner was designed and patented in 1917 by WWI Army Capt. Robert L. Queisser of the 5th Ohio Infantry. Queisser's two sons served on the front line. His banner quickly became the unofficial symbol for parents with a child in active military service.

On Sept. 24, 1917, an Ohio congressman read the following into the Congressional Record: "The mayor of Cleveland, the Chamber of Commerce and the governor of Ohio have adopted this service flag. The world should know of those who give so much for liberty." Blue Star Mothers and Gold Star Mothers organizations were established during WWI and remain active even to this day.

Blue Star Service Banners were widely used during both world wars, but were not embraced during the Korean or Vietnam wars. The American Legion attempted to rekindle that spirit of pride in our military men and women following the Sept. 11, 2001 terrorist attacks by encouraging the use of the window banner but unfortunately their plan did not succeed.

During my grandson's recent graduation from basic training, the officer in command spoke of how most folks give very little thought to the thousands of boys who are far from home, in places like Iraq.

There are many families here in Downey who's sons and daughters, husbands and wives are bravely serving to protect our freedom. The display of the Blue Star Banner in all those windows would certainly raise awareness and remind us that war touches every neighborhood. There is a Blue Star Banner in our window.

— **Mike and Joyce Prokop, Downey**

Save Downey Studios

Dear Editor:

After reading the article "Tesla Motors Seeks 51 Acres" (3/19/10), I was disappointed of the possibility of Downey Studios closing.

Downey Studios is as much a part of Downey's history as was the NASA site or the first Taco Bell. Not many places outside of Hollywood can have the bragging rights, "They filmed Spider-Man in my backyard."

I am surprised that there has been no opposition to closing Downey Studios. I, for one, hope that Downey Studios and Hollywood continue to be a part of our city's rich history.

— **JC Mendoza, Downey**

Intersection improvements

Dear Editor:

I wanted to be sure to thank the city of Downey Traffic and Engineering for the increased signage at the complex intersection of Firestone Boulevard and Newville/Stewart & Gray Road.

I have lived at this address for more than 16 years and the sights and sounds of car crashes had been so common that it seemed there was no signage that could possibly convince people who do not live here and have not witnessed the strange dynamic of this intersection that turning against the safety recommendations was a serious warning that needed to be regarded.

You would not believe how many crashes happened at this intersection. The city was in no way just trying to cramp their style by putting up signs there.

The city managed to make the intersection safe. Finally, with three no-right-turn-on-red signs, the no-left-turn signs and no-U-turn signs, along with the red arrow, I have either lost some of my hearing or there are a lot less crashes going on around here. I cannot say I miss having to try to guess if the crash was loud enough to warrant running out and seeing if some poor banged-up soul needed 911. And many crashes went unreported.

It felt unsafe to cross that street on foot, to stand on the barrier halfway across pushing the button because someone even hit the tree on the wide grassy barrier.

On behalf of the unknown people who will not be injured or killed, who can drive through this intersection blissfully unaware of how you may have impacted their lives and on behalf of the people living on Newville who have more peace, I wanted to make sure someone took the time to say thank you. Because you made a big difference.

— **Lori Pillow, Downey**

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.



Pageant near-perfect except for length

By Henry Veneracion

As I told, the Junior Miss/Miss Teen/Miss Downey Pageant held last Saturday at the 750-seat Downey Theatre was, as the Brits would say, jolly good.

Except for one or two minor hiccups, the program (the opening dance number, featuring the entire cast of contestants and choreographed by Onstage Dance Center's Liz Vega Gomez, the sportswear/business wear/formal wear presentations, the emotional farewells to the 2009 winners, the special vocal performance by Une who also served as one of the judges, and the award ceremony proper) were I thought well done.

Noise from the already hootin' and hollerin' audience was cued by the emcee at the right moments, and noise—ear-splitting yelling from the family sitting behind me—was what I got, and I, a first-time spectator of the event, couldn't do anything about it.

Nevertheless, I particularly enjoyed the sportswear competition: the contestants modeled tennis, golf, basketball, baseball, soccer, gymnastics, cheerleader, roller skates, equestrian, and kickboxing, taekwondo, bird-watching, etc., wear, as well as camping, bee catcher, etc., paraphernalia to satisfy every taste—the outfits provided a cornucopia of colors, vivid, dazzling, even dizzying.

I found out that the young girl contestants were capable of uttering mature ideas and values—a definite counterweight to the inanities all too often personified by many of today's youth.

At the same time I saw disappointment that seemed to dance on the faces of some of the contestants who fell short of victory in their categories but who I'm sure felt good with themselves the following morning for having learned—just maybe—that failure isn't fatal and that you can't win 'em all.

In short, I liked what I saw, but the show (which lasted 5 hours 5 minutes) was too darned long!

With foreclosures come rental scams

District Attorney Steve Cooley is warning Los Angeles County residents to be on the alert for home rental scams.

Many houses have been vacated by homeowners facing foreclosure. Con artists are profiting from the crisis by posing as landlords and renting vacant homes to unsuspecting renters.

They offer enticing properties at below-market rental rates. In reality, they are stealing your money and leaving you homeless.

Beware of landlords who do not provide an office or home address and pick up the rent in person or by messenger. Avoid unusual forms of payment such as money wire transfers and cash-only deals. Beware of online rental transactions.

Protect yourself. Before you rent, ask to meet the landlord at his or her office or home. Ask to see the landlord's driver's license. Visit the property in person before you rent. Talk to the neighbors about the property. Ask the landlord point-blank if the property is facing foreclosure. Put this in the rental or lease agreement.

For more information or to make a complaint, contact the Los Angeles County Department of Consumer Affairs Real Estate Fraud and Information Program at (800) 973-3370.

If you believe you have been a victim of rental fraud, contact your local law enforcement agency.

Child safety

Dear Editor:

I have noticed for some time now that there seems to be little regard for our children's safety while being dropped off and picked up at school. This week I was very surprised to see a mother just let her child cross the street (alone and running) behind a truck that was in the process of backing into a parking spot.

Luckily the child was not injured but the mother had the audacity to yell at the driver of the truck for almost hitting her child. I can't believe that instead of walking to the crosswalk a few yards away, a parent would risk the life of a child.

I don't know if having crossing guards at schools in the morning would help because there are a couple of women with orange vests around the campus after school doing nothing. Maybe they are not crossing guards at all. Sometimes there is a police officer there issuing tickets but with the overflow of students in our district, sadly one officer is not enough.

This danger is not only outside the perimeter of the school but in the parking lot as well. The clearly-marked exit only driveways are typically ignored as well as the right-turn-only signs.

I hope something can be done about this issue before it is too late and someone's child is severely injured or worse.

— **Juan Flores, Downey**

The Downey Patriot

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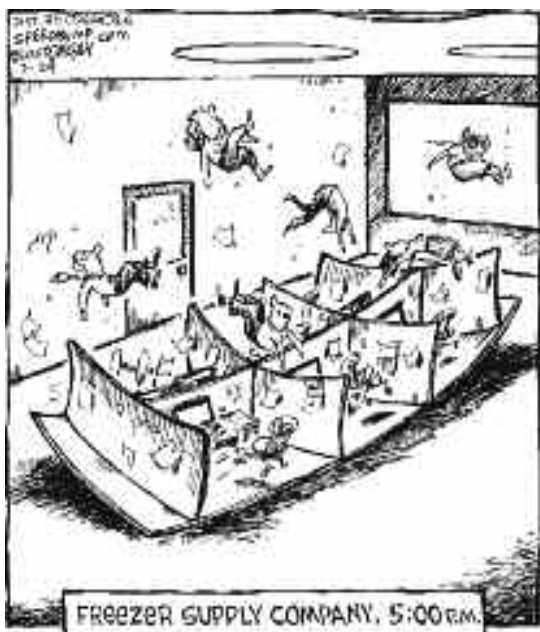
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SPEED BUMP



DAVE COVERLY



On This Day...

- March 26, 1827:** Composer Ludwig van Beethoven died in Vienna, Austria, at age 56.
- 1892:** Poet Walt Whitman died at age 72.
- 1917:** The Seattle Metropolitans became the first U.S. team to win the NHL Stanley Cup.
- 1997:** The bodies of 39 members of the Heaven's Gate religious cult who had committed suicide are found in Rancho Santa Fe, Calif.
- 1999:** Dr. Jack Kevorkian is convicted of second-degree murder for assisting in the suicide of an ailing man.
- Birthdays:** 'Star Trek' actor Leonard Nimoy (79), House Speaker Nancy Pelosi (70), actor James Caan (70), singer Diana Ross (66), Aerosmith lead singer Steven Tyler (62), comedian Martin Short (60), TV personality Leeza Gibbons (53), country singer Kenny Chesney (42), actress Keira Knightly (25).

Downey Community Calendar

Events For March

- Sat. March 27: **Arc Walk for Independence**, Stonewood Center, 8 a.m.
- Sat. March 27: **Swap meet**, Women's Club of Downey, 8 a.m.
- Sat. March 27: **Arts fundraiser**, Mambo Grill, 7 p.m.

City Meetings

- 1st Tuesdays, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 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 Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 3rd Wednesday, 7:00 p.m.: **Water Board**, at City Hall.
- 4th Wednesday, 6:30 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1.

Regularly Scheduled Meetings

Mondays

- 8:00 a.m.: **Job Club**, at The First Presbyterian Church, for info. call 861-6752.
- 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

- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 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.
- 1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
- 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.
- Tues., Thurs. & Sat., 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

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 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 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 p.m.: **Downey Sister City Assoc.**, at Maude Price School, for information call 884-9657.
- 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 Pearl Koday 633-4355.
- 2nd & 4th Weds., 5:30-9 p.m.: **Lions Club**, at Cafe & Stuff, for information call 803-4048.
- 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 Barbara J Riley Center, call 943-5513.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

- 7:30 a.m.: **Connections Networking**, at Cafe N Stuff, for information, call Sandy Esslinger, (310) 491-8989.
- 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.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

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.
- 2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

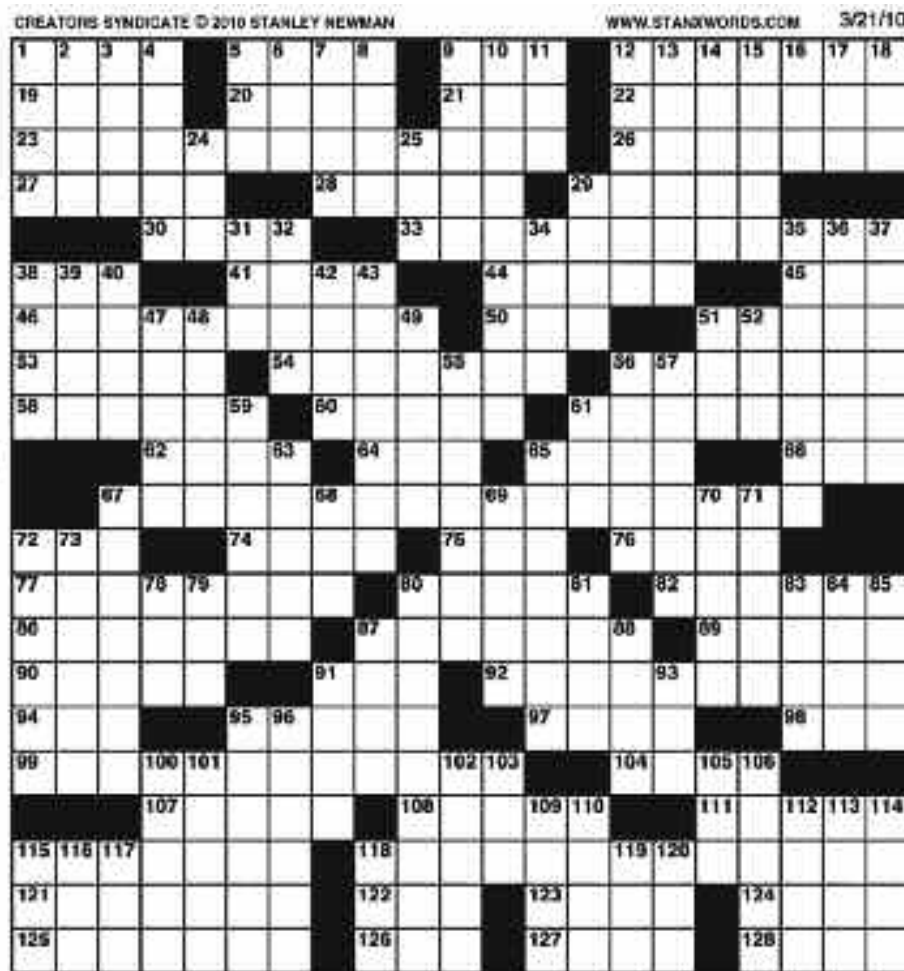
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

MORNING TO NIGHT: A full day of fun

by Gail Grabowski and S.N.

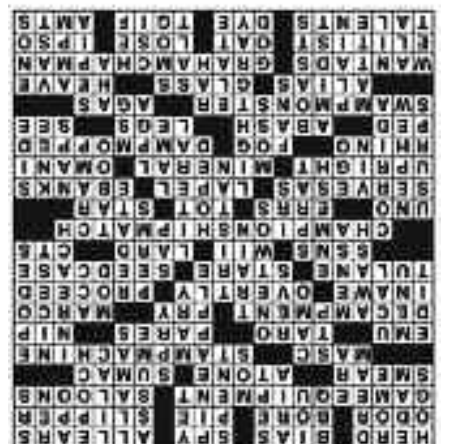
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 - 120 Men's magazine founder, to friends



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- 119 CBS police drama
- 120 Men's magazine founder, to friends

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

The word SATOON (26 Across) is derived from the French "saton" which in turn comes from an Italian word meaning "hall." Coins worth about 3,000 euros are thrown into ROME's Trevi Fountain (3 Down) each day, and the money is donated to charity. The reference at 52 Down is to Duke University's membership in the ACC, or Atlantic Coast Conference.



Paging Dr. Frischer...

By Dr. Alan Frischer



Recently, my 16-year-old daughter came home with what she described as the "cutest" high-heeled shoes. For so many reasons (I am her father), I was unhappy to see them. What I said to her reflected my vague understanding that high-heeled shoes distort the spine and affect her health in some negative manner. Now it is time to put together the facts. Are fashion-conscious women sacrificing their health, safety, comfort and agility for the sake of style?

Very few of us are born with foot problems; most conditions are felt to arise from simply not taking proper care of our feet. Women are four times more likely than men to have these issues, which is most likely due to the shoes they wear.

According to the American Orthopedic Foot and Ankle Society, we take an average of 10,000 steps per day. High heels shift the focus of each of those 10,000 steps so that most of the pressure ends up on the ball of the foot and on the bones at the base of the toes, whereas "flat" shoes spread the weight over the entire foot. A three-inch heel (anything over two inches is considered high)

creates three to six times more stress on the front of the foot than does a one-inch heel. Women account for roughly 90% of the nearly 800,000 operations every year for bunions and hammertoes.

The most immediate result of wearing high heels is a change in the center of balance and a loss of agility. It is much easier to fall, and injuries occur more frequently. When walking in high heels, the foot is fixed downward, making it difficult to push off the ground with very much force. The hip flexor muscle, located in the upper front thigh, must work much harder and longer to propel the body forward. If these muscles are constantly overused, they can shorten and a contracture can occur. That, in turn, may lead to a flattening of the lumbar (low-back) spine.

The normal s-curve of the back is designed to act as a shock absorber, reducing stress on the vertebrae. The resulting backward shift of the head and mid-spine leads to muscle overuse, back strains, and sciatica.

Knee problems are twice as common in women than men. High heels may be partly responsible, as they cause the knees to stay flexed (bent). This position puts a constant strain on the inside of the knee, a common site for osteoarthritis.

High heels limit the motion and power of the ankle joint. The calf muscles are shortened, which causes them to lose power when pushing off the ground. This in turn can increase the pull of the Achilles tendon and lead to tendonitis.

When the feet are put into a downward position, there is also a significant increase in the pressure

on the bottom of the forefoot. The pressure increases as the height of the shoe heel increases. High heels with narrow toes may lead to a thickening of nerve tissue, which causes a lump on the underside of the foot, or a *neuroma*. A neuroma is typically found between the third and fourth toes, and leads to toe pain and numbness.

Bunions are a bony swelling at the base joint of the big toe. This leads to the big toe curving toward the other toes, with the bump often becoming swollen, inflamed, painful and unsightly.

The skin on the foot can also be affected. A narrow, pointed toe box can lead to corns, calluses and blisters. Note that on a baby or a toddler's foot, the toes tend to spread apart. On an adult's foot, the toes tend to be squished together.

If the shoes you are wearing compress your feet or shift your body out of alignment, you can bet that you will run into trouble of some sort. To save your feet and body, my recommendation is to wear high heels only rarely, and even then a heel height of only one and one-half inches. Your feet and body will thank you - and our orthopedists and podiatrists will have far more free time on their hands.

I wish you good health and attractive (even if less fashionable) footwear.

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.

Mayor and chamber president appointed to Lakewood Regional Medical Center's governing board

LAKESWOOD - Lakewood Regional Medical Center (LRMC) has announced the appointment of two new community members to its Governing Board: Joe Esquivel and John Kelsall.

The LRMC Governing Board is comprised of community members and medical staff. The board is responsible for recommending and implementing hospital policy, promoting quality patient care, providing for the organizational management of the hospital and ensuring that the mission, vision and values of the hospital are fulfilled.

Joe Esquivel, who is currently serving as Mayor of Lakewood. He was first elected to the Lakewood City Council in 1990. In addition to his service to the city, Esquivel is a volunteer basketball and football coach. He is also a coordinator for the Rotary Club's annual Project Shepherd, a holiday assistance program for families.

John Kelsall is the President of the Greater Lakewood Chamber of Commerce. He is also on the board of the Lakewood YMCA, the Long Beach Education and Business Advisory Council, the Rotary Club of Lakewood and SELACO Workforce Investment.

"We are fortunate to have individuals with the track record and



experience of Joe Esquivel and John Kelsall join our board. They will work well with the other proven leaders that sit on our board," said Don Lorack, Interim CEO, Lakewood Regional Medical Center. "The efforts of our

Governing Board are critical to the success of our facility. The board's guidance, vision and wisdom can directly impact patient care and community service."

Timelines for breast cancer screenings unchanged

Scientists report that breast cancer risk assessment models, which predict a woman's chance of developing breast cancer, do not perform substantially better when they include common inherited genetic variants recently linked to the disease. Therefore, recommendations for breast cancer screening or treatments will remain unchanged for most women.

The study, led by investigators from the National Cancer Institute

(NCI), part of the National Institutes of Health, and the Harvard School of Public Health (HSPH) appears in the March 18 issue of the *New England Journal of Medicine*.

"Unlike the situation for women with a strong family history of breast cancer, in which a search for rare disease-causing

variants may be useful, for women without a strong family history breast cancer prediction based on common risk variants is currently of marginal utility," said lead author David Hunter, dean for academic affairs and Vincent L. Gregory professor in cancer prevention at HSPH.

TB remains a global threat

CONTRIBUTED BY THE L.A. COUNTY DEPARTMENT OF PUBLIC HEALTH

LOS ANGELES -- As nations around the globe observed World TB Day 2010 on March 24, the Los Angeles County Health Officer reminded residents that despite the popular misconception that tuberculosis (TB) is a thing of the past, TB impacts millions of lives worldwide every year. Of concern are drug-resistant forms of tuberculosis, such as MDR-TB (multidrug-resistant tuberculosis) and XDR-TB (extensively drug-resistant tuberculosis).

"Though efforts to manage, treat and eliminate tuberculosis have met with remarkable success in Los Angeles County, we are not immune to more serious forms of this disease," said Dr. Jonathan E. Fielding, director of public health and health officer. "There were 116 local cases of MDR-TB between 1998 and 2008, which reminds us that TB is an ongoing threat. Through rapid diagnostic methods, timely reporting of cases to Public Health and appropriate care for all individuals, we can work toward one day eradicating this disease and its stronger forms."

The number of cases of all forms of TB in LA County has plummeted from a peak of 2,100 in 1992 to 706 cases in 2009. Worldwide, more than 9 million cases are still reported annually, and more than 1.5 million people die of tuberculosis each year.

Cases of TB in Los Angeles County appear to be largely contracted abroad, with the vast majority (77.4 percent in 2009) occurring

in foreign-born individuals. Though the prevalence of the disease in the U.S. has declined over the past century, Los Angeles County - as a major hub of international travel, commerce and immigration - cannot expect to be unaffected by an illness that so strongly affects the U.S.'s neighbors.

Because of limited medical resources in many countries, therapies run short or are inadequate, resulting in drug-resistant disease strains.

Globally, there are an estimated half-million MDR-TB cases. Additionally, by the end of 2008, 55 countries and territories had reported at least one case of XDR-TB.

Tuberculosis is caused by a bacterium that usually attacks the lungs, but can also target other parts of the body, including the kidney, spine and brain. It is spread through the air when a person with active TB disease of the lungs or throat coughs or sneezes. People nearby who breathe in the bacteria can then become infected.

Some people's bodies are able to fight the bacteria and keep them from multiplying, and exhibit no symptoms. This is called a latent TB infection, and may develop into an active TB infection later. People with active TB do experience symptoms as the bacteria attack and destroy tissue. These symptoms

include a bad cough that lasts three weeks or longer, pain in the chest, and coughing up blood.

If not treated properly, TB can be fatal. It is particularly dangerous for medically vulnerable individuals. Patients who are immunocompromised, such as those who are HIV-infected, and those who have other medical conditions, such as diabetes or cancer, are among the most likely to develop significant complications.

In recognition of World TB Day, the Department of Public Health's TB Control Program held an educational symposium Wednesday for the private medical community. The conference covered TB epidemiology, the reporting and discharging of TB patients, the partnership between the private and public sectors in controlling TB, and updates on TB diagnosis and treatment.

For further information about TB or World TB Day, please visit any of the following websites: www.stoptb.org or <http://publichealth.lacounty.gov/tb>

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Miss Downey: Judges critique contestants.

Continued from page 1

Volunteer, and placed second in Miss Downey Essay.

Jessica Shaffer, this year's Miss Teen Downey, garnered Miss Teen Volunteer, Miss Teen Talent, and Miss Teen Sportswear titles as well.

Junior Miss titlist Miranda White was voted Miss Photogenic in that category, took second place in Talent (first place went to East Middle School's Priscilla Rolon), and also took the Evening Gown title.

Molly Donahue, a high-achieving Junior Miss princess, won titles in her Academic, Sportswear, and Businesswear categories as well.

Miss Teen Princess Genesis Montoya also won the Miss Teen

Businesswear contest and placed second in Miss Teen Talent.

Warren High's Lilly Acosta was voted Miss Photogenic and placed third in Miss Downey Talent. Others with two titles each: Miss Downey court princesses Nicole Nelson, who also took third place in Miss Downey Essay, and Yancy Montoya, who also won Miss Downey Sportswear; Miss Teen Downey, Lauren Gardner, who also won Miss Teen Evening Gown; and Griffiths' Whitney Pemberton was voted Miss Teen Athletic and took third in Miss Teen Talent; and Junior Miss Downey Mikayla Minnig also was first prize winner of the Junior Miss Essay.

Other titleholders: Warren High's Yesenia Arizmendi, Miss Teen Photogenic; Briana Martin,

Junior Miss Athletic, and Warren High's Blanca Martinez, Miss Athletic; East Middle School's Cori Hayes, Miss Teen Academic, and Biola University's Alyssa Rico, Miss Academic; Griffiths' Kennedy Gonzales, Junior Miss Volunteer; Cristina Gomez (Most Improved Junior Miss), Sussman Middle School's Angel Gonzales (Most Improved Teen); and Warren High's Martha Calderon (Most Improved Miss); Rio Hondo's Valerie Aguilar, first in Junior Miss Talent; Downey High's Tatiana Leiva, first in Miss Talent and Downey High's Ali Zaborski, second in Miss Talent; Natalie Madrigal, second in Junior Miss Essay and Downey Christian's Sara DeMoss, third in Junior Miss Essay; Downey High's Miranda Trujillo, second in

Miss Teen Essay and Warren High's Sara Seja, third in Miss Teen Essay.

Judging was based on earlier interactions with the contestants (field trips, various shared activities/projects) and interviews, fully show-cased, wonderfully-mounted competitions in the above categories, and, at the end, an onstage question ("What is your favorite day?", "What would you do if you could do something and not fail?"), etc.).

Luminaries from various fields dotted the 17-odd-member panel of judges and included a former Miss Seal Beach and other pageant enthusiasts, TV's Ernest Thomas, and a native of Sherwood Forest, all friends and supporters of the Miss Downey Pageant, one of the major fundraisers of the Downey Rose Float Association (DRFA). Judges representing Downey itself included State Farm's (and Rotarian) Patricia Megallon, Trilogy Financial Services' and Downey Chamber of Commerce's (and Rotarian) George Zoumberakis, and the city of Downey's Juddy Cenicerros.

Doing major duty again as the evening's master of ceremonies was pageant veteran Rick Porcaro, an "advisor" to the entertainment industry who has become a familiar and popular figure in local events such as this one, whose theme this year was "Get Your Groove On."

Pageant director was the city of Downey's Susan Domen, who last year assumed the mantle of president of the Downey Rose Float Association. DRFA's 2010 Rose Float entry earlier won the Pasadena Rose Parade Founder's Trophy. Her message to all the contestants: "Remember to enjoy every experience you have and live every day to the fullest."



Lance Cpl. Michael Alan Edmonds, a 2007 graduate of Warren High School, was deployed to Afghanistan on Wednesday. Edmonds is currently stationed with the Third Marine Air Wing, Marine Air Control Group 38, Marine Wing Communications Squadron 38, Data Platoon of the Marine Corps Air Station out of Miramar, Calif. He is the son of John and Carol Edmonds, of Downey.

Spare change can help club

DOWNEY – Between now and April 6, shoppers at the JCPenney at Stonewood Center can choose to have their purchase total rounded up to the next whole dollar and have the difference donated to the Rio Hondo Boys and Girls Club.

The Boys and Girls Club will use the proceeds to provide more children access to its after-school programs.

Church giving away baskets

DOWNEY – Desert Reign Church will distribute free Easter baskets to needy children on Easter Sunday.

Children can pick up the baskets between 8 and 10 a.m. Delivery is also available if needed.

For more information, call (562) 861-6011, ext. 207.

Attend taping of 'The Doctors'

DOWNEY – The Downey Symphony Guild is organizing a bus trip to attend a taping of "The Doctors" television show on April 15.

The bus will depart from the Barbara J. Riley Community and Senior Center at 11:45 a.m. and return by 6 p.m.

Cost is \$15. Guests should eat lunch before the trip.

The trip is limited to 55 people. Guests must be at least 16 years old and should dress in business attire.

Make checks payable to Downey Symphony Guild and mail to Marie Eckstrom, 9700 Garnish Dr., Downey, CA 90240.

For more information, call (562) 861-8507.

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Huge third inning propels Bears

■ **SOFTBALL:** Warren scores nine runs in third inning to put the game away.

By **SCOTT COBOS,**
STAFF WRITER

DOWNEY – Warren Bears softball has a small 2-game winning streak after beating San Juan Hills last Friday and Mayfair on Tuesday while the Downey Vikings softball team split a double header with Lakewood last Thursday.

The Bears were able to put away San Juan Hills on Friday with a 9-run third inning. Warren was down 3-2 going into the inning until the flood gates blew open.

In their game versus Marfair, the only damage the Bears had to sustain was in the first inning where Mayfair's Brianna Quintana scored the Monsoons' only run. After that, Warren was able to shut them out and scored two runs in the fourth inning, proving to be the difference in the game.

Downey's first game against Lakewood ended in walk-off fashion after a rally in the top half of the seventh inning by the Vikings to tie the score at 4 runs a piece. Downey's Lauren Canas pitched a complete game allowing 10 hits and four earned runs. Extra base hits doomed the Vikings, allowing four of them and one hit-by-pitch.

Katie Medina had three hits for the Vikings and Desirae Romero had two hits. Debra Lovell scored twice and Medina and Canas scored once each.

In the second game, Downey's win was of the comeback variety scoring two runs in the top half of the seventh inning.

Lakewood scored only once early in the game and was never heard from again. Brittany Colenzo allowed one run on five hits in her complete game victory.

Downey's Staci Rodriguez had three hits and Colenzo and Jazmyne Cortinas scored the two winning runs in the game for the Vikings.

USC coach to speak

LONG BEACH – Clay Helton, quarterbacks coach at USC, will be the guest speaker at an event April 21 at the Long Beach Yacht Club.

Helton will provide information about the future of USC's football program.

Cost is \$45 per person with limited seating. Checks should be made out to Trojan Club of Long Beach and mailed to Barbara Cotler, 6024 Avenida de Castillo, Long Beach, CA 90803.

Football registration continues

DOWNEY – Registration for Downey Youth Football will continue tomorrow from 10 a.m. to 2 p.m. at Furman and Apollo parks.

Cost during the month of March is \$160 for tackle and \$100 for flag or cheerleading, and includes equipment, spirit pack, trophies, pictures and yearbook.

For more information on registration or coaching opportunities, call (562) 928-6081 or (562) 335-5825.

Vikings can't play catch-up

■ **GIRLS LACROSSE:** Downey travels to Gahr for afternoon game today.

By **ALYSSA WYNNE,**
SPORTS INTERN

DOWNEY – Minor setbacks led to huge mistakes in the Palos Verdes Peninsula High School lacrosse game on Monday with the final score leaving Downey in the dust, 15-4.

The first goal was scored in the second quarter by midfielder George Martinez. At this point in the game, PVPH already had 12 points. Midfielders Marques Mustin, Franky Castellanos and Allan Tablas scored the three remaining goals.

Mustin helped his team with seven shots on the Panther's goal and the entire team contributed 23 shots on goal but only four of them were converted goals.

Not only were the Vikings cradling the ball, but the entire team stopped communicating. The defense became discouraged after PVPH had such a large lead over them and goalie Angel Rivera expressed this with only one save out of the eight shots on goal. Starting goalie Nathan Hanker did not make his saves like he usually does and it discouraged him.

"Immediately after the goals you could just see the team losing it more and more," said Vikings midfielder Spiro Pieratos. "No one was 100 percent, nobody was playing their game. We seemed to be on their level but I guess we didn't show it. We played them in the



PHOTO BY CARLOS ONTIVEROS

Downey could not recover after falling behind early to Palos Verdes Peninsula last week.

past and it was fairly even—sometimes we get our wins and they get their wins—but the games were a lot closer then."

Downey Head Coach Scott Witkin said he was disappointed

about the game because that was not the team he usually sees in practice. The Vikings didn't come out with heart and execute the way they usually do, he said.

Collazo's homer saves Vikes

■ **BASEBALL:** Josh Collazo hits late-inning homerun to lift Downey over Paramount.

By **SCOTT COBOS,**
STAFF WRITER

DOWNEY – In what could be the beginning of a chippy relationship between Downey and Paramount, the Vikings erased a 2-run deficit in late innings and was lifted by a Josh Collazo solo home-run, beating the Pirates 3-2.

Collazo on a 1-0 count smoked a fastball over the right field fence in the bottom of the sixth inning with two outs to help the Vikings overcome a 2-0 deficit in their first match up with the Pirates this season.

In the fifth inning, the Vikings' offense finally started to show some life and break through after leaving numerous base runners stranded in earlier innings. What became a two-out nightmare started with Brent Boyd getting on base with a single.

Josh Guerra immediately followed with a double, putting runners on second and third with two outs and Alex Jimenez at bat.

Jimenez drove a fastball past the diving Pirates second baseman and scored Guerra and Boyd, tying the score 2-2. The stage was then set for Collazo's late inning heroics, giving the San Gabriel Valley League champions a 2-0 start in league.

"It was nice to have them respond after being down 2-0 and then in the inning when we were down two outs to string together three hits, it was great," Downey manager Jess Gonzalez said.

Things started to get a little testy immediately after Collazo's homerun with Downey pitcher Jeremy Ruiz getting hit by a fastball up around the neck area on the first pitch. The umpire immediately gave both teams a warning.

"I didn't like that [Paramount] got a warning," said Gonzalez. "In a 1-run game, if they get a warning then we get a warning. I don't think



PHOTO BY PAUL HEIDECKER

Downey could not recover after falling behind early to Palos Verdes Peninsula last week.

they did it on purpose, why would they?"

Getting plunked didn't slow down Ruiz though, pitching a complete game and allowing only a pair of unearned runs. The first run was on a balk in the top of the fourth inning with two outs and a runner on third. Ruiz went into his delivery and slipped on his landing foot.

The second unearned run came in the top of the fifth when on a pickoff play to second base, Ruiz threw the ball into centerfield and while backing up the play, the centerfielder overran the ball allowing the Pirate runner to score.

Other than that, he allowed only three hits, two walks and struck out five batters, often keeping Paramount off balanced and inducing a lot of groundballs. Ruiz struggled a little at first but quickly found his command.

"He pitched great. Early on he was up and falling forward a little bit about the third inning he settled down. His fastball got done and his slider was good. He pitched a good game."

Ruiz breezed through the last two innings facing only six batters

Bears show they belong in the water

■ **SWIMMING:** Boys and girls take home wins against Schurr High School.

By **JOSEPH APODACA,**
SPORTS INTERN

DOWNEY – The Warren Bears continue to impress in the water, with both swim teams taking home victories against Schurr High School, the varsity boys winning 124-48 and the varsity girls winning 96-74.

The division VI boys' squad remains undefeated, with an overall record of 4-0. Nigel Adashefski excelled in the 200-freestyle event, breaking a time of 2:03:63. Captain Dustin Yi placed in the 200-freestyle at 2:01:63 and the backstroke at 1:03:72. Josh Hanein sprinted through the coveted 50-freestyle event at 0:23:68 and the 100 breaststroke at 1:09:44.

Alex Rivera came extreme close to Hanein's 50-freestyle time, coming in second place by a single millisecond at 0:23:69. Jonathan Iglesias endured the grueling 500-meter freestyle to end on an impressive time of 5:41:60. Lastly, Luis Herrera beat out Yi's 100 backstroke score with an end time of 1:02:06.

The girls also continue to do well, with many of them taking in their best times of the season so far. Sanjana Narkar dropped an impressive 16 seconds in her 200 individ-

ual medley event, Elisa De Luna dropped five seconds in her 100 butterfly and Star Meza dropped two seconds in her 100 freestyle.

Jessica Hanein made a personal best time of 1:03:88 in the 100-backstroke, dropping two seconds from her previous time. Fiana Velarde also improved in the 100-butterfly, dropping three seconds from her previously recorded time. The 200-freestyle relays took first and second place honors, first place going to the team of Danniella Flores, Saree Waugh, De Luna, and Meza while second place went to Alma Najera, Anais Tovalin, Fiana Velarde and Hanein. Ivana Castro and Joanne Svendsen took first and second place in the 50-meter freestyle while Hanein and Meza scored first and second place in the 100 freestyle.

In addition to the Schurr meet, both boys and girls swim teams took part in a weekend invitational meet, where they were placed against swimmers with similar times as them. Coaches hoped the pairing would push their swimmers to give it their all, especially for new-member heavy girls' team.

"I am looking forward to faster times as the girls will be racing in heats that are with other athletes who have similar times as them. This will push the girls to have great races in their events," said Warren head girls' swim coach Josie Cordero.

Individually, Downey is unstoppable

■ **SWIMMING:** Serro Park places first in freestyle.

By **JOSEPH APODACA,**
SPORTS INTERN

DOWNEY – The Downey boys and girls swim teams continue to stroke on through the beginning of their season, with both teams losing to Kennedy High School last Thursday but garnering surprise first places.

With three non-league meets left before San Gabriel Valley League qualifying meets, boys' head coach Shaun Delhousay said his boys continue to improve both individually and as a team.

The boys took home quite a few individual wins last week, starting with long distance swimmer Derek Klotzer who received personal best times in the 200 and 500-meter freestyle events. Colin O'Conner also placed highly in the 100-meter backstroke.

A major surprise came out of senior Serro Park, whose main events are sprinting in the 50 and 100-meter freestyle yet managed to

place first in the 100-meter butterfly. There's no doubt Park is a natural in the water but the win surprised him and his coach just the same.

"I've never done the 100-fly before," said Park. "I just wanted to try it because I was pretty good at the 50-fly for the medley relay so I wanted to see if I could do well in 100-fly."

Over on the girls' team, head coach Sal Castro led the girls to an almost victory, losing to Kennedy in the last two events with a final scoring of 83-87.

A couple of his girls took home some of their best times of the season, including junior Linsay Gonzalez who placed first once again in the 100-butterfly. Senior Brenda Rosero also continues to dominate in the water, taking home two victories as a long distance swimmer in the 200 and 500-meter freestyle events. The JV squad even has Castro impressed, where Tami Shute took first place in the 50-meter butterfly, winning with a time of 35 seconds and dropping two seconds from her last time.



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Fifth-graders hear the sounds of music

Community contributions helped make free concert a reality for students.

By Joyce Sherwin,
Downey Symphony

DOWNEY – In January of this year, everything was ready to go. Fifth-grade students from all of Downey's elementary schools would board buses for the big Civic Theatre to hear Downey's Symphony Orchestra play a concert prepared especially for them. Downey Unified mapped out the entire operation with its usual

precision: all school principals, teachers, students and their parents have been notified about the big field trip? Check. Bus schedules are complete, drivers on hand, all seven buses operational? Check. Schools have been assigned theater entrance doors, exit doors and seating rows? Check. Parochial schools: you plan to attend also? Check.

Theater staff: stage, lighting, sound system, crews, everything ready? Check. Volunteers to guide and shepherd the kids? Check. Orchestra manager: all instrumentalists contracted for rehearsals and performances? Check. Symphony



PHOTO BY BERNICE STUMPS

DUSD fifth-graders enjoyed a performance by the Downey Symphony.

Board: you have funding for all this? By a miracle, check.

Only a major, major, major catastrophe could stop this enterprise from moving forward.

Of course a major, major, major rainstorm happened and everything was canceled. Bummer.

Canceled, but not dead in the water. Like a phoenix, the whole shebang, rescheduled, arose intact on one of our sunniest days a week ago, and 1,763 kids and teachers got their Beethoven, Mussorgsky and Tchaikovsky. Conductor Sharon Lavery donned her special costume for music from Pirates from the Caribbean: black eye patch, swoopy plumed hat, striped hose, broadsword, even a hook. Everybody loved it.

Symphony President Larry

Lewis, welcoming the students, asked them how many had come to this theater when they were little kids in third grade, for a special orchestra concert. Hundreds of arms shot up. "How many of you have heard the Music in the School Quintet when they visit your schools?" A sea of arms. He encourages them to take up an instrument when they go to middle school next year. "The more you know about music, the more you enjoy it."

It is a busy season for the Downey Symphony, now completing its 53rd year. On this particular morning the musicians played three performances, one after another, to accommodate everyone, and it was possible because of generous funding from the Downey Kiwanis Foundation, the "miracle" referred to earlier. Added cooperative support came from the City, the Musicians Union, DUSD and, of course, from this great audience of enthusiastic youngsters.

They are the reason the rains stopped, the sun came out, and the buses rolled again.

Symphony dazzles young students

By Joyce Sherwin,
Downey Symphony

DOWNEY – It is a brilliant morning, rain-washed air, the purest sky. At Maude Price Elementary School the pleasant cafeteria is ready, tables folded away, floor newly polished. Five musicians from Downey's Symphony wait with their gleaming instruments – dazzling brass, burnished wood. Time for another Music in the School presentation.

Soon the big room fills with excited voices as the third and fourth grade children file in and sit on the floor. With them comes the sunniest light of all, their shining faces.

Principal Janice Hobson welcomes the Symphony Quintet and Mark Artusio steps forward, smiling. "My name is Mark. Good morning, Panthers!"

"GOOD MORNING, MARK!"

Music in the Schools has visited each of Downey Unified's 13 elementary schools plus private school every year since 1996 with a program emphasizing different aspects of music. Today is about Melody and Accompaniment.

This quintet is like few others: violin, bass viol, clarinet, trombone, percussion, representing the sections of an orchestra, and it works just fine. Kids sit close really seeing what the instruments look like and how they are played, hearing how different they sound. They watch the group communicate as Carolyn Osborn's violin sings a luscious melody while the others soften in accompaniment. The children sigh. Then the instruments switch around, sharing the theme.

The music ranges from a Joplin rag to Vivaldi and Stravinsky, Rossini and Copland, and it's accessible and fun. Everyone loves Rob Coomber's slide trombone. When he tells them it is the loudest instrument in the whole orchestra, several aspiring trombone players are hatched. Happens every time.

Patty Massey's clarinet glides into the suave Pink Panther theme. Her Panther audience grins and applauds. And Mark's huge string bass, miles taller than the kids, inspires awe at every school appearance.

Now Mark invites a volunteer to conduct the performers in The William Tell Overture, that one cloned as the Lone Ranger theme. This will involve some tricky tempo changes, though. Emily comes up. Her task is to hold her arms high when she wants the instruments to play fast; arms down for slow. Emily

is a natural, adventurous and poised. A conducted is hatched.

You should experience Sousa's "Stars and Stripes Forever" played on the xylophone. Four mallets dance in Danielle Squyres' hands, incredibly fast, impossibly accurate, improbably inspiring. A wow performance.

Then comes an unexpected surprise for everyone in the room. Teachers and students didn't know the Quintet would play Yankee Doodle. The Quintet didn't know it was the school song, set to words every Panther knows by heart. Their warm, light voices join the instruments in delighted collaboration, a bright moment indeed.

Before saying goodbye, Mark encourages the youngsters to learn music. "You learned how to read. You can learn music too, a little bit at a time. It isn't hard."

Everyone says thank you, and the classes file out. The quintet remains, however, because the little kids, kindergartners through grade two, are scheduled next. Patty Massey, the clarinetist, says, "This year particularly more teachers are coming up to say they are really looking forward to hearing us."

So the system is working well, and the system is also expensive. It costs about \$900 per school for youngsters to have this inspiring introduction to live music. All donations to Music in the Schools are gratefully welcomed, and put to the best possible use, enriching the imagination of our students. For information, please call (562) 403-2944, or see www.downeysymphony.org. And thank you.

Symphony concert April 10

DOWNEY – Not to be outdone by Mother Nature or anything, the spring program offered by the Downey Symphony on April 10 promises budding color, freshness and a great sense of pleasure.

Conducted by Music Director Sharon Lavery, orchestral works will include an early Brahms that this orchestra has never before performed, and Bruch's first violin concerto with soloist Elizabeth Pitcairn, who plays the Stradivarius featured in the fine film, "The Red Violin."

Saturday, April 10, is the date, 8 p.m. the time, the Civic Theatre the venue, at 8435 Firestone Blvd. For ticket reservations, \$30, \$25 and \$10, please call the symphony office at (562) 403-2944.

DINING-OUT DEALS

Felton 10822 LAKEWOOD BLVD., DOWNEY • 862-0223
Next to Stonewood Mall
Your choice of any item on the Dinner or Pasta section of our menu, valid only with purchase of two beverages 1.50 extra per tab. • No take-out.
BUY ONE DINNER AT REGULAR PRICE GET ONE DINNER FREE!
of equal value or less (with coupon only)
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BBQ is here!
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Buy 1 menu item @ reg. price.
Receive 2nd of equal or lesser value 50% off
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Present this coupon to the server at the time of sale and receive a 20% discount off your total bill (including entrées, non-alcoholic beverages, side items and desserts). Order your Holiday Pies Now!
Marie Callender's 7860 Florence Ave., Downey
Restaurant & Bakery 562-927-3327
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Downey Original Speedee
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Our Gift Shop is Open!!!
Gift Shop Hours:
Friday 11-3 PM
Saturday 11-3 PM
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ARTHUR'S DRIVE-UP
Managers Special • No coupon needed • no limit
Pastrami \$2.75
French Roll or Rye
Arthur's Restaurant
8813 Lakewood Blvd at Telegraph Rd.
(Next to Starbucks)

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9085 Imperial (at Clark St.) • Daily 10 AM - 9 PM • (562) 923-1013
DOWNEY LOCATION ONLY
BUY 1 - GET 1 FREE *
* Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Dine-In Only. No Take Out. 1 Coupon Per Visit. Substitutions Extra. Expires 3-31-10. Excludes Holidays.

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ALL DIGITAL PRESENTATION
+ HOW TO TRAIN YOUR DRAGON 3D (DIGITAL 3D) PG (11:10, 1:30, 4:20, 7:10, 9:50)
+ ALICE IN WONDERLAND IN DISNEY DIGITAL 3D (DIGITAL 3D) PG (11:10, 1:30, 4:20, 7:10, 9:50)
HOT TUB TIME MACHINE PG (11:55, 2:35, 5:15, 7:55, 10:25)
+ HOW TO TRAIN YOUR DRAGON PG (11:55, 2:35, 5:15, 7:55, 10:25)
THE SOCIETY HUNTER PG-13 (11:20, 2:00, 4:40, 7:20, 10:00)
DIARY OF A WIMPY KID PG (11:15, 1:45, 4:25, 7:05, 9:45)
REPO MEN PG (11:40, 2:20, 5:00, 7:40, 10:20)
OUR FAMILY WEDDING PG-13 (11:20, 2:35, 5:10, 7:45, 10:20)
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Times for Friday-Sunday, March 26-28, 2010
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Games start at Noon
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SPRING BREAK
April 5, 2010 Monday 6:00 p.m. - 8:30 p.m.
April 5-9, 2010 Monday - Friday 12:00 p.m. - 4:00 p.m.
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\$6.75 Admission & \$2.50 Skate Rental

2 for 1 Passes
Buy one admission and get one free
Through: April 5-9, 2010
From: 12:00 p.m. - 4:00 p.m.

New Titles at the Downey City Library

Fiction

- **"The Double Comfort Safari Club"** by Alexander McCall Smith. New challenges and an exciting adventure face Botswana detective Precious Ramotswa in the 11th entry in the "No. 1 Ladies' Detective Agency" series.
- **"The Girl Who Fell from the Sky"** by Heidi Durrrow. This debut novel tells the story of Rachel, the daughter of a Danish mother and a black G.I., who becomes the sole survivor of a family tragedy. Growing up in the 1980s, she confronts her identity as a biracial young woman in a world that wants to see her as either black or white.
- **"Next"** by James Hynes. Kevin Quinn's life seems increasingly pointless, so he decides to fly to a job interview in Austin. "Next" occurs on one imaginary day and runs backward and forward in time to a heart-stopping finale.
- **"Solar"** by Ian McEwan. Can a man who has made a mess of his life clean up the messes of humanity? From the author of "Atonement," this is a complex novel that traces the arc of one man's ambitions and deceptions.
- **"Think Twice"** by Lisa Scottoline. Unbeknownst to her identical twin Bennie Rosato, Alice Connelly is on the run from the drug-dealers who are trying to kill her. Alice sees only one way out--to become Bennie.

Non-Fiction

- **"The Cake Mix Doctor Returns"** by Anne Byrn. Transform an ordinary cake mix into a luscious dessert with 160 new recipes for cakes, cupcakes, brownies, bars and more.
- **"Mark Twain: Man in White"** by Mark Shelden. This new biography focuses on the final years of the beloved literary figure and American icon.
- **"100 Best Stocks You Can Buy 2010"** by Peter Sander and John Slatter. This updated advisor gives new stock picks and tactics for investing in a recession.
- **"The Seven Questions You're Asked in Heaven: Reviewing and Renewing Your Life on Earth"** by Dr. Ron Wolfson. A life review to help you examine your goals, personal relationships and priorities to make your life matter.
- **"Who Shot Rock & Roll: a Photographic History"** by Gail Buckland. Over 200 photos capture the energy, rebellion and magic of rock and roll music from 1955 to the present.

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

Policy expert joins Rancho research firm

DOWNEY – Steven James Tingus has been named chief government and public relations officer at Los Amigos Research and Education Institute in Downey.

LAREI administers medical research and educational programs at Rancho Los Amigos National Rehabilitation Center, which is part of the Los Angeles County Department of Health Services.

Tingus has an extensive career in disability, aging, health care policy and rehabilitation research administration. He will lead a team of clinicians and researchers known internationally for pioneering work in rehabilitation medicine for more than 50 years.

"Throughout his career, Mr. Tingus has distinguished himself as a leader and advocate for people with disabilities, and has served in senior-level positions at the state and federal government level," said Charles A. Stewart, MD, LAREI president. "As chief government and public relations officer, Tingus will harness his political and research administration experience by working across LAREI/Rancho's highly specialized clinical practices to drive new research opportunities and lead public relations campaigns using print, television, radio and social media."

"Mr. Tingus will highlight new experimental and emerging evidence for rehabilitation therapies that lead to improved recovery of function and quality of life that has always been the hallmark of LAREI," Stewart added.

"Mr. Tingus' arrival enhances the stature of LAREI and Rancho, and underscores our ability to attract top research and policy administrators who share our mission of improving rehabilitation outcomes for our most vulnerable populations," said Mindy L. Aisen,

MD, chief medical officer at Rancho. "Everyone at Rancho Los Amigos National Rehabilitation Center is grateful that Steven has joined us to advance the health, wellness and quality of life for all."

Tingus previously served as deputy assistant secretary for planning and evaluation within the Office of the Secretary at the U.S. Department of Health and Human Services in Washington, D.C., where he led policy efforts impacting the disability and aging communities.

Before joining HHS, Tingus served as director of the National Institute on Disability and Rehabilitation Research, a component of the Office of Special Education and Rehabilitation Services at the U.S. Department of Education in Washington.

Earlier in California, he served as director of public policy and resource development at the California Foundation for Independent Living Centers, and served as health care policy analyst for the California Department of Health Services' office of long term care.

"My staff and I welcome Mr. Tingus at LAREI," said Julia LaPlount, executive director at LAREI. "We not only appreciate the talents that he brings to his position, but admire the challenges that he overcomes as a person with a disability and his team approach/sense of humor that my staff enjoys."

Tingus is a graduate of UC Davis (B.S., M.S., and Ph.D. candidate) and has received many awards at the non-profit, state and federal level for leadership in the establishment and implementation of public policies and research programs that enhance the quality of life for people with disabilities and seniors.



Greg Reynolds, a 1987 graduate of Warren High School, was sworn in as battalion chief for Utah's Salt Lake Unified Fire Authority on Feb. 5. Reynolds played football all four years at Warren and earned a full scholarship to play for the University of Utah Utes. In 1996, following fire academy, he was hired by Salt Lake City. Reynolds has been teaching Fire Science for several years at Southern Utah University and also teaches at the fire academy. Following his promotion to battalion chief, Reynolds was appointed to the Salt Lake Fire Training Bureau. He lives in Draper, Utah with his wife, Stacey, and their combined six children.



Willie Gutierrez, a member of the board of education and president of Downey Kiwanis, presents a check to Kevin MacDonald, executive director of Arc.

Verduzco finishes basic training

DOWNEY – Army Pvt. Gerardo Verduzco has completed Basic Field Artillery Cannon Crewmember Advanced Individual Training at Fort Sill in Lawton, Okla.

The course is designed to train service members to maintain, prepare and load ammunition for firing; operate and perform operator maintenance on prime movers, self-propelled Howitzers, and ammunition vehicles; store, maintain and distribute ammunition to units as a member of battery or battalion ammunition section; perform crew maintenance and participate in organizational maintenance of weapons and related equipment; and establish and maintain radio and wire communications.

Verduzco is the son of Downey residents Maria and Enrique Verduzco. He graduated from Downey High School in 2008.

Desert Reign Assembly of God

11610 Lakewood Blvd., Downey

"Come to Life...this Easter!"

Sunday, April 4, 10:00 a.m.

- Pre-service coffee & pastries (Come early!)
- Special music
- Personal testimonies & Easter message
- Easter Egg Hunt for children & Nursery care

Free Easter Baskets

for needy children!

First come, first served!

Call 562-861-6011, ext. 207 to sign up!

(Include name, address, & phone number.)

Pick-up time is
Easter Sunday, 8-10 a.m.
(Delivery available if needed.)

www.desertreign.org

Wojciechowski mourned at service

DOWNEY – Downey resident Eric F. Wojciechowski passed away March 14 at his residence in Downey.

He was born Nov. 19, 1938 in Philadelphia. He graduated from Hershey High School in 1957 and received his AA from Cerritos College in 1972 and his bachelor's from Cal State Los Angeles in Social Work.

While in the Navy, he was stationed in Hawaii and Twentynine Palms, Calif. He met his future wife, Sylvia, while in Twentynine Palms.

He was an active member of St. Raymond's Catholic Church in Downey and coached West Downey Little League with his son, Ferdy. He was also a Cub Scout leader with his sons Mark and Joseph.

Wojciechowski taught CPR for more than 30 years while in the Navy and at Hacienda Unified School District. He was also a quality control inspector in Lynwood at Western Gear.

He was preceded in death by his father, Francis; mother, Caroline; and brother, Frank.

He is survived by his wife, Sylvia; sons, Ferdy, Joseph and Mark; daughters, Theresa and Carol Wojciechowski; and grandchildren, Chris, Joseph and Chaz Wojciechowski.

A funeral service was held at All Souls Mortuary in Long Beach on March 18.

AllAboutDowney.com

A free City Web Site that offers information about:
Downey's Community Calendar - Local Businesses -
Job Opportunities - Downey's Schools - Downey
Churches - Kids Section - Lost/Found Pets -
Sports and Entertainment - About Health - Real
Estate - Seniors - Home Improvement - Downey
Emergency Preparedness and lots More -
Site Contact Bev Baumann @ 562-244-3241

DOWNEY PARTY RENTALS

10900 Paramount Blvd.
Downey CA 90241
(562) 861-1616

New Sunday Hours
12:00 - 3:00 PM

Open Late Thursdays
Till 7:00 PM

EASTER 2010

"Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life." Romans 6:4

Good Friday - Communion

Friday, April 2nd at 12:00pm (Noon)
at Calvary Chapel Downey, Main Sanctuary
Special Message and Communion by Pastor Jeff Johnson
"Christ in the Passover" by Jews for Jesus
Music by CCD Worship Band
Habra restaurant on location

The "Afterglow"

Friday, April 2nd at 7:00pm
at Calvary Chapel Downey, South Sanctuary
Good Friday message by Pastor Mitchell Perez
Followed by Communion
Special music by Shachaf
Children's Ministry provided infant through 6th grade

He's Alive Jubilation for kids

Saturday, April 3rd at 10:00am
at Calvary Chapel Downey, Main Sanctuary
A Celebration Just for Kids! (2yrs - 6th grade)

Sabado de Gloria (en Espanol)

Saturday, April 3rd at 7:00pm
at Calvary Chapel Downey, Main Sanctuary
Worship and Message by Habito

Sunday Morning

Easter Services

He Is Risen - Easter "Sunrise" Service

Sunday, April 4th at 8:45am at Cerritos College Stadium
Message by Pastor Jeff Johnson
Music by CCD Worship Band
11900 Lakewood at the entrance
Habra restaurant on location. Live Hogar restaurant in H.M.

Sunday Services

Sunday, April 4th
at 8:30am & 10:30am at Calvary Chapel Downey, Main Sanctuary
Message by Pastor Jeff Johnson
Music by CCD Worship Band
Sunday School for Nursery through High School
Habra restaurant on location

calvarychapelDowney
12808 Woodruff Ave., Downey, CA 90242
562.803.5631 | www.calvarydowney.org

CERT training begins next month

DOWNEY – The Downey Fire Department will begin training sessions next month for residents wishing to join the Community Emergency Response Team (CERT).

CERT members respond to disasters in their neighborhood. They assess damage after a disaster, extinguish small fires, perform light search and rescue operations, organize procurement of supplies, organize a triage and provide medical services to the injured.

Residents must be at least 18 year of age to become a CERT member. Attendance at three training sessions April 10, April 17 and April 24, 8 a.m. to 4:30 p.m., is mandatory.

For more information, or to RSVP, call (562) 904-7345.

Casino fundraiser April 16

DOWNEY – Soroptimist International of Downey is hosting a safari casino fundraiser April 16 at the Rio Hondo Event Center.

The event begins at 6 p.m. Cost is \$40 per person.

For information on tickets, sponsorships or donations, contact pkotze@drminc.us or bbarier@farmerjohn.com.

Faith event at church

DOWNEY – Downey United Methodist Church will host a "Women of Faith" event April 10 from 9 a.m. to 1 p.m.

DVDs from the 2009 Women of Faith Tour will be exhibited. A continental breakfast will be served at intermission.

For more information, call Marilyn Boss at (562) 869-6976.

Fashion show in South Gate

SOUTH GATE – American Legion Auxiliary Unit 723 is hosting a fashion show fundraiser April 10 with proceeds to benefit the Girls State program.

Social hour begins at 11 a.m. with lunch at noon. The show, with fashions by Glory M'Lou, begins at 1 p.m.

Tickets are \$15 and can be purchased by calling Nancy Watson at (562) 413-6414.

American Legion Post 723 is at 11269 S. Garfield Ave. in South Gate.

Best time to begin planning for an emergency? Today

BY MARK SAUTER

The earthquakes in Haiti, Chile and most recently in our own area serve as serious reminders of the importance of preparing for disasters. There are many steps that can be taken to lessen the impacts of a serious earthquake.

So what are the steps to being "ready"? Essentially, there are three primary actions we must take to prepare for emergencies.

First, we need to have emergency supplies. Second, we need to have a plan for our actions should an emergency occur (individual, family, neighborhood and workplace). Third, we need to be aware and ready for the specific emergencies that are likely to occur in our area.

As we begin our emergency preparedness efforts, consider the goal. We (individuals, families, neighborhoods and workplace) should plan on being self-sufficient for 3-5 days. Being self sufficient doesn't stop with having food and water. There are many items and services we may need to survive a post-disaster period of time. For example, what about our power supply, communications, medications, weather related problems and security?

A recent lecturer for the United States Geological Survey (USGS) organization offered a bit of wisdom on the importance of emergency preparedness when she said, "what we do to prepare for an emergency will have a lot to do with how we live afterward".

As with most worthy goals, at first they seem very difficult to reach. However, if we give ourselves five months to meet our goal, being reasonably prepared for an emergency is within our reach. With a timeline of five months, we can have an objective each week that is specific, attainable and realistic.

Over the last year the Emergency Preparedness Committee and the Downey CERT team have handed out hundreds of very informative brochures that offer a number of suggested activities and supplies for emergency preparedness. Additionally, there are a host of very good websites that provide a wealth of information as well. The American Red Cross and the FEMA website ready.gov are two excellent examples.

The downside to the brochures is they can overwhelm readers with



PHOTO COURTESY KARRAGH KELLY

the information and recommended activities. Many may wonder where to start their efforts. We all react to challenges differently. Whenever I am faced with a difficult task (and I have some time to work on it) I think of the old saying, "How do you eat an elephant? One bite at a time"...With the old saying in mind, let's start our preparedness efforts with some simple steps this week.

The objectives for week No.1: Share your emergency preparedness goals with your family members, neighbors and co-workers. Take a few minutes to explain why being prepared is important.

Obtain the following:

- one gallon of water for each member of the family
- one family sized jar of peanut butter
- one can of juice per family member
- one can of meat per family member
- one hand-operated can opener
- one gallon of water for each pet (dog or cat)
- one permanent marking pen (for dating the supplies we purchase)

Connections Networking
Join us Thursdays at 7:30am
Cafe N' Stuff
9306 Firestone Blvd.,
Downey, CA 90241

one disaster supply container (i.e. plastic tub, box, specific household space)

Take the following actions: learn more about First-Aid (i.e. read information, enroll in a Red Cross class)

date all emergency supply items listed above using marking pen

set aside three days of pet food

Note: the objectives listed above should be something we can do in a week. In many homes and workplaces, some supplies will already be in place, hence the use of the word "obtain" rather than purchase.

Many families and workplaces already have people with knowledge of first aid practices. In the places where the first aid resources exist, perhaps those with the experience can simply take a few minutes to share it. "Make every day a training day" is an old fire service saying that has great merit.

Mark Sauter is deputy city manager of emergency preparedness for the city of Downey.



A recent golf tournament raised more than \$11,000 for the 10-20 Club. From left: Dr. Sanatkum Patel, Dr. William Wong, Pioneer Medical Group CEO John Kirk, former major league baseball player Blue Moon Odom and Lakewood Regional Medical Center interim CEO Don Lorack.

Golf tourney benefits 10-20 Club

MONTEBELLO – A golf tournament raised more than \$11,000 for Downey-based 10-20 Club, a non-profit outreach organization that provides after-school activities, intervention and program services to young people.

The tournament was co-sponsored by Lakewood Regional Medical Center and held at the Montebello Country Club.

Since 1995, the 10-20 Club has assisted teens referred to the organization from the Downey Unified School District, city of Downey, Norwalk Superior Court, Rio Hondo Probation Department and Los Padrinos Juvenile Court.

Money raised by the golf tournament will help the organization expand its services to other L.A. County cities.



Alma Scheel, a 67-year resident of Downey, celebrated her 100th birthday on March 20 with family and friends. She was born March 20, 1910 in central Wisconsin. She moved to Downey with her husband, Art, and son, Bob, in 1943. She worked at Douglas Aircraft during World War II, then was a longtime grocery checker in Downey.

Downey Family YMCA
EASTER CARAVAN
LAKE MOHAVE AND THE COLORADO RIVER



We will be spending an entire week along the banks of Lake Mohave and the Colorado River.

Activities include:

- Water Skiing/Wake Boarding
- Boating
- Fishing
- Swimming
- Hiking
- Camping
- Jet Skiing
- Inner Tubing
- Mountain Biking

April 4th-10th
for boys 6th-9th Grade

\$ 210 YMCA Facility Member

\$235 Non-YMCA Member

Registration Deadline: March 24, 2010

Financial Assistance Available

For more information contact the Downey Family YMCA at (562) 862-4201

or visit our website at www.eastercaravan.com



Downey Family YMCA
11531 Downey Avenue
Downey, CA 90241

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Downey, CA 90241 • 562-861-3328

www.downeyfcu.org

*APR - Annual Percentage Rates. All loans subject to credit approval. Other rates and terms are available. Rates subject to change without notice. Contact a loan representative for more details.

Bake sale at Christian meeting

DOWNEY – The Downey Christian Women's Club will host a bake sale at its next meeting April 14 at Los Amigos Country Club.

The meeting begins at 11:45 a.m. with Bee Bareng as guest speaker.

Cost is \$13 and includes a buffet lunch. Reservations are requested by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.

Sertoma recruiting new members

DOWNEY – The Downey Sertoma Club is inviting potential members to join them as a guest for a buffet dinner at Café N Stuff on April 27.

Sertoma was founded in Kansas City, Mo., in 1912 with its main emphasis towards speech and hearing disorders.

The Downey Sertoma Club supports the YMCA, PTA HELPS, Arc, Bell Gardens Manor for the mentally challenged, and fantasy baseball camp for disabled kids.

The club also helps the needy with hearing aids, gives scholarships to college students who wish to pursue advanced degrees in Hearing and Speech Sciences, and sponsors a heritage essay contest for fifth graders.

For more information, or to reserve for the dinner, call Britt Rivers at (562) 862-9629.

Swap meet at Woman's Club

DOWNEY – The Woman's Club of Downey will host a rummage and swap meet Saturday from 8 a.m. to 2 p.m.

For table information, call Debbie at (562) 619-0269.

Healthy Kids Day at the Y

DOWNEY – The Downey Family YMCA will host Healthy Kids Day on April 17 from 10 a.m. to 2 p.m.

Visitors can sign-up for summer programs, participate in giveaways, enjoy food, and more.

For more information, visit www.yocala.org/dow or call (562) 862-4201.

Eat at Chili's, help a local school

DOWNEY – Chili's restaurant at Downey Landing will host a two-day fundraiser April 21-22 to benefit the technology department at Our Lady of Perpetual Help School.

Fifteen percent of proceeds will be donated to the school. Guests should mention the fundraiser to their waiter.

Stephen Cannell to speak at Downey Theatre

DOWNEY – Bestselling author and television producer Stephen J. Cannell will speak and sign books April 19 at the Downey Theatre from 7 to 8 p.m.

Cannell is the author of 15 novels, including the critically-acclaimed Shane Scully series. His latest thriller, "The Pallbearers," will be published this month.

An Emmy Award-winning writer and producer, Cannell is one of the most prolific writers in television history. He created or co-produced more than 40 shows, including "The Rockford Files," "The Greatest American Hero," "21 Jump Street," "The A-Team" and "Silk Stockings." He went on to form his own production company and has appeared in cameo roles in several of his shows.

In 1987, Cannell's show, "Wiseguy," earned critical praise for its intelligent dialog, complex characters and occasional treatment of timely issues. "Wiseguy" also used a new narrative structure, the "story arc," where the season was divided into several multi-part episodes.

Cannell has also been a spokesman for dyslexia, a condition he has faced throughout his life. Born in Pasadena, he had difficulty reading and learning, repeated several grades and flunked out of two schools.

"I was a classic case, a real slow learner," he said. "It took a lot of understanding and therapy to overcome my problems."

Cannell did overcome them and has served as the national chairper-



son for the Dyslexia Society.

At the Downey event, Cannell will discuss his writing and television career, as well as his experiences in overcoming dyslexia.

Copies of Cannell's books will be available for purchase and signing at the free event, which is spon-

sored by the Downey City Library as part of National Library Week April 19-25.

To register, call (562) 904-7360, ext. 132, or visit the library.

Food editor to share stories

DOWNEY – Russ Parsons, food editor and columnist for the Los Angeles Times, will speak and sign books at the Downey City Library on April 21 at 7 p.m.

Parsons will take part in a live interview and discuss his books, "How to Pick a Peach: the Search for Flavor from Farm to Table" and "How to Read a French Fry: and other Stories of Intriguing Kitchen Science."

In 2008, he was inducted into the James Beard Foundation's Who's Who of Food and Beverage. He has won many food journalism awards, including those from the International Association of Culinary Professionals, the Association of Food Journalists and the University of Missouri Lifestyle Journalism Award.

"How to Pick a Peach," which was published in 2007, was named one of the best 100 books of the year by both Publisher's Weekly and Amazon.

His articles in "The California Cook" give readers an inside look at food and dining in Los Angeles.

"Russ is a respected journalist who combines his love of food and writing," said Jan Palen, senior librarian at the Downey City Library. "He shares great stories

about his friendship with Julia Child, as well as his views on organic food, farmers markets and the latest trend in food trucks.

"His books are a fascinating blend of food science, produce buying guide and great recipes," Palen continued. "You will get some practical tips on food processes and workable cooking

techniques."

The public is invited to e-mail questions to be used in the interview to jpalen@downeyca.org.

Copies of Parsons' books will be available for purchase and signing at the event, which is part of a celebration of National Library Week, April 19-25. To register, call (562) 904-7360, ext. 132.

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Charles Phoenix bus tour stopping in Downey

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BY HENRY VENERACION, STAFF WRITER

DOWNEY – If you haven't heard of Charles Phoenix, you're not alone. But if you've watched the Martha Stewart Show or listened to NPR over time, you've most likely seen or heard the 'classic and kitsch humorist and author' (as he describes himself) share his passion for American culture via vintage, even retro, stuff.

Growing up in Ontario in the 60s and 70s, he discovered, among other 'oddball detail' curios and things, thrift shops as "museums of merchandise and the perfect place to study the underbelly of our mass consumerism culture."

Moving to Los Angeles in 1982, he was, successively, fashion designer, vintage car collector and trader, and retro slide show producer. His slide show performances are said to draw SRO audiences across the nation.

He has performed at the Walt Disney Concert Hall's Redcat Theater, Getty Museum, Pepperdine University, Skirball Cultural Center, and American Cinematheque/Egyptian Theatre. In 2009 he was the grand marshal of Pasadena's Doo Dah Parade.

Phoenix's 'hip and highly original take on American life and style' has even extended to conducting bus tours.

This Sunday he leads a 6-hour walking & bus tour he calls his "Disneyland" Tour of Downtown Los Angeles." Beginning and end-

ing at Union Station, the tour is scheduled to take in Old Chinatown, Olvera Street, Clifton's Cafeteria, Bob Baker Marionette Theater, Walt Disney Concert Hall, etc. Phoenix sees this 'heart and soul' of Los Angeles "just like a big theme park." Because of this, he says Southern California "doesn't have one Disneyland—it has two!"

But of more immediate interest is his 5-hour (12-5 p.m.) "Charles Phoenix: 'Up with Downey' Tour" scheduled on Saturday, March 27.

The tour, which will begin and end at Bob's Big Boy Broiler on Firestone Blvd., will include visits to the Carpenters' Home where Karen lived and died (plus 'Close to You' and 'Only Just Begun' Apartments); "Space Ship Factory" (Downey Studios) – cradle of the Apollo Mission; a no-host lunch at the 'oldest McDonald's on earth' at Lakewood and Florence; the Downey Historical Society ("the city's oldest house," etc.); SoCal's "great unknown ghost town, the 1880s thru 1920s remains of the LA County 'Poor Farm'" (Rancho Los Amigos); and "the world's greatest drive-in Hop coffee shop, originally Harvey's Broiler and now Bob's Big Boy Broiler."

"I've been studying American pop culture all my life," Phoenix said, "and Downey's is an incredible story. I want people to know it's there, with all its many wonderful historical sites and so on."

The package tour includes meeting Miss Downey, "and much more." Cost of ticket, according to WHS' George Redfox, is \$75. For more information, look up <http://www.charlesphoenix.com/category/tours/>.

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File Number 20100271099
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) Gidget's Pets Etc., 40718 178th St E, Lancaster, CA 93535, County of Los Angeles
 Name of registrant(s): Lenelle Marie Ochsner, 40718 178th St E, Lancaster, CA 93535
 Susan Therese Ochsner, 40718 178th St E, Lancaster, CA 93535
 This business is conducted by a Limited Partnership
 Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/Lenelle Ochsner, Partner
 This statement was filed with the County Clerk of Los Angeles on March 1, 2010.
 NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).
 Published in:
 The Downey Patriot #VS019238
 3/5/10, 3/12/10, 3/19/10, 3/26/10

FICTITIOUS BUSINESS NAME STATEMENT
File Number 20100303134
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) D Tech Truck Auto, 12036 Carson St., Hawaiian Gardens, CA 90716, County of Los Angeles
 Name of registrant(s): Robert Castro, 5552 Orange Ave, #A, Cypress, CA 90630
 This business is conducted by an Individual Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/Robert Castro, Owner
 This statement was filed with the County Clerk of Los Angeles on March 5, 2010.
 NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
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PUBLIC NOTICE
Rancho Los Amigos Oral History Project
 The County of Los Angeles and Sapphos Environmental, Inc. are conducting oral history interviews to document the history of Rancho Los Amigos National Rehabilitation Center. Potential interviewees may be past employees, residents, and other individuals who possess substantive knowledge, including letters, photographs, or memorabilia, regarding the history of Rancho Los Amigos National Rehabilitation Center from its founding to 1952. If you have information regarding the Rancho Los Amigos National Rehabilitation Center and would like to participate in the Rancho Los Amigos Oral History Project, please call Marilee Fratinardo, Senior Cultural Resources Coordinator, Sapphos Environmental, Inc., at (626) 683-3547 or e-mail your contact information to mfratinardo@sapphosenvironmental.com. For more information about Rancho Los Amigos National Rehabilitation Center, please visit: <http://www.rancho.org/>
 Published in The Downey Patriot #BS124251
 3/26/10, 4/2/10, 4/9/10, 4/16/10

FICTITIOUS BUSINESS NAME STATEMENT
File Number 20100285186
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) Code 3 Handyman Service, 11333 Buell St., Downey, CA 90241, County of Los Angeles
 Name of registrant(s): Erubiel Herrera, 11333 Buell St., Downey, CA 90241
 Maria Herrera, 11333 Buell St., Downey, CA 90241
 This business is conducted by a Husband and Wife
 Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/Erubiel Herrera, Owner
 This statement was filed with the County Clerk of Los Angeles on March 3, 2010.
 NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).
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Tax Directory

Winter storm victims can receive help
 The Franchise Tax Board (FTB) recently announced special tax relief for California taxpayers affected by the recent severe winter storms that started in January. "California families who suffered property damage can find quick relief through their tax returns," said State Controller and FTB Chair John Chiang. The President declared the counties of Calaveras, Imperial, Los Angeles, Riverside, San Bernardino, and Siskiyou a major disaster on Monday. The federal declaration was a result of a series of winter storms that brought high winds, heavy rainfall, and severe mud and debris flows during the period of January 17 to February 6, 2010.

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The disaster declaration allows affected taxpayers to claim disaster losses in the current or prior tax year. Claiming the loss on a 2009 tax return will allow FTB to issue refunds quickly. Taxpayers who have already filed a 2009 tax return can file an amended return to claim their losses.
 Taxpayers claiming the disaster loss should write "California Winter Storms 2010" in red ink at the top of their tax return to alert FTB to expedite the refund. If taxpayers are e-filing, they should follow the software instructions to enter the disaster information. Taxpayers can get FTB's forms for the 2009 tax return or amended 2009 tax return at FTB's website, ftb.ca.gov.
 Taxpayers needing copies of lost or damaged state returns should complete Form FTB 3516, "Request for Copy of Tax Return," available online. Disaster victims can receive copies of tax returns for free by printing "California Winter Storms 2010" in red ink at the top of the request.
 To learn more about disaster losses, refer to publications FTB 1034 "Disaster Loss" at ftb.ca.gov or the IRS 547, "Casualties, Disasters, and Thefts" at irs.gov.

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Thinking of walking away from your mortgage?

BY STEVE LOPEZ,
LAW OFFICES OF STEVE LOPEZ

If you own a house that's now worth a lot less than what you owe on your mortgage, and you're thinking of walking away, you are not alone.

Nearly one-quarter of U.S. mortgages, or about 11 million loans, are "underwater," i.e. the houses are worth less than the balance of their loans. While home values are regaining ground — median prices rose 10% in Southern California in the month of February to \$275,000 compared to a year earlier — they remain far below the July 2007 peak of \$505,000.

Many are choosing to "strategically default" on their mortgages. That is defaulting on the mortgage, even though you could afford the payments. While I wouldn't advise anyone to strategically default without exploring other options like a short sale, it is an option you may want to consider if you're stuck in a home with a huge loss that you don't expect to ever recover. This option can be especially helpful in these tough times if you need to relocate in order to work again.

At the beginning of the mortgage crisis homeowners struggled with emotional ties to their homes as well as remorse about reneging on an obligation. That has changed as more homeowners have concluded that the housing market isn't going to rebound quickly and they'd be better off cutting their losses because most experts predict that prices will take years to reach the pre-crash peak. And according to some economists, this can be as long as 15 years in California.

Further, the average American is fed up with hearing how they're supposed to honor their debts while businesses operate by another set of rules. Case in point: Maguire Properties Inc., one of the largest commercial landlords in California, walked away from seven prime office buildings in Los

Angeles and Orange counties last year, defaulting on loans worth more than \$1 billion!

However, nothing comes without risks. If you choose to do this, you will face the possibility that a bank will try to collect any shortfall on the amount due on your mortgage such as a deficiency judgment and there are tax consequences involved.

You should work with an attorney to minimize the likelihood of being sued for the shortfall. In California there are rules on when a bank can seek deficiency judgment.

This all depends on how the bank forecloses on the property once you walk away from it. In California, lenders may foreclose on deeds of trusts or mortgages in default using either a judicial or non-judicial foreclosure process.

The judicial process of foreclosure involves filing a lawsuit to obtain a court order to foreclose. This is used when no power of sale is present in the mortgage or deed of trust. Generally, after the court declares a foreclosure, your home will be auctioned off to the highest bidder. Using this type of foreclosure process, lenders may seek a deficiency judgment and under cer-

tain circumstances, the borrower may have up to one (1) year to redeem the property.

The non-judicial process of foreclosure is used when a power of sale clause exists in a mortgage or deed of trust. A "power of sale" clause is the clause in a deed of trust or mortgage, in which the borrower pre-authorizes the sale of property to pay off the balance on a loan in the event of their default. In deeds of trust or mortgages where a power of sale exists, the power given to the lender to sell the property may be executed by the lender or their representative, typically referred to as the trustee. Lenders may not seek a deficiency judgment after a non-judicial foreclosure sale and the borrower has no rights of redemption.

In addition to the first mortgage, if you have a second mortgage on the property you must determine whether your second mortgage loan is a non recourse loan or a recourse loan. This is important because a non-recourse loan is a loan that the bank can only look to their secured interest so they do not have to be paid back after foreclosure.

However, the big mistake

homeowners made during the real estate boom is turning a "non-recourse" second loan into a "recourse" loan by refinancing it.

So how is a second mortgage a non-recourse loan? Simple, it was "purchase money" for your home. A purchase money loan is one where the money went from the lender, to escrow, and then to the seller or to pay purchase closing costs.

In California, purchase money loans made on your home (note: not second home or investment properties) are non-recourse.

With regards to the tax consequences, you should consult with a tax expert to assess your particular situation. One tax consequence is you may be liable for having to pay taxes on any debt that a bank forgives. There is a provision in the

federal tax law that may exempt you from having to pay taxes up to the first million dollars; this provision is set to expire in 2012. However, some states still expect you to pay taxes on any forgiven debt after a short sale or foreclosure. Again, consult with a tax expert before proceeding.

So if you are stuck in a home that doesn't have a chance of regaining its value in 10 or 20 or maybe more years, this is one option you should keep in mind. After all, this is a business decision.

The purpose of this column is to provide general information on the law, which is subject to change. It is not legal advice. Consult a lawyer if you have a specific legal problem.

Mega mixer at Cerritos College

NORWALK — Cerritos College will host its 14th annual Chamber Mega Mixer on April 20 from 5-7:30 p.m.

The mixer will feature a sports theme and participating chambers include Downey, Bellflower, Cerritos, Lakewood, La Mirada, Long Beach, Norwalk, Paramount, Santa Fe Springs and South Gate.

Reservations for exhibitor tables are currently being accepted.

For more information, contact Toni Grijalva at grijalva@cerritos.edu or (562) 860-2451, ext. 2798.

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Elizabeth Castillo Miss Photogenic Jr. Pre-teen L.A. 2010



Elizabeth Castillo from Downey, CA won 1st place Miss Photogenic Jr. Pre-teen L.A. 2010 celebrated in El Monte, CA on Sunday, March 14th. She obtained one of the four Miss Photogenic titles given among the 198 participants.

One of the main prizes for this category includes a contract with the modeling agency of John Casablancas.

Congratulations Elizabeth from your friends and family

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Your Deadline April 5, 2010 Changes Everything

New Changes in the Law May Affect Your Options...

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80% of Home Owners seeking a modification are being **REJECTED, DENIED, SALE DATE.**

We have seen Modifications Denied for as little as \$50.00.

Banks will no longer be required to extend your **SALE DATE.**

If your Modification is **REJECTED**, you have 14 Days to begin a **SHORT SALE.**

Your Bank will now be able to streamline the process of **FORECLOSURE.**

An Informed Home Owner Makes the Best Decision.

For Example: *The National Average for Monthly Food Expense for a Family of Four is \$500.00*

Most companies offering assistance are merely filling out the forms required by Lenders without understanding the importance of the information they provide.

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FEATURED PROPERTY

Orange Estate Gem
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Views of Ocean and City!
Luxurious condo with direct beach access. Approx. 1580 sq. ft., 2 bedroom, 2 bath, ceiling mirrors, berber carpet, nice open kitchen, living room, dining room, tub with jets and separate shower.

Just Look...Then Make Offer
Outstanding 3 bedroom, 2 bath home in fantastic Downey area. Fireplace, family room.

Started Home
Nice 3 bedroom, 1.5 bath home in a good location! Short sale!

Reduced Price
Look! A special N.E. Downey 3 bedroom, 3 bath, family room overlooking the pool, central heat & A/C, copper plumbing, pool, walk in closet, and jet tub in master bedroom. Outstanding location!

Spanish Style
Cozy 2 bedroom, 1 bath, formal dining room, remodeled kitchen, wood floors, 2 car garage, large back yard, good size lot.

Regular Sale
Well kept apartment building with 2 one car garages. Gated front and back, outside laundry room with coin machine. Walking distance to schools, church and hospital.

Cute Home
This is a well maintained 3 bedroom, 1 bath home. Conveniently located. Short Sale

Outstanding Starter
First time home buyer opportunity. 2 bedrooms, 1 bath, large lot, priced to sell fast! Nice location.



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<p>NEW LISTING!</p>  <p>BUDGET BEATER! Cerritos condo w/ 1 BD, 1 BA, living room & kitchen. Priced at: \$174,900 Call Carrie Uva 562-382-1252</p>	<p>JUST LISTED</p>  <p>NORTHEAST DOWNEY CONDO! Turnkey unit! New wood flooring, patio, 2 bedroom and 3 baths! \$249,000! Call Marie Picarelli @ 562-618-0033</p>	<p>MUST SEE!</p>  <p>EXTRAS! EXTRAS! EXTRAS! 4 BD, 3 BA, over 2,500 sq. ft., Move in Ready. North Downey, Standard Sale. Call Mario for a private showing 562-533-7433</p>
<p>CALL NOW!</p>  <p>OFFICE EXCLUSIVE LISTING! 2 BD, 1 BA, South Gate home w/ 1,270 sq. ft. Priced at: \$239,900 Call Carrie Uva 562-382-1252</p>	<p>SOLD!</p>  <p>CALL ME TO GET YOUR HOME SOLD! 4 BD, 6 baths, 4420 sq. ft. upgraded kitchen, pool, & spa. Listed for \$1,000,000 Call Marie Picarelli @ 562-618-0033</p>	<p>WOW!</p>  <p>OWNER MAY CARRY! 3 BD, 3 BA, nearly 2,300 sq. ft. of living space, + rumpus room HUGE 14700 sq. ft. lot!! Virtual tour at www.MARIOPERSICO.COM Call Mario for a private showing 562-533-7433</p>
<p>LOW ASSOC. FEES</p>  <p>PENDING! Charming 2 BD, 2 1/2 bath Downey condo, w/ 2 car garage & patio. Priced at: \$250,000 Call Carrie Uva 562-382-1252</p>	<p>JUST LISTED!</p>  <p>MOVE IN READY! 3 BD, remodeled kitchen w/ granite countertops, alarm system, 5,200 sq. ft. lot. Call for Price! Call Miguel Lopez (562) 818-4874 Lic. 01859432</p>	<p>REDUCED!</p>  <p>ORIGINAL OWNER Lovely N. Downey home w/ 3 BD, 2 BA, newer roof, paint, A/C, over 1,700 sq. ft., Standard Sale! Call Mario for a private showing 562-533-7433</p>
<p>AFFORDABLE BUY!</p>  <p>2 BD, 1 BA home in E. LA on a R-3 Lot Priced at \$160,000 Call Carrie Uva 562-382-1252</p>	<p>SOLD!</p>  <p>7815 PHLOX ST. DOWNEY 4 BD, 2.5 BA, master suite, SOLD FOR \$525,000! I can sell your too! Call Zeke Pinaya (562) 746-8840 Lic. 00647192</p>	<p>MARIO DID IT AGAIN... IN ESCROW</p>  <p>9537 KARMONT AVE., SOUTH GATE 2 master suites, 3 BA, 1360 sq. ft., Stonewood Town home. Let Mario DO IT for you too! IN ESCROW! IN ESCROW! IN ESCROW!</p>
<p>AVOID PROBATE!</p> <ul style="list-style-type: none"> Living Trusts Wills <p>Call Today to make Your Living Trust!!! CALL CARRIE TODAY! (562) 382-1252</p>	<p>LEASE!</p>  <p>OFFICE SPACE Triple net lease, 1,400 sq. ft. Call for more details! Call Pam Lee (562) 618-0390 Lic. 01750256</p>	<p>AND HE DID IT AGAIN... IN ESCROW</p>  <p>6240 NOROCO DR. PICO RIVERA 3 BD, 2 BA, 1,490 sq. ft., on a 7,000 sq. ft. lot. Let Mario DO IT for you too! IN ESCROW! IN ESCROW! IN ESCROW!</p>

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 <p>The Perfect Palace! 6 BD, 7BA, 7,500 sq ft, 10,890 sq ft lot, dual-staircase entry, Vegas-style master suite, and resort-like backyard. Price: \$1,249,000 Call Michael @ 562-818-6111</p>	<p>A-1 Neighborhood! Lg 3 BD, 2 BA home in the NE Dow area boasting an open floorplan w/ almost 2,000 sq ft living space & a master BD and BA. This 7,500 sq ft lot is perfect for RV parking! Reduced Price: \$495,000! Virtual tour at www.MichaelBerdelis.com</p>	<p>JUST LISTED!</p>  <p>New NE Downey Listing! 4 BD, 3 BA, formal living room and dining room with new laminate floors, remodeled master & hall bathrooms, cozy family room and bright kitchen w/ granite countertops. Price: \$699,000 Virtual tour at www.MichaelBerdelis.com</p>
 <p>Northeast Downey Prize! 5 BD, 4.5 BA, 5200 sq ft home with amazing kitchen and master bathroom, excellent attention to details, and backyard with pool, spa, and BBQ. Price: \$1,025,000 Virtual tour at www.MichaelBerdelis.com</p>	<p>Positive Cashflow! 4 units in LGB - 2519 sq ft total living space w/ 4 car garage in rear! W/ min. down, property will bring positive cash flow when fully rented. Price \$399,000 Call Michael @ 562-818-6111</p>	 <p>NE Downey Development! 5 BD + loft (possible 6th BD) 4 BA w/ 3,839 sq ft, large re-landscaped backyard & 4 car att. Garage. Price: \$990,000 Virtual tour at www.MichaelBerdelis.com</p>
 <p>Investment Opportunity 5 units in Huntington Park! 2 BD, 1 BA House + four 1-BD units! Price: \$489,900 Call Michael @ 562-818-6111</p>	 <p>Fabulous Custom-Built Home! 5BD, 5BA home on a large lot near Rio Hondo Country Club and Furman Park. Features: Master suite with wet bar and fireplace, intercom and surveillance system. Price: \$1,225,000 Virtual tour at www.MichaelBerdelis.com</p>	 <p>A Rare Find! Unique 3 bed, 2 bath home that features a large living room, master bedroom that has a sauna room, and it even has a solar powered system that makes your electrical bills practically non-existent! Price \$575,000 Virtual tour at www.MichaelBerdelis.com</p>

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Downey resident Allison Iraheta sings the national anthem at the L.A. Marathon

March 21
Photos by Art Montoya





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