

The Downey Patriot



New play at Warren High
See Page 8



Lessons learned in the mud
See Page 3



Tanberg inspires others
See Page 11

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Guerra wants second term

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – Councilman Mario Guerra, perhaps Downey's most gregarious and outspoken council member, will seek reelection for his District 2 (southwest) seat.

"I have been blessed to be able to serve Downey as mayor, mayor pro tem and councilman during these past three years. I have worked very hard for our city and region and I am proud of what we accomplished together," Guerra said in a prepared statement. "I feel we have done some amazing things in our city during my first term, but I know we have so much more to do."

Guerra used his time in office to pass an ordinance that bans sex offenders from living near designated "safe zones," including parks, school and libraries; had unpermitted news racks removed from city streets in an effort to eliminate blight; and formed the Green Task Force to help make Downey environmentally friendly.

He has also shown an interest in technological advancement. Guerra pushed the city to redesign and upgrade its website, and voted in support of recording and possibly televising City Council meetings.

After attending a law enforcement conference with Police Chief Rick Esteves earlier this year, the police department may use asset forfeiture funds to purchase license plate recognition software for police cruisers, Guerra said.

Other accomplishments while Guerra was in office:

- 62 neighborhood watch groups were formed;
- the farmers market opened;
- new police officers were hired;
- and a new proactive approach in doing business has resulted in BJ's, Fresh & Easy, Bob's Big Boy and the soon-to-be-opened Porto's Bakery.

Guerra also served an instrumental role in the city's recruitment of Tesla Motors, which is in negotiations to open a production facility here.

"I seek the opportunity to continue the efforts of what we have started together and I think my experience, dedication and love for our city are some of the strongest assets I bring," Guerra said.

But Guerra's outspoken nature

See GUERRA, page 2

DRMC may have a buyer

■ Whittier-based Presbyterian Intercommunity Hospital is in talks to take over Downey Regional.

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – Downey Regional Medical Center, hoping to recover from bankruptcy, has signed a non-binding letter of intent with Presbyterian Intercommunity Hospital who will acquire Downey Regional once a definitive agreement is reached.

If realized, the agreement would bring together the two non-profit hospitals and allow Downey Regional to keep its doors open.

Under the proposed structure, Presbyterian Intercommunity, a 400-plus bed hospital in Whittier, would form a non-profit entity to acquire the assets of Downey Regional under a plan of reorganization. The asset purchase will occur if Downey Regional agrees to make payments to general unsecured creditors according to a proposed schedule.

The outstanding bonds of the 90-year-old hospital would either be guaranteed by Presbyterian Intercommunity, an appropriate affiliate, or may be assumed into the Presbyterian Intercommunity Hospital Obligated Group.

"Now that the letter of intent is signed,

Presbyterian Intercommunity and Downey Regional Medical Center can begin the process of creating an integrated regional healthcare system with many benefits for residents of the greater Southeast Los Angeles County region serviced by the two hospitals," said James R. West, president and CEO of Presbyterian Intercommunity Hospital. "By working with the management and physicians at Downey Regional, the two hospitals will be able to create a comprehensive network of healthcare services that will be unsurpassed in the area."

Since filing for bankruptcy last September, Downey Regional has approached several interested parties concerning a potential acquisition of the hospital, but Rob Fuller, executive vice president and COO for Downey Regional, is confident that the agreement with Presbyterian Intercommunity will endure.

"We are hopeful that we can quickly come to terms under a definitive asset purchase agreement with Presbyterian Intercommunity Hospital and allow for the new non-profit Downey-based hospital to commence operations as early as this summer, as previously planned," said Fuller in a released statement.

"While this letter of intent is



Presbyterian Intercommunity Hospital in Whittier, pictured above, has signed a letter of intent to acquire Downey Regional Medical Center.

non-binding and preliminary in nature, there is a natural geographic and operational affinity between the two organizations that should allow for the Downey-based non-profit hospital to enjoy successful hospital operations from the outset once the asset purchase agreement is concluded."

In February, Downey Regional Medical Center executed a letter of intent for affiliation with the Daughters of Charity Health System, but after a brief period of negotiations, Downey Regional announced last month that discussions with the Daughters of Charity Health System had ended.

Despite the non-binding agreement reached by Downey Regional and Presbyterian Intercommunity, officials say the discussions between the hospitals are still ongoing. Downey Regional's president and chief executive officer, Kenneth Strople, said the plan, if achieved, could save the 199-bed hospital.

"Our overall plan in these discussions is to execute a strategic transaction that allows for a Downey-based nonprofit hospital to continue providing superior healthcare services to patients in the community," said Strople.

Production studio to showcase pets



BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – In a season where shelters struggle to find owners for rescued and abandoned animals, SEAACA, the Southeast Area Animal Control Authority, looks to its newest venture, an on-site production studio, which will utilize technology and the internet to showcase animals in need of adoption.

Launched on March 26, the Mod Pawd cottages, as they are called, were proposed by Found Animals Foundation, a LA-based, non-profit animal shelter assistance organization that provided nearly \$200,000 in funding for the Pawds, which primarily focus on the adoption of cats.

"This is unprecedented and the first of its kind," said Captain Aaron Reyes, Director of Operations at SEAACA. "The Mod Pawds are a result of many conversations with Found Animals Foundation. They said they would like to help us with our cat adoptions, which are pretty dismal. Cats are multiplying – as a result, the demand for them is not that great, their value is dimin-

ished."

Located on SEAACA property, the three Pawd trailers act as an extension of the shelter, providing much needed housing for its cats, however, the Pawds also house a production studio where live shows are filmed and aired online at Foundanimals.org.

The Mod Pawd webcast, which can be viewed live on the internet Monday through Friday from 4:00-4:30 p.m., features interviews with SEAACA staff, educational discussions concerning pet care and adoption, as well as the stories of several SEAACA animals and their paths to the shelter.

After watching a broadcast, viewers are encouraged to adopt the pets featured on the show, giving SEAACA a new way to market their animals potentially saving them from euthanasia.

In a released statement, the executive director of Found Animals Foundation, Aimee Gilbreath, applauded the Mod Pawds, which she believes could be the first of many across the country. "The Mod Pawd combines the

best of media and animal shelter awareness," said Gilbreath. "We experienced a great response in the past while testing this public awareness platform and were able to find homes for hundreds of animals. This groundbreaking initiative has the potential to save thousands of pets from coast to coast...this could be a watershed moment for our industry."

Reyes said currently, the Mod Pawd project at SEAACA has a 61 percent adoption rate for the dogs, rabbits and cats being housed inside the cottages. For SEAACA, the

Mod Pawds are proving to be a success for both the shelter and the animals that are getting a second chance at life.

"Cats are not embraced like dogs in the community, generally speaking," said Reyes over the phone. "They're definitely not in short supply and for that reason they are not adopted as frequently. Through Mod Pawds we hope to bring awareness to animals available at SEAACA, educate people on proper cat care and show that these animals are good companion pets."

Family of slain man seeks answers

■ Family of Steven Bours plans a march, consults with lawyer.

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – Weeks after an officer-related shooting claimed the life of Downey resident Steven Bours, who authorities say charged police with a hatchet last month, the Bours family has come forth determined to find answers and seek justice for a man they call quiet and mild-mannered.

According to the LA County Sheriff's Department, on March 20, Downey police arrived in the area of Paramount Boulevard and

Borson Street around 6:30 p.m. where they discovered 30-year-old Bours brandishing a hatchet while walking northbound in the southbound lanes of Paramount Boulevard near Imperial Highway.

After Bours was ordered to stop and drop the weapon, Dep. Guillermina Saldana reports that Bours, with the hatchet raised over his head, continued to advance towards Downey police, who in fear for their safety shot and struck him. Bours was transported to a local hospital where he was pronounced dead.

Sheriff's Department homicide detectives are leading the investigation into the circumstances

See BOURS, page 2



Arthur still feisty as ever

BY HENRY VENERACION,
STAFF WRITER

Restaurateur Arthur Fast gained notoriety in 1999 when he fought City Hall over a rooftop sign he'd had for more than 20 years. As tiffs with City Hall go, however, this one battle he lost, but as far as he was concerned, he won the war. He said he felt he was in the right, fighting for principle.

In any case, he gained enormous publicity over the brouhaha. John Adams labeled him 'feisty', his loyal customers anointed him a minor hero. The episode got coverage as well in the Los Angeles Times and the Press-Telegram. The case resonates to this day.

The rooftop sign in question was an 11-ft. marquee that was perched atop his restaurant at Lakewood Blvd. and Telegraph Rd., said to be in violation of a city ordinance the city hadn't enforced for years. To make the story short, Art had to find out for himself you really can't fight City Hall.

His eatery, which began as an Orange Julius stand in 1961, has continued to flourish through good times and bad. Its continued success may be attributed to his focus on good quality food ("I grind all my meat, been making fresh hamburgers for 40 years") keeping his prices down, and service with a smile. It celebrates its 50th anniversary in July next year.

He's established and/or operated other Arthur's restaurants as well. The one on Lakewood Blvd. and Cleta St. served the thousands of Rockwell personnel c. '80s and early '90s, along with a high-end, white table-cloth coffee shop, the Coffee Caper. When his regular clients couldn't charge off their expenses any longer, business slowed. And when thousands of Rockwell staff got laid off, it spelled the end of prosperity for his restaurant.

In the meantime, he had given an Arthur's in the city of Orange and another one about six years later in La Habra for one of his twin sons, Brian, to run. The Tustin Avenue Arthur's Brian sold about 10 years ago to his former manager there. Brian continues to operate Arthur's in La Habra.

Twin brother Gregory is a computer consultant in Denver, Colo.

For years just serving breakfast and lunch, Arthur's in Downey started offering dinner in February. His drive-thru service accounts for 1/3 of his business, he said, and catering 5 percent.

He has a staff of nine full-time, and three part-time employees. He said four of his cooks have served with him a combined total of 84

See ARTHUR, page 8

Bours: Family wants an 'apology & justice.'

Continued from page 1

surrounding Bours' death, which the Bours family believes was unnecessary.

"We don't have any bitter feelings towards the police department, we just want to get to the bottom of this," said Nicki Otto, 47, a family friend and spokesperson for the Bours. "He was not an irrational person - there was no reason to shoot him. They could have tased him - we just want closure and justice for him."

According to the family, on March 20, Bours left home walking north on Paramount Blvd. to a friend's house to sharpen a wood

working tool that he was carrying in hand. While en route, Bours was confronted by police.

In an attempt to flee, Bours walked across Paramount Blvd. and into the southbound lanes of the street where police cut him off and ordered him to stop and drop his weapon.

"Every witness that we have talked to has confirmed that he stopped," said Otto in a phone interview. "Steven was a soft, mild-mannered person. He didn't want any problems with anybody. He halted, but the police fired several shots hitting him in the chest. We weren't even notified that he was

killed. We were notified by a neighbor who saw it on the news."

Otto said the family has attempted to obtain the police report, but has not been able to since the incident is still under investigation. The Bours are also meeting with lawyers, concerned that the investigation will result in no disciplinary action for the officers involved in the shooting.

Interestingly enough, on February 21, a month before the fatal shooting, Bours was confronted by police and ordered to stop. According to the family, when he did not comply, he was tased by police. Bours was released, but

ticketed for evading arrest.

Born in Bellflower, Bours was a resident of Downey for 30 years and a military veteran who served in Iraq before being discharged in 2007.

The family is currently planning a march in memory of Bours that would begin at Paramount and Imperial, where Bours was shot, and move north, up to the front of the Downey police department.

"We want an apology and justice for what they did," said Otto. "Why couldn't they tase him? We just want to know why. We plan on getting down to the truth."

Guerra: Transparency vitally important.

Continued from page 1

(his monthly e-mail update now has 2,000 subscribers he says) and tendency to speak ad hominem has earned him detractors. He has been labeled egotistical and self-serving, an allegation Guerra denies.

"I'm a very sensitive person and those words use to bother me," Guerra said in an interview. "But I've realized there are some people you just can't please now."

"It bothers me less now. I was naive when I first came on the council. I thought if I did the right thing with the right motive, nobody would have a problem with me."

Guerra said his three years on the council have taught him to "be more open to look at other views" and "things are not always black and white; there are gray areas."

Regarding downtown, Guerra said proposed housing at the former Verizon property, coupled with Porto's Bakery, will help revitalize the area.

"Residential is not an end all to a successful downtown," he said, "but all successful downtowns have a residential component."

The housing units will be "the

most beautiful complexes in the city," he said, adding that he would not support Section 8 housing at the location.

If elected, Guerra said he would continue to remain accessible to residents. At his urging, Guerra's cell phone number has appeared in this newspaper at least three times.

"If you're going to run for public office, you need to make yourself accessible," he said. "Public information is vital."

Among Guerra's confirmed list of endorsements are Sen. Alan Lowenthal, Supervisor Don Knabe,

Assemblyman Hector De La Torre, council members David Gafin, Roger Brossmer and Luis Marquez, former council members Meredith Perkins, Kirk Cartozian and Rick Trejo, former police chiefs Roy Campos and John Finch, philanthropist Dr. Mary Stauffer, and school board members Martha Sodetani, Willie Gutierrez, Nancy Swenson and Tod Corrin.

Guerra may be reached at mario@guerrains.com or (562) 706-4114.

Bob's Big Boy honored by Conservancy

DOWNEY - The new Bob's Big Boy has been honored with the President's Award from the Los Angeles Conservancy, a prestigious award that confirms the restaurant's triumphant comeback

after it was decimated in an illegal demolition three years ago.

Originally known as Harvey's Broiler before changing its name to Johnie's Broiler in 1968, the diner was "widely considered the best

remaining example of 1950s Googie drive-in architecture" in Southern California, the Conservancy said in a statement. "Designed by architect Paul B. Clayton, the combination coffee shop, restaurant and drive-in sported exuberant Googie features, including a 65-foot-long sign that shone like a beacon on popular Firestone Boulevard.

"The Broiler soon became the hub of Southern California's booming 1950s cruising culture."

The restaurant closed on New Year's Eve 2001 and housed a used car dealership for several years. Attempts to redevelop the property into a strip mall were denied by the city but bulldozers illegally razed most of the property in January 2007.

Police stopped the illegal demolition but the historic building had already been mostly destroyed. The only pieces remaining were a portion of the front facade and the "Johnie's Broiler" signage.

In 2008, Bob's Big Boy franchise operator Jim Louder agreed to rebuild the Broiler into a Bob's

Big Boy. The city of Downey paid \$900,000 to enter into an "Owner Participation Agreement" with Louder that gave the city control of the property's historical architecture, including the towering "fat boy" sign, front facade and car hop.

"The task was extraordinary," the Conservancy said. "Take a historic site that had been largely destroyed and had weathered the elements for nearly two years and reconstruct it to meet current building codes and business requirements while retaining its historic character."

Louder and his team collaborated with the Conservancy and city officials to reconstruct the Broiler using preservation standards and original blueprints, mindful that the restaurant needed to remain "a viable business and community asset."

The new Bob's Big Boy Broiler opened on Oct. 19, 2009, "rising from the ruins to reclaim its place as a great source of pride for Southern California."

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Speaker to discuss shroud of Jesus

DOWNEY - Fr. Paul Caporali, a renowned speaker and expert on the Shroud of Turn, will speak at the April 21 meeting of the OLPH Guild (Our Lady of Perpetual Help Church).

The meeting begins at 10 a.m. at the church's Parish Center. Cost is \$10 and includes a hot lunch and six 50/50 tickets.

Caporali has spoken all over the world about what many believe to be the shroud that covered the body of Jesus after He was taken down from the cross and laid in the tomb.

The public is invited to attend. Parking is available in the south parking lot at OLPH School.

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Downey Studios still open

DOWNEY – Downey Studios will remain open even if Tesla Motors opens a vehicle production facility at the former NASA site, city officials said last week.

Tesla is in negotiations with property owner Industrial Realty Group to lease 51 acres for a production facility for its Model S electric car.

The *Downey Patriot* reported on March 19 that the Downey Planning Commission approved an IRG application last month that sought to subdivide the land to suit Tesla's needs.

"[With] Tesla Motors leasing the lion's share of the studio site, Downey Studios will more than likely shutter their operations," Brian Saeki, community development director for the city, wrote in an accompanying staff report. "Closing the studios will in turn open up Parcel 3 [approximately 14 1/2 acres] for redevelopment."

However, the city issued a news release afterwards that rebuked the claim.

"Downey Studios is open for business and remains one of the top production facilities in the region," the statement read. "Although future plans for a portion of the site have topped the news in recent months, the studio is open and will remain open even after the new tenant arrives."

"In fact, the well-known suburban street [production set] is not included in the new tenant's plans and will remain open until that portion of the site is redeveloped."

Scott Pomrehn, assistant deputy city manager, called a timeline for possible reuse of Downey Studios "very preliminary."

"Even after all the approvals are received and paperwork completed, the timeline includes construction and move-in phases," Pomrehn said. "The studio will ultimately decide when the remaining portions of the studio will close."

The suburban street set will remain open even if Downey Studios is redeveloped, Pomrehn added.

—Eric Pierce, City Editor

Patriot publisher honored

DOWNEY – Jennifer DeKay-Givens, publisher of The Downey Patriot, was recognized with the Women in Media Award at a ceremony hosted by Assemblyman Hector De La Torre on March 27 at the Rio Hondo Event Center.



With her husband, DeKay-Givens purchased the Patriot in October 2006 from John Adams. The newspaper has since added a Health & Wellness page with a regular column from local physician Dr. Alan Frischer; added a Student Life section with content created by Downey high school students; expanded sports coverage and added a year-in-review magazine published every December.

Marisela Santana, a senior editor with the Los Angeles Wave, also was recognized with the Women in Media Award.



Students from Gauldin Elementary participated in the March Madness Mud Run obstacle course on March 13, a challenging course that has participants run through mud pits, tires and logs, and climb over walls. The students represented Downey and won first, second and third place. Alex Gaytan, an educator with Gauldin, won second place for his age category. "It was amazing to see these fourth and fifth graders crawling to the finish line and not giving up," Gaytan said. "I would say they learned that even if you have to crawl to the finish line, you always finish what you start no matter how hard it gets!"

Downey ROP students bring home medals

■ Students excel in L.A. County student competition.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – Warren High's Freddie Roberts impressed the judges at the recently concluded Student Recognition Competition held at the Los Angeles County Board of Education offices and took home the silver trophy in film and TV.

Three students won bronze: Downey High's Ashley Guerra in virtual enterprise; Downey High's Sarah Lopez in professional dance; and Warren High's Craig Karli in commercial photography.

The four DUSD ROP students took part a fortnight ago in the Student Recognition Competition conducted annually by the Los Angeles County Regional Occupational Program, along with a fifth contestant, Warren High's Britney Maxwell, who competed in animation.

The field consisted of a total of 150 kids from 23-24 L.A. county school districts.

Prior to the actual competitions, the five DUSD students, composed of four seniors and a junior, underwent intensive practice through mock interviews held at the ROP/CTE conference room.

Due to budget constraints, participation was down this year to five, from fourteen-fifteen DUSD entrants last year.

Utilizing a platoon system, administrators, principals and teachers took turns serving as members of the mock interview panel.

Performance criteria covered with the participants were: a) initial impression (professional dress, confident greeting of guests, firm handshake); b) communication skills (consistent eye contact, vol-

ume, and clear voice; keeps audience engaged; uses language with precision—no redundancy or filler words); c) responses to questions (answers to include evidence/examples, answers should be directly related to questions, speaks clearly and to the point, responses should give evidence of reflection on one's own skills and work); c) presentation/work product (shares three or more highlights of their ROP experience, demonstrates purposeful connection to learning and career goals, explains reasons to be proud of their work, student can identify areas of growth and development in relation to education and ROP experience, articulates skills and knowledge as it relates to a job); and d) closing and follow-up (smile, verbal thank you offered, firm handshake and eye contact offered to each judge).

To give them practice on these, the panel asked such questions as: "Tell me about one of your passions"; "Describe your three greatest strengths"; "Describe one of your most unique or interesting experiences in your ROP class"; "How has your ROP class made a difference in your life?"; and "Where do you see yourself in the next 5-10 years?"

One of the 'judges', WHS principal John Harris, made it a point to emphasize to one of the students, "Pay attention to the position of your hands in gesturing. And don't be nervous: maintain eye contact with your interviewer. You are supposed to be in control of the interview, not them."

Lots of other constructive critiques and suggestions from the panelists: "Avoid unnecessary/vague verbiage such as 'you know', 'some thing', as well as 'sharpen your choice of words.'"

Roberts, the silver winner, gave a moving testimony about his

class' (film & TV) impact on him: "I actually took multiple ROP classes. This gave me lots of choices, and did me good: my grades shot up and I got straight A's where I got C's and B's and F's before. This made my parents proud of me. I now realize you have to work hard to get what you want. Film affords a lot of variety and creativity. No one day is the same."

Karli is actually visually impaired but after he delivered a polished presentation of his photo shoots "through my eyes," the praise was unanimous: "You did a good job. That was an excellent presentation."

DUSD's ROP/CTE program is supervised by Support Programs, Career & Technical Education director Phil Davis.

Sanchez completes basic training

SAN ANTONIO – Air Force Airman Vincent Sanchez, a 2008 graduate of Warren High School, has completed basic military training at Lackland Air Force Base in San Antonio, Tex.

Sanchez completed an 8-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

He also earned four credits towards an associate in applied science degree through the Community College of the Air Force.

He is the son of Noel Sanchez of Downey.



The Gypsy Johnson Auxiliary of the Assistance League of Downey recognized the 2010 Assisten class March 27 at the Grand Long Beach Event Center. Over the course of four years, the 11 Assisten members contributed many hours to philanthropic projects benefiting Downey, including Glamour Gowns, Christmas Distribution, Operation School Bell, Story Time Festival and more. Graduating members include Chandler Brabant, Sarah Del Rio, Andrea Delgado, Haley Guerra, Lauren McCaughan, Melanie Molinaro, Nina Munden, Kelsey Rysavy, Christina Scott, Jackie Stickland and Karen Trejo.

Downey Symphony in concert tomorrow

■ Tickets still available for Saturday concert at the Downey Theatre.

BY JOYCE SHERWIN, DOWNEY SYMPHONY

DOWNEY – If you have never attended a performance by Downey's own symphony orchestra, consider going tomorrow evening, Saturday, for an eye-opening concert.

Sharon Lavery, selected two years ago from 95 applicants for the position of music director, is an exciting, confident conductor, regarded as highly by her musicians and adult audiences as by the thousands of Downey school children who respond with delight to the special programs presented for them annually.

The Downey Symphony is completing its 53rd season tomorrow in the Civic Theatre, and Lavery says, "I am very much looking forward to this concert, especially because I will be working with my good friend Elizabeth Pitairn. Elizabeth is such a dynamic performer and inspirational musicians, and we are all really looking forward to hearing how she interprets the Bruch B Minor Violin Concerto."

We are looking forward as well to hearing the rare, exceptionally fine Stradivarius she plays, which

dates from 1720 and is the inspiration for the Oscar-winning film, "The Red Violin."

Lavery continues, "I am also eager to conduct the Serenade No. 1 of Brahms. It is a piece that is rarely performed and I am certain that the Downey Symphony Orchestra musicians and audience will fall in love with it."

Traditionally, a few special goodies are added to the spring concert programs. We'll applaud Donald Bryan, last year's Baton Auction winner, when he leads a stirring march to open the concert. Bryan grew up in Downey and always wanted a crack at conducting an orchestra, at least once. This is his moment.

And at the end of the evening, a complimentary reception in the theater patio is a special gift from the Symphony Guild for concert-goers and our hungry musicians. It's a great time to mingle and munch.

The Downey Theatre is at 8435 Firestone Blvd. near Brookshire Ave., with ample free parking. Tickets are \$30 and \$25, \$10 for students. Concert time is 8 p.m. with a preview discussion at 7:15.

To learn more about the concert, visit the orchestra's website at www.downeysymphony.org. To learn still more, go to the performance of this excellent orchestra, one of the treasures of our community.

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Green Task Force releases recommendations

■ Group whittles down suggestions to list of 12.

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – It's no secret that the city's Green Task Force has been at work trying to craft a comprehensive green policy for Downey, which it will then forward at the earliest possible opportunity to City Council for consideration and/or approval.

By the nature of the group (vol-

untary mostly) and by the inherent difficulty of the task before them, it was clear from the start that the Green Task Force could proceed only by small degrees. There were the codes (building, plumbing, electrical, etc.) to consider, the pressures from sundry groups and public opinion, the legal mandates and constraints.

Not the least of these is the inner prompting from the group itself to demonstrate that its work is on the right track and that its concerns for the public welfare are

well-founded.

Its two subcommittees, sustainability and education, have been guided by its mission statement:

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

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

*Address community environmental concerns and potential solutions and advise the city council on possible courses of action

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

Much like the City Council's exercise a while back in prioritizing perceived city goals, the Green Task Force has whittled down 22 recommendations to 12 as of its last meeting on March 30.

In releasing this list of recommendations, the Green Task Force chairman, Councilman Mario Guerra, and as elucidated further by deputy city manager Desi Alvarez, advises us that the following list is at best a working list, and by no means a final one. A final list should be forthcoming, he said, in 30 days.

The 'working' recommendations, listed verbatim, are as follows:

1. The Green Task Force recommends to City Council that Earth Day, as well as other appropriate dates, such as A Day Without a Bag, the Downey Street Faire, and Downey Kids Day, be designated as annual city-wide occasions to celebrate sustainable living and to educate community about sustainability issues. It therefore recommends that these events should include activities such as

•Dissemination of sustainability information and literature;

•Creation and hosting of city-wide competitions for reusable bag design, recycling competitions, competitions for student production of public service announcements on sustainability, and the like

2. That the city provide recycling containers in all public parks and public areas.

3. That a) the city produce and provide sustainability information kits to all Downey business license applicants; b) the city develop a program to incentivize business recycling; c) the city provide conservation inserts and conservation tips with all city mailers, such as city bills; d) the city develop a program to recognize businesses, organizations, nonprofits and schools for exemplary sustainable practices, perhaps in the form of window decals.

4. That water conservation programs available through the city be publicized, reinforced, and enhanced, including

•Municipal programs such as city irrigation with reclaimed water, city standards for gathering rainwater, and city use and policies concerning grey water

•Residential distribution programs, such as high efficiency toilets and low-flow shower heads, including partnership with other agencies that provide these services;

•Maintaining the Downey website Green page with current information on promotions, rebates, etc.

5. That City Council establish city policy and long-term plans

•To replace city vehicles with electric, hybrid, CNG, or other low emission vehicles

•To develop and install appropriate charging stations throughout the community

6. That City Council establish a long-term plan to increase low emission mass transit in conjunction with the city's Specific Plan for downtown development, as well as for other areas throughout the city.

7. That the City Council establish a long-term plan to move towards drought-tolerant landscaping on private and city property

8. That City Council lead the community by example by establishing a policy of not using expanded polystyrene ("Styrofoam") at city functions or in the conduct of city business.

9. That City Council publicize and consider ways to enhance its current Green Streets program.

10. That City Council explore and evaluate the possibility of joining one or more Green city organizations, such asICLEI (Local Governments for Sustainability), Smart Cities, Green Cities California, Natural Resources Defense Council.

11. That City Council continue to enhance sustainable building codes in anticipation of the next code updates.

12. That City Council recommend a permanent Green Task Force, to be filled by annual appointments of two volunteer members each by each member of the City Council, in cooperation with the office of the Deputy City Manager.

POET'S CORNER

Good Friday

He's dead!
I thought they said
He would not die, but they were wrong;
For now his length lies long
Upon the bier. His face once red
Has in this last long hour shed
The crimson rinse of roses. Pressed
From his cheeks the light carressed
By Life has back to Light now sped
But wait!
He said of late
that he would raise the temple new
In three days time. The heavy slate
that seals the tomb of time is due
To Burst and Bloom a Savior great,
Whom in their darkness mankind slew.

-Ron Davis,
Downey

Editor's note: Due to increased competition for newspaper space and a gradual decline in poetry submissions, the Poet's Corner will now be published the last Friday of every month, beginning May.

TRAFFIC RELIEF IN THE WORKS

In November 2008, Measure R was approved, committing a projected \$40 billion to traffic relief and transportation upgrades throughout the county over the next 30 years.

Here are updates on projects in the works:

Underground Route Considered For Regional Connector

- > A new underground light rail alternative underneath Little Tokyo has been added to the Regional Connector Transit Corridor Study.
- > The Regional Connector would create a seamless transit link between the Metro Gold, Blue and Expo lines through Downtown LA.

Alternatives Reviewed For Eastside Transit Corridor

- > Community meetings have been held about two light rail transit alternatives for extending the existing Metro Gold Line farther east from East LA.
- > Routes being explored are from Atlantic Boulevard along either the Pomona Freeway or Washington Boulevard.

Construction Underway To Link Expo Line/Blue Line

- > Crews are installing a rail cross-over link for the new Exposition Light Rail line being built between Downtown LA and Culver City
- > The Expo Line will share a track and two stations (7th St/Metro Center and Pico) with the Metro Blue Line as it leaves downtown.

Metro



Air Force Airman Joaquin Garcia has completed basic military training at Lackland Air Force Base in San Antonio, Tex. Garcia completed an 8-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills. He also earned four credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Downey resident Maria Garcia.

John Bessent was WWII vet

DOWNEY – John Lee "Jack" Bessent, a staff sergeant in the U.S. Army during 1943-45, has passed away from a heart attack.

He was born in Electra, Tex., on Sept. 8, 1918 to Downey residents Roy Perry and Frankie Lee Bessent.

After graduating from Downey High School, Bessent attended one year of college studying Liberal Arts and took college classes in

Fire Science and Business Law.

He served in the U.S. Army, taking part in the Normandy, Ardennes and Rhineland campaigns. He received Good Conduct and Victory medals, and received a European, African and Middle Eastern Campaign Medal.

Inducted into the Masonic Lodge on Sept. 8, 1945, he won several ski medals in the Fireman Olympics held yearly.

He is survived by one daughter, Christine Adele Schlager; brother-in-law, George Robert Marsh; and grandchildren Anne Elizabeth Engle, Dana Kay Laurie and Corbett Lee Laurie.

He was preceded in death by his wife of 52 years, Jane Bessent; and two sisters, Dorothy MacDonald and Bette Greenamyre.

Bessent was cremated, per his wishes. Interment will take place tomorrow at 12 p.m. at Downey



Cemetery.

There will be no formal service, but family and friends will gather at 1 p.m. on the third floor of Downey Masonic Lodge located at Downey Avenue and 3rd Street.

In lieu of flowers, the family has requested donations to the Masonic Lodge, 8244 E. 3rd St., Downey CA 90241.

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PHOTO CONTEST

THEME: "PICTURE THIS! DOWNEY READS"



Enter the Downey City Library's Amateur Photo Contest from 4/14 thru 5/14. 1st-2nd-3rd place cash prizes! Must be 18+ to enter. Best photos with above theme wins. Entry is free. Pick up rules and entry forms at the Library's Adult Information Desk or in the Friend's Book Store.

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The seven signs of addiction

By Barb Rogers

It's like a train wreck. We want to look away, but we can't. We sit stunned as they flash mug shots of favorite movie stars drunk and disheveled across the television screen. Beloved talk show hosts are fighting obesity in public. Super models, every bone visible, are speaking up about eating disorders. The story of the day is a politician or prominent sports figure caught in an infidelity scandal. It's extreme. It's dramatic. It's addiction.

Addiction is out of the closet and into the spotlight. Treatment centers for every imaginable addiction are popping up like mushrooms. What does this do for the average person? It lessens the stigma that was for so long associated with addiction, and it helps you understand that you are not alone — that addiction can happen to anyone, anyplace, anytime regardless of race, gender or financial status. The seven signs of addiction are:

1. Questioning. People who don't have an addiction problem don't wonder if they have a problem. It's simply not something they think about because they don't need to. The mind is funny in that way. If we're paying attention, the mind tells us what we need to know whether we want to hear it or not. If it is haunting you with questions such as "What am I doing," "Why do I keep doing it," and "Why can't I stop," take note. Your problem may have crossed that line into addiction.

2. Defensiveness. When others touch on the topic, do you feel your hackles rise, and do you instantly defend yourself with statements like: "It's not a problem for me," "If other people don't understand, it's their problem," "I can stop doing it anytime I want to," or "I'm not hurting anyone but myself?" But, in your inner core, do you know these things aren't true?

3. Blaming. Placing blame for your behavior on others or a situation is an old ploy of addicts that keeps them from taking responsibility for their choices. When others are out of the picture, and the situation is resolved and the behavior continues, it's a clear sign that there's a problem — yours.

4. Secrets and lies. Often, addicts are the only ones who think their addiction is a secret. They believe the lies are hiding the secret, but those close to them have noticed they are drinking too much, abusing prescription drugs, gambling away necessary funds, overeating, purging, shopping, living in clutter, etc. If addicts know that others know, but they continue to tell lies, then the only ones they're fooling is themselves.

5. Time and effort. The time addicts put into the behavior, and into finding ways to stop doing it, takes away from other parts of their lives. The effort it takes to manipulate situations and other people so that they might indulge in the behavior take away from the effort they could be putting into building better relationships, getting an education or building a career, or simply living life free to choose what they will do.

6. Guilt and shame. How you feel about your behavior should be a clear indication about whether or not it's a problem. If you feel guilt and shame, but you can't seem to stop what you're doing, then the problem has become an addiction. No one wants to feel guilt and shame, so if you inflict it on yourself repeatedly, then that's something you should take a hard look at.

7. Isolation. Convincing yourself that no one loves you, others don't understand, or you don't fit into the world around you to justify your behavior may convince you that you are protecting yourself from more pain and disappointment, but it will leave you feeling alone and empty. Telling yourself you are different and can handle things that others are not able to handle will only prolong the problem and escalate the possibility of serious addiction.

It doesn't matter whether it's alcohol or shopping, drugs or clutter, eating or not eating, gambling or infidelity — if it's causing problems, and you can't quit even though you want to, then it is an addiction. The good news is that there is help ranging from treatment centers and anonymous meetings to individual therapy. Very few addicts find successful, long-term recovery without a support system.

The ultimate goal in recovery is to be happy and free — free to live life boldly and unafraid, to embrace others and the world around you without the burden of addiction. There is a whole world out there waiting for you to shine your light on it and, through brutal honesty and seeking help, it's possible.

Barb Rogers is the author of *If I Die Before I Wake: A Memoir of Drinking and Recovery along with several other books on addiction. You can visit her online at www.barbrogersinspirations.com.*

Dead man remains unidentified

LOS ANGELES — The Los Angeles County Coroner is seeking the public's help in identifying a man found dead March 8 in a wooded area near Castaic.

The man is either white or Hispanic, 20-30 years of age. He was 5 feet, 10 inches tall and weighing about 113 pounds with short black hair.

He was wearing a white T-shirt with "Film Crew Season II 2005-2006" in black lettering on the upper right chest area of the shirt. On the back of the shirt was the word "LOST" in blue letter above a picture of an airplane crashed into a mountainous island and the words "Filmed on location in Hawaii."

He also wore blue pants with a white stripe down the outer side and a white Adidas baseball cap.

A tribal band tattoo was on his upper left arm and a tattoo of a cross with the letters "MOY" was on his upper right arm. Below the Y is a picture of an opened red rose with three rose buds at the 10 o'clock, 2 o'clock and 8 o'clock positions.

Anyone with information on the body is asked to call investigator Daniel Machian with the Coroner Identifications Unit at (323) 343-0754.

Letters to the Editor:

Children's potential

Dear Editor:

There's no way around it: I really feel as if Alaina Niemann's Letter to the Editor were the ramblings of a crazy person. ("Who's Teaching Who?," 4/2/10) Not only was it ridiculous, but wildly offensive and the fact that she has a small child who is no doubt being subjected to her unfounded claims is more than a bit concerning to me.

You can't liken something to "Nazi tactics" without backing up the claim. What on earth does children talking to their parents about the benefits of reusable shopping bags have to do with Nazi tactics? Here's a quick history lesson: Nazis exterminated an entire race of people using extreme violence because of their rabid hatred and racism. The city of Downey urging children to have a teachable moment with their parents about the environmental benefits of reusable bags is a) Creating an open dialogue where children are made to feel as if they have something to share and contribute in their household and b.) Teaching children to be environmentally responsible.

I feel so incredibly sad for Ms. Niemann if she's really under the impression that children have nothing to teach their parents or other adults. I wonder if she's ever heard of the expression, "Out of the mouths of babes," which is when a child says something that illustrates wisdom and understanding beyond their years. Children these days have the potential to — quite literally — save the world from the damage we've done and I hope that many Gallatin Elementary students are sharing the knowledge they're learning from the pilot program and urging their parents to make these small changes in order to benefit the environment and better the world.

Perhaps the reason the city isn't wasting its money on trying to teach adults about the benefits of reusable shopping bags is because adults are full of excuses as to why it's "inconvenient" and they are set in their bad ways. Children, on the other hand, are open to new ideas and willing to change once they understand that their current behavior is negatively impacting the planet they call home. Obviously, this is not true of adults.

By the way, plastic grocery bags are not "reusable." Even if you use them more than once to pick up your dog's excrement or pack your lunch, those bags eventually find their way to landfills where it is believed they take up to 500 years to break down and fully decompose. Cloth bags can be purchased affordably and reused literally thousands of times. Thankfully, cities like San Francisco are leading the way and banning the use of plastic bags entirely because of how detrimental they are to the environment.

If that were to happen here, there's no doubt people like Ms. Niemann would liken the ruling to tactics used by Joseph Stalin, but I hope we see it happen in our great city one day.

— Tina Vasquez,
Downey

Dear Editor:

My feelings towards reusable plastic bags aside, I feel sorry for Ms. Niemann if she finds learning from children to be akin to "Nazi tactics."

I have learned many things from my children, including to view things with an open mind and to always be polite and respectful. My middle son, who is in the eighth grade, even helps me with math (after all these years my memory has slipped!).

If children are to learn environmental consciousness, it needs to start at a young age. It is much harder to get a person already set in their ways (such as myself, I admit) to change.

— Darlene Lycan,
Downey

Dear Editor:

In your Letters to the Editor, you headed a letter about education "Who's Teaching Who?" Apparently nobody.

The heading would correctly read, "Who's Teaching Whom?" Without a grammar lesson about subjects and objects try substituting "he" for "who" and "him" for "whom." Example: He's teaching him vis-à-vis Who's teaching whom. Voila.

— Doreen Lorand,
Downey



Blame the parents

Dear Editor:

To those who have complained about parents not teaching their children safety when crossing the street, I believe the problem is adults no longer give birth to children. They give birth to "their buddy."

I prefer the good old days when parents were in control of their children. Now it is everybody else's fault but the parents when children do wrong. How sad for all.

— Doris Hannon,
Downey

By hook or by crook

Dear Editor:

If there ever has been such a disgusting display of bribery as we have witnessed in passing the health care bill, I don't know which is the hook and which are the crooks. The CBO estimated the cost of this bill at just under \$1 trillion but did they factor in the cost of the bribes the Democrats demanded to sell their votes? It wasn't just Mary Lambreaux' bribe, it was all of the Democrats. Queen Pelosi said they're doing this for the American people — please, Nancy, don't do us any more favors. We can't afford them.

It was a good sold vote I guess when Costa and Cordoza in the San Joaquin Valley traded their vote for 25 percent of the water needed to water the crops in an area that was the most fertile land in the U.S. and possible the world. Not now! Crops died for lack of water and there is 20 percent unemployment in some areas and 40 percent in another thanks to a small smelt fish and lack of help from senators Boxer, Feinstein and others. I don't know that I'd feel safe to drink the water, not because of the smelt fish, but because of some of the slimy, smelly politicians in D.C. could have tainted it.

So start looking in the cracks of your sofa to retrieve all the change you can find. You're going to need it to pay for not only all the new taxes required to pay for six years of healthcare but to hire 16,000 IRS agents to oversee the collection of every penny they can get. It might be helpful for them to start with Congress, the Czars and Obama's appointments first, as they are likely to get quite a sum, even more if they had to pay penalties like the common folk pay.

Doesn't that thrill your heart? Is this the new job creation?

— Elsa Van Leuven,
Downey

NASA help

Dear Editor:

NASA announced last month that they will help Toyota solve their acceleration problem.

This is an indirect way to say "thank you" for not stating to the world that their Kaguya lunar orbiter that was sent to orbit the moon in 2007 could not find the six landers or the three rovers.

— Mike Sandoval,
Downey

Death with dignity is under attack

By Jerry Dincin

The Montana Supreme Court's decision to allow physician-assisted suicide has garnered national media attention. It was a huge victory in the fight to let patients facing painful deaths to end their suffering on their own terms — not the government's.

Montana is one of just three states, along with Oregon and Washington, to allow physician-assisted suicide. Unfortunately, regulators in other parts of the country have ramped up efforts to restrict the right to die with dignity. Groups that simply provide information and counseling have come under the gun-sights of zealots, and a witch-hunt has ensued.

The abstract debate over assisted suicide becomes less of an intellectual exercise when specifics are considered. The typical patient considering ending her own life is afflicted with an irreversible and incurable condition, like metastatic cancer, multiple sclerosis, Lou Gehrig's Disease (ALS), Alzheimer's, or Parkinson's and other neurological unbearable and unmitigated pain that often looms way into the future. She's already tried all available treatments, in vain.

Now what?

This patient is mentally competent. Ignorance would actually be bliss under these circumstances. But this one knows the inevitable: that as her disease progresses, her body will deteriorate. Communication may be reduced to the lowest limits, isolating her further. What kind of future does she envision? Only the dread of another new day of misery, followed by another and another...with each day's load of misery multiplying exponentially, ad infinitum.

Though statistically she will wish to die at home, she will likely not. Her last breaths are likely to be taken in a hospital bed, tubes in stomach and arms and down her throat. A ventilator breathes for her, rendering her incommunicado, terror in her eyes. Her efforts to tear out the offending tubes result in the strapping down of her hands to the bed — the final indignity. She is a prisoner.

Advances made in medicine over the last 50 years have been astonishing. Thanks to sophisticated new technologies and treatments, diseases once considered death sentences are now manageable conditions.

The progress is often, however, a mixed blessing. Doctors' once-revered vow to keep patients alive — no matter what — often results not in extending life but extending dying. Perpetuating "life" in a nightmare of powerlessness, constant pain, social isolation, and mental deterioration is tantamount to torture.

Of course, the decision to hasten one's own death is a very serious one, requiring deep reflection and extensive consultation. Our organization, Final Exit Network, provides patients with the support and information they need to make that decision, enabling them to explore all options before choosing to end their lives. (Many choose to live longer, feeling empowered by that knowledge.) But if they are ready, we're there to inform them about methods that are swift, certain, painless, inexpensive, and easy to obtain — and to comfort them and their families during their final hours.

Final Exit Network is currently the target of a slur campaign in Georgia. Earlier this month, state authorities indicted several members of my organization, Final Exit Network, for little more than providing information to terminally ill patients wishing to voluntarily end their suffering through suicide. Final Exit Network provides information and emotional support. Period.

Current bills legalizing physician-assisted suicide before state legislatures in Hawaii and New Mexico are just the beginning in what has to become an eventuality: a national acceptance of the "last civil right of the 21st Century."

In the meantime, those of us currently enjoying the blessings of health and quality of life have an obligation to offer those unfortunate others, in whose beds we may ultimately follow, the gifts of respect, kindness and understanding, and knowledge.

Those are the gifts to which we in Final Exit Network dedicate ourselves.

Jerry Dincin, Ph.D., is the President of Final Exit Network and a retired psychologist with more than 30 years of clinical experience. The website for Final Exit Network is www.finalexitnetwork.org.

The Downey Patriot

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Paging Dr. Frischer...

By Dr. Alan Frischer



A few hours after eating something suspicious, you develop nausea, vomiting, abdominal cramps and diarrhea. You may be suffering from food poisoning. Let's discuss how it happened, how to get healthy again, and how to prevent it from happening in the future.

Although food poisoning can be deadly, it is quite common and usually mild. It occurs when food or water contains bacteria, viruses, parasites or toxins. Infants and the elderly are at the greatest risk, and travelers to developing countries may experience traveler's diarrhea ("Montezuma's revenge"). The Centers for Disease Control (CDC) estimates that in the United States, food poisoning causes about 76 million illnesses, 325,000 hospitalizations, and up to 5,000 deaths each year. Of course, many cases are mild enough that they are never reported; the sufferers stay home and eventually get better without any intervention.

Frankly, when a patient comes to me, I look for the cause only if there's a particular outbreak, or when the illness is quite severe. The specific cause makes no difference (most of the time) in how I treat it. However, a good reason to be concerned about the source of the food poisoning is to identify whether a particular case needs a specific treatment, or to prevent it from spreading further. This is why government agencies monitor outbreaks.

When a specific infectious cause is found, it's most often a virus. **Noroviruses** are a group that causes a mild illness, and the illness is frequently mislabeled "the stomach flu". This is the most common cause of adult food poisoning, and classic symptoms include nausea, vomiting, abdominal pain, headache, diarrhea, and a low-grade fever. Symptoms appear one to two days following exposure and last for two to three days. It is transmitted through contaminated water, shellfish, and vegetables, and then spread person-to-person from contact with their contaminated feces.

Outbreaks are seen in crowded places like nursing homes, schools and cruise ships.

The second most common virus is the **Rotavirus**. This causes a moderate to severe illness with vomiting and watery diarrhea and fever after a two-day incubation period. It is the most common cause of food poisoning in infants and children and is transmitted from person to person when fecal matter contaminates food or play areas.

Hepatitis A is actually another infectious form of food poisoning, and is also transmitted when food comes into contact with contaminated feces, or from person to person. It causes a mild illness with sudden onset of fevers, loss of appetite, and a feeling of tiredness followed by jaundice (yellowing of

the eyes and skin). These symptoms appear after a three to five week incubation period, making it difficult to trace the source. It resolves completely in nearly all cases.

Among bacterial causes, **Salmonella** has been well publicized, and causes nausea, vomiting, diarrhea, abdominal cramps, and headaches five to 21 days after exposure. It is transmitted in raw or undercooked foods such as eggs, poultry, dairy products, and seafood.

Campylobacter is the most commonly identified food-borne bacterial infection in the world. It is transmitted by raw poultry, raw milk, and water contaminated by animal feces. Symptoms appear about five days following exposure.

Staphylococcus aureus is a bacterium that produces a toxin in foods such as cream-filled cakes and pies, salads (mainly potato, macaroni, egg and tuna salad), and dairy products. This is the organism responsible for the classic food poisoning at the family picnic. Symptoms appear one to six hours after eating contaminated food.

Escherichia coli (E. Coli) has many strains, with the worst causing kidney failure and death. It is transmitted by raw or undercooked hamburger, un-pasteurized milk or juices, contaminated produce, or contaminated well water. Symptoms appear in two to five days.

Shigella (travelers' diarrhea) is transmitted in water polluted with...you guessed it: feces. Symptoms appear in 1/2 to three days.

Parasites rarely cause food poisoning. They are swallowed in contaminated or untreated water and cause long-lasting but mild symptoms. **Giardia**, one of the most common parasites, causes watery diarrhea, one to two weeks after exposure, and typically lasts for one to two weeks. It is found in contaminated water from lakes or streams in cool mountain climates. It can also be spread from person to person by food or other items contaminated with feces.

What can you do at home if you develop food poisoning?

- Start by taking small, frequent sips of clear liquids in order to stay hydrated

- Avoid alcohol or caffeinated beverages. Gatorade-type drinks are a good choice, but are best diluted with water, as heavily sugared fluids can worsen diarrhea. If you are taking diuretic medications, you may need to stop them – but only after consulting with your doctor.

- Avoid eating solid foods. After any vomiting and diarrhea have stopped, begin with the standard "BRAT" diet: Bread, Rice, Applesauce, dry Toast, crackers, gelatin, pudding, yogurt, and soup broth. Over-the-counter anti-diarrhea medications, such as Imodium AD and Pepto-Bismol, are generally helpful and safe when used as directed. Consult your physician for advice.

When is it time to seek out medical care?

- The nausea, vomiting, or diarrhea lasts for more than two days without improvement

- The patient is under three years old

- There is an accompanying fever

- The illness begins after foreign travel

- The infected person cannot

keep liquids down

- The patient has a chronic disease as well

- The symptoms make it impossible to take normal prescribed medications

There are associated neurological symptoms such as weakness, double vision, slurred speech, or difficulty swallowing.

If you do see a doctor, the focus is generally on getting re-hydrated. You may be given anti-vomiting and anti-diarrhea medications, and any fever will be treated. Sometimes, antibiotics will be prescribed, but remember that many forms of food poisoning are viral, and antibiotics will be of no help!

Prevention is the key when it comes to food poisoning.

- Shop safely. Bring refrigerated foods home quickly, don't buy torn or leaking packages, and don't buy foods past their "sell-by" or expiration date.

- Store foods safely. If a food requires refrigeration, put it away immediately. Place raw meat, poultry, and fish in the coldest part of your refrigerator. Check your refrigerator's temperature: it should be set to 40 degrees, and the freezer to zero degrees. Cook or freeze fresh poultry, fish, and meats within two days.

- Thaw foods safely. The refrigerator allows slow, safe thawing. Prevent the thawing juices from dripping onto other foods. To quick-thaw, place the food in a leak-proof plastic bag and submerge it in cold tap water. When thawing in a microwave, cook meat and poultry immediately afterwards.

- Prepare your food safely. Keep everything very clean: wash your hands, cutting board, knife, and counter tops with hot, soapy water before and after handling raw meat and poultry, and sanitize cutting boards often in a solution of one teaspoon chlorine bleach in one quart water. Do not cross-contaminate: keep raw meat, poultry, fish, and their juices away from other food. Marinate meat and poultry in a covered dish in the refrigerator, and then discard any uncooked or unused marinade.

- Cook foods safely, and use a meat thermometer. Cook ground meats to 160 degrees, beef, veal, and lamb steaks, roasts and chops to 145 degrees, and whole poultry to 170 to 180 degrees. Bacteria grow rapidly at room temperature, so never leave food out for more than two hours, and use cooked leftovers within four days.

- Of course, not all of the food we eat is under our control. The Center for Science in the Public Interest (CSPI) reports that on a typical day, 44% of American adults eat at a restaurant, and that 41% of all food borne illness outbreaks can be traced to restaurant food. A single food safety mistake in a restaurant can cause far more illnesses than a single mistake in our kitchen at home. Choose your restaurants carefully.

- You've probably gathered that, when discussing food poisoning, the two key words are **feces** and **hands!** Wash your hands often and carefully, and enjoy your good, contamination-free food.

Ready to have a baby? Boost your health first

A report on the health of women in Los Angeles County notes that 50 percent of all pregnancies are unplanned, meaning many women may not be physically prepared to have a baby. Because of this, many babies may not receive the benefits of proper nutrition or adequate exercise from their mothers before they are born.

The report, Healthy Women, Healthy Children: Preconception Health in LA County: Women's Health in the Reproductive Years, examines the health of all women of reproductive age, which is generally considered to be between 15 and 44 years.

"As women think about when or whether to have children, they should also think about how to improve their health first. The opportunity to impact the health of a baby starts before conception, and the health of a potential mother should be a priority long before pregnancy," said Jonathan E. Fielding, MD, director of public health and health officer. "All women, regardless of age or whether they plan to get pregnant, should strive to maintain a healthy weight, eat a well-balanced diet, avoid tobacco, excessive alcohol and recreational drugs, and get at least 30-minutes of moderate physical activity a day."

The report, released today by the LA County Department of Public Health, outlines positive health habits that all women should adopt. These steps include:

- Making a reproductive life plan, determining if and when to have children.

- Striving to attain a healthy weight through good nutrition and exercise.

- Learning how to manage stress and getting help for feelings of sadness or depression.

- Engaging in moderate (gardening) to vigorous (running, bicycling) exercise for 20-30 minutes a day, at least three times per week.

- Eating a well-balanced diet that includes at least 400 micrograms of folic acid and five servings of fruits and vegetables per day.

- Avoiding alcohol for at least three months before trying to become pregnant.

Good nutrition is essential, as more than half of all new mothers reported they did not take folic acid before becoming pregnant. Expectant mothers' consumption of at least 400 micrograms of folic acid each day reduces the rate of neural tube defects, such as spina bifida, in their babies, and reduces the mother's rate of pregnancy-induced hypertension (pre-eclampsia).

"All women should think 'me first' when it comes to their health," said Cynthia A. Harding, MPH, Director of Public Health Maternal, Child, and Adolescent Health Programs. "The duration of pregnancy itself is too brief to optimally manage chronic health conditions, such as diabetes and obesity, and may not be enough time to eliminate behaviors that threaten a baby's health, such as smoking and alcohol use. By continuously maintaining a healthy lifestyle, women can ensure that they enjoy longer,

more fulfilling lives, and that any future children they have may do the same."

Also in the report:

- In LA County, 51 percent of women of childbearing age are Latina, 26 percent are white, 13 percent are Asian/Pacific Islander, and 10 percent are African American.

- More than 150,000 babies are born in LA County each year.

- 20 percent of women of reproductive age reported they did not have a regular source of health care, and 33 percent of mothers who recently delivered a baby lacked a regular source of health care.

- Among women of childbearing age, 15 percent reported being previously diagnosed with depression. During pregnancy, Latinas and African Americans reported higher rates of depressive symptoms compared to whites and Asians/Pacific Islanders.

- More than one-third of women 18-44 years old reported engaging in minimal to no physical activity in a typical week.

- Among women of childbearing age, 20 percent were obese, with higher rates among African Americans and Latinas, compared to Asians/Pacific Islanders and whites.

A copy of the full report is available online at <http://www.publichealth.lacounty.gov/ha>. Information on improving healthy habits for women of childbearing age can be found at <http://www.publichealth.lacounty.gov/mch>.

Health seminars around town

DOWNEY – Pioneer Medical Group is hosting a series of educational health seminars in the local area. The complete schedule of seminars appears below:

Oh My Aching Knees – The knee is a vulnerable joint that bears a great deal of stress from everyday activities such as lifting and kneeling. Many knee problems are the result of the aging process and continual wear and stress on the knee joint.

Dr. Todd Stockwell will lead the lecture on common knee conditions. The lecture will contain important information on knee pain resulting from osteoarthritis, rheumatoid arthritis and other medical conditions. The doctor will discuss prevention techniques, as well as treatment options for many knee problems.

Dr. Todd Stockwell, Cerritos Senior Center, April 14 at 8:30 a.m.

Living with Osteoarthritis – Join Thilan Fernando, M.D., for an informative lecture on osteoarthritis. Fernando will explain how arthritis is diagnosed and treated, and offer tips on how to stay active with arthritis.

Thilan Fernando, Barbara J. Riley Community & Senior Center, April 14 at 12:15 p.m.

Living with Rheumatoid Arthritis – Learn how to still enjoy daily activities and get the most out of life by following some simple steps. Lindsay Hutchinson, P.A., will discuss the diagnosis of rheumatoid arthritis, medications, proper home care management and simple exercises that can help you enjoy living with this condition.

Lindsay Hutchinson, P.A., Cypress Senior Center, April 15 at 10:30 a.m.

Diabetic Foot Problems and You – People with diabetes can develop many different types of foot problems. Even ordinary problems can get worse and lead to serious complications. Foot problems most often happen when there is nerve damage called neuropathy. Join Dr. James Lee, podiatrist, for an informative lecture and get the facts on how your feet can last a

lifetime. Dr. James Lee, Cerritos Senior Center, April 28 at 1 p.m.

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'Avenue Q' returning to L.A.

HOLLYWOOD — "Avenue Q" — the Broadway musical about real life in New York City, as told by a cast of people and puppets through an acclaimed, Tony-winning book and score — will return to Los Angeles for a one-week engagement March 1-6, 2011 at the Pantages Theatre.

"Avenue Q" tells the story of Princeton, a bright-eyed college grad who moves to NYC with big dreams and a tiny bank account. The only apartment he can afford is way out on Avenue Q, where everyone's looking for the same things he is: a decent job, a stable relationship and a "purpose."

Eventually, Princeton learns to embrace the ups and downs of city life and realizes that "the real world" isn't so bad after all.

The New York Times hailed "Avenue Q" as "a breakthrough musical of a very different stripe. Savvy, sassy and delicious!"

"Avenue Q" features music and lyrics by Robert Lopez and Jeff Marx, a book by Jeff Whitty and is directed by Jason Moore.

Priority seating for "Avenue Q" will be offered to Broadway L.A. season ticket holders as an optional add-on event with any season package. For information on season ticket packages, visit www.broadwayla.org.

Those wishing to purchase 10 or more tickets to a single performance may call (866) 755-3075.

Skate competition tonight

DOWNEY — Independence Park will host a skate competition tonight from 7 to 10 p.m. for residents of ages 4 to adult.

Madrid Skateboards is organizing the competition. Entry fee is \$1 and will be collected at the event.

Helmets, knee and elbow pads are required to skate in the park.

Registration forms are available at the skate park office Monday – Friday. For more information, call (562) 904-7238.

Musical goes back to 1958

LONG BEACH — "The Marvelous Wonderettes," the Off-Broadway musical hit, will open April 17 for a two-week run at the Carpenter Performing Arts Center in Long Beach.

"The Marvelous Wonderettes" takes the audience to the 1958 Springfield High School prom where four girls (Missy, Betty Jean, Suzy and Cindy Lou) have hopes and dreams as big as their crinoline skirts. The musical features classic favorites including "Lollipop," "Dream Lover," "Lipstick on Your Collar," "Secret Love," "Mr. Sandman" and more.

Tickets to see "The Marvelous Wonderettes" ranges from \$10-\$80 and can be purchased by calling (562) 856-1999, ext. 4 or online at www.musical.org.

Connie Coll

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Arthur: His pancakes sell like hot cakes.

Continued from page 1

years, and four of his waitresses a combined 40 years. Ever the playful one, with a joke or two to regale everybody he encounters, Art says, "I have two basic, simple rules: quick and perfect." This sounds like Einstein's formula reformulated but he was on target: precision and speed will win out over anything.

Art was born to Mennonite parents on Feb. 28, 1929 (that makes him 81 on his last birthday) in Corn, Oklahoma, a tiny farm community that is closer to Amarillo, Texas than it is to Oklahoma City, some 40 miles away to the east. (He went to school with John Denver's dad, later a backup pilot to the Enola Gay crew). Afflicted with wanderlust, he never got through the 9th grade, the farm boy enlisting in the Army by lying about his age. He was 15, but growing up on the farm had given him an 18-year-old lad's look. His dad always said to him that he was the cause of the Great Depression.

He took paratroop training in Fort Benning, Georgia. Three days before they were to ship out for D-Day, his mother was able to track him down, ending his Army adventure. By this time he said he had made nine parachute jumps, and earned his wings.

After working at odd jobs, he eventually hired on in sales and marketing with Campbell-Soup here in the Southland. There was a shortage of manpower then, he said. One day he found out by chance that his boss was planning to transfer him to headquarters at Camden, N.J. He and his wife decided against it, preferring the



PHOTO COURTESY DOWNEY EAGLE
 Arthur Fast was arrested in 1999 after refusing to take down a popular marquee deemed illegal by the city.

California climate.

Shortly thereafter, he jumped into the food and beverage business.

He said he's a graduate of the school of hard knocks, as likely to turn serious and offer his recipe for success ("Enjoy what you're doing," and "Work at it") as to crack a joke: "An Oriental eye doctor once said to his patient, 'You have a cataract'. 'No, doc,' said the patient, 'I drive a Lincoln.'" And "I have big tires in the back, smaller

tires in the front, that's why I keep going downhill."

Art lost his first wife 20 years ago, and he has since remarried, to 34-year old Arcy who works in the restaurant and is four months pregnant (on doctors' advice, something to do with overcoming an anemic condition).

Art himself is far from anemic, still charming his customers, ever ready with a joke, ever the maverick, his head filled with business ideas.

'Cuckoo's Nest' at Warren

DOWNEY — The Warren High School Drama Department will present Dale Wasserman's "One Flew Over the Cuckoo's Nest" April 13-17 at the school's Emerson Theatre.

Performances are nightly at 7:30 p.m. Tickets are \$8 and available for reservations online at www.emersontheatre.net or by calling (562) 869-7306, ext. 87910.

"One Flew Over the Cuckoo's Nest" tells the story of McMurphy, a man with several assault convictions to his name. After an unfortunate turn of events, he finds himself in trouble with the law once again. Rather than spend his time doing hard labor in prison, he convinces the courts he's crazy enough to need psychiatric care. He is then sent to a hospital where he fits in



frighteningly well with his fellow patients.

When his different point of view actually begins to cause some of the patients to progress, the head nurse strikes back as his resistance

to the hospital routine threatens the very order she has created.

Proceeds from the production will go to Warren's Drama Department and their quest to produce young adult theater.

Fab Four reborn on stage

WHITTIER — Beatles tribute musicians, in costume and character, will play a free live concert at Whittwood Town Center tomorrow at 1 p.m.

As a promotion for the nationally touring Beatles musical biography, "Ticket to Ride Musical," attendees can also play Beatles

Rock Band free of charge.

"Ticket to Ride Musical" is the award-winning musical biography of the Beatles as seen through the eyes of their manager Brian Epstein. The family-friendly musical will be the first show to play at the newly-formed Blue Moon Theatre Company, which stages shows at Southern California University Health Sciences, 16200 E. Amber Valley Drive., in Whittier.

More than just a Beatles tribute concert, "Ticket to Ride Musical" gives the audience to "be there" at pivotal moments in the career of the Beatles: Liverpool's legendary Cavern Club, "The Ed Sullivan Show," Shea Stadium and the final live performance on the rooftop of their Apple Corp offices.

The musical will play the Blue Moon Theatre Company April 23-25. Proceeds will benefit the Blue Moon, a non-profit, all-volunteer theater group that performs Broadway musicals, dramas, comedies and youth productions.

Tickets are priced at \$20-\$35 and may be purchased online at www.bluemoontheatreco.com or by calling (800) 838-3006. Seniors, children and students may purchase reserved tickets for \$10.

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HOW TO TRAIN YOUR DRAGON PG (11:50, 2:30, 5:10, 7:50, 10:20)

DIARY OF A WIMPY KID PG (11:05, 1:45, 4:25, 7:05, 9:45)

Times for Friday-Thursday, April 9-15, 2010

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Fourth quarter surge lifts Downey

■ **LACROSSE:** Vikings climb to .500 in the standings.

By **ALYSSA WYNNE,**
SPORTS INTERN

DOWNEY – Downey defeated the Redondo High Sea Hawks, 14-8, after emerging from a slow first half and surprising their opponents in the second half with their energy.

Leo Marquez scored four goals, Franky Castellanos scored three, Joseph Silva and Marques Mustin scored two each, and Jonathan Flores and Chris Perez scored one each. Goalkeeper Nathan Hanker saved half of the 16 shots attempted by the Sea Hawks.

The first period ended with players feeling as though they dominated completely with the score being 3-2, Downey. By halftime, the game was tied 6-6. But after two goals in third quarter, the Vikings blasted through the Redondo defense in the final quarter with six goals to secure the win.

“We didn’t ever put them away so they thought they could play with us and that made it a close game for the majority of the game,” said midfielder Jacob Michael, who had two unsuccessful shots on goal. “But by the end, our supreme coaching and skill level enabled us to pull away.”

With the win, Downey boys lacrosse holds an even 4-4 record, with losses against Palos Verdes High and Palos Verdes Peninsula High, each played twice. They will play St. John Bosco High on Monday.

Cortinas has 3 RBIs

■ **SOFTBALL:** Jazmyne Cortinas key in 10-0 rout.

By **SCOTT COBOS,**
STAFF WRITER

DOWNEY – Downey softball is continuing to cruise, playing well in the Righetti Tournament during spring break.

The Vikings as of Tuesday were 2-1 in the Righetti Tournament with wins over St. Bonaventure and Dos Pueblos. The Vikings defeated St. Bonaventure 9-0 with Brittany Colenzo pitching a complete game shutout, striking out four, and giving up only three hits. Katie Medina also had three hits, scored two runs, and drove in three runs as well.

Against Dos Pueblos, Staci Rodriguez had three hits, and Jazmyne Cortinas drove in three runs, in a 10-0 rout. Twelve of 13 players that had plate appearances in the game for the Vikings had one hit or more.

Lauren Canas pitched a complete game shutout giving up only two hits and striking out three for the victory.

Dodgeball: In it to win it

■ Annual event raises money for Downey High dance team.

By **JOSEPH APODACA,**
SPORTS INTERN

DOWNEY – What started as a simple fundraising idea for the school dance team has turned into a major annual event, as Downey High celebrated their fourth successful school wide dodgeball tournament last Friday.

Teams formed all throughout the school, ranging from athletes to academics, all hoping to advance throughout the tournament and take home either a first, second or third place trophy. The winning team won bragging rights plus the biggest trophy, however awards were also given out for the team who had the best costume. Students went all out for their costumes to make sure they would be noticed and known on the court.

“I was on ‘Be On Neon!’ with the rest of the senior cheerleaders and we dressed up in neon colors,” said senior Hope Gettler. “We did it because the dodgeball tournament started when I was a freshman and every year I’ve wanted to start a team, so finally we did it this year because we will be graduating soon and we just wanted to have fun.”

Fun was a major reason for the tournament’s major success over the years. Students came out to support their favorite teams and watched in excitement as teams were eliminated and progressed throughout the night. Several teams joined the tournament just for the fun of it while others were in it to



PHOTO BY PAUL HEIDECKER

Teams competed for trophies and bragging rights.

win it and would stop at nothing to succeed.

“I’m pretty sure most teams were in it for fun, although some seemed to be really focused on winning,” said Gettler.

Athleticism was beneficial for teams that entered into the tournament, where athletes from different campus sports teams went out to prove that they had just as much stamina on the dodgeball court as in their respective sports. The water polo and swim team members took part in the games, naturally in their signature Speedos. Members of the wrestling team also participated in the event but were no match for the champions of the night, the baseball team members.

Academic groups were just as vicious as the athletes. A group of

students enrolled in AP English went into battle against the rest of the participants and had perhaps one of the more humorous costumes of the night, poking fun at one of their fellow senior English classes.

“[Our shirts] said ‘AP English: We’re articulate and stuff’ because the ERWC class made shirts [not for the tournament] that had a bunch of big words that nobody knows,” said Dominique Diaz. “We thought it would be funny. [Our teachers] Mrs. Bean and Mrs. Carlson went and supported us.”

By the end of the night, the ultimate goal of the event was accomplished: to raise money for the dance team and to create a memorable night for the students.

Gonzalez leads Warren in upset

■ **BASEBALL:** Bears score 11 runs in upset win over Downey High.

By **SCOTT COBOS,**
STAFF WRITER

DOWNEY – Warren blindsided defending San Gabriel Valley League champions Downey with double digit runs last Wednesday in an 11-5 upset win, the Bears’ second league win this year.

The Bears quickly jumped out to a 3-1 lead in the first inning and never looked back, scoring a run in the third innings, four runs in the fourth inning, and tacking on three more runs in the fifth inning.

Gene Gonzalez led the Bears with two hits, three runs, and five RBIs in a game that saw Warren’s Nos. 1 through 4 hitters go a combined 7-for-11 with eight RBIs and six runs.

The 11 runs are the second most runs scored by the Bears this season with the only other game with more runs scored being a 20-2 rout of Estancia.

The Vikings were not able to muster up enough offense even though they scratched first in the top half of the first inning.

Downey did walk seven times but offset those free passes with 10 strikeouts with all but two starters walking back to the dugout without

making contact.

Normally a pretty good offense, Downey collected only five hits with five runs, the last four runs coming in the fourth and fifth innings.

Both teams are on spring break this week and were competing in tournaments. They continue SGVL play again next week with the Bears having an off week with

Dominguez dropping out of the league. Warren is now 2-2 in league play.

Downey will continue their league schedule with two tough games against Gahr, with the first game at home. The Vikings are 3-1 in league, leading the division by one game.

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LOW RATES

Downey athletes choose colleges

■ Annual event raises money for Downey High dance team.

By **ALYSSA WYNNE,**
SPORTS INTERN

DOWNEY – Five of Downey High School’s all-star female athletes signed their lives away to the respective colleges that desire them March 31 inside of Downey’s library.

Celena Vasquez chose Briarcliff University, Brittany Colenzo chose Vanguard University, Debra Lovell committed to Midland Texas College, Megan Kirkpatrick received a scholarship from California State University of Northridge and Crystal Fresquez signed on with University of Hawaii.

Vasquez, a 3-year starter on Downey’s softball team, plays second base, right field and left field. Head coach Micah Karzen provided her with the coach’s award last year and she also received the coach’s award in volleyball. The soon-to-be Charger has a grade point average of 3.75.

Briar Cliff University is a private liberal-arts college under the Roman Catholic Church and its softball program is intercollegiate competition.

Colenzo is a 3-year player for Downey’s softball program and has been a varsity pitcher the entire time. When she is not pitching for the Vikings she plays third base. Last season she was all-league pitcher and received the coach’s award. Colenzo has also received Viking Awards recognizing her academic prestige and 3.33 GPA.

She will attend Vanguard on a 4-year scholarship.

Lovell has maintained a starter position on varsity during her entire high school career. She plays third base in softball, as well as numerous positions in basketball and volleyball. The Viking received the Golden Glove for the ‘09-‘10 season and was all-league in 2009. Lovell has received a combined 10 varsity letters in three sports.

Midland is a junior college with approximately 15,000 students currently enrolled

Kirkpatrick, who stands at 5-foot-8, will soon be joining the Matadors volleyball team after spending four years as a starter for Downey all the while maintaining a 3.67 GPA. Previously, Kirkpatrick has received San Gabriel Valley League co-MVP and First Team honors. This past summer, she was invited to play in Italy where she made the All-Star team and was selected as MVP for the USA Team.

CSUN is a Division 1 school.

Fresquez, a 4-year varsity starter, has been awarded with the coach’s award, Most Offense Award and Most Inspirational Award. She has held the title of captain for two years and in 2008 she was named to the All-League team for the SGVL. This season she was unanimously voted the MVP for SGVL.

The soon to be Rainbow Warrior has sustained a 3.33 GPA during high school. UH is a Division 1 school that will be offering Fresquez tuition, room and books.

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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 Marlise 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/>

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3/26/10, 4/2/10, 4/9/10, 4/16/10

Crime Report

Saturday, April 3, 2010

About 6:00 a.m. a golf course employee arrived at Rio Hondo Golf Club and saw a smashed front window at the pro shop. The employee discovered cash and a golf club missing. Police are investigating.

Sunday, April 4, 2010

Just before 9:00 p.m. officers contacted a 13 year-old Downey resident at Paramount and Imperial, regarding a strong-arm robbery. Two suspects had approached the victim demanding his two iPods. Officers located and arrested two male suspects, an 18 year-old and a 16 year-old, both Downey residents. The loss was recovered and returned to the victim.

Monday, April 5, 2010

At 10:45 a.m., officers responded to the 12000 block of Paramount Boulevard, regarding a residential burglary. Taken during the burglary were several pieces of jewelry.

At 4:50 p.m., officers responded to the 11900 block of Rives Avenue regarding a subject armed with a handgun. The victim was confronted by the suspect, who was holding a handgun, and accused the victim of stealing aluminum cans from him. When the victim denied stealing cans, the suspect fled the location in a vehicle prior to police arrival.

At 10:25 p.m., officers responded to Wilderness Park, regarding a call of a robbery. As the victims were walking through the park, they were confronted by several males. The suspects took one victim's hat and fled the location in a vehicle. The investigation is on-going.

Wednesday, April 6, 2010

At 2:06 a.m., officers responded to the Anarchy Bar, 13250 Woodruff, regarding a male brandishing a handgun outside the bar. The suspect fled prior to police arriving. A short time later, officers located the suspect and recovered the weapon. The 24 year-old resident of Los Angeles was booked for brandishing a firearm.

Courtesy Downey Police Department

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Tax Directory

The Internal Revenue Service reminded taxpayers of several important tax items with less than one week remaining before the filing deadline. Those who need more time to complete their returns should submit their requests for an automatic extension electronically or by paper on form 4868 by April 15. "The average refund is up almost 10 percent over last year," said IRS Spokesman Raphael Tulino. "For those who have yet to file, make it easy; get to a computer, choose direct deposit for your refund and hit 'Enter'" Some quick reminders for taxpayers to consider as the calendar turns to April:

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Tanberg a beacon of hope & inspiration

CONTRIBUTED BY THE RANCHO LOS AMIGOS FOUNDATION

DOWNEY – Bobbi Jean Tanberg, BS, COTA/L, ATP came to Rancho Los Amigos National Rehabilitation Center nearly two decades ago as a therapist after being challenged by multiple orthopedic injuries. But although she had completed her physical rehabilitation, her adjustment to disability had not yet occurred.

“Rancho helped me understand why my experience in society would be different just because I was using a wheelchair,” she said. “I had just as much and maybe even more to offer sitting down as I did standing up, and yet society was making me feel the opposite.”

Tanberg put her real-life experience to work on behalf of the patients with disabilities at Rancho. Her area of expertise is the use of assistive technology to help persons with physical disabilities to access computers and control their environment. She has developed several programs within the Occupational Therapy department to empower inpatients and outpatients to participate in meaningful occupation. These programs have brought her worldwide acclaim, including being selected as a keynote speaker at the First International Conference for Persons with Disabilities in Abuja, Nigeria.

“I strongly believe that success starts with establishing a goal and taking small steps each week to keep your focus and gain momentum,” Tanberg said. “Regardless of the barriers that you run into, there are community resources, assistive technology or peer wisdom that can assist you in surpassing those barriers to achieve your goals.”

One of her signature accomplishments is co-founding and leading Rancho’s award-winning KnowBarriers program, which provides Rancho patients with many of the tools they need to thrive after their catastrophic disabling illness or injury. KnowBarriers services include life coaching, peer mentor-



PHOTO COURTESY RANCHO LOS AMIGOS FOUNDATION

Bobbi Jean Tanberg assists a patient in the Rancho Computer Lab.

ing, substance abuse recovery, violence prevention outreach, and information and referral. All members of the KnowBarriers team are individuals who are living their dreams, with a disability.

Now Tanberg’s outstanding work as an occupational therapist and inspirational leader has earned her Rancho’s highest honor, the Amistad Award. She will receive the Award for Individual Achievement at the 24th Annual Amistad Gala on May 1 at the Westin Long Beach Hotel.

Tanberg began her Rancho career working with the legendary Greg Thompson, then a Rancho recreation therapist and later the hospital’s director of social work.

“He exposed me to the world of wheelchair sports, which I saw at the time as a way to increase my fitness level, have fun and meet some people,” Tanberg said.

As she gained experience and confidence in the Rancho rehabilitation sports program, Tanberg realized she could express herself through athletics.

“My dream was to become good enough in basketball to make the USA Women’s Wheelchair basketball team,” she remembered. “It was an outrageous goal, but why not try?”

Her hard work and determination paid off. She not only became a member of the USA Women’s Wheelchair basketball team, but

played on the U.S. team at the Sydney Paralympic Games in 2000.

Today, in addition to her Rancho and KnowBarriers responsibilities, she serves the community as vice president of the Los Angeles County Commission for Women.

“Rancho gave me the hope to make my dream come true,” she said. “Now I am trying to provide the same insight to clients I work with so that they can also realize the power of their dreams.”

History lesson at OASIS

DOWNEY – The RD Players, which includes Eugene Dermody and his wife, Gail Reifert, will perform at Monday’s OASIS meeting at Downey Adult School.

The duo’s program is entitled “HO to California” and describes the couple’s 2,000-mile covered-wagon trek to join the California gold rush.

Dermody taught American History, the History of American Women and California History for three decades at Cerritos College.

Reifert reenacts 19th Century women at Rancho Los Cerritos. She researched and co-authored with her husband a history text on American women, “Women Who Fought.”

Cafe ‘n Stuff will be the featured restaurant at OASIS. Dinner tickets are \$5 and are sold on a first-come, first-served basis.

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

Enrollment begins at 2:45 p.m. on Mondays. The program begins at 3:45. Optional dinner tickets must be purchased by 3:45 p.m.



Ponytail registration April 10

DOWNEY – Downey Ponytail softball will host sign-ups tomorrow from 9 a.m. to 3 p.m. at Independence Park.

Girls ages 14-18 are eligible to play. Tryouts will be held April 18 and April 24.

For more information, call (562) 904-8000.

College sets commencement date

NORWALK – Cerritos College will hold its 53rd annual commencement ceremony to honor its graduating students May 15 at 5 p.m. in Falcon Stadium.

Cerritos College’s Board of Trustees will present degree and certificates earned during the 2009-10 academic year.

Los Angeles County Supervisor Don Knabe will serve as commencement speaker. Knabe was first elected to the Board of Supervisors in 1996 and was re-elected in 2000, 2004 and 2008.

Knabe previously served as a councilmember in Cerritos for eight years.

No tickets are required for the commencement ceremony. The stadium entrance gates will open at 3:30 p.m. No strollers will be permitted.

For more information, visit www.cerritos.edu/commencement.

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<p>Price: \$ 1,200,000</p> <p>Wow - Your Palace Awaits 6 BD, 8 BA, approx. 7,000 built, Pool, 4 car gar & 10,260 lot. Call for private showing! 562.445.3078</p>	<p>Price: \$ 550,000</p> <p>Location, Location NE DOWNEY 4 BD, 2 BA, 2,339 built, Pool, 2 car gar detached & 12,284 lot.</p>	<p>Price: \$ 725,000</p> <p>Northeast Downey Dream Home Breath taking - 5 BD, 3 BA, 2 Car Gar, backyard with Pool, Spa, BBQ, 2,753sqft & 10,149 lot.</p>
<p>Price: \$ 380,000</p> <p>Location, Location, Location 3 BD, 2 BA, 1,604 sqft, 4,368 lot Very cozy single story. A must see!</p>	<p>Price: \$ 560,000</p> <p>Approved Short Sale... Remodeled Orange Estates - 4 BD, 3 BA, 3 Fireplaces, 2,931 sqft, & 9,625 lot. Call for private showing!</p>	<p>Price: \$ 615,000</p> <p>Remodeled N. DOWNEY 4 BD, 3 BA, 2 Story Home 2,163 sqft, 8,443 lot & Det. 2 Car Gar</p>
<p>Price: \$ 900,000</p> <p>Reg. Sale... Remodeled NE DOWNEY Gorgeous - 4 BD, 3 BA, 3,100 built, Pool, BBQ, 2 car gar & 10,260 lot.</p>	<p>Price: \$ 350,000</p> <p>Regular Sale... Big price reduction, 3 BD, 2 BA, 1,436 sqft Lrg Den 2 car gar w/ workshop 6250 lot.</p>	<p>KNOW YOUR OPTIONS. Home Affordable Foreclosure Alternatives FREE CONSULTATION HAMPHAF AAGENT</p>

Get your FREE report, 7 Reasons Why Modifications Get Denied & How to Avoid Further Hardship.
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