



# The Downey Patriot

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Friday, December 30, 2005

Vol. 4, No. 36

11525 Downey Ave., Suite A, Downey, CA 90241

## Survey finds job picture improving

By John Adams

Employers in the nearby City of Industry expect to hire at a strong pace during the first quarter of 2006, according to a Manpower Employment Outlook Survey just released Dec. 13.

From January to March, 30 percent of the companies interviewed plan to hire more employees, while 7 percent expect to reduce their payrolls according to Manpower spokesperson Evelyn Wilcox. Another 50 percent expect to maintain their current staff levels and 13 percent are not certain of their hiring plans.

"The City of Industry area employment outlook is much softer than the fourth quarter forecast when 47 percent of the companies interviewed predicted an increase in hiring activity, and 3 percent planned to decrease the hiring pace," said Wilcox. "A year ago at this time, employers revealed much more modest hiring intentions when 20 percent of companies surveyed thought employment increases were likely and 20 percent intended to cut back."

For the coming quarter, job prospects appear best in Non-Durable Goods Manufacturing, Transportation/Public Utilities, Finance/Insurance/Real Estate and Services. Employers in Wholesale/Retail Trade plan to reduce staffing levels, while those in Durable Goods Manufacturing voice mixed hiring intentions. Hiring in Construction, Education and Public Administration is expected to remain unchanged.

The national results of the Manpower Employment Outlook Survey reveal that U.S. employers plan to carry over their hiring sentiments into 2006. This rounds out two consecutive years of consistent job prospects.

Of the 16,000 employers that were surveyed, 23 percent anticipate an increase in hiring activity for the first quarter of 2006, while 10 percent expect to decrease staff levels. Sixty-one percent of employers expect no change in hiring plans, while 6 percent are unsure of their staffing needs. The seasonally adjusted Net Employment Outlook for the first three months of the year is 20 percent, identical to the fourth quarter of 2005 and nearly the same as a year ago.

## The battle for a few good recruits critical

By John Adams

**DOWNEY**—The need for more than a few good men to fill the ranks of police and sheriff's deputies is as great a threat to the communities of Los Angeles County than the criminal element they are sworn to suppress, according to those close to the recruiting process.

And money in the form of salaries, is not as easy to come by and is not proving to be the incentive it once was to attract officers needed by law enforcement here.

### Short staff at jail

Many problems such as recent murder and violence in the L.A. County Jail can be traced to staffing reductions forced by an inability to recruit personnel for the Sheriff's Department. The Sheriff is currently mandated to carry 1,100 more officers than are currently in uniform. There are currently 8,150 sworn personnel.

What is worse, recruits are coming in by only a trickle of the number needed. Retirements and lateral transfers to other departments such as Downey are outstripping the recruiting effort.

The problem is spreading to departments such as Downey where great pride is taken by the community in its police. The Sheriff's Department is traditionally the source of many Downey officers, but the premium is rising on the few "blue chip" applicants whose qualifications meet Downey's high standard.

### Finch's comments

Police Chief John Finch laid the problem out before the City Council before his retirement earlier this year.

Many potential police officers are also sought by military recruiters. It is a case of a high price indeed for a few good men.

## Downey Christmas tree recycling in operation

**DOWNEY**—Downey residents receiving automated curbside trash collection service may place their Christmas trees curbside on their regular trash day. Collection of trees started on Dec. 27 and runs through Jan. 13.

The trees are collected by CalMet Services, the city's franchised refuse hauler, and taken to the Puente Hills Landfill, where they are composted or ground up and used for the Country Sanitation Districts' Landfill Cover Project.

Here are a few reminders before placing your tree out:

- \*All tree stands must be removed
- \*All decorations must be removed
- \*Trees over four feet should be cut in half
- \*Do not place your tree in a bag
- \*Flocked trees are OK

Residential customers (apartments and condominiums) with bin service and commercial business accounts may call CalMet at 869-0901 for free pick-up of holiday trees. However, trees must be set out at the curb, not by the trash bin.



**POLAR WONDERLAND IN THE MAKING**—Volunteers are putting the finishing touches on the Downey Rose Float Association's 2006 entry, "Polar Wonderland," which needs to be ready for judging this Sunday. The Rose Parade is Monday, Jan. 2.

## Openings at 'Landing' being snapped up

By John Adams

**DOWNEY**—Officials at Downey Landing say that only two small retail shops remain to be leased in the expansive 34 acre Shopping Center at the former Boeing/NASA site.

Store openings thus far include Ross Dress for Less, Best Buy, Staples, Old Navy, PetsMart, the Elephant Bar and Restaurant, Bed, Bath and Beyond, Verizon Wireless and Starbucks.

Expected to open by the end of the year are Coldstone Creamery ice cream shop, Jamba Juice, Rubin's Fresh Mexican Grill and Gamestop, according to spokesmen from Lapin Consulting Group of Costa Mesa. Stores slated to open soon after the first of the year include DSW, Party America, Pier 1 Imports, Johnny Carino's Italian Restaurant, Bally Total Fitness, Quiznos, Chili's and Michaels.

The shopping center is located along the south side of Stewart and Gray Road between Bellflower and Lakewood Boulevards.

The planning commission on Nov. 16 approved a dental office to be added at 12156 Lakewood Blvd. South of the retail center is a 78 acre Downey Studios where several popular motion pictures including the Spiderman series have been filmed. Kaiser Permanente is building a new medical center on 30 acres of the old NASA site which fronts on Imperial Highway.

The southwest corner will be a 13-acre park containing the Columbia Memorial Space Learning Center and Museum.

### DUI checkpoint tonight

**PARAMOUNT**—Drivers should stay home this evening or avoid the intersection of Alondra Boulevard and Gundry Avenue where the County Sheriff's Department has announced a drunk driving checkpoint will stop cars starting at 6 p.m. and run until 1 a.m.

All drivers who are stopped will be given pamphlets on the risk of driving while under the influence, and "do it yourself" breathalyzer strips. For information, call (562) 220-2002.



**FIRE AT DOWNEY APARTMENTS**—Candles were believed the cause of a fire at an apartment building in the 11600 block of Downey Ave., which was reported about 11:20 a.m. Friday, Dec. 23. Firefighters had the blaze under control in minutes, but damage was estimated at \$1,000 to the apartment contents and \$30,000 to its structure. There were no injuries.

## Headlines of 2005 in review

By John Adams

**DOWNEY**—The opening of the long-awaited Downey Landing Retail Development on the former NASA site here was the top story of the year in 2005, but there was plenty of other news as well to make it a lively area for readers of The Patriot.

The Landing openings are taking place as you read this. Already open for business are a new Ross Dress for Less, Best Buy, Staples, Old Navy, PetsMart, Elephant Bar and Restaurant, Bed, Bath and Beyond, Verizon Wireless and Starbucks.

Scheduled to open this weekend are Coldstone Creamery ice cream shop, Jamba Juice, Rubio's Fresh Mexican Geill, and Gamestop.

Openings expected in January include DSW, Party America, Pier 1, Carino's Italian Restaurant, Bally Total Fitness, Quiznos, Chili's and Michael's.

The City Fathers stretched the budget to the breaking point in recent years to pay for needed improvements in traffic flow and water and sewage lines which serve the new center.

### Park and Learning Center

And in July the Council approved the Columbia Memorial Space Science Learning Center to be located in a 13-acre park near the southwest entrance to the development at Lakewood Boulevard and Imperial Highway.

The Retail development occupies 34 acres of the 160 acre former NASA/Boeing property. Thirty acres of the 160 total acres will be the site of a new Kaiser-Permanente Medical Center. And 78 acres has been converted to the back lot for the new Downey motion picture Studios.

The City began its year by wishing a sad farewell to Elton Wallar, a businessman for more than 70 years in Downey, who died at the age of 96 on Jan. 3, 2005 (just two days short of his birthday).

### Crime and parking structure

The Council in January approved increased security measures at the City's Parking Structure after thefts and break-ins continued to plague car owners who use the big parking facility. The improvements include a security guard 60 hours per week during the hot summer months of June and July and the month of January, and 40 hours per week the rest of the year.

The Council after lengthy study, established a Public Arts Commission which will oversee the design and expenditure of funding raised by the collection of a 1 percent levy on all buildings worth \$500,000 or more that ask for permits.

### Retiring

Captain Roy Campos, a 26-year veteran of the Downey Police Department, was approved as the city's new Chief of Police in September. He succeeds Chief John Finch who will take a well-earned rest.

Other notable retirees during the year included Bonnie Kehoe, Community Services Department Director for the City, who is moving to Arizona after 28 years with the City, as well as her Executive Secretary, Kathy Callarman, who is also retiring, as well as City Building Director Ron Yoshiki.

Faces that will be missed on the Downey Unified School District table will include longtime Boardmember Betty Ferraro who is also moving to build her dream home, and the Board's Cheryl Andresen who has also left the area. And Assistant Superintendent Gary Orsinger and Director of Alternative Education Dale Lostetter also stepped down.

### New faces

The School District added two new faces by electing Nancy Swenson and Martha Sodevani to the vacant board seats.

The School District proceeded with its renovation and modernization of all its campuses with money raised by a bond issue two years ago. Noteworthy additions are the new fields and sports stadiums at Downey and Warren High Schools.

"Mansionization" is the rebuilding of single family dwellings by adding stories and expanding to the limits of the property, resulting in an often grotesque appearance in relation to the homes around it, became the subject of great debate in the city, and the topic of a study and public sessions held by the City. The study is ongoing.

Longtime Cerritos College Boardmember Bob Verderber failed in his bid for re-election. A new face, Carmen Avalos of South Gate, will replace him, along with Bob Hughlett, former Cerritos councilman and mayor. Bob Epple, former state assemblyman, was appointed to the board after his wife, Cheryl Epple, died of a stroke. He filled out her term and won the approval of the voters at the polls in November.

The Patriot's Jerry Brady capped off a gala year as president of the Chamber of Commerce by handing the gavel to his successor, Steve Hoffman.

And Chamber Executive director Joan Warner-Plettinck will step down at the end of December after a tenure of 10 years here. Her successor will be longtime Chamber Administrative Assistant Sue Nordin.

Other notable retirements in 2005 include Allen Layne, Principal at Downey High School.

And the city enjoyed a gala grand opening of the beautiful new Rio Hondo Clubhouse completed in September 2004, on time and under budget.

### New position

The departure of Darrell George, the Economic Development Director for the City, and the demands of Downey Landing here, caused a major change at City Hall in 2005 with the City Attorney Charles Vose, becoming a full-time City employee and shouldering the titles of Economic and Community Development Director.

The new system appears to be working.

### Preparedness Committee meets Jan. 25

**DOWNEY**—The Emergency Preparedness Committee did not meet on Wednesday, Dec. 28, its regularly scheduled day. The Committee next meets Wednesday, Jan. 25 at 6:30 p.m. at the Fire Department EOC, 12222 Paramount Blvd.

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 Sat. 8 AM to 11AM – Sun. 9AM to 1 PM



**PRO NETWORKERS** – Seen at a recent breakfast meeting of Pro Networkers of Downey are London Steverson of Bright Minds Child Education and Laurie Marks of Laurie's Pet Sitting. The group meets every Friday morning at 7:30 a.m. at Mimi's Cafe to network and exchange business leads. For information, call membership chairman Joe Becker at 869-1414.

### Woman's Club releases Pechanga trip schedule

**DOWNEY** – Due to the success of their monthly bus trips to the Pechanga Entertainment Center in Temecula to benefit their Scholarship Fund, the Woman's Club of Downey has released their 2006 all-Monday schedule: Jan. 9, Feb. 6, March 6, April 3, May 1, June 5, July 10, Aug. 7, Sept. 11, Oct. 2, Nov. 6 and Dec. 4.

The club's first-class bus, provided by Pechanga, leaves at 8 a.m. and returns to Downey between 5:30-6 p.m. Each guest receives a \$5 voucher for casino play and visitors are encouraged to register for a "Rewards Card" at the casino for additional benefits.

Bingo is played on the bus going and returning, featuring a grab bag of prizes.

Cost of each trip is \$6 for Woman's Club members, \$11 for non-members. Guests must be at least 21 years of age. The Woman's Club opens at 7 a.m. on trip days to sell donuts and coffee.

All reservations must be paid at least one week prior to departure date. No refunds will be made for last-minute cancellations.

For reservations or more information, call Jeanine Keys at 923-6620 or Doris Patterson at 869-0377.

### Chili's celebrates grand opening Jan. 10

**DOWNEY**—Chili's Bar & Grill, located at 12030 Lakewood Blvd. at the new Downey Landing, will have its grand opening/ribbon cutting at 10 a.m. Tuesday, Jan. 10, with the assistance of the Downey Chamber of Commerce. A number of local dignitaries/special guests are expected to join in the celebration.

Chili's serves such menu items as their double-basted Baby Back Ribs, sizzling fajitas and Southwestern Eggrolls served "in a lively atmosphere." It also says it supports local charities. Nationally, Chili's sponsors St. Jude Children's Research Hospital in the fight against childhood cancer. Chili's during the month of September sponsors the "Create a Pepper to Fight Childhood Cancer" campaign, in which guests are invited to donate \$1 or more to color the Chili's signature pepper log.

For information, call 923-2191.

### Hospice training scheduled for January

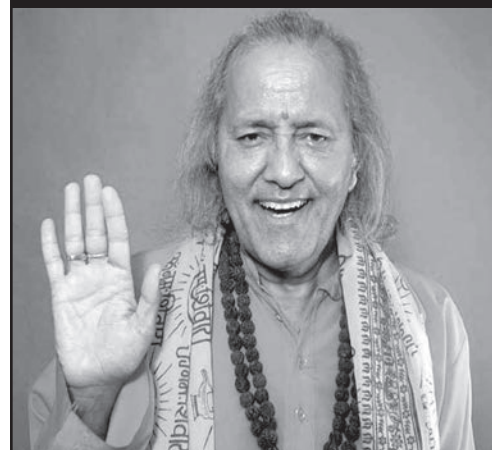
**DOWNEY**—Hospice Touch, Inc. is seeking caring individuals to share their "Heart Work," by providing friendly visits, running errands, sharing music or Therapy Pet visits with terminally ill patients and their families in the area. Other opportunities include providing patients with knitted, crocheted or sewn lap blankets, shawls, slippers or comfort pillows.

Free training is scheduled in Downey in January. Contact Ginger Askew, (866) 553-5553 or gaskew@hospicetouch.com to get more information/register for training.

### 'Connections' meets Thursdays

**DOWNEY** – Connections, a local business networking group, meets every Thursday at 7:30 a.m. for breakfast at Nordic Fox restaurant, 10924 Paramount Blvd. For information call Nick Smith at 861-5222.

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### Snow play trip for youth/middle school

**DOWNEY**—The city of Downey Community Services Department offers a "Snow Play" trip for Youth and Middle School to Big Bear Village – Alpine Slide, Monday, Jan. 16 from 8 a.m.-6:30 p.m.

The fee of \$25 includes supervision and admission. All trips are supervised by adult recreation leaders.

Registration is now taking place at Downey City Hall in the Community Services Department. Sign-ups are limited. For information, call 904-7238.

### Volunteers needed for Rancho Gift Shop

**DOWNEY**—The Rancho Gift Shop, a major source of income for the Amigos Fund which has provided funding for physical, social and recreational services forming the core of the rehabilitation process at Rancho Los Amigos National Rehabilitation Center since 1954, is in dire need of volunteers to work in the shop. It is located next to the historical Harriman building on the grounds of Rancho. It opened in 2002.

The Amigos Fund has dedicated itself to improving the lives of both inpatients and outpatients at Rancho. Served are adults and children with severe disability that follows spinal cord injury, brain injury, stroke neurological disorders and birth defects.

The shop is looking for anyone who can volunteer for a minimum of four hours each week. You may contact Marty Krumm, manager, at (562) 401-7667 or (562) 401-7218.


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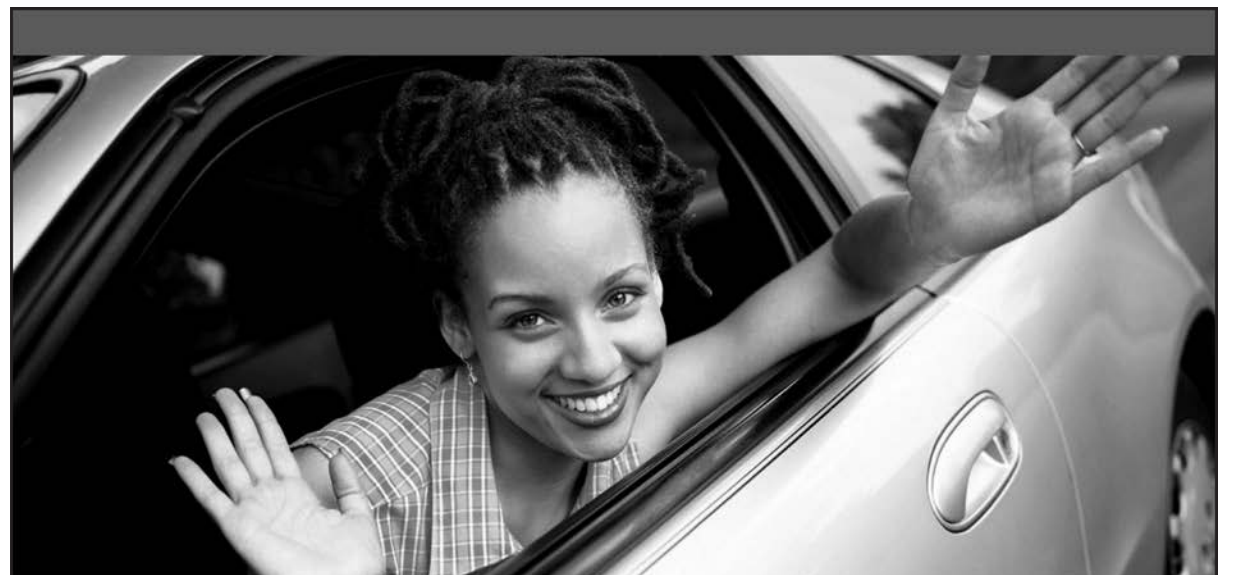
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**SCMAF FLAG FOOTBALL CHAMPS**—Competing in the recent Southern California Municipal Athletic Federation's state flag football tournament, the Longshots, a flag football team of 4th graders out of the Downey Junior Athletic Association, defeated every team they faced, not allowing a touchdown throughout the entire tournament. From left, front row: Edgar Ramirez, Parker Hooton, Jonah Garcia, Justin Marquez, Gabriel Llanes, Conor Hill, Coach Jeff McCaughan; top row: Coach Tim Hill, Tanner Mahr, Jake Cook, D'Caran Anderson, Tristan Esparza, Darren McCaughan, Coach Carnel Anderson.

## Miss Downey pageant applications available

**DOWNEY**—Applications for the Downey Rose Float Association's 2006 Miss Downey/Miss Teen Downey Pageant are now available at the following locations: Downey and Warren High Schools; Griffiths, East, Sussman and West Middle Schools; Gold N' Baked Hams; Downey Rent-A-Tux; Downey City Library; and the Downey Chamber of Commerce. Applications are due by Jan. 13, and are to be mailed to: DRFA, Attn: Pageant, P.O. Box 765, Downey, CA 90241, along with a \$15 fee.

A mandatory orientation will be held from 2-4 p.m. Sunday, Jan. 15 at the Woman's Club of Downey, 9813 Paramount Blvd.

## YMCA searching for volunteers

**DOWNEY** – The Downey YMCA is in need of volunteers for both morning and evening hours. Call 862-4201 for more information.

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## City library 'online challenge' open to all

**DOWNEY**—Starting Jan. 2, 2006, everyone can enter the Downey City Library's Online Challenge. The monthly contest is a fun way to answer a simple research question, learn about library databases and win prizes.

From any computer with Internet access, log in to the library's website, [www.downeylibrary.org](http://www.downeylibrary.org). Click on the "Online Challenge" button and answer the questions using library databases from your computer or inside the library. If you answer all questions correctly, you will be entered in a monthly drawing. Prizes include gift certificates from local businesses including All American Home Center, Del Rio Lanes, Frantone's, Golf N Stuff, Hometown Buffet, In N Out Burger, Krikorian Premier Theater and Sambi of Tokyo.

The Downey City Library's online databases offer full-text magazine and newspaper articles, recommended fiction reading lists, auto repair data, business information and resources for students, such as literary criticism, biography and essays on contemporary issues.

For information, call the library at 904-7360, ext. 32.

## Register early, says college official

**NORWALK**—Registration is now underway for Cerritos College's spring semester that begins Monday, Jan. 9. Students may access a schedule of classes, complete an application and register online for a variety of classes by visiting [www.cerritos.edu/admissions](http://www.cerritos.edu/admissions).

All eligible returning students have an option to either register online through MyCerritos or by using the automated Falcon Phone registration system at (562) 865-3276.

Vice President of Academic Affairs Bill Farmer says he recommends that students register as early as possible for their spring classes.

"Students should (really) enroll before the end of the year," he explained. "They can still register in January, but the best way to experience an easy enrollment process is to register early."

## Toastmasters 587 meet Tuesdays

**DOWNEY** – Toastmasters International, Club 587, meets every Tuesday from 6-7:30 p.m. in room 115 at Downey First Baptist Church, 8348 E. Third St.

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<b>Friday, January 6th</b> 11:30 a.m. Szechwan 11010 Paramount Blvd. Downey	<b>Monday, January 9th</b> 3:00 p.m. Mimi's Café 8455 E. Firestone Blvd. Downey	<b>Thursday, January 12th</b> 11:30 a.m. Szechwan 11010 Paramount Blvd. Downey	<b>Monday, January 16th</b> 3:00 p.m. Sizzler 10315 Lakewood Blvd. Downey
<b>Friday, January 20th</b> 11:30 a.m. Szechwan 11010 Paramount Blvd. Downey	<b>Monday, January 23rd</b> 3:00 p.m. Mimi's Café 8455 E. Firestone Blvd. Downey	<b>Thursday, January 26th</b> 11:30 a.m. Szechwan 11010 Paramount Blvd. Downey	<b>Monday, January 30th</b> 3:00 p.m. Sizzler 10315 Lakewood Blvd. Downey

<sup>1</sup> All benefits are based on the 2006 Calendar Year. <sup>2</sup> \$50 copay on hospital emergency room visits (waived if admitted).

<sup>3</sup> Unlimited non-emergency transportation to and from medical appointments within our service area.

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CMS Approval # H0544-09300506A CMA CVP PPO (12/05)



**DONATION TO DOWNEY YMCA** – The Downey Association of Realtors recently donated \$500 to the Downey Family YMCA. Pictured (from left) are George Saikali of the "Y" and Francisco Gomez and Steve Roberson representing the realty board.

**Royal Caribbean INTERNATIONAL** *New Year's Resolution - Take a Cruise!*

**3 Night Baja Mexico Cruise**

Ship Name: **Monarch Of The Seas**  
 Departure Port: Los Angeles, California  
 Ports of Call: Los Angeles; Ensenada, Mexico; Los Angeles

Dates: Jan 06, Jan 13, Jan 27, Feb 03, Feb 10, Feb 17, Feb 24, Mar 03, Mar 10, Mar 17, Mar 24, Mar 31

Stateroom: Prices From\*:  
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Ship Name: **Vision Of The Seas** - Departure Port: Los Angeles  
 Ports of Call: Los Angeles, California; Cabo San Lucas, Mexico; Mazatlan, Mexico; Puerto Vallarta, Mexico; Los Angeles, California

Dates: Jan 15, Jan 22, Jan 29, Feb 05, Feb 12, Feb 19, Feb 26, Mar 05, Mar 12, Mar 19, Mar 26

Stateroom: Prices From\*:  
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 \*Prices are per person, shown in U.S. Dollars, based on double occupancy and subject to change. Government taxes and fees are additional.

# Psychic powers put to a skeptic's test

By Eric Pierce

**DOWNEY** – The eerily calm woman with the mocha skin and long brown hair leans back in her chair and closes her eyes. Deep in thought, she concentrates – on what, I'm not entirely sure – her hands clasped tightly together resting on her lap.

Finally her eyes open and she stares straight into me, deep down into the abyss of my soul searching for the very essence of my secular being...and yawns.

"I'm sorry," she says wearily. "It's been a long night."

Talk about a downer.

And with that began my 10-minute tarot card session with Madame Sarah of Sarah's Psychic, occupant of the cutesy triangular house along Imperial Highway in Downey. It's the type of place you always drive past but never really think of stopping to visit. The house itself is rather charming, white paint on traditional deco, no shrunken monkey heads anywhere to be seen.

Visitors have to buzz to be let in, past the white security gate and into a small lobby reminiscent of the Haunted Mansion at Disneyland. The foyer gives off a ghostly vibe, like being in a room that's a little too neat, a little too perfect. Small porcelain wizard dolls huddled together in one corner, a framed poster print of a holy saint in another.

I feel I have entered the Twilight Zone.

After a brief wait in the lobby, Madame Sarah emerges from a glass double-door entrance, wearing a conservative navy blue ankle-length skirt, matching sweatshirt and white tennis shoes, looking almost nunnish. She led us from the small lobby to an even smaller room – a closet, really – barely able to accommodate two chairs, a coffee table and shelves adorned with various religious paraphernalia, including a photo of Jesus Christ, perplexing because I remember the Bible scorning fortune telling.

But on this night God was with me because a special was being run: tarot card reading for \$15, a discount from the usual \$20. Palm readings were \$25 and psychic advice \$35. Wondering if psychic counsel was tax deductible, I chose the tarot cards.

Shuffling an oversized deck of faded cards, Madame asked me to cut the deck three times and choose one, placing my hand upon it while making a wish. She then laid the cards out on the table one by one, Madame examining each with a stern but comfortable eye, obviously seasoned at the rules of tarot.

After all were laid out, about 20 cards in all, Madame went into her daze. Yawns aside, she started her reading like a pro.

"Professionally, I get a good vibe from you. I see an older gentleman with silver hair offering you a very exciting opportunity in the next six to eight months. It is something you will study very closely and consider very seriously.

"I see that you are very happy with your work right now. You are good at what you do, you enjoy what you do. Professionally and financially, the next six to eight months will be a prosperous cycle."

She meandered on things a bit before things started getting very personal.

"Your relationships have not been successful. Either the woman is too young, too old or already married. There are times when you like the person but wonder if she is the one for you and hesitate because you don't want to hurt her."

That is somewhat true, but probably applies to a lot of people. I smiled a half-smile but it was just enough for Madame to smell blood and go for the kill.

"You're having trouble with your sex life, and have been for a few years."

Alrighty. Seeing as how my mom reads this newspaper, we'll move right along.

"You are a very spiritual person but cannot find the time to attend church on Sunday mornings."

Umm, yeah, about that, you see I've been meaning to but...

The rest of the session was more of the same, clumps of generalities mixed with small doses of specifics. ("You will receive a devastating phone call within the next two weeks from a family member.")

The reading closed with one last, and very telling, relationship commentary.

"I see you are wondering whether this woman is worth the trouble. This is a big issue in your life."

OK, maybe, but is there an answer?

"Possibly," she responds, Downey business license hanging on the wall just above her head, "but it will take a \$35 psychic read to find out."

## Sievers to speak at ABWA meeting

**DOWNEY**—The El Dorado Chapter of the American Business Women's Association (ABWA) holds its monthly meeting Wednesday, Jan. 18 at the Rio Hondo Golf Club, 10627 Old River School Rd. in Downey.

Networking begins at 5:30 p.m. and dinner is at 6:30 p.m. The public is invited to attend.

Speaker is Bruce Sievers, who for the last 30 years has spoken to an estimated more than 7,000 groups across America. His presentation, "An American in Love With His Country," has earned him the George Washington Medal of Honor, which was presented to him by President Ronald Reagan, along with the Freedom Foundation at Valley Forge.

A former Green Beret in the Army, he has been invited to the White House by Presidents Gerald Ford, Jimmy Carter, Reagan and George Bush. He has received the prestigious Communication and Leadership Award from Toastmasters International, as well as the National Medal of Honor from the Daughters of the American Revolution.

For information/reservations, call Debbie Stuver, 884-6429.



**HOLIDAY CHEER**—Financial Partners Credit Union employees recently donated over 200 gifts that were distributed to several Indian reservations to benefit the Navajo and Hopi children. The project was done in coordination with Southern California Boeing. Pictured above, credit union employee Judi Carlson-Seymore visits with children at Four Corners Reservation.

## Tips for avoiding a post-holiday letdown

Contributed by UCLA Semel Institute

**WESTWOOD**—Party streamers and confetti lie strewn through the house. Dirty dishes from the New Year's Eve bash site piled high on the kitchen counter. Bed and bath linens from holiday house guests overflow from the hamper. It's raining outside.

The holidays are over and you can't help but feel a little down. For most people, recovery involves a day of energetic housecleaning and a quick transition to the day-to-day routine of work and school. For some, however, the post-holiday letdown can linger or even spiral into paralyzing feelings of loss and sadness. The thought of cleaning up seems overwhelming, not to mention the challenges of a New Year.

"Most people who feel down after the holidays will bounce back to their usual selves within a week or two in the new year," said Dr. Ian Cook, associate professor of psychiatry at UCLA's Semel Institute for Neuroscience and Human Behavior. "A number of strategies are available that encourage a faster return to well-being. But if feeling down persists or intensifies, or if the feelings start to interfere with activities, it may be time to seek professional help. Treatment for depression works."

As the frenzy and fun of the holiday season approaches its inevitable conclusion, the Semel Institute offers tips for beating the post-holiday letdown:

**\*Keep holiday expectations realistic:** Don't base your happiness on what's "supposed to" happen.

**\*Look forward to the future:** Don't dwell on past "could haves" or "should haves" but think about new chances for a brighter new year.

**\*Try something new:** The brain responds to novelty; experiment with new activities.

**\*Make time for yourself:** This is especially important if you have spent a lot of time taking care of others and not much time on yourself.

**\*Get physical:** Exercise improves mood for many people.

**\*Avoid excessive drinking:** Alcohol can increase feelings of depression.

**\*Get enough rest:** Return quickly to your regular sleep schedule.

**\*Help others:** Volunteer your time at places like a nursing home, a soup kitchen, an animal shelter or an elementary school.

**\*Don't forget to laugh:** Make yourself laugh with a book, online jokes or a comedy film.

**\*Try relaxation techniques:** Deep-breathing exercises may improve your reactions to stress.

**\*Count your blessings:** Appreciate the good things that are all around but are missed in the hustle and bustle of everyday life.

**\*Get professional help when needed:** If your post-holiday blues are interfering with your work, school or social relationships, consider professional help. Sometimes holiday or post-holiday blues can turn into clinical depression.

For more information about clinical and research programs for depression, including free treatment through research studies, call (310) 825-3351 or visit <http://www.DepressionLA.com>.

## SCAG state of the region report Jan. 5

**LOS ANGELES**—The Southern California Association of Governments (SCAG) will unveil its 2005 State of the Region Report at a news conference Thursday, Jan. 5 at SCAG Headquarters, 818 W. 7th St. in downtown Los Angeles (bet. Figueroa and Flower).

The report is the only one that grades Southern California's performance in seven fundamental areas: transportation, housing, income, employment, air quality, education, and safety. The news conference will also focus on how the region is responding to one of the highest population growth rates in the nation in terms of social mobility, air quality, economy and other key areas.

The news conference takes place in conjunction with SCAG's Regional Council meeting, when local officials representing the six-county region will be available to provide local comment on the report. The conference is scheduled from 10-11 a.m. For information, call (323) 466-3445.

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## The poets' corner

### December Snow

In my city, a small smug one in California  
we do not have the glittering bouncy flakes that fall  
upon the burnished shingled rooftops  
sleeked with icy ashen wetness.

Nor does one see them cascading down  
in rhythmic neatness of delicate dripping crystals  
that somehow manage to get caught  
unto window panes and hedges  
before being vanished by the sun.

No, in my town, a sunny impervious one,  
there is none of the nestled cotton snow  
clustered upon the pines so tall  
nor is there the ready mass of white  
rounded in smooth glacial ivory for spirited throwing.  
All the while glowing in gloved palms of unruly boys  
and painting a life-like scene from Currier & Ives  
in our very lives.

More so the pity in my city  
for we have learned to compensate  
at an alarming rate for this environmental lack  
and try with fervid pace through artificial means,  
to create what we deem a panorama of gleaming snow  
when we absolutely know it really is quite unreal.

But despite our illusions,  
this is our December snow  
and maybe through these delusions  
we can almost feel the crunch of icy crush  
beneath our boot and believe we see  
a street streaked with snowy soot  
and almost taste with extended tongue  
the frosty blossoms slush of December snow.

—Maria Ariza  
Downey

## Grant funds to benefit at-risk children

**LOS ANGELES**—Clinicians at the USC University Center of Excellence in Developmental Disabilities (USC-UCEDD) at Childrens Hospital Los Angeles will collaborate with the Los Angeles County Department of Mental Health and others to establish a new program entitled, "Integrated Service System for Infants, Preschoolers and Family," designed to improve mental health services in Los Angeles County, as a result of receiving a portion of a six-year, \$9 million grant from the U.S. Substance Abuse and Mental Health Services Administration (SAMSHA).

The USC-UCEDD at Childrens Hospital Los Angeles will receive \$3,403,800 over six years, according to Marie Poulsen, Ph. D., the co-principal investigator and chief psychologist with the USC-UCEDD. Dr. Poulsen is a professor of pediatrics at USC's Keck School of Medicine.

The grant funds will be used by Childrens Hospital Los Angeles to expand and integrate services of several of its key programs, including the Corazon de la Familia (home visitation program), Early Childhood Mental Health Programs, the Audrey Hepburn CARES Team (child abuse) and Project Health (therapeutic intervention for abuse victims) – to assist children, from newborn to five years of age, who have been victimized or are at risk for victimization and violence.

According to Marian Williams, Ph. D., the project director for the grant, and an associate professor of clinical pediatrics at Keck, the USC-UCEDD at Children's Hospital will work with the Children's Institute, Inc., (a mental health provider), the Department of Children and Family Services (the foster care system) and the Department of Mental Health to create the model to deliver the services. These three organizations will share the remaining \$5.6 million from the SAMSHA grant.

The metropolitan Los Angeles region receives more than 5,600 child abuse and neglect referrals annually, and many of those children could benefit from improved mental health services.

"These resources will enable us to build the infrastructure required to support changes and improvements in the delivery of mental health services and support to these very young children," said Dr. Finello, Ph. D., the project director for the grant, and an associate professor of clinical pediatrics at Keck.

Founded in 1901, Childrens Hospital Los Angeles has been treating the most seriously ill and injured children in Los Angeles for more than a century, and it is acknowledged throughout the United States and around the world for its leadership in pediatric and adolescent health. Childrens Hospital is one of America's premier teaching hospitals, affiliated with the Keck School of Medicine and USC for more than 73 years. It is a national leader in pediatric research.

For additional information, visit [www.ChildrenshospitalLA.org](http://www.ChildrenshospitalLA.org).

## Staged play readings at Boston Court

**PASADENA**—Classic and Contemporary American Plays (C.C.A.P.) has moved this season to Boston Court Performing Arts Complex in Pasadena. C.C.A.P. features staged readings of plays by great American playwrights read by some of the most proclaimed artists of theater, film and TV.

Public readings are held Tuesday and Wednesday evenings at 7:30 p.m. on the Main Stage at Boston Court, 70 N. Mentor Ave., Pasadena. Tickets are \$25, and are available at [www.bostoncourt.org](http://www.bostoncourt.org). Discounts are available by calling (626) 683-6883.

C.C.A.P., now in its 5th year, has presented over 20 plays, performing in a variety of venues such as (inside) the Ford, University of Judaism, Century City Playhouse and the Alex Theater in Glendale.

Scheduled Jan. 17-18 is "American Buffalo" by David Mamet with Joe Spano and Michael Weston, directed by James Eckhouse. The New York Drama Critic's Circle Awarded play is a gritty, human drama about a bungled heist of a valuable coin collection.

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## LETTERS TO THE EDITOR:

### Against boycott idea

Dear Editor:

As an American citizen, I was appalled and disgusted to read the letter written by Mr. Jorge Montero calling for a boycott of illegal immigration labor (*The Downey Patriot*, 12/23/05). The issue of illegal immigration stems from many factors, one of which is an ineffective system of naturalization. Individuals who are willing to sacrifice, leaving their families and homes in hopes of a better future and means to survive, need not be the scorn of society. Since the issue is "illegal" immigration, as a "concerned" citizen one must take the steps necessary to improve the system of naturalization or assimilation that we currently have in place, thus making it a more effective one.

The current system is riddled with insurmountable amounts of paperwork and prolonged waiting periods that allow visas to expire. Reactionary, thoughtless measures or approaches such as those employed by the Minutemen do not provide long-term solutions. Our time and efforts should be focused on creating a more technologically efficient and thorough system.

As for those of us who feel that our great nation of immigrants lacks the resources to support any more immigrants ask yourself this, "Do you have food on your table?" If so, then you're all right. Our country has vast resources and they are replenishable as has been demonstrated by our economic policy towards other nations. We, as well as other nations have been the "takers" of other countries' natural resources, most of which lack military might. Why isn't anyone complaining about that? In sum, I say just love thy neighbor and a deep, wholehearted "Thank you" to our troops.

—Margaret Ontiveros,  
Downey

Dear Editor:

In response to Mr. Montero's call for a boycott, the idea is interesting but it won't work. What will work is an enforced fine to employers who hire illegal aliens, a fine that they cannot afford. Before hiring anyone, their Social Security number can be checked by a database to make sure it is legitimate for that person. No excuses.

—El Bee,  
Downey

### Glad to be here

Dear Editor:

On Dec. 26 I celebrated the 50th anniversary of my arrival in the United States. I came as a scholarship student to study electrical engineering.

Engineers have always been welcome to the United States, so when I decided to stay after getting my engineering degree I had no problem in changing my student visa to immigrant status.

I served in the U.S. Army where I did research on equipment and clothing appropriate for cold regions during the days of the Cold War and was assigned as a language interpreter when we discovered Russian missiles in Cuba and was in Puerto Rico expecting to land in Cuba if the Russian ships would not turn back after president Kennedy's warning.

My engineering career was developed in such companies as Southern California Edison, Capitol Records and Autonetics. I then shifted my emphasis from engineering to domestic marketing and international sales, which gave me the opportunity to live, work or visit 38 states and 43 foreign countries. My last activity has been as an exporter carrying the American flag to other countries.

My experience as an immigrant to the U. S. and as a visitor to many foreign countries has shown me unequivocally that there is no better place on earth than the U.S. to develop as a person, citizen and parent.

I am grateful that my children were born in the U.S. and that they will have many opportunities to develop as productive members of society; periodically I take them to other countries so that they can see first hand how other people live and learn to appreciate their own country even more. More young people should have that opportunity.

I now live the American dream with a wife, a mortgage, two children, two dogs, two canaries, five fishes and a Rotary Club membership. I could not ask for a better life.

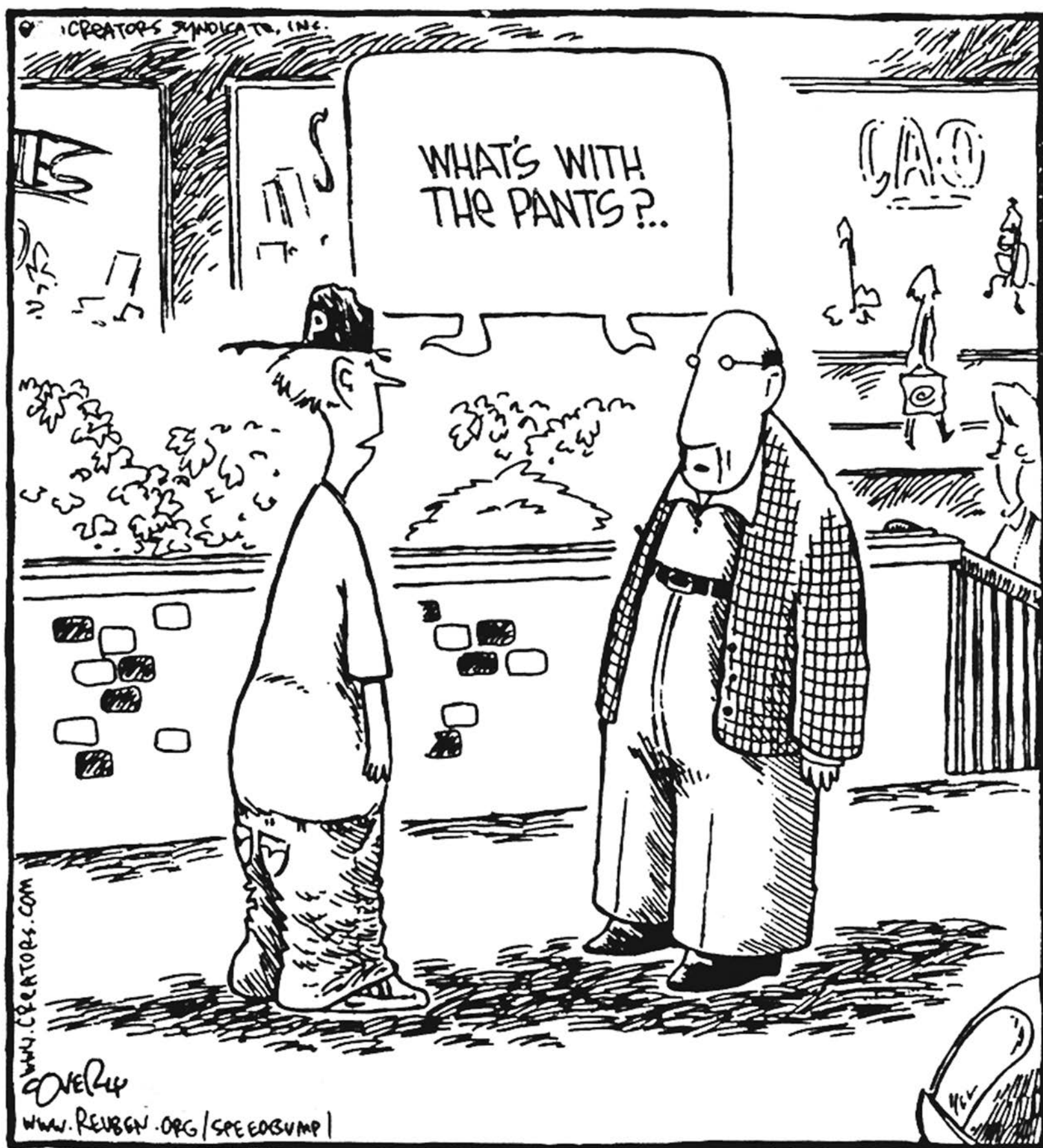
—Jorge Montero,  
Downey

### Dialysis Council questions budget cuts

**SACRAMENTO**—An across-the-board 5 percent rate cut from the state's health agency will have a negative impact on kidney disease patients who rely on Medi-Cal for their life-sustaining dialysis treatments, according to the California Dialysis Council (CDC), which claims Medi-Cal already pays less than what it costs to provide treatment to its patients with kidney failure, and the 5 percent cut that will take effect on Jan. 1st will only make matters worse.

"Providing treatment to Medi-Cal patients is already a financial burden because the state won't cover the full cost of care," said Michael Paget, executive director of the CDC. "With this additional cut in reimbursements, it makes it difficult to maintain the high quality care these patients receive," he continued.

In California, there are more than 42,000 kidney disease patients living with End State Renal Disease (ESRD), the most severe stage of kidney disease often called kidney failure. Of those, approximately 20,000 are ESRD patients who rely on Medi-Cal to pay for some or most of their treatment. Medi-Cal currently reimburses freestanding dialysis centers \$141 per treatment, which is 8 percent below the average cost of treatment.



## Underage drinking should be national concern

By Congresswoman Lucille Roybal-Allard (CA-34) and David Jernigan, Ph. D., of Georgetown University

**WASHINGTON, D.C.**—The National Highway Traffic Safety Administration (NHTSA) reports that throughout the year alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every two minutes. It also reports that of drivers between the ages of 16-20, twenty-two percent involved in fatal crashes had been drinking.

These are frightening and extremely serious findings considering that drinking at an early age can have devastating consequences for our children far beyond motor vehicle injuries. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), underage drinking can result in alterations to brain development, increased risk of suicide and homicide, alcohol poisoning, injuries such as alcohol-related falls or drowning, unintended and unprotected sexual activity, physical and sexual assault, and academic and social problems. In addition, NIAAA reports that children who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking at 21.

Given the tragic consequences of underage drinking, it is alarming that our Los Angeles area has been identified as having a serious underage drinking problem. For example, one study of the Los Angeles Unifies School district found that 42 percent of its students surveyed were underage drinkers between the ages of 14 to 17. A similar study of Los Angeles County youth, found that of the 18 to 20 year olds surveyed, 39 percent were underage drinkers. Clearly, underage drinking is an extremely serious crisis that is threatening our children.

The good news, however, is that this crisis is preventable. A study by the NIAAA found that an aggressive program educating parents and children about the dangers of underage drinking can reduce these alarming statistics.

Given the fact that parents are important influences in the lives of their children and key to helping them make safe and responsible choices about alcohol use, we are excited to report the Ad Council has recently released a new multi-media public service advertising campaign. These ads will help parents understand the harmful consequences of underage drinking and the importance of talking to their children about alcohol — before they start drinking and before it's too late. The funding for this advertising campaign

was successfully obtained, in large part, through our joint efforts and support in Congress.

To be fully effective in addressing underage drinking in our country, we also need the cooperation and support of the alcohol industry. Regrettably this industry continues to portray to our children that drinking alcohol is cool, glamorous, adventurous and sexy. According to the Center on Alcohol Marketing and Youth (CAMY) at Georgetown University, for example, more television ads for alcohol appear in our Los Angeles area than anywhere else than in the United States. Of the 150,478 alcohol ads targeting the Los Angeles area in 2004, 41,056 of the ads were placed with programs that kids between the ages of 12 to 20 were more likely to watch than adults ages 21 and over.

The alcohol industry does not need to have irresponsible advertising to survive. According to CAMY, alcohol companies can actually save money and reach their target audience of legal age young adults by moving their television advertising program to those primarily geared toward older audiences. This common-sense solution has been recommended by the Institute of Medicine and the American Medical Association.

Talking to our family, friends and community about the tragic consequences of underage drinking is a critical and essential step to protecting our children from its dangers and tragic consequences. Another critical step is for Congress to pass "The Sober Truth on Preventing Underage Drinking Act" (HR 864), better known as "The STOP Act." This important bill would continue funding the Ad Council educational campaign and provide grants to states, nonprofits, and institutions of higher education to create coalitions to combat underage drinking in communities. The STOP Act would also support crucial research on the health effects of underage drinking and it would require the federal government to produce an annual status report on underage drinking in our country.

While December is a time of year that should be filled with joyous family gatherings, too often it is a time marked by tragedy. We are confident that with the proactive and combined efforts of parents, community leaders, the alcohol industry and passage of the STOP Act, our families will have a safe and healthy new year in 2006 and in the years to come.

## FEMA gets millions to aid homeless

**WASHINGTON, D.C.**—The U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) announced this month that federal funds totaling \$153 million have been awarded to help feed and shelter the nation's hungry and homeless.

### Deadlines for June primary

The Registrar-Recorder/County Clerk has announced deadlines for candidates running for office in the June 6 Primary Election.

Partisan offices to be decided by vote in June include U.S. Senator; U.S. Representatives in Districts 22, 26, 42 and 46; Governor; Lieutenant Governor; Secretary of State; Controller; Treasurer; Attorney General; Insurance Commissioner; Member of the State Board of Equalization Districts 2,3 and 4; in the State Senate, Districts 20-32 (Even districts only); Members of the State Assembly, districts 36-61; Central Committee, districts 36-61; and County Council districts 17, 19, 30 and 32.

Non-partisan offices include State Superintendent of Public Instruction; County Board of Supervisors District 1 and 3; Assessor; Sheriff, and Judge of the Superior Court.

R. David Paulison, acting director of FEMA, said the funding was made available by Congress for the National Board of the Emergency Food and Shelter (EFS) Program. EFS grant funds are used to supplement food, shelter, rent, mortgage and utility assistance programs for people with non-disaster related emergencies.

"On behalf of President Bush, I'm honored to extend the federal government's helping hand to our nation's most needy people," Paulison said. "The dedicated members of the Emergency Food and Shelter Program again have successfully carried out this worthy mission. Homeland Security and FEMA are pleased that Congress has provided a necessary means to help our communities feed the hungry, assist the poor and shelter the homeless in the coming year."

The EFS Program is administered by a National Board of voluntary agencies chaired by FEMA. Member agencies include American Red Cross; Catholic Charities, USA; National Council of the Churches of Christ in the USA; The Salvation Army and others.

The National Board qualifies jurisdictions for annual EFS funding awards based on criteria involving current population, unemployment and poverty levels.

## The Downey Patriot



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## Downey Community Calendar

### Events For December

**Fri. Dec. 30, 10:00 a.m.:** **Food for Fines at City Library** last day to clear overdue fines by giving canned and packaged staple goods (for families in need) instead of paying cash. Downey City Library circulation desk, 11121 Brookshire Ave. For information call 904-7360, ext. 28.

**Sat. Dec. 31, 9:30 p.m.:** **New Years Eve Party** with music, food, dancing, party hats, noisemakers and a champagne toast at midnight. \$10 pre-paid or \$15 at the door. Nordic Fox restaurant, 10924 Paramount Blvd. For information call 869-1414.

### City Meetings

**1st Tuesdays, 6:15 p.m.:** **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.

**1st & 3rd Wednesday, 7:30 p.m.:** **Planning Commission**, Council Chamber at City Hall.

**1st Wednesday, 11:30 a.m.:** **Downey Coordinating Council**, at Riley Center. Call Lois Buchanan 927-9790.

**1st Thursday, 9 a.m.:** **Traffic Committee**, Training Room, Second Floor of City Hall.

**2nd & 4th Tuesday, 7:30 p.m.:** **City Council/Community Development Commission**, Council Chamber.

**2nd & 4th Wednesday, 6 p.m.:** **Design Review Board**, Council Chamber at City Hall.

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

### Regularly Scheduled Meetings

#### Mondays

**6:30 p.m.:** **Metropolitan Masonic Lodge #352 dinner, mtg.**, for information call 426-6786.

**6:30 p.m.:** **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.

**1st Mon., 4 p.m.:** **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.

**1st Mon., 7 p.m.:** **American Legion Post 270**, Los Amigos Country Club, call 869-1053.

**2nd Mon., 11 a.m.:** **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.

**2nd Mon., 3 p.m.:** **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.

**4th Mon., 7:30 p.m.:** **Downey Numismatists**, at Downey Retirement Center, call 861-3989.

#### Tuesdays

**9 a.m.:** **Downey Bocce Club**, at Apollo Park, for information call Vince Zoida at (714) 761-4439.

**9:30 a.m.:** **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.

**9:30 a.m.:** **Adventure with the Bible**, at the First Baptist Church Call 928-4153.

**12 p.m.:** **Rotary Club**, at Rio Hondo, for information call Doug Baker at (714) 229-2266.

**12:00 p.m.:** **Exchange Club**, at Sizzler Restaurant. Call Don Hollister 927-5871

**7 p.m.:** **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.

**7 p.m.:** **Boy Scout Troop 441**, at Apollo Park Activities Room, for information call 923-3659.

**7:30 p.m.:** **Southland Harmony Chorus of Sweet Adelines**, at Downey's Woman's Club, for information call 947-6802.

**1st and 3rd Tues., 6:30 p.m.:** **Quota International Southeast Cities**, for information call (323) 569-2854.

**2nd Tues., 8:30 a.m.:** **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

**2nd and 4th Tues., 7:30 a.m.:** **Chamber "Rise&Shine" Networkers**, at Nordic Fox. for info. call (562) 923-2191.

**2nd and 4th Tues., 6 p.m.:** **Sertoma Club**, at Bakers Square. for information call (562) 927-6438.

**2nd Tues., 7 p.m.:** **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.

**3rd Tues., 7:30 p.m.:** **Writer's Workshop West**, at 9968 Lakewood Blvd., for info call 862-3106.

**3rd Tues., 1:30 p.m.:** **Huff and Puff Respiratory**, at DRMC Support Group, call 904-5355.

**Last Tues., 11:00 a.m.:** **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

**7 a.m.:** **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.

**1 p.m.:** **Women's Bocce Club**, for information call 869-8782.

**6 p.m.:** **Downey Space Toastmasters Club 513**, at Rancho Los Amigos Medical Center, for info. call Mark at 803-5203.

**1st Weds., 10 a.m.:** **Woman's Club of Downey**, for information call 927-0271 or 861-3493.

**1st Weds., 11:30 a.m.:** **Downey Coordinating Council**, for information call 927-9790.

**1st Weds., 7:30 p.m.:** **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.

**1st Weds., 7:30 p.m.:** **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.

**2nd Weds., 7:30 p.m.:** **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.

**2nd Weds., 7:30 p.m.:** **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.

**2nd Weds., 11:45 - Downey Christian Women's Club**, at Los Amigos CC. Call 927-8488.

**3rd Weds., 7:00 p.m.:** **Diabetes Support Group**, at DRMC, for more information call 622-2088.

**Wed.& Fri., 10:15 a.m.:** **Senior Bingo**, at Apollo Park, for information call 904-7223.

#### Thursdays

**7:30 a.m.:** **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.

**7:30 a.m.:** **Connections Networking**, at Nordic Fox 10924 Paramount, for information call 869-1414.

**9 a.m.:** **Senior Californians of Downey**, (a social activities club for senior citizens), for information call 803-6887.

**12 p.m.:** **Downey Christian Businessmen's Committee**, for information call 928-4153.

**12 p.m.:** **Optimist Club of Downey**, at Samb's, for information call Steve Allen at 806-3701.

**12:30 p.m.:** **Take off Pounds Sensibly**, at United Methodist Church, call (626) 965-9991.

**6:30 p.m.:** **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.

**7 p.m.:** **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.

**4th Thurs., 7:30 p.m.:** **Downey Historical Society programs**, at Community Center. Call 862-2777.

**2nd Thurs., 7:30 p.m.:** **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

#### Fridays

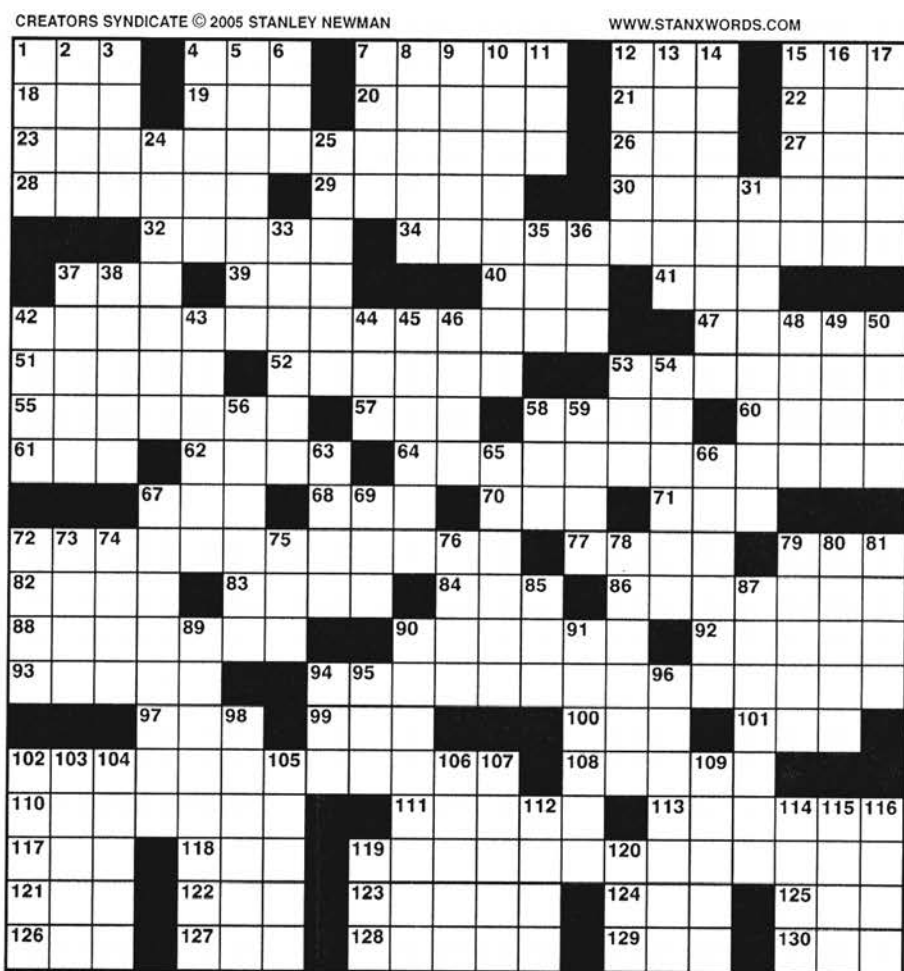
**7:30 a.m.:** **Pro Networkers**, at Mimi's Cafe, for information call Joe Becker at 869-1414.

**WANT TO GET INVOLVED?**  
**VOLUNTEER OPPORTUNITIES ARE YOURS**  
 CALL THE  
**DOWNEY FAMILY YMCA**  
 (562) 862-4201

### THE NEWSDAY CROSSWORD

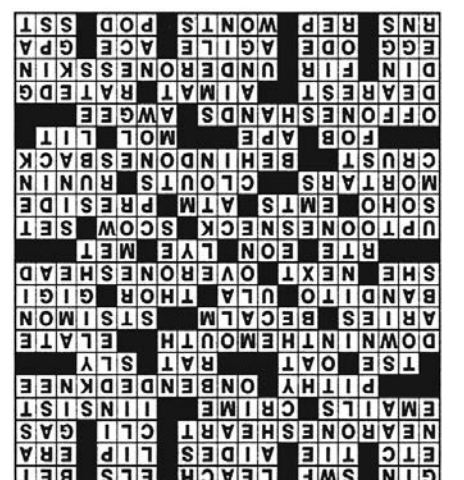
Edited by Stanley Newman (www.StanXwords.com)  
**PREPOSITIONAL ANATOMY: A fine body of work**  
 by Frances Burton

- |               |                 |                     |                             |                   |               |                   |               |                   |              |                      |                         |                                 |                   |                              |                 |                     |                         |                |                      |                |                      |                |                 |             |                  |                              |               |                   |                      |                   |                             |               |            |                    |                    |                       |                      |                |                 |              |                 |                                    |                      |                                  |                   |                   |              |                |                           |                  |                |             |                          |                 |                            |                     |                       |           |                           |            |                     |                         |                        |                     |                        |                      |                        |                         |                          |                   |                   |                    |                     |                       |                                    |                       |                      |                |                 |                           |                         |                    |                |               |                   |                     |                       |                    |                          |          |                    |                        |                  |                 |                   |                     |                           |                           |                      |                  |                  |                               |                        |               |                     |                    |                     |                  |                   |              |                           |                      |                |                   |                 |                     |                     |                   |                |                   |                      |                         |           |                          |                   |                     |                    |                      |            |                   |                   |                |                            |          |                   |                |                      |                         |               |               |                          |                           |
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| <b>ACROSS</b> | 1 Tonic partner | 4 Personal-ad abbr. | 7 Cary Grant's real surname | 12 Chicago trains | 15 Risk funds | 18 List shortener | 19 Connection | 20 Errand runners | 21 Back talk | 22 Historical period | 23 Of personal interest | 26 Middle of the second century | 27 Xenon, for one | 28 Contents of some in-boxes | 29 DA's concern | 30 Demanding phrase | 32 Terse and meaningful | 34 Suppliantly | 37 Literary monogram | 39 Bran source | 40 Untrustworthy one | 41 Underhanded | 42 Feeling blue | 47 Cheer up | 51 Celestial ram | 52 Immobilize, as a sailboat | 53 An Apostle | 55 Mexican outlaw | 57 Diminutive suffix | 58 B.C. character | 60 Lerner and Loewe musical | 61 That sloop | 62 On deck | 64 Too complicated | 67 Itinerary abbr. | 68 Geologic time unit | 70 Cleaning solution | 71 Bumped into | 72 Overburdened | 77 Flat boat | 79 Unchangeable | 82 Neighborhood near Covent Garden | 83 Some amb. drivers | 84 Convenience-store convenience | 86 Have the chair | 88 Bonding agents | 90 Big blows | 92 Altercation | 93 Pumpermickel periphery | 94 Treacherously | 97 Vest pocket | 99 Imitator | 100 Compound unit: Abbr. | 101 Illuminated | 102 Successfully completed | 108 "Do I have to?" | 110 Term of affection | 111 Imply | 113 Like <i>Toy Story</i> | 117 Clamor | 118 Spruce relative | 119 Where things rankle | 121 Soufflé ingredient | 122 Wordsworth work | 123 Fast on one's feet | 124 Unreturned serve | 125 Coll. student stat | 126 Hosp. professionals | 127 Good name, for short | 128 Habitual ways | 129 Piece of okra | 130 Grounded plane | 5 Big name at Yalta | 6 Professional charge | 7 "If I Only Had the Nerve" singer | 8 End of a kids' song | 9 Rhett's last words | 10 Gray matter | 11 FDR follower | 12 National hero of Spain | 13 Long-stemmed flowers | 14 Turntable parts | 15 Get started | 16 Wipe clean | 17 Personal style | 24 Reached maturity | 25 Father Time's tool | 31 Ceiling feature | 33 Container in a closet | 35 Erode | 36 Ultimate degree | 37 Bar-mitzvah reading | 38 Pigs and hogs | 42 Soft touches | 43 Has as a hobby | 44 Euro predecessor | 45 Seafood seller of song | 46 Patron saint of Norway | 48 Gallic girlfriend | 49 Roman raiment | 50 Oklahoma city | 53 Business partner, at times | 54 Seismographic event | 56 Adolescent | 58 Take a sample of | 59 Farm implements | 63 Take a sample of | 65 Maryland town | 66 Needle workers | 67 Cheers on | 69 Light-switch positions | 72 Gomer Pyle's org. | 73 Low-quality | 74 Prefix for way | 75 Wide letters | 76 City in Colombia | 78 British novelist | 79 Midwest region | 80 Royal order | 81 Good-sized run | 85 Washday challenge | 87 Re-rentals of a sort | 89 Repent | 90 Susquehanna tributary | 91 Burger topping | 94 Scrooge outburst | 95 Clean air agcy. | 96 Crete-born artist | 98 Next to | 102 Less expected | 103 Put on an act | 104 Long teeth | 105 Throat-culture finding | 106 Slew | 107 Work with ore | 109 Simplified | 112 Olympian warrior | 114 Heart charts: Abbr. | 115 Decreases | 116 Small fly | 119 Union founded in '35 | 120 One way to revitalize |
|---------------|-----------------|---------------------|-----------------------------|-------------------|---------------|-------------------|---------------|-------------------|--------------|----------------------|-------------------------|---------------------------------|-------------------|------------------------------|-----------------|---------------------|-------------------------|----------------|----------------------|----------------|----------------------|----------------|-----------------|-------------|------------------|------------------------------|---------------|-------------------|----------------------|-------------------|-----------------------------|---------------|------------|--------------------|--------------------|-----------------------|----------------------|----------------|-----------------|--------------|-----------------|------------------------------------|----------------------|----------------------------------|-------------------|-------------------|--------------|----------------|---------------------------|------------------|----------------|-------------|--------------------------|-----------------|----------------------------|---------------------|-----------------------|-----------|---------------------------|------------|---------------------|-------------------------|------------------------|---------------------|------------------------|----------------------|------------------------|-------------------------|--------------------------|-------------------|-------------------|--------------------|---------------------|-----------------------|------------------------------------|-----------------------|----------------------|----------------|-----------------|---------------------------|-------------------------|--------------------|----------------|---------------|-------------------|---------------------|-----------------------|--------------------|--------------------------|----------|--------------------|------------------------|------------------|-----------------|-------------------|---------------------|---------------------------|---------------------------|----------------------|------------------|------------------|-------------------------------|------------------------|---------------|---------------------|--------------------|---------------------|------------------|-------------------|--------------|---------------------------|----------------------|----------------|-------------------|-----------------|---------------------|---------------------|-------------------|----------------|-------------------|----------------------|-------------------------|-----------|--------------------------|-------------------|---------------------|--------------------|----------------------|------------|-------------------|-------------------|----------------|----------------------------|----------|-------------------|----------------|----------------------|-------------------------|---------------|---------------|--------------------------|---------------------------|



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

Actor Cary Grant (7 Across) was born Archibald Alexander Leach in Bristol, England. Many of the works of El Greco (96 Down), literally "The Greek," are on display in Madrid's Prado museum. The VAW (119 Down), or United Auto Workers, was founded in Detroit under the auspices of the American Federation of Labor.



## O.C. Fair & Exposition January '06 schedule

**COSTA MESA**—The Orange County Fair & Exposition Center will start the new year on a musical note with the Tex\*Us Guitar Show Saturday-Sunday, Jan. 21-22, when music and guitar enthusiasts come together to see "the latest and the best" of the guitar industry. Visitors may see everything from guitars, amps, banjos, mandolins, effects, memorabilia, sound gear, parts, records, drums, violins, books, accessories, to online companies, manufacturers, retail stores, builders, and repairmen.

Hours are Saturday from 10 a.m.-5 p.m., and Sunday from 10 a.m.-4 p.m., Admission is \$10; children under 12 are free.

Tex\*Us Guitar Shows are the only events co-sponsored by Vintage Guitar Magazine, America's premier guitar publication.

January's (limited) schedule follows. Follow directional signs to general parking gates. For additional information, contact the promoter at the telephone number listed with the event. Scheduled events are subject to change without notice. Visit [www.ocfair.com](http://www.ocfair.com) for event updates.

### January 2006

**21-22 ORANGE COUNTY REGISTER TRAVEL SHOW** – Saturday, noon-5 p.m.; Sunday, 11 a.m.-4 p.m. Bldgs. #10 & #12. Admission: adults \$8, seniors (55+) \$7, children under 12 free. Orange County Register, (714) 796-7874, or [www.ocregister.com](http://www.ocregister.com)

**21-22 TEX\*US GUITAR SHOW** – Saturday, 10 a.m.-5 p.m.; Sunday, 10 a.m.-4 p.m. Bldg. # 14. Admission: adults \$10, children under 12 free. Tex\*Us Guitar Shows, Inc., (918) 288-2222, or [www.texasguitarshows.com](http://www.texasguitarshows.com)

**27-29 30TH ANNUAL HOME REMODELING & DECORATING SHOW** – Friday, noon-7 p.m.; Saturday, 10 a.m.-8 p.m.; Sunday, 10 a.m.-6 p.m. Bldgs. #10 & 12. Admission: adults \$6.75 (with coupon \$5.75), seniors (\$55+) \$4; children 12 & under free. N.E.C. Group, Inc., (818) 557-2950, or [www.thehomeshow.com](http://www.thehomeshow.com)

### Weekly Events

**ORANGE COUNTY MARKETPLACE** – Saturday & Sunday, 7 a.m.-4 p.m. Main Lot. Admission: adults \$2, children under 12 free. Tel Phil Enterprises, (949) 723-6660, or [www.ocmarketplace.com](http://www.ocmarketplace.com).



**NAMED CHAIR AGAIN** – Myra Valdez of Budget Blinds has been named chairperson for the second time of the Downey Chamber of Commerce Concert Committee. The 3rd annual Oldies Concert will take place on Saturday, Sept. 16 at the Downey Theater. Valdez announced the booking of Captain Cardiac and the Coronaries as the featured rock n' roll entertainment. The concert is a benefit for the chamber. For information, call 923-2191.

### Gene Turner demonstrates at art meeting

**BELLFLOWER**—Guest demonstrator at the Bellflower Art Association's meeting Jan. 10 at 7:30 p.m. at Thompson Park, 14001 Bellflower Blvd., will be Gene Turner. For information, call Lou Scott, (562) 925-1314.

## New Year's party at Nordic Fox

**DOWNEY** – Nordic Fox restaurant will again this year host a New Year's Eve party on Saturday, Dec. 31 from 9:30 p.m. to 12:30 a.m.

There will be music, food, dancing, party hats, noisemakers, and a champagne toast at midnight, according to Joe Becker, manager of the local eatery. Admission will be \$10 pre-paid reservation before Dec. 31 or \$15 at the door. Information call 869-1414.

### Southeast Entertainment touring Vegas

**DOWNEY** – Southeast Entertainment is taking sign-ups for its three-day, two-night Las Vegas Tour Jan 10-12. The group will stay at the Plaza Hotel and Casino in Downtown Las Vegas.

Price is \$120 per person, double occupancy, and includes transportation, deluxe rooms, baggage handling and taxes. The bus boards Jan. 10 at 5:30 a.m. and returns Jan. 12 at 5 p.m.

For reservations, call 923-1755.

ENJOYABLE AFFORDABLE  
**THURSDAY  
AFTERNOON BINGO**

Woman's Club of Downey  
9813 Paramount Blvd  
Early Birds 12 noon  
Regular Games start 12:30  
~Prizes, Suprises Galore~  
Benefits Rancho patients

**Bianchi THEATRES**  
7770 Rosecrans Ave. @ Paramount Blvd.  
Phone: (562) 630-SHOW (7469)

RUMOR HAS IT PG13	(12:00 2:30) 5:00 7:30 10:00
WOLF CREEK R	(11:30 2:00 4:30) 7:00 9:30
THE RINGER PG13	(11:45 2:15 4:45) 7:15 9:45
CHEAPER BY THE DOZEN 2 PG	(11:15 1:50 4:25) 7:00 9:35
FUN WITH DICK AND JANE PG13	(10:20 12:45 3:10) 5:35 8:00 10:25
KING KONG PG13	(10:00 2:00) 6:00 10:00
KING KONG PG13	(11:00 3:00) 7:00 11:00
KING KONG PG13	(12:00 4:00) 8:00
FAMILY STONE PG13	(12:00 2:35) 5:10 7:45 10:20
CHRONICLES OF NARNIA PG	(10:15 1:20 4:25) 7:30 10:35
YOURS, MINE AND OURS PG	(10:30 12:55 3:20) 5:45 8:10 10:35

**CLASSIFIED**  
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**Downey Cinema 10**  
8200 3rd Street  
562.622.3999 ALL STADIUM SEATING

RUMOR HAS IT PG13 (11:35, 2:05, 4:40, 7:25, 10:10)  
WOLF CREEK R (11:50, 2:15, 4:50, 7:30, 10:15)  
CHEAPER BY THE DOZEN 2 PG (11:45, 2:10, 4:45, 7:15, 9:45)  
\* FUN WITH DICK & JANE PG13 (11:25, 12:35, 1:40, 2:50, 4:10, 5:10, 7:05, 7:45, 9:35, 10:05 (ON 2 SCREENS))  
THE FAMILY STONE PG13 (11:15, 1:45, 4:20, 7:20, 9:55)  
\* KING KONG PG13 (10:00, 11:00, 2:00, 3:00, 6:05, 7:00, 10:00, 11:00 (ON 2 SCREENS))  
CHRONICLES OF NARNIA PG (11:30, 12:30, 2:45, 3:45, 6:15, 7:10, 9:30 (ON 2 SCREENS))  
SYRIANA R 10:20 PM  
YOURS, MINE & OURS PG (10:15 AM)

Times for Friday-Thursday, December 30-January 5, 2006  
Bargain Matinee ( ) Advance ticket sales  
Special Engagement/No Passes \* [www.kptmovies.com](http://www.kptmovies.com)

Finest Seafood  
Fantastic Steaks  
Pizza & Pasta  
Heated Enclosed Patio  
Full Cocktails

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11032 Downey Ave., Downey 90241  
(562) 927-0014

**Entertainment**  
Karaoke- Thursday  
8:30p.m.-midnight  
Ladies Drink Free  
8:30p.m.-9:30p.m.  
(limit 2)  
Shawn Morgan on  
piano Friday &  
Saturday

**SOUTHEAST ENTERTAINMENT FUN BUS**

Southeast Entertainment  
11838 Pomeroy Rd., Downey, CA 90241  
QUALITY TOURS • TOURS FOR INDIVIDUALS

**Flamingo Hotel & Casino**  
*Laughlin*  
Jan. 21 & Feb. 18  
Includes Buffet  
8-Hour Turn-Around

Departing: Downey High School at 6:00 am Back at 11:30 pm

**River Palms Resort & Casino**  
*Laughlin, Nevada*  
3 days and 2 nights  
March 15th, 16th, & 17th

Departing: Downey High School at 6:00 am

**ENTERTAINMENT FUN BUS**  
For Reservations or information on Other Tours  
Call Alen  
(562) 923-1755

**Flex Certificate**

**Downey Family YMCA**  
11531 Downey Ave.  
Downey, California 90241  
(562) 861-4201

**Downey YMCA Child Care**

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- Price Child Care/Minder Site
- West Child Care Site
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Ages 2-5 years Monday-Friday 6:30am to 6:00pm  
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\*APY = Annual Percentage Yield. Minimum required to open is \$1,000. Match current rate with each deposit (minimum of \$1,000 per deposit), and make up to two penalty-free withdrawals during the term. Rates are subject to change without notice.

### Diabetes support group at DRMC

**DOWNEY** – Downey Regional Medical Center hosts a diabetes support group the third Wednesday of every month at 7 p.m. For information, call 622-2088.



**FSC Fitness Systems**

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Call (562) 618-4164  
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**WWW FICTION CONTEST WINNERS**—(From left), Yolanda Adele (second place), Don Niemand (co-third place), Stanley Hoffman (co-third place), and Lorine Parks (first place).

### Fiction writing contest winners announced

By Rosalie Sciortino

**DOWNEY**—The results of Writers' Workshop West's annual fiction contest are in. The awards were given at the club's Christmas meeting on Dec. 19.

First place was won by Lorine Parks for "The Four Hinges of Happiness." Second place went to Yolanda Adele for "Creative Confessions." Tied for third place were Don Niemand for "A New Beginning" and Stanley Hoffman for "I Want the Captain."

Writers' Workshop West sponsors four writing contests each year—fiction, non-fiction, serious poetry and light verse.

The club, which has been active in Downey since 1962, invites writers, beginning and professional, to join their membership to read, critique manuscripts, exchange information and to enjoy that unique communication that exists among writers.

Do you love to write? Call (562) 862-3106 for information.

### Afternoon bingo with Woman's Club

**DOWNEY** – The woman's Club of Downey meets for bingo every Thursday afternoon at their headquarters, 9813 Paramount Blvd. Call 927-3000 for information.

### Services held for Lloyd Edwards Sr.

**DOWNEY**—Lloyd Edwards Sr., a longtime resident of Downey and a member of Trinity Baptist Church, died in Huntington Beach on Dec. 21. He was 83.

He was born Jan. 10, 1922 at Travelers Rest in Greenville County, South Carolina and was awarded the Purple Heart in World War II.

Services and interment were at the J. F. Floyd Mortuary in Spartanburg, South Carolina on Dec. 23. Downey Zrelak Family Mortuary assisted with arrangements.

He is survived by his sons Lloyd Jr. and Wayne, as well as his two grandchildren, Troy and Jessica Edwards.

### Dec. 14 services for Earle Whitcomb Allen

**DOWNEY**—Longtime Downey resident Earl Whitcomb Allen, who was born May 28, 1916 to Earle and Florence in Seattle, Washington, died at his home on Dec. 6. He was 89.

He served in the Army Air Corps and was discharged in 1945 with the rank of Master Sergeant. He was a member of American Legion Post 270 and the United Methodist Church of Downey.

Surviving him are his wife, Elizabeth ("Betty"); two brothers Richard and Paul; sisters-in-law Wilma and Vern; five nieces; and two nephews.

Services were held in his honor on Dec. 14 at United Methodist. Interment was private and was held at Inglewood Park Cemetery.

In lieu of flowers, the family requested donations be made in his memory to either the United Methodist Church in Downey or to the American Legion.

Services were by the Downey Zrelak Family Mortuary.

### Belly Dancing class starting Jan. 3

**DOWNEY**—The city of Downey Community Services Department offers Belly Dancing for adults, 18 years of age and older, at the Apollo Dance Studio, from 7:30-8:30 p.m. starting Tuesday, Jan. 3

The class will focus on upper and lower body stretching and strengthening, and drills will be taught to isolate body parts incorporating yoga movements.

Fee for the course is \$65 for eight weeks. To register, call 904-7223.

### After-school tennis lessons for children

**DOWNEY**—Downey Community Services is beginning a new tennis program for youth ages 6-18 at Independence Park, 12334 Bellflower Blvd., starting Monday, Jan. 9.

There will be 12 classes for the six-week session – Mondays and Wednesdays or Tuesdays and Thursdays, from 3:30-5 p.m.

Fee for each session is \$100. For information, call 904-7238.

We are adding new business updates daily

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Indymac Bank®, the largest savings bank headquartered in Los Angeles, is now in Downey. And now through February 28, 2006, we're celebrating our Grand Opening with a special 4.55% APY<sup>1</sup> 6-month CD. In fact, Indymac Bank consistently has some of the top rates in the country. So visit our new branch, open your 6-month CD and start earning all the interest you deserve.

### Downey

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6-month CD rates (\$1,000 minimum deposit)	
Indymac Bank	4.55% APY <sup>1</sup>
Washington Mutual	2.85% APY
Wells Fargo	2.00% APY <sup>2</sup>
Union Bank	2.17% APY <sup>2</sup>
Bank of America	1.50% APY

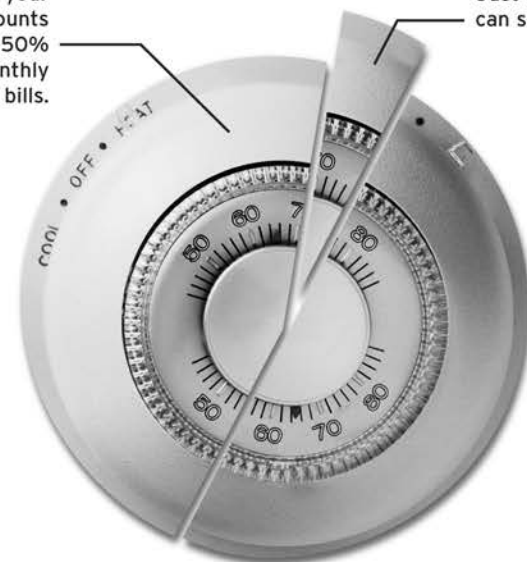


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1 Annual Percentage Yield (APY) accurate as of printing. Offer valid only on 6-month CDs opened at the Downey branch location. Offer expires 2/28/06.  
Indymac Bank reserves the right to make changes. For complete details, refer to our "Terms and Conditions" and "Account Terms and Fee Schedule" brochures. \$1,000 minimum to open. Penalty for early withdrawal. Fees may reduce earnings. Competitive rates as published on each bank's website or obtained by phone on 12/15/05. IndyMac Bank, F.S.B. is not affiliated with the above financial institutions, and the financial institutions have not approved or endorsed the use of their rate information. 2 Minimum opening deposit \$2,500. 3 Minimum opening deposit \$350.00. CBGAD-2026-12/26

### Saving on your gas bill this winter is a matter of degrees.

Heating your home accounts for up to 50% of your monthly winter energy bills.

Just 3 to 5 degrees can save up to 20%.



In light of continued rising natural gas prices nationwide, it's never been more important to have an energy conservation plan. To help, we offer rebates on specified new energy-efficient natural gas furnaces, water heaters, insulation and more. And for qualifying customers on a limited income, we offer assistance programs to help manage gas bills.

The best way to save is to conserve energy. Try these simple tips:

- Lower your furnace thermostat 3 to 5 degrees and use an extra blanket or wear a sweater instead.
- Check your furnace filter monthly, and clean or replace it as recommended by the manufacturer.
- Take shorter, cooler showers.
- Use cold water when washing clothes.
- Run only full loads in the dishwasher.

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**\$2500 DONATION** – The Downey TLC Program recently received a \$2500 donation from the Downey Association of Realtors. Pictured (from left) are Lucy Perez and Rose Boland of the Downey TLC and Francisco Gomez and Steve Roberson of the realty board.

**'Amahl and the Night Visitors' Jan. 7-8**

**LONG BEACH**—Gian-Carlo Menotti's "Amahl and the Night Visitors," featuring "some of the most beautiful music in the operatic genre" and young professionals in the lead roles, will be performed in the sanctuary of St. Cornelius Church, 5500 Wardlow/Bellflower Aves. in North Long Beach Saturday-Sunday, Jan. 7-8.

The opera traces the story of the three Magi and "their quest for the new-born King."

The celebration for the whole family will have dancing and live animals and a reputedly first-rate children's choir. Conducting the performance will be Margaret Zeleny.

Tickets are \$10 general admission, and \$5 student/senior. For information, call (310) 632-1216.

**Red Cross needs help with blood drives**

**DOWNEY**—The American Red Cross immediately needs volunteers to assist with blood drives in the Rio Hondo area which covers Downey and Norwalk. No experience is necessary; training is provided. Bilingual volunteers are highly encouraged to apply.

Volunteers assist the collection staff by greeting and registering donors, instructing donors to read necessary paperwork, providing refreshments, looking for donor reactions and promoting public relations. For more information, call Zeidy Cabrera, Recruitment Representative, American Red Cross Blood Services, 1-800-498-9910, ext. 7.

**City library soon to open also on Sundays**

**DOWNEY**—The Downey City Library will now be open also on Sundays, effective Jan. 8. The expanded service will operate Sunday afternoons, and only during the school year.

Library patrons will thus enjoy the library's full range of services 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; and 1-5 p.m. Sunday.

"Providing library hours on Sundays will be a real benefit to students and busy families," says City Librarian Thad Phillips.

The additional hours will provide expanded access to books, magazines, DVDs, CDs and computers for the public. Library patrons may also return books in library bookdrops during closed hours, renew books by phone or visit the library website at [www.downeylibrary.org](http://www.downeylibrary.org).

For information, call (562) 904-7360.

**Events at the Pasadena Civic Auditorium**

**PASADENA**—Offerings for 2006 at the Pasadena Civic Auditorium, 300 E. Green St. in Pasadena, include the following Saturday performances (all at 8 p.m.) by the Pasadena Symphony, which presents *Serenade for Strings* (Schubert, Schickele & Tchaikovsky) Jan. 21, *Tchaikovsky's Sixth* (Dohnanhyi, Hindemith & Tchaikovsky) Feb. 4, *French Flavor and Fortune* (Ravel, Milhaud & Beethoven) March 11, *The Mysteries of Love and Death* (Wagner, Liszt & Rachmaninoff) April 1, and *Symphonic Fantastique* (Glinka, Prokofiev & Berlioz) May 6. For tickets/information, call (626) 793-7172, ext. 22 or visit [www.pasadenasympphony.org](http://www.pasadenasympphony.org).

The Distinguished Speaker Series continues, featuring: Stuart Varney, television's "premier economic and financial journalist," Wednesday, Jan. 18; Christiane Amanpour CNN chief international correspondent, Wednesday, Feb. 15; Nicolas de Torrente, executive director of Doctors Without Borders, Monday, March 6; Michael Gorbachev, former President of the Soviet Union and Nobel laureate, Wednesday, April 5; and Tom Wolfe, best-selling novelist and social commentator, Wednesday, May 24. To hear these distinguished speakers with their "thought-provoking insights and compelling stories," call (800) 508-9301, or log on to [www.speakersla.com](http://www.speakersla.com).

Theater League's return to the Pasadena Civic Auditorium is marked by its Broadway Series presentations, including *Mamma Mia* Feb. 8-12, the tale of a mother confronting her past when three men return to the Greek island they've not visited for 21 years.



**CHILDREN AGES 3-5**—Including Dylan Smock and Liliana Hernandez, above, visited with Santa and enjoyed cookies and milk donated by Rockview Farms of Downey on Dec. 20 at the Downey City Library's Preschool Storytime after listening to holiday stories. More than 80 children shared their Christmas wishes with St. Nick. For information on other free library events, contact Children's Services at 904-7360, ext. 4.

**Fibromyalgia?**

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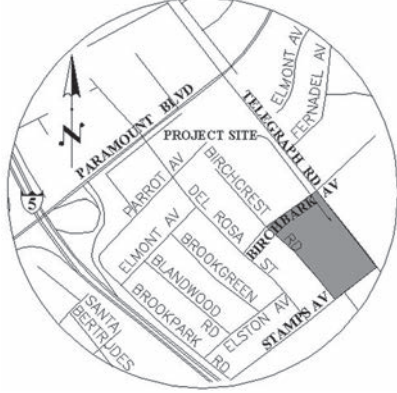
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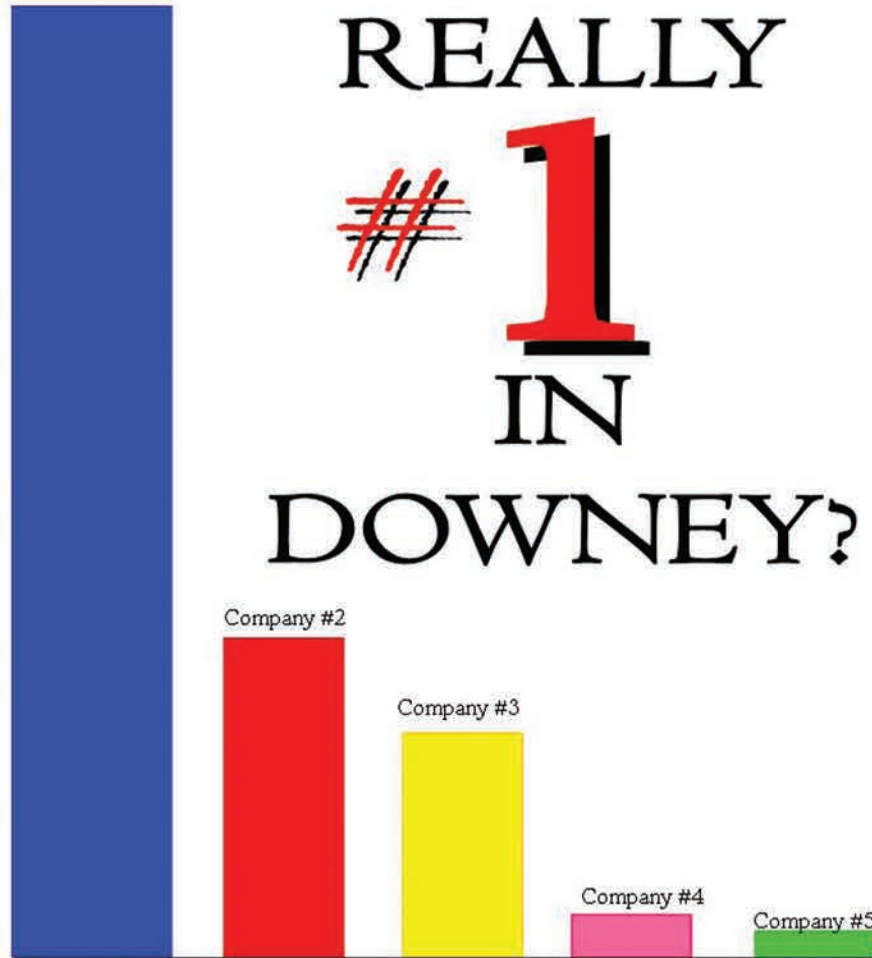
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