



The Downey Patriot

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Friday, December 29, 2006

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

Crunch Time



George Redfox, above, is one of many volunteers scrambling to finish Downey's entry into the 118th Annual Tournament of Roses Parade. The float will be judged for awards this weekend by parade officials. *Photo by Art Montoya*

Stop and smell the roses...all 10,000

■ Final preparations are underway on Downey's rose float as volunteers labor around the clock.

BY BROOKE KARLI
THE DOWNEY PATRIOT

DOWNEY – It is commonly practiced amongst many to spend their New Year's Day lounging in their pajamas while eating leftover fruitcake and watching the Tournament of Roses Parade. And every year, since 1955, the City of Downey has added their own masterpiece to the parade's line-up.

This year's entry is titled, "Springtime Treasures," complimenting the tournament's "Our Good Nature" theme. It is a float of vibrant colors – pinks, yellows, purples and greens, rich textures of flowers, seed and leaves, and larger-than-life models of hummingbirds, trees and butterflies.

This particular float has been under construction for more than eight months, with this weekend being the most crucial. Crew members will pull an all-nighter on Saturday making sure every petal and seed are properly glued in place. After last minute adjustments and finishing touches have been made, the float will be judged by tournament representatives and then transported to Pasadena on Sunday.

Because the rose float requires tedious work, designers Jason Redfox, Kelley Roberts and Jared Sweeney posted lists of every natural substance being used, the quantity of each to be used and where each substance is to be placed on the float. In addition, pictures and drawings are posted, serving as blueprints as to what the end result should look like.

See FLOAT, page 2

Cardono soars on eagle's wings

BY HENRY VENERACION
STAFF WRITER

DOWNEY—Angelo Cardono straddles not one, but two worlds. There is the world of fine jewelry, which he has been crafting for almost 60 years. Then there is the world of flying, which he has inhabited for about the same stretch of time.

Zains at Stonewood Center, along with some 1200 independent retail outlets (the dealer count reached 2400 at one time) across the country, carries his jewelry, each piece authenticated by his trademark capital "A" enclosed by an upright, unevenly shaped rectangle. Gold bracelets, brooches, earrings, etc., which come in a wide range of designs and sizes and often inlaid with diamonds, as well as necklaces made of pearls from culture farms in Hawaii, Japan or Australia—and worth from as much as \$50 to thousands of dollars—form only the most obvious part of Jewels by Angelo's product mix. There are 500 front-end design offerings to choose from; the firm's catalog lists more than 15,000 items.

Cardono has a hand in each stage of the manufacturing process (which is too technical to get into here), equally adept at mold making, gold inlaying and finishing, or otherwise keeping a close eye on each craftsman's work. In fact, he was granted the U.S. patent for his invention of rubber mold making. He does the purchasing of raw materials himself, and this takes him, in addition to the places mentioned above, to HongKong and other locales.



CARDONO

After settling in Downey in 1946, shortly after being mustered out of the Navy (U.S.S. New York), Cardono started his business in Downey the following year with \$300 capital. By dint of hard work (even now he comes to work at 6 a.m. and leaves at 5:30 p.m.) and intense focus on the business at hand, he has over the years "earned what I needed, satisfied with what I've earned." Not too long ago he sold Cardono Square on which stood his 5-story A. Cardono Bldg. located at the corner of Firestone and Downey Ave. It took at least a week, he says, to move files, inventory and equipment to new quarters on Cleta St.

"I'm one of the luckiest persons because I do something I enjoy," he says. "I work long hours because I love what I do. It's fun. It's exciting."

Angelo's other passion is flying. A founder and still active member of the American Navion Society, he has won 159 aviation races over the course of his career as a pilot. He is most proud, however, of his participation in the 1985 Transatlantic Air Rally, which was a 4,781-mile affair over the "top of the world" finishing in Paris, the same route that Charles Lindbergh took in his 1927 flight, and landing at the same Paris airfield. The entries consisted of 68 mainly single-engine planes, with 136 pilots and co-pilots involved—German, British, Canadian, and American, including 20 women pilots. Taking off from New York, the route included fuel stops in Canada, Iceland, Scotland and England.

The race got good play in *USA Today* in its issue of June 14, 1985. It showed a smiling and youngish-looking, bemoustached Angelo, and said: "The airplane is the last frontier of excitement. You're relying on not only your wit and ability, but on the quality of your ship, your bird... Angelo Cardono, who made his first million before he was 35, was entered in both the speed and precision contests, putting his trust in a twin-engine Piper Navajo called "Never Give Up." Angelo finished fifth, just a few minutes out of first place.

It also quoted Angelo as saying: "I still get the same exhilaration pushing the throttle today as I did years ago. I like to fly races, and I like to win."

Angelo, who says "I had an airplane before I had a car" and learned to fly at age 19, is, even as this story is being written, making preparations, after a hiatus of 5 years, to race again.

See CARDONO, page 8

Time Traveler Some odd aircrafts were once built here

BY JOHN ADAMS

Only a few residents remain who remember Downey in the early 1930s, when the town was the scene of a thriving small airplane industry which produced several odd aircraft, one of which was the Cycleplane, later known as the Downey Champion.

It is believed that the last of the old Cycleplanes flew out of the cow pasture known as Ardis Field Dec. 17, 1939. Ardis Field, old pros note, wasn't actually in Downey but in an area then known as Clearwater.

This is not to be confused with the old Vultee Field, which was where Rockwell International sat on Lakewood Boulevard.

The weekend operations at Ardis were simple. The cows were rounded up and herded into a fenced area before the planes took off. It was that simple. Almost part of the pre-flight check.

It is unknown whether the cows were grateful, but they should have been. The pilots and planes of the early 1930s were nothing to mess with.

The old Cycleplane was described as a single-seat glider-style craft, with a two-cylinder, two-cycle horizontally opposed engine rated at 27 hp. The ignition was by magneto, originally designed for a single cylinder engine. The single wire from the "mag" was split, with leads running to each sparkplug. Oldtimers say the mag was often so weak after a few hundred

See TRAVELER, page 8

Audit shows hospital finances improving

DOWNEY—Downey Regional Medical Center (DRMC) has received the official results of an independent audit into its finances for Fiscal Year 2006, ending June 30, 2006, showing positive results — a \$200,000 surplus.

The report was particularly good news for DRMC, which has reported major losses for the past 10 years. Absorbing \$3 million in FY'05 treating the uninsured and nearly \$25 million in the past four years, DRMC had considered closing its Emergency Care Center, as a last resort.

"Southeast Los Angeles needs us to keep our emergency services open, and we plan to do so," stated DRMC CEO Allen Korneff. "Assemblyman Hector De La Torre and County Supervisor Don Knabe led the way for Downey Regional to get some relief. Downey Fire Chief Mark [Sauter], who is also head of the Fire Chiefs Association, helped with the distribution of ambulance runs, so that indigent patient loads are being shared with other hospitals."

Throughout the nation, hospitals are laboring under an ever-growing burden of providing uncompensated healthcare. According to the Hospital Association of Southern California, this state has 40 percent of the nation's

See AUDIT, page 3

Search continues for next conductor

BY JOYCE SHERWIN
DOWNEY SYMPHONY

DOWNEY – Committed to finding a new conductor for the Downey Symphony, a search committee has been hard at work over the past five months, sifting through more than 70 applications for the position, holding interviews, and ultimately offering to a few especially strong candidates the opportunity to appear with our orchestra as guest conductors.

"This search has been exciting and momentous for us on the committee," said search president Lorine Parks. "And it has been a whirlwind!"

Someone had to be located to lead the orchestra in its traditional Concert in the Park, scheduled for Aug. 9, 2006, just 10 days after the sudden death of long-time conductor Thomas Osborn. Richard Rintoul, a friend of the Osborn family, returned to Southern California to do the job.

The first subscription performance of the season, in October, 2006, was led by Steven Kerstein, and the concert for the city's third-grade students that month was in the hands of Clyde Mitchell.

Now another guest conductor selected by the search committee, Sharon Lavery, will appear on the podium for the Jan. 27 concert in the Downey Civic Theatre.

The Symphony's Board of Directors has invited the community to participate in the selection process by asking for written comments from the audience, and an evaluation of each guest conductor following a concert. Members of the orchestra are also polled, and the search committee somehow pulls it all together.

On the search committee are several members of the current Board of Directors: Larry Lewis, Harold Tseklis, Lorine Parks, Bill Hare and Ruth Hillecke. A new Board member also serving is Mark Artusio, for 14 years the orchestra's contractor and principal bass viol player. And rounding out the group is Lea Fratello, who was on a similar committee 20 years ago to locate the right conductor for the orchestra at that time – the choice being Tom Osborn.



Members of the Downey Symphony's search committee to name a new orchestra conductor include, left to right, Bill Hare, Mark Artusio, president Lorine Parks, Lea Fratello and Ruth Hillecke.

Bright Medical joining SCAN Health Plan network

Bright Medical Associates Inc. will join SCAN Health Plan's physician network effective Jan. 1, 2007, the companies announced this week. As a result, SCAN members will have access to Bright Medical Associates' physicians and health education programs.

There are currently 23 Bright Medical primary care physicians located in Whittier, Norwalk, La Mirada and Hacienda Heights. The participating hospital is Presbyterian Intercommunity Hospital.

"We are thrilled to have Bright Medical Associates join our provider network," said Tim Schwab, M.D., chief medical officer of SCAN Health Plan. "Their commitment to quality healthcare and to the health of their community is an important attribute in a medical group. We are happy to offer SCAN members an opportunity to receive their healthcare through Bright Medical Associates."

Tutors needed for literacy program

DOWNEY – You can make a difference by helping an adult learn to read through the Downey City Library's Adult Literacy program. Training sessions for volunteer literacy tutors will be given on Jan. 11, 18 and 25 from 6 to 8 p.m. and Jan. 20 from 9 a.m. to 3 p.m.

Tutors will receive a total of 12 hours of training and may attend ongoing literacy support meetings.

By volunteering two or more hours per week, volunteers can give an adult the skills they need to become a successful worker, parent or citizen.

For information and registration, call the Literacy and Training Office at (562) 904-7360 ext. 23.

Temple holding regular Shabbat Services

DOWNEY – Shabbat Services are held every Friday at 7:30 p.m. at Temple Ner Tamid of Downey, 10629 Lakewood Boulevard, in Downey. Rabbi Len Muroff and Cantor Ellen Jaffe-Gill conduct the services with Norberto Guinaldo at the organ.

Kiddush is held after the worship, with wine and challah included. Oneg Shabbat follows in the Fellowship Hall with refreshments prepared and served by the Temple's Sisterhood.

Temple Ner Tamid of Downey is a Reform congregation and the community is welcome. For information regarding services or membership in the Temple, call (562) 861-9276.

Christian Club celebrating the New Year

DOWNEY – The Downey Christian Women's Club will celebrate the New Year with a meeting Jan. 10 at Los Amigos Country Club in Downey.

The day's special feature will be given by Renata's Fantasy Flowers. Judy Ramos will provide music and Sharon Simonian will speak on "What is a Category Three Gift?"

The meeting starts at 11:45 a.m. with a buffet lunch. Price is \$12 and men are encouraged to attend.

Reservations are requested by calling Lou at (562) 861-9425 or Delores at (562) 868-7135.



Downey Historical Society President John Vincent and Sharon Cohen, program director of La Casita Alcohol and Drug Rehabilitation, stand beside the award sign designating the restored early 1920s craftsman style home on Downey Avenue and Seventh Street. The house and a similar one next door were awarded the recognition last week. The homes were selected on the basis of criteria which included retainment of original architectural features, original siding, craftsmanship and landscaping.



Century 21 My Real Estate has teamed up with Price Elementary to help promote the Character Counts Program. Character Counts is a school-wide program amongst the schools and community that promotes the six pillars of good character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. "Century 21 My Real Estate has always felt strongly about these characteristics, especially in business practices, and are happy to assist the schools in getting the word out to students and community," stated Laurie Mac Isaac, vice president of relocation and marketing.

FLOAT

Continued from page 1

Tournament guidelines are also strictly enforced. The whole float must be covered in natural substances such as flowers, seeds and leaves, and everything is to remain in its color of origin, meaning there is no dyeing allowed. Lastly, floats can only be one of two lengths: 35 feet or 55 feet. Downey's "Springtime Treasures" measures in at 35 feet.

Founded in 1952, the Downey Rose Float Association has completely funded, constructed and decorated every float, making Downey's annual entry one of six floats classified as self-built. The association receives funding from fundraisers and private donations, and constructs each float with the help of hundreds of volunteers.

"I've been volunteering the past 20 years and don't see myself stopping anytime soon," said Annett Pasco, Downey Rose Float Association board member.

Volunteers range anywhere from a Jordan High School student to Downey Princesses to a grandmother that brings her three grandchildren along, learning such trades as welding, floral design and construction.

It is the motivated determination of the volunteers and the Downey Rose Float Association that guarantees the completion of each year's float. And their hard work does not go unnoticed. Downey's floats have received numerous awards throughout the years, including the Founders Award, Volunteers Award and the Lanthrop K. Leishman Award, an award that recognized Downey's 2001 float as the "Best Non-Commercial Entry."

We do not know what award this year's float will be crowned with, but it is certain it deserves one. Admire Downey's "Springtime Treasures" by tuning into the 118th Tournament of Roses Parade on New Year's Day at 8 a.m. on numerous stations including ABC, NBC and KTLA.

Christian church plans all-night prayer

DOWNEY – Pastor Garnett Simpson-Grier and the International Network of Warriors (INOW) Prayer Team and other local pastors will meet for an evening of all-night prayer tonight, Dec. 29, at Cornerstone Christian Fellowship in Downey.

The group will observe the four night watches observed by Jews. The night watches are said to be very strategic times that God meets His people.

The four watches begin with the first watch from 6 to 9 p.m.; second watch 9 p.m. to 12 a.m.; third watch 12 a.m. to 3 a.m. and fourth watch 3 to 6 a.m.

Those unable to attend are invited to mail in their prayer request to Breath of God/INOW, P.O. Box 39903, Downey, CA 90239 or call (562) 862-4669.

Doors will only be open the first hour of each watch and there will not be any admittance once prayer begins until the next watch starts.

Cornerstone Christian Fellowship is at 9001 S. Paramount Blvd.

Sign-ups continue for youth basketball

DOWNEY – The Downey Junior Athletic Association is still accepting sign-ups for second graders to play basketball. The Apollo Park gym has registration forms available but cannot accept payment.

Players must be registered by Jan. 3 and the season starts Jan. 6. Players will pay their coach once placed on a team.

Call (562) 861-3727 for more information.

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Burbank	818.525.3760	Hacienda Heights	626.330.7411	Pasadena	626.535.4870
Camarillo	805.465.1053	Huntington Beach	714.843.5360	San Marino	626.588.3760
Cerritos	562.916.7260	Laguna Hills	949.470.8160	Torrance	310.891.6240
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AUDIT

Continued from page 1

uninsured, and Los Angeles County has the highest rate of people without health insurance in the nation. Since 2000, 28 emergency rooms have closed statewide.

Other factors that have made break-even-or-better goals difficult to attain include laws mandating nurse staffing ratios, and the shifting of costs to hospitals for standby physician coverage in the ER, with no reimbursement.

"A great deal of teamwork by many people at DRMC is making this turnaround possible," added DRMC Chief Financial officer Bruce Bowne. "More physicians and medical groups have chosen to utilize our hospital. Cost containment efforts have been noted throughout the organization. Our director of contracting has done a superb job with contract negotiations. Ongoing efforts by our Business Office and Health Information Management (Medical Records) staff have ensured that the hospital is paid for services rendered."

As a non-profit institution, any surplus made is returned into the hospital rather than given to shareholders. "We have made substantial investments in our facility this past year, among them the current re-roofing, the new beds for the nursing floors, new monitors in the Intensive Care Unit and state of the art computer system for Radiology," Korneff disclosed.

He added, "To meet the new hospital seismic regulations for 2013 we must now raise funds for a new patient care tower. It's clear that we will need help from donors to pay for the new hospital, and they, as well as banking institutions, look much more favorably on an organization that is stable and heading in the right direction."

DRMC's services have never been more in demand. About 50,000 patients will receive treatment through its Emergency Care Center in 2006. In November the hospital had its busiest month ever, with 1,143 patients admitted to the hospital, which was 113 more inpatients than seen in November 2005.

Delta Kappa Gamma celebrates 50 years

DOWNEY – Saturday, Dec. 9, was a special day for the Downey chapter of Delta Kappa Gamma, an international society of women educators. Exactly 50 years to the day, the Downey chapter was formed.

The celebration was held at the Rio Hondo Events Center and included presentations by representatives from Supervisor Don Knabe's office, from the office of Congresswoman Lucille Roybal-Allard and by Carol Rowland, who represented the City of Downey. The co-presidents of the Delta Kappa Chapter, Joan Martin and Janice Hobson, accepted the recognitions.

The City of Downey and Downey's Delta Kappa Chapter are each celebrating their 50th anniversary.

The festive Christmas event also garnered over \$1,000 through the sale of raffle tickets and a silent auction, with all of the money donated to philanthropic causes. The Downey chapter supports True Lasting Connections, the HELPS Pantry and awards numerous scholarships each year to high school seniors who plan on becoming teachers.

In addition, the members, all of whom must have at least three years of teaching experience, offer support to teachers new to the Downey Unified School District.

When the chapter first met on Dec. 9, 1956 at Downey Elementary School, there were 21 members. One of those original members, Meryl Moraveck, attended the 50th anniversary celebration and recognized the growth made by the chapter over the 50 years.

The Delta Kappa Chapter, with 120 members, is recognized as the largest chapter in the world. The group meets monthly.

8th graders throw Christmas party

DOWNEY – Keeping with the spirit of the Christmas season, Our Lady of Perpetual Help School 8th graders threw a party for East Los Angeles Pius X Preschoolers this month. It was the 20th year that OLPH 8th graders have treated the preschoolers to a visit from Santa, games, stories and crafts.

All OLPH students participate in monthly community service projects, but the 8th grade Christmas party is the school's longest running project.

"I love our community service projects," commented Amanda, an OLPH 8th grader, "but I have been looking forward to the Christmas party for years. It's a great tradition."



Students from OLPH School threw a Christmas party East Los Angeles preschoolers recently. The day even included a visit from Santa Claus.



Carol Rowland, representing the City of Downey, Janice Hobson and Joan Martin, co-presidents, helped recognize the Downey chapter of Delta Kappa Gamma on their 50th anniversary.

Kids invited on skating excursion

DOWNEY – The City of Downey Community Services Department is offering an excursion to Skate Zone in Huntington Beach on Dec. 29 from 10 a.m. to 3 p.m. for middle-school age youth who live in Downey or attend school in the Downey Unified School District.

Skate Zone is a facility that gives participants the option of either ice or roller skating in a safe, fun environment. The fee of \$15 will include the bus transportation (leaving from the City Hall parking lot), skate admission and lunch.

For more information or to register, call the Community Services Department at (562) 904-7238.

Pechanga trip schedule released

DOWNEY – The Woman's Club of Downey has released their 2007 bus schedule for their regular trips to the Pechanga Resort & Casino in Temecula.

All trips are scheduled on a Monday and depart from the Woman's Club at 9813 Paramount Blvd. For information, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-0377.

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Downey High student receives national honor

■ Elizabeth Rutherford is selected for membership into National Society of High School Scholars.

DOWNEY – The National Society of High School Scholars (NSHSS) announced last week that Downey High School student Elizabeth H. Rutherford has been selected for membership. The Society recognizes the top scholars in the nation and invites only those students who have achieved superior academic excellence.



RUTHERFORD

The announcement was made by NSHSS Founder and Chairman Claes Nobel, senior member of the Nobel Prize family.

"On behalf of NSHSS, I am honored to recognize the hard work, sacrifice, and commitment that Elizabeth has demonstrated to achieve this exceptional level of academic excellence," Nobel said. "Elizabeth is now a member of a unique community of scholars – a community that represents our very best hope for the future."

Membership in NSHSS entitles qualified students to enjoy a wide variety of benefits, including scholarship opportunities, academic competitions, free events, member-only resources, publications, participation in programs offered by educational partners, online forums, personalized recognition items, and publicity honors.

"Our vision is to build a dynamic international organization that connects members with meaningful content, resources, and opportunities," NSHSS President James Lewis said. "We aim to help students like Elizabeth build on their academic successes and enhance the skills and desires to have a positive impact on the global community."

St. Raymond's planning golf tournament

DOWNEY – The St. Raymond School Class of 2007 is planning a golf tournament Feb. 26 at the Rio Hondo Country Club in Downey. All golfers are welcome.

Cost is \$105 per golfer and includes golf, green fees, cart and tee prizes. The tournament is a four-person scramble format.

Registration time is 8 a.m. with a tee time of 10 a.m. Checks should be made payable to St. Raymond School Class of 2007, 12320 Paramount Blvd., Downey, CA 90242, Attention: Dianne Pacheco.

To sign up or sponsorship information, call Pacheco at (562) 889-3816 or Ramiro Leiva at (562) 904-3101.

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Century 21 Spotlights Character Counts Around Town

One more chance for Century 21 My Real Estate to wish the City of Downey a Happy 50th Birthday! 50 years of making Downey a great place to call home! Congratulations and we hope to see another 50 candles on that birthday cake!

DOWNEY'S BEHIND THE SCENE SUPERSTARS

Internet changing how we look at medicine

BY DR. BRIAN BROWN
PRESIDENT OF THE DRMC MEDICAL STAFF

I spent this past weekend trying to connect a wireless access point so my son could access the Internet from his room. After two trips to Fry's and several conversations with technical support, I began to yearn for the day when I only spent an entire Christmas morning putting together his Hot Wheels Action City Parking Garage.

This got me thinking about the Internet and its influence on our lives. My son has me convinced that he is unable to do his homework without an Internet connection and may soon flunk out of the 6th grade. What about Medicine and the Internet?

A few months ago, I was in surgery with a retinal specialist when we began to discuss the genetic basis of a rare ophthalmic disease. I didn't believe his answer, so later that night I looked up the answer on the Internet, searching the database at the National Library of Medicine. The next time I saw him, I admitted that he was right and I was wrong. "I don't know why you didn't believe me, I'm always right!" he smugly replied. Despite his lack of humility, I have to admit he usually is right. That's why we call him Mr. Wizard in my office. (As in "Help me, Mr. Wizard, help me.") Yet rather than believe a doctor I respect, I relied on the Internet.

There is a new laser treatment for glaucoma that we have in my office. As my glaucoma patients have been coming in for their routine checks, I discuss the procedure with them and recommend it when appropriate. Recently, a patient refused to have the procedure. He looked it up in the Internet and was afraid of the possible side effects. As there are no serious side effects, I Googled the procedure myself and found the site referenced. It was a single report by a family member who was unhappy that the procedure did not cure his wife. Of course, as I read through the report, it turns out that his wife also had macular degeneration and the family member was really talking about another type of laser. But my patient believed an unsubstantiated Internet case report from someone unknown.



Another patient was referred to me by his optometrist for cataract surgery. He came into my office with a sheaf of papers he copied from the Internet and told me what intraocular lens implant he wanted. He had read all the manufacturer's ads and decided that this was the best one. I told him that the company was in bankruptcy court, their lenses are technologically behind the times (despite their web ad) and I don't know anyone who uses them. He trusted the Internet rather than his doctor. When my mother who lives out of state had her cataract surgery, I called the surgeon and discussed the procedure. "What lens do you use?" I asked him. We discussed the pros and cons of the various lenses, and eventually he offered to use the same lens I do. That was nice of him, but I told him to use the lens he is most familiar with. I picked a doctor I trusted, and then trusted him to use his best judgement.

The basic problem with research on the Internet is that you usually cannot search copyrighted material. In Ophthalmology, Duane's Clinical Ophthalmology is the bible. Peer-reviewed articles are published in major journals. If their findings are correlated by other studies, then a team of editors picks the best ideas and updates the chapters in Duane's. When I was a Resident, there were five volumes that had to be updated by hand every year. It was a nightmare to look anything up. Now, I get a CD-ROM disk and can instantly look up material on my computer. But you can't search Duane's on the Internet. It is the same with other specialties and even other fields like architecture or law. The major works in each field are not available on the Internet.

We can search primary articles on the Web. But most lay people do not have the technical skills to assess the quality of the research, the methodology and the validity of the results. They do not have the skills to realize that the study was based on too few patients, or done retrospectively, or only on the patients in one clinic. What people can, and should do is find a doctor they trust. They should then trust their doctors to make decisions based on years of training and experience, continuing medical education, conferences and literally hundreds of hours of consultation with their peers. There are tons of such doctors at DRMC. Doctors that you can trust. I do.

Don't let diabetes ruin your holidays

CONTRIBUTED BY CAREMORE HEALTH PLAN

With an estimated 18 million adults, most of whom are senior citizens, suffering from type 2 diabetes in the U.S., many seniors and their families are concerned about maintaining good health during the holiday season.

Diabetes is a disease in which the body does not produce or properly use insulin. Irregular schedules, sweet and salty temptations, and the added stress that often accompanies the holidays can wreak havoc on blood sugar levels. CareMore Health Plan offers the following suggestions to help seniors control diabetes and make their holidays enjoyable.

•Control portion sizes and eat slowly. Be sure that your meals and snacks contain proper amounts of carbohydrates and proteins.

•Eat five to six smaller meals and snacks at regular intervals. It's easy to forget to eat while shopping or doing other holiday-related chores and this can cause severe fluctuations in blood sugar. Follow your regular meal plan and take healthy snacks with you to avoid this pitfall.

•Fill up on salads, vegetables or calorie-free beverages before eating the rest of the meal.

•Choose turkey breast, lean meats or fish that are high in protein but low in fat, carbohydrates and sodium.

•Take a favorite, healthy recipe to a party. Vegetable or fruit plates or sugar-free Jell-O salads are ideal.

See DIABETES, page 5

The Poets' Corner

2007

As we enter into the New Year
Let us be glad we are here
At least we're not back East in the blistering snow
Where the winter winds do blow
We give thanks for our sunny climate
And keep that to ourselves in private
We live here in beautiful Downey
And expect things as our bounty!
—Don Davis,
Downey

On Parade

this is a poem about the solitary person
the one who doesn't want to make a speech at the holiday table
though it is laid with linens unpacked from the cupboard for the occasion
who refuses to put his memories on display

this celebrates the person who lives alone
curmudgeon of words
he hoards his stock of delights
keeps them against the drawing of the shades and the fading of day

this is a poem for the man or woman who cannot be bribed
who looks forward to the cut-glass dish of crushed cranberries
observes how they nestle
rubies to rubies tart to sweet
next to the raspberries and the tan walnuts smooth as wax
who hitches up his chair to receive and pass the bowlful of dressing
reaches out for the spoon its silver-plated scratched to a null rub
that scoops the potatoes hand-mashed and cream-thickened

and still refuses to be bribed
still refuses to mumble a lie
resents being put on the program with the dutiful pensioners
like a Thanksgiving turkey carved by a miser
the knife finally comes too close to the bone
—Lorine Parks,
Downey

Poems may be submitted by writing to The Downey Patriot, 11525 Downey Ave., Suite A, Downey, CA 90241 or by e-mail, downeypatriot@yahoo.com

Little League sign-ups at Furman Park

DOWNEY – Northwest Downey Little League is holding their final sign-ups for the 2007 baseball season on Jan. 6 from 10:30 a.m. to 3:30 p.m. at Furman Park.

All children ages 5 to 18 are eligible to play in seven different divisions.

For more information, call Lance Torgerson at (562) 806-7054 or James Veloff at (562) 861-2696.

ATTENTION MEDICARE & MEDICARE/MEDI-CAL RECIPIENTS

Take the EASY road to health care!
Choose Citizens Choice Healthplan

- \$0 monthly premium
- \$0 co-pay doctor visits
- \$0 co-pay hospital in-patient care
- \$0 co-pay specialist visits
- \$0 co-pay transportation
- \$0 co-pay routine vision & hearing services
- \$3 co-pay generic drugs
- \$15 co-pay preferred brand name drugs
- \$20 co-pay brand name drugs

Your co-pays could be lower if you are eligible for the Low Income Subsidy (LIS).

PLUS, Extra Money in Your Pocket!
Citizens Choice Healthplan gives you \$15.00 per month in savings on your Medicare Part B Premium.

It's your choice. Make it count.
1-866-646-CCHP (2247) / TDD: 1-866-516-9366
Monday -Friday, 8:00 a.m. to 5:00 p.m.

Citizens Choice Healthplan proudly offers
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Other providers are available in our network. Citizens Choice Healthplan (CCHP) is an HMO with a Medicare contract. Medicare beneficiaries must have Medicare Parts A & B and reside within the service area to enroll in CCHP.

H3815_07007E (10-06)

"Great minds discuss ideas, average minds discuss events, small minds discuss people."
—Eleanor Roosevelt

NORTHWEST DOWNEY LITTLE LEAGUE

REGISTRATION INFORMATION

2007 SEASON

TRY-OUTS JANUARY 13, 2007
PICTURES, PANCAKE BREAKFAST & OPENING DAY FEBRUARY 24TH

- ALL CHILDREN, ALL LEVELS OF ABILITY ARE WELCOME •
- AGES 5 (BY 4-30-07) TO 18 PLAY IN 7 DIVISIONS •
- CHALLENGER DIVISION (6 - 18 YEARS) FOR PHYSICALLY CHALLENGED PLAYERS•

Last Chance Signups

January 6th (10:30am - 3:30pm)

10419 RIVES AVENUE, DOWNEY FURMAN PARK MEETING ROOM

We will be taking signups at the Tryouts
for a limited time
8:00 am to 10:00 am - January 13th

ALL PLAYERS MUST HAVE A COPY OF CERTIFIED BIRTH CERTIFICATE & PROOF OF ADDRESS AT TIME OF REGISTRATION!!

Fees:
\$90.00 Per Child*
\$100.00 Per Child for Junior, Senior & Big League
Challenger Division, FREE
MAXIMUM PER FAMILY \$210.00 + Snack Shack Fee
*Includes Four Pancake Breakfast Tickets for Opening Day
\$15 VALUE (per family)

Every Child Receives:
Hat, Jersey, Pictures, Trophies and More !!!

For More Information Call:
Player Agent - Lance Torgerson (562) 806-7054
Vice President - James Veloff (562) 861-2696

Northwest Downey Little League is an all volunteer organization. Parent support & participation needed.

Deposit Fees:
\$40.00 Refundable Deposit for
Snack Shack Duty (Due at Signups)

Managers and Coaches Needed (at all Levels)
Signup at the Registration Desk

www.nwdll.home.comcast.net

All Players Must Live Within These Boundaries
• Challenger Division Excluded •

Happy New Year

By Eric Pierce

I have a feeling, a gut instinct deep within me, that 2007 is going to be a good year. A good year for this newspaper, a good year for this city and a good year for our nation as a whole.

So let's start it off right by being responsible this holiday weekend. If you drink, don't drive. And if you drive, please be careful. No matter how sober you may be, you can't control other drunk drivers who might run red lights or fall asleep behind the wheel.

And don't be ashamed to take advantage of the Automobile Club of Southern California's free Topsy Tow service, which will take you home free of charge if you've had too much to drink. Their phone number is (800) 400-4AAA.

Roybal-Allard's drinking legislation signed into law

The President signed into law last week Congresswoman Lucille Roybal-Allard's national legislation to curb underage drinking, "The STOP (Sober Truth on Preventing) Underage Drinking Act" (HR 864).

"Today's historic signing into law of our nation's first comprehensive legislation on underage drinking is a significant step toward bringing this national public health crisis out of the shadows," said Roybal-Allard, the measure's author. "Prior to being elected to public office, I worked for a nonprofit agency which focused on alcohol abuse. I witnessed firsthand the many devastating consequences of irresponsible drinking. That experience made me realize that, as a nation, we must no longer be complacent about underage drinking and its alarming consequences."

The STOP Act makes permanent an Ad Council national media campaign directed at parents that started last year, coordinates all federal programs and research initiatives on underage drinking, and provides grants to institutions of higher education, states and non-profit organizations to combat underage drinking in communities. The STOP Act also supports crucial research on the health effects of underage drinking and requires the federal government to produce an annual status report on underage drinking in our country.

"I thank the President and all of my colleagues in Congress whose support of 'The STOP (Sober Truth on Preventing) Underage Drinking Act' made today's final passage into law a reality," Roybal-Allard (CA-34) said. "The STOP Act is the result of an enormous commitment to the future well-being of our children by a bipartisan coalition of Democrats and Republicans from both chambers in Congress who successfully worked in partnership with our public health advocacy groups and the alcohol beverage industry to win passage of this landmark legislation."

"I also thank my Senate colleagues, Chris Dodd and Mike DeWine, for their sponsorship of the Senate companion bill, and my House colleagues, Frank Wolf, Tom Osborne, Zach Wamp, and Rosa DeLauro, for their original co-sponsorship. They are all truly to be commended for their dedication and commitment to addressing the public health crisis of underage drinking in our country," Roybal-Allard said.

The STOP Act is based on a 2003 study by the National Institute of Medicine of the National Academies of Science. The study found, for example, that in the United States during any given month, nearly 11 million of our youth between the ages of 12 and 20 drink alcohol. That means that by the end of today, more than five thousand of our nation's youth under the age of 16, will have taken their first drink. Furthermore, a 2000 scientific study found that youth who drink alcohol could forget as much as 10 percent of what they learn as compared to those who do not drink.

"When you consider the full extent of the dangers associated with drinking before the age of 21 such as car accidents, violent crime and risky sexual activity, the massive extent of this public health crisis and its tragic consequences become clear," Roybal-Allard said. "Despite these startling facts, studies have found that most parents are unaware of the prevalence of underage drinking or the risk it poses to their children. Through the STOP Act's hard-hitting public service ads, parents will get a strong and effective message about the dangers of underage drinking."

The measure is endorsed by many public health and alcohol beverage industry groups, including: Mothers Against Drunk Driving (MADD); the Community Anti-Drug Coalitions of America (CADCA); the American Medical Association; the Center for Science in the Public Interest; the American Public Health Association; the National Beer Wholesalers Association; the Beer Institute; the Wine and Spirits Wholesalers of America; the Wine Institute; the Distilled Spirits Council of the United States; the Century Council; and the Brewers Association.

For her efforts to combat underage drinking, the congresswoman received the following honors: MADD's 2004 Congressional Excellence Award; Students Against Destructive Decisions' (SADD) 2005 National Outstanding Contribution Award; and the Community Anti-Drug Coalitions of America's 2005 Congressional Leadership Award.

The bipartisan STOP Act initially passed the U.S. House of Representatives on Nov. 14 by a vote of 373 to 23. The U.S. Senate passed the STOP Act on Dec. 6 by unanimous consent. The slightly amended measure was finalized in the House on Dec. 7 by a unanimous voice vote.



Letters to the Editor:

Museum gives thanks

Dear Editor:

As the year comes to a close, The Downey Museum of Art (DMOA) would like to thank the community and our supporters for a successful year.

We thank the City Council and Community Services Department for their support in 2006 with a generous City Grant that we were able to use to add an additional day, Saturday, to our days we are open to the public. This year, the museum was open over 150 days, opening our doors and presenting the community with over 150 days of arts programs.

We thank Jerome Adamson of Adamson-Duvannes Galleries for inviting us to be a guest exhibitor at Art International Fair in Santa Monica last October. It was a wonderful opportunity to present our New Museum project to the greater Southern California public and art world. Visitors learned about Downey, arts in Downey and DMOA. We showed a short film with Michelle Kaufmann about the Glidehouse she designed and will adapt for DMOA in the future. We also held a weeklong exhibit, "A Sense of Place," for the first time in 30 years; we displayed new works acquired for the collection: photographs by nationally recognized artist Raymond Meeks and photo-based art by west coast artist Charles Villiers, beginning our goal to increase the museum's art holdings significantly over the next few years.

I was invited to judge the PTA Reflections contest again this year which I love to do. With arts budget cuts, the PTA contest encourages children and youth to participate in creative processes. Art education increases children's visual skills, citizenship and test scores. One local math teacher has said that there is a marked difference (decrease) in children in her classes in their understanding of complex mathematics since arts are not taught regularly. Children and students continue to make up a majority of our annual visitorship and I was happy to support the PTA's efforts to bring the arts into the community consciousness and into children's lives.

DMOA was selected to present its New Museum project and green building project at next year's California Association of Museums and I now chair a sub-committee to help all museums in California become sustainable and green, utilizing renewable resources, alternative energy, sustainable design and green business practices.

We welcome Thad Phillips, Director of Community Services, into our institutional life and Recreation Manager Sheila Pautsch, who we work closely with in keeping the facility in tip-top shape. We thank Thad and the Public Arts Commission for caring about Public Arts and in restoring our

DIABETES

Continued from page 4

- Focus on other enjoyable aspects of the season, like conversation, family and friends. Don't let the season become a month of focusing on food and over-eating.

- Maintain or increase your physical activity. Take walks after meals or engage in other exercise that you enjoy to control glucose. Be sure to wear proper footwear to prevent blisters or foot injuries.

- Get a flu shot, watch out for germs and take your medication on time. Elderly people can be very vulnerable to germs, so wash hands often or use a hand sanitizer when out and about.

- Avoid alcohol. It is very risky for diabetics to drink, because alcoholic beverages can contain high amounts of sugar. Alcohol can also cause hypoglycemia.

outdoor sculpture Atlas II by noted California artist Betty Gold for the benefit of the whole community and in finally placing a bronze plaque at its base for public education about the work. Thad, Sheila and the Public Arts Commission are all doing a terrific job for our city!

The museum continued to be assigned for homework by local and regional teachers. We thank teachers George Redfox and Jenny Pridham especially for their service to the museum as board members and for their support. I thank George tremendously for jumping in with support for a New Museum of Art in Downey, making it more visible to the community. He has been a valuable spokesman for DMOA and worked tirelessly in garnering community support.

For 16 years DMOA has held a Fall Fashion Show and Luncheon moderated by Marsha Moode. I want to thank Marsha for her effervescence and her devotion to this event. And my gratitude to Arlene Hofmayer for her support in helping to organize such a success each year! And, of course, Marc Shelton who wows us each year with delicious luncheons!

We thank Downey resident, Harry Scorzo, composer-violinist extraordinaire, for loving the museum and the park (he even composed a song entitled Rives Park) and suggesting a New Music Series which he began to curate and host two months ago. It will be an ongoing staple in our cultural programming and we invite the community to join us each month...usually the first Thursday of each month but call ahead because sometimes the musicians have to change dates at the last minute! Harry is a breath of fresh air to our museum and programming and we are grateful for his enthusiasm for music and for art in our community!

We thank Congresswoman Lucille Roybal-Allard, her former field deputy Eddie Tafoya, and grants manager Juan-Carlos Aviles for their support and belief in our work and in the benefit to the community of building a new museum of contemporary art and culture in Downey.

We thank the Patriot staff of John Adams, Henry Veneracion and Eric Pierce for covering the museum's progress and news throughout the year, providing invaluable support to our organization. And we welcome the new editorial team and wish John all the best.

Thank you so much to all of you who have supported us each year with donations, in-kind support and generally good thoughts...it is our most valuable asset!

As we approach our 50th year of service in Downey, with so much to be thankful for, we wish the entire community a Happy Holiday and a truly prosperous New Year! Come visit us next year!

All the best,
— Kate Davies,
DMOA Executive Director

•Get enough rest and avoid stress. Stress and fatigue can elevate blood sugar.

"Living with diabetes requires vigilance all year long, but the holidays are especially challenging," said Dr. Furman, chief medical officer for CareMore. "We know that there are temptations at every turn, but the effects of diabetes are cumulative, so it's really important for seniors and their families to maintain good habits. These suggestions will help diabetics stay regulated, so that they will feel better and be able to enjoy all that the season has to offer."

Facts about Type 2 Diabetes

Type 2 diabetes is the most common form of this disease, and it typically strikes older adults. In type 2 diabetes, the body is either unable to produce adequate levels of insulin, or the body's cells ignore the insulin, making it difficult for the body to process sugar. In a healthy body, insulin takes sugar from the blood into the cells.

The Downey Patriot



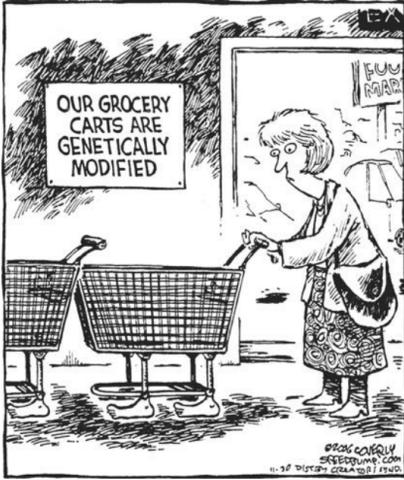
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Henry Veneracion..... Staff Writer
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For December/January

- Fri. Dec. 29: **All-night prayer** at Cornerstone Christian Fellowship, 6 p.m.
- Fri. Dec. 29: **Trip to Skate Zone in Huntington Beach** courtesy of City of Downey Community Services, 10 a.m.
- Mon. Jan. 1: **Downey Rose Float** at 118th Annual Tournament of Roses Parade, 8 a.m.

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 Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
- 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.
- 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
- 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 Darren Dunaway at 806-5400.
- 12 p.m.: **Exchange Club of Downey**, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call 928-2658.
- 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.
- 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.
- 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.
- 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.
- 4th Weds., 12:00 noon: **Retired Federal Employees, at Furman Park West Bldg.**, call 943-5513.
- 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.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.
- 12 p.m.: **Optimist Club of Downey**, at Sambi's, for information call Steve Allen at 622-7655.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

Fridays

- 7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Harry Sacks at 319-1063
- 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

On This Day...

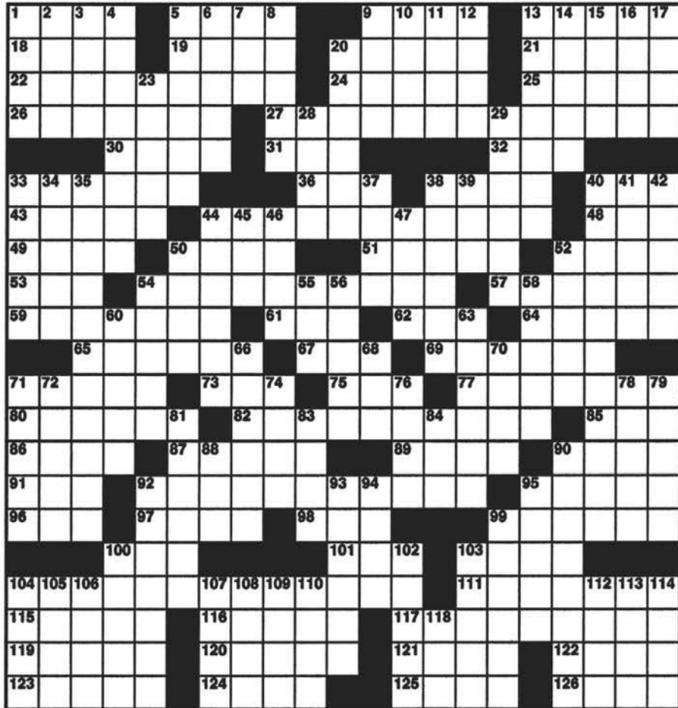
- December 29, 1170: Archbishop Thomas Becket is murdered by followers of the king inside the Canterbury Cathedral.
- 1845: Texas is admitted as the 28th state of the United States.
- 1851: The first American YMCA opens in Boston.
- 1891: Thomas Edison patents the radio.
- 1975: A bomb explodes inside the main terminal at La Guardia Airport in New York, killing 11 people.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
ROLL CALL: Wherein 10 clues have something in common
 by Fred Piscop

- | | |
|--------------------------------------|------------------------------------|
| ACROSS | DOWN |
| 1 Ran in the wash | 1 <i>Gil</i> (Le Sage novel) |
| 5 Isn't passive | 2 Composer Schifrin |
| 9 Editor's strike-out | 3 Cheese in a ball |
| 13 Thumb twiddler | 4 Blow up |
| 18 Disney pooch | 5 Of a heart part |
| 19 Ten C-notes | 6 Use crib notes |
| 20 Soda selections | 7 Become firm |
| 21 Place for sweaters? | 77 Xenon or krypton |
| 22 Reputed colner of "rock 'n' roll" | 80 Sets free |
| 24 Nash's two-l beast | 82 Easter-egg roll locale |
| 25 Shop jargon | 85 Blaster's need |
| 26 <i>Black Hawk Down</i> setting | 86 Like cotton candy |
| 27 An entrepreneur may bankroll one | 87 Gets blubbery |
| 30 Vegan's no-no | 89 Many millennia |
| 31 " _ rang?" | 90 Jason's craft |
| 32 Bouncers request them | 91 Farm female |
| 33 Spa treatment | 92 Spring rolls and dim sum |
| 36 Air-pump letters | 95 Pam of <i>Jackie Brown</i> |
| 38 Confused states | 96 Bank pymt. |
| 40 One in an airport line | 97 Unable to decide |
| 43 Throws off | 98 Eggs: Lat. |
| 44 Place for a music roll | 99 Do as told |
| 48 YOU _ HERE | 100 Dotcom's address |
| 49 Gross minus net | 101 Boot one |
| 50 Piltown man, for one | 103 "Do the _!" |
| 51 Large ray | 104 An Eskimo roll might right one |
| 52 Bettor's words | 111 Oregon city |
| 53 Ltr. extra | 115 Diarist Nin |
| 54 Logrolling competitor | 116 Search blindly |
| 57 Looked at, slangily | 117 Barrel-roll performer |
| 59 Pizza topping | 119 Time on the job |
| 61 Burns and Allen, e.g. | 120 Made a triangular insert |
| 62 Beer-bash buy | 121 Annoying sort |
| 64 Goes belly up | 122 Singer Fitzgerald |
| 65 Barkers' pitches | 123 Like some yard boundaries |
| 67 Pester | 124 Floored it |
| 69 Create, as fashions | 125 Men-only |
| 71 Author Sontag | 126 Burpee bagful |
| 73 Anthem contraction | |

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- | | | |
|-------------------------------|----------------------------|-----------------------|
| 71 Seaweed-wrapped fare | 88 _ Tin Tin | 104 Long green |
| 72 Let loose | 90 Vest's pair | 105 Start the spot |
| 74 '50s Korean leader | 92 New _ Minstrels | 106 Invoice stamp |
| 76 Lieutenant Kojak | 93 Made smooth | 107 _ Benedict |
| 78 Play backer | 94 Casino card game | 108 Deliver by chute |
| 79 Bedtime reading | 95 Must, informally | 109 Central portion |
| 81 Peppermint Patty's creator | 99 Kind of cover | 110 Sounded like |
| 83 "This _ sudden!" | 100 Partaking of | 112 Steam up |
| 84 New pedometer reading | 102 Brings in | 113 Castaway's home |
| | 103 "I Feel Pretty" singer | 114 Just _ (not much) |
| | | 118 Wolf down |

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.

In addition to MEAT (30 Across), vegans abstain from the consumption or use of all animal products and derivatives. Part of the "Pit-down man" archeological HOAX (50 Across) was an "artifact" that turned out to be a cricket bat. The POMELO (44 Down) is a bigger than-a-grapefruit citrus fruit native to Malaysia and southeast-ern Asia.

Hyrum Fielding Larsen helped develop Apollo

DOWNEY – Hyrum Fielding Larsen, a long-time Downey resident who helped develop the Apollo spacecraft, died Dec. 22 at his home. He was 98.

He was born July 24, 1909 in Ashton, Idaho, the son of Hyrum Larsen and Andrea Sandvand. He moved to Downey in 1952 and had lived in the same home since.

He graduated from Cal Poly San Luis Obispo with a degree in Electrical Engineering and immediately started work for North American Aviation in Downey. He helped to develop the Apollo spacecraft and produced major findings for the investigation of the death of the three astronauts in 1968. He retired in 1971.

He was also very active in his church, serving in many leadership and teaching positions.

He married Clara Violet Remington on Oct. 7, 1935 in Salt Lake City, Utah. She preceded him in death by nearly 11 years. They have four children, Michael Fielding Larsen (deceased); William David Larsen of Hemet; Diane Marie Jacobsen of Downey; and Hyrum Daniel Larsen of Manteca.

He is also survived by his sister, Erna Chantrill of Newdale, Idaho; a brother, La Grande of Logan, Utah; 25 grandchildren, 37 great-grandchildren and two great-great-grandchildren.

Services will be held today, Dec. 29, at the Church of Jesus Christ of Latter-day Saints, 12425 Orizaba Avenue, at 10 a.m.

Peggy Margaret Jacquez passes away at home

DOWNEY – Peggy Margaret Jacquez passed away at her Downey home on Dec. 22 with her sons by her side. She was 83.

Jacquez was born Oct. 4, 1923 in Marquette, Mich. to Raymond and Margaret Jacquez. Family described Peggy as a happy woman who loved people.

Funeral services were held at Our Lady of Perpetual Help. She was to be interred next to her husband, who preceded her in death on August 9, 1999.

Jacquez is survived by her sons, daughters, daughter-in-law, grandchildren, great-grandchildren and nieces and nephews.

Downey Zrelak Family Mortuary handled the services.



Edward Lee Willick died Dec. 15 at the age of 88.

Edward Lee Willick survived by family

DOWNEY – Edward Lee Willick, a 44-year Downey resident, died Dec. 15 at Coast Plaza Doctors Hospital after complications from pneumonia. He was 88.

He had been a resident at Southland Care Center for the last two years. He was a Downey resident for 44 years.

Willick was born on Jan. 25, 1918. He owned Willick Engineering before retirement. He was past president of Optimist Club, China Town, L.A.

Graveside services were held Dec. 20 at Rose Hills with Rev. Candie Blankman of First Presbyterian Church of Downey officiating. He was laid to rest next to his older brother, Roy Willick, and near his parents, Roy and Else Willick.

He is survived by his wife of 60 years, Louise Eva Willick of Downey; their only child, Ronald Lee Willick; daughter-in-law, Marilyn Granger Willick; grandchildren, Ryan, Christopher, Grant, Brooke and Kristen; and three great-grandchildren, Alexis, Lillian Rose and Scarlet Rose.

Vigil service today for Maria D'Orazio, 85

DOWNEY – Maria D'Orazio, a resident of Downey for over 50 years, passed away on Dec. 24 at the age of 85.

She was born on Dec. 9, 1921 in Sicily, Italy. She came to the United States at the age of 16 with her family, settling in New Jersey. She married Dr. Edward D'Orazio in 1953 and moved to Downey.

They were married for over 53 years and had four children, Stanley, Grace, Edward and Rita. Maria was active in many groups and organizations over the years, including Downey Theatre, Assistance League of Downey and Our Lady of Perpetual Help School.

She is survived by her son, Edward; daughter, Rita; and granddaughter, Jaclyn Grace.

A vigil service will be held today, Dec. 29, at Downey Zrelak Family Mortuary at 7 p.m. A funeral mass is scheduled for Dec. 30 at Our Lady of Perpetual Help Church starting at 10 a.m. with burial immediately following at All Souls Cemetery in Long Beach.

In lieu of flowers, the family suggests donations be made to Miller Children's Hospital Building Campaign/Foundation, 2801 Atlantic Avenue, Long Beach, CA, 90806.

Hearing devices to be demonstrated

LAKWOOD – The Long Beach/Lakewood chapter of the Hearing Loss Association of America will have its monthly meeting on Jan. 11 at the Weingart Senior Center, 5220 Oliva Street, in Lakewood.

Guest speaker will be Lorraine Fanizza, CEO of Hearing PROMotions in Irvine. She will demonstrate devices for the hearing impaired, including the R-31 wireless device designed to hear in meeting places, theaters, etc.

The community is invited to attend.

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923-4484
Report graffiti or persons performing the act to this number.

A toast to a yearly holiday tradition

BY ERIC PIERCE
CITY EDITOR

We received a news release this week from the National Headache Foundation (yes, it does exist) announcing the results of a recently completed survey. I thought they were amusing and wanted to share them.

According to their survey, 92 percent of respondents said they have experienced a hangover headache. Eighty percent of those said they still plan to consume alcohol this holiday season. Fifty-six percent plan to consume at least three drinks. Two percent said they plan to consume at least six drinks and, as a matter of fact, were drunk at the time of the survey (just kidding).

So apparently people know the effects of a hangover and the headaches they cause, but people still choose to overindulge. For those people, the National Headache Foundation (I love saying that) prepared some tips to help ease that dreaded January 1 hangover. The full report can be found online at www.headache.org.

"If you choose to drink alcohol, do so in moderation." That's logical, but probably not very likely, especially on New Years Eve. Besides, if someone was planning on drinking in moderation, they probably wouldn't be taking tips from the National Headache Foundation to begin with.

"Spend time catching up with an old friend at the snack table with a soda or glass of water." I like this idea, as long as that soda has rum in it.

"Eat some honey. Two tablespoons of honey on a cracker or piece of toast, before or after drinking, may prevent a hangover." Have you ever eaten honey? It's not very pleasant. You may have to chase it with a shot of tequila.

"Consider drinking a cup of coffee as soon as you wake up the next morning." I think we can all attest to the fact that this doesn't work.

"Ask for a glass of water in addition to your alcoholic beverage of choice when ordering a drink at the bar." Fellas, take it from me, the ridicule you'll receive from a woman who sees you ordering a glass of water at the bar will be far worse than anything a hangover might inflict.

"Eat greasy food before consuming alcohol." I guess ordering that side of chili cheese fries is OK then.

"Interviews with headache specialists can be arranged upon request." I'm assuming they're all married men.

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NIGHT AT THE MUSEUM PG Fri & Sat (11:10, 1:55, 4:40, 7:30, 10:15, Sun (11:10, 1:55, 4:40, 7:30, Mon to Thu (11:10, 1:55, 4:40, 7:30, 10:15

WE ARE MARSHALL PG Fri & Sat (10:45, 1:45, 4:45, 7:45, 10:45, Sun (10:45, 1:45, 4:45, 7:45, 10:45

ROCKY BALBOA PG Fri & Sat (11:30, 2:15, 5:00, 7:40, 10:20, Sun (11:30, 2:15, 5:00, 7:40, 10:20

CHARLOTTE'S WEB G Fri & Sat (11:00, 1:35, 4:15, 7:00, 9:40, Sun (11:00, 1:35, 4:15, 7:00, Mon to Thu (11:00, 1:35, 4:15, 7:00, 9:40

ERAGON PG Fri & Sat (11:15, 2:00, 4:45, 7:20, 10:00, Sun (11:15, 2:00, 4:45, 7:20, Mon to Thu (11:15, 2:00, 4:45, 7:20, 10:00

THE PURSUIT OF HAPPINESS PG Fri & Sat (10:50, 1:45, 4:35, 7:30, 10:25, Sun (10:50, 1:45, 4:35, 7:30, 10:25, Mon to Thu (10:50, 1:45, 4:35, 7:30, 10:25

APOCALYPTO R Fri & Sat (12:00, 3:30, 7:15, 10:25, Sun (12:00, 3:30, 7:15, 10:25, Mon to Thu (12:00, 3:30, 7:15, 10:25

BLOOD DIAMOND R Fri & Sat (7:35, 10:40, Sun (7:35, 10:40, Mon to Thu (7:35, 10:40

THE HOLIDAY PG Fri & Sat (12:10, 3:40, 7:25, 10:35, Sun (12:10, 3:40, 7:25, 10:35, Mon to Thu (12:10, 3:40, 7:25, 10:35

HAPPY FEET PG (11:20, 2:05, 4:50)

Times for Friday-Thursday, December 29-January 4, 2007

Bargain Matinee () Advance ticket sales
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New CD's this week

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Elvis Presley - *Essential Elvis Presley*
John Legend - *Once Again*

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BLACK CHRISTMAS R (12:00 2:30) 5:00 7:30 10:00
NIGHT AT THE MUSEUM PG (11:05 1:50 4:35) 7:20 10:05
THE GOOD SHEPHERD R (10:40 2:20) 6:00 9:40
WE ARE MARSHALL PG (10:15 1:15 4:15) 7:15 10:15
ROCKY BALBOA PG (11:45 2:20 4:55) 7:25 10:00
CHARLOTTE'S WEB G (11:30 2:00 4:30) 7:00 9:30
ERAGON PG (11:20 2:00 4:40) 7:20 10:00
PURSUIT OF HAPPINESS PG13 (10:55 1:45 4:35) 7:25 10:15
APOCALYPTO R (12:45 4:00) 7:15 10:30
BLOOD DIAMOND R 7:05 10:25
UNACCOMPANIED MINORS PG (11:50 2:15 4:40)
HAPPY FEET PG (10:00 12:45 3:30)
CASINO ROYALE PG13 6:15 9:35

Emblem Club traveling to Pechanga

DOWNEY – Downey Emblem Club #309 will make the trip to Pechanga Resort & Casino on Jan. 17. The community is invited.

The bus will depart from the Downey Elks Lodge parking lot on Woodruff Avenue at 8 a.m. Bingo will be played coming and going and everyone will receive a \$5 voucher to use any way they wish.

For more information, call Mary Guzman at (562) 622-1003 or Nancy Watson at (562) 413-6414.

Family history research tips offered

WHITTIER – The monthly meeting of the Whittier Area Genealogical Society will be held on Jan. 20 at the Whittier Masonic Lodge in Whittier. The featured speaker will be Alan Jones, whose topic is "Evaluating Your Family History Evidence."

The presentation will go over the different types of sources or evidence available to retrieve family history information, how trustworthy each is, how to be confident it is correct, and what to record. This includes physical documentation, online data and more.

A computer workshop will meet from 9:30 to 10:45 a.m. the same day. The featured topic will be "Mapping Ideas and Map Sites" presented by a panel of members. The beginner/refresher class, from 11 a.m. to noon, will be taught by Caroline Rober on the topic "Census Records – More than Meets the Eye."

Visitors are welcome to the meetings and workshops. For information, call (562) 941-3184 or visit www.cagenweb.com/kr/wags.

Champagne Fooler
(Yields four servings)

1 1/3 cups apple juice
1 teaspoon lemon juice
12 ounces club soda

Chill four glasses. Mix apple juice and lemon juice together. Add club soda and stir gently to blend. Pour into glasses and serve immediately.

Submitted by the National Headache Foundation
Have a recipe you'd like to share? Send them to The Downey Patriot, 11525 Downey Avenue, Suite A, Downey, CA 90241

New on DVD this week

MOVIES
Artie Lange's Beer League
The Covenant
Love's Abiding Joy
My Big Fat Greek Wedding (Special Edition)
Snakes on a Plane
TELEVISION/MISC.
Martin - Season 1

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CARDONO

Continued from page 1

In between these two passions, he has found time to chair the Rotary Pancakes for Breakfast every year for the past 59 years, delighting the youngsters with his famed Mickey Mouse pancakes; he founded it in 1948. He has been the or one of the guiding spirits of every group or association he has joined: the Los Angeles County Aviation Commission (33 years service; past chairman); Cerritos College Foundation (founding director); the Family YMCA, the Downey Chamber of Commerce, the Downey Jaycees and the Downey Elks (past Exalted Ruler), the Jewelers 24 Karat Club (past president). He founded and was past president of the American Navion Society, and even runs a cemetery (the Big Bear Gold Mountain Memorial Park). Angelo says he conceived the financing idea that has, with the support of then Board of Supervisors chair Peter Schabaruns, saved taxpayers millions of dollars in the development of the Los Padrinos Juvenile Hall Corp., which he also chaired at one time.

His perfect attendance at Rotary for the past 59 years also says a lot about his ferocious commitment and sincerity when it comes to social/community obligations.

Not a publicity seeker, he has also been a quiet but strong supporter of the Downey Civic Light Opera, the Downey Community Hospital, the Downey Rose Float Association, and the Downey Holiday Lane Parade; he has raised funds for polio research. And on and on his affiliations extend, not to mention honorifics bestowed on him, such as "Small Business Person of the Year," by the U.S. Small Business Administration and the Chamber of Commerce.

Among his many wonderful, proudest contributions/accomplishments: it was he who struck the commemorative pins celebrating Apollo 14's landing on the moon.

Apart from flying, he relaxes by tending his 30'x100' vegetable garden in his Downey abode, which occupies 6/10 of an acre. He grows tomatoes (which he cans), green beans, eggplant, sweet corn, green and red peppers, and escarole.

Thus, with all these veggies at his disposal, his penchant for flying on weekends, and his balanced approach to life, he was rewarded with this observation from his tailor of many years: "You're the only one who's had the same waist size for 45 years."

A pilot of the first order, leader, visionary, jewelry artist, and a man of purpose and integrity—all describe Angelo Cardono. Oh, he has a heart of gold, too.

TRAVELER

Continued from page 1

flights that one plug would have to be disconnected when starting the engine. This made for a hotter spark. But then when the engine was running on one cylinder, the pilot-mechanic would have to re-connect the second sparkplug wire as the whirling prop whizzed by inches from his hands.

The Cycleplane and the later Downey Champion were sold with an abbreviated or short set of wings. These were meant for pilots who taught themselves how to fly by running the plane about the flying field, hopping it into the air for abbreviated flights. After they built up confidence they applied for the real wings that got them off the ground for regular flights.

It was sort of like training wheels on a bicycle. This was not unusual in the early days of aviation. The French had trained their pilots on shortened wings that way in World War I.

Local Concerts this week

FRIDAY, DECEMBER 29
George Lopez - Gibson Amphth.
SUNDAY
Blondie, Bret Michaels - Orange County New Years Eve
DJ Quik - Vault 350
Charles Barkley - USC Galen Center
Goo Goo Dolls - HOB Anaheim
Erykah Badu - HOB Hollywood
TUESDAY
B.B. King - HOB Anaheim
WEDNESDAY
NOFX - HOB Anaheim

YOUR HOMETOWN COMMUNITY NEWSPAPER
The Downey Patriot

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This holiday season don't forget lil' Tommy and other children who are unable to afford all the trimmings on the table, or presents to open on Christmas morning. Help make this holiday season a memorable one for Tommy and other unfortunate children.

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- Recreational activities consist of a full-size gymnasium (basketball courts), racquetball/handball courts, 25-yard indoor pool, Jacuzzi, sauna, and steam room.

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Cannot be combined with any other offer, discount or coupon. Coupon good for up to two discounts per party of four. Only the lower priced entrée will be discounted. No cash value. Valid at participating locations only. Offer expires 1/31/07

Downey seniors have a friend in Polita Dart

Local customer service rep has made area seniors part of her 'extended family.'

CONTRIBUTED BY APPLECARE

When many Downey seniors need to turn to someone to help them get a doctor's appointment, change their insurance or just need a shoulder to cry on, Polita Dart has been their "go-to" lady for almost 15 years. And she does not cost a dime.



Polita, a customer service representative for AppleCare Insurance Services, the former Golden Outlook group, says that hundreds of Downey seniors comprise her extended "family." AppleCare Insurance Services, located on 3rd Street in Downey, offers complimentary services to area seniors who require information or assistance with their Medicare health plans. Downey Regional Medical Center began the program in 1992, and sold the program to the physicians of AppleCare Medical this year.

"When you help someone as much as we do, in terms of making appointments or helping them with a critical health problem, they tend to bond with you in a way that is very special. Over the years, friendships just blossom. It's just the Downey way," Polita says, referring to the tight-knit, hometown community.

A licensed insurance agent, Polita began working at Golden Outlook after toiling in the legal field for a few years. "I needed a job that connected me to people," she says. "I get immense satisfaction from helping people and steering them in the right direction. And when it's about their health, it makes it all the more rewarding."

Polita says Medicare can be very confusing for many seniors to deal with, and that her role every day is to offer local solutions to make Downey seniors live more healthily. "I work in the Medicare area and it is hard for me, so just think how someone who has a problem with their health plan feels," she says "That's where we come in."

The staff at AppleCare Insurance Services says Polita is the patron saint of Downey health care. "She can't go anywhere in Downey without someone stopping her to say hi or ask for assistance," says Michael Blea, general manager of AppleCare Insurance Services. "She gets invited to more weddings, parties and events from her constituents than anyone I know."

Polita was raised in Downey. She and her husband Doug now reside in Pico Rivera with their two children.

AppleCare salutes Polita's 15-year rein as the hardest working advocate for Downey seniors.



Santa shares Christmas wishes with the Guido family of Downey: Michelle (mother); John (7); Greg (3); Jaclyn (9); and Matthew (11 months).

Hollywood beginnings not at all glamorous

DOWNEY – The Ezra Center for Mature Adults, offering entertaining, stimulating and educational programs for adults at Temple Ner Tamid of Downey, continues to meet on the third Tuesday of every month.

Their next meeting is Jan. 16, and registration, coffee/tea and refreshments start at 9:45 a.m. with the program beginning at 10 a.m.

The Jan. 16 program is entitled "The Early Years of Hollywood – Six Major Moguls Who Gave America the Hollywood Dream." Author, teacher and lecturer Stuart Tower will give the presentation.

The six major moguls who built the Hollywood dream for all the world to see came from modest, in some cases impoverished, beginnings. As a matter of fact, their Hollywood dreams began in such unlikely places as Havervill, Mass., Fargo, North Dakota, Youngstown, Ohio, and Gloversville, New York. They had been glove-makers, junkyard workers, furriers, amateur baseball players, street-corner sandwich purveyors...until they each were smitten by the image on the screen at one of the many storefront nickelodeons that had popped up all over the U.S. and Canada at the turn of the last century.

Tower, author of the acclaimed book, "The Wayfarers," will have a few volumes of the novel with him, for those who are interested in getting the book.

A catered kosher lunch will be served after the program, which ends at noon. The lunch is \$6 for Ezra members, \$7 for non-members.

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

Santa makes stop at Downey Library

DOWNEY – Reading was on Santa's "to-do" list as he shared Christmas stories with more than 90 children at the Downey City Library last week.

After listening to holiday stories, children visited with Santa and enjoyed cookies and milk donated by Rockview Farms of Downey.

For information on other free library events, contact Children's Services at (562) 904-7360 ext. 4.

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 Downey Quick Print

February

 Rio Hondo Elementary - Peace Patrol

March

 ARC of Downey

April

 Rio Hondo Elementary - Good Character

May

 Mayor Meredith Perkins

June

 Downey Chamber of Commerce

July

 Chamber of Commerce Concert Committee

August

 Downey Association of Realtors

September

 Rio Hondo Elementary - Character Counts

October

 Price Elementary - Character Counts

November

 Downey Unified School District

December

 Downey's 50th Anniversary

Watch for Good Character Around Town in 2007

1977	1978	1979	1980	1981	1982	1983	1984
1985	1986	1987	1988	1989	1990	1991	1992
1993	1994	1995	1996	1997	1998	1999	2000
2001	2002	2003	2004	2005	2006	2007	

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Top Sales Team 2006

 JANUARY LILIAN LOPEZ & LORENA AMAYA	 FEBRUARY MARLENE RODRIGUEZ	 MARCH MARLENE RODRIGUEZ	 APRIL MARLENE RODRIGUEZ	 MAY LETICIA LEAL	 JUNE MARIA ZULOAGA	 JULY MARLENE RODRIGUEZ	 AUGUST LILIAN LOPEZ & LORENA AMAYA	 SEPTEMBER MARLENE RODRIGUEZ	 OCTOBER LETICIA LEAL	 NOVEMBER MARIA CIBRIAN	 DECEMBER EDWIN & ADRIANA NAVARRO
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Top Production Team 2006

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Good Luck, Luke and Jeff!!!
Our thoughts and prayers are with you and your families.

Trust in the Lord with all your heart, and do not rely on your own insight, In all your ways acknowledge Him, and He will make straight your paths.
--Proverbs 3: 4-5

Congratulations Jeff and Holly! 12/16/06

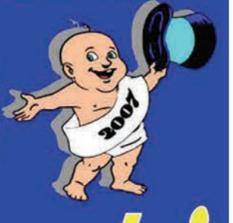
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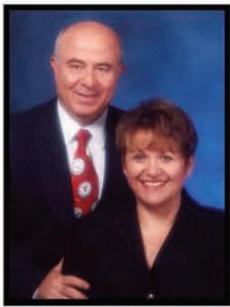
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