



# The Downey Patriot

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Friday, February 23, 2007

Vol. 5 No. 49

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

## A 'Roar' of an opening

■ Musical comedy 'Roar of the Greasepaint' opens at Downey Theatre. Tickets still available.

**DOWNEY** – "The Roar of the Greasepaint – The Smell of the Crowd," the next production of the Downey Civic Light Opera (DCLLO), opens this weekend at the Downey Theatre.

The musical comedy will run through March 11 for 10 total performances.

A stylized "Laurel and Hardy" set to music, "Roar" is an exuberant, laugh-out-loud tale of how class differences can ultimately make way for mutual understanding, Marsha Moode, executive producer of DCLLO, said. The musical score features the ballad "Who Can I Turn To," "A Wonderful Day Like Today," "The Joker," "Feeling Good," and "Nothing Can Stop Me Now."

All songs were written by Leslie Bincusse and Anthony Newley.

The *New York Post* called "Roar" a "delightful, freshly imag-

-inative show with a most haunting score." The musical received six Tony nominations, including Best Actor, Best Musical Score and Best Director. Since leaving Broadway, it has not played for over 30 years.

Cast members include Jeffrey Landman, Stephen Reynolds, Susan Dohan, Erin Marie and others.

"'Roar of the Greasepaint and Smell of the Crowd' is a show you will not want to miss," said Moode, who is also the show's director and executive producer.

"Roar" will be presented Fridays and Saturdays at 8 p.m. with Sunday matinees at 2:30 p.m. Orchestra seats are \$35 and balcony seats \$30.

Group rates are available. For information and tickets, call (562) 923-1714. The box office is open Tuesdays and Wednesdays, 1 to 5 p.m.

## Ian Smith: A man young at heart

BY BROOKE KARLI  
THE DOWNEY PATRIOT

**DOWNEY** – Ian Smith, 46, stands tall and slender, and on this particular day, he is wearing a button-up shirt, jeans and yellow tennis shoes. He has platinum-gray hair and wears reading glasses, none of which mask his sparkling personality and vibrant smile. Just by looking at him, you would never guess that he nearly lost his life 10 weeks ago.



It was almost 15 years ago when Smith was diagnosed with Viral Cardiomyopathy, a disease where, "the heart loses its ability to pump blood and, in some instances, heart rhythm is disturbed, leading to irregular heartbeats, or arrhythmias," according to healthnewsflash.com.

According to healthnewsflash.com, the disease is quite rare, affecting only 50,000 Americans per year and is a leading reason for heart transplants. In addition, the exact cause of the muscle damage is usually never found.

Although not confirmed, it is believed the virus was caught while Smith was visiting King Tut's tomb in Egypt seven years prior to his diagnosis. After returning from his trip, Smith slowly started to gain weight and was beginning to be short of breath quicker and easier. "I knew something was wrong when I couldn't walk across the room without having to stop and catch my breath," said Smith.

He then made a trip to the hospital where he was later told of his condition.

See HEART, page 2

## Time Traveler

When balloonist tried his luck in Downey

BY JOHN ADAMS  
EDITOR EMERITUS

Well before the Wright Brothers made their historic powered flight on the sands of Kitty Hawk, N.C., in 1903, balloonists were making themselves known in Downey.

Local historian Herb Prentice writes that one brave Prof. E.E. Harris first attempted an ascension on April 7, 1892, from the park between the railroad tracks and First Street (Firestone Boulevard). The wind was too strong and the event was called off.

And the first try the following day was a failure as well. Due to the alleged inexperience of the assistant the airship was not sufficiently charged with hot air, and after reaching a most modest height of 50 feet, slowly descended. Worse, on the second attempt to inflate it, it caught fire and burned.

See TRAVELER, page 8



Erin Marie stars as Urchin in the musical comedy, "The Roar of the Greasepaint - The Smell of the Crowd," which opens this weekend at the Downey Theatre. Marie has various stage, television and movie credits, including roles in "Hollywood Nights," "Hollywood Nights 2" The Supermodel Edition "Nightcap" and "Secret Needs." For tickets to "Roar," call (562) 923-1714. The musical comedy will run for 10 performances and closes March 11.



Young up-and-coming singer Allinda will perform songs by Celine Dion, Whitney Houston and other well-known artists at a free performance tonight, Feb. 23, at La Villa Peruvian Restaurant in Downey (corner of Downey Avenue and Stewart & Gray Road). Allinda, who has been described as having "powerful and beautiful vocals," will open for Sebastian Sidi, who will perform instrumental music from his own blend of rock, classical and tango. For reservations, call (562) 923-1219. Showtime is 8 p.m.

## Gafin will host series of town hall meetings

■ Councilman available to the public in a series of meetings set to begin March 1.

**DOWNEY** – Mayor Pro Tem David Gafin will update residents and business owners on the current state of the city, while discussing the challenges and successes of District 1, when he hosts a series of town hall meetings throughout the month of March.

"I want to hear from my constituents and update them on the happenings of the city," Gafin said. "Involvement is a fundamental ingredient to making our democracy work. My constituents elected me to represent them and getting together with them at their convenience to discuss our progress is extremely important to me."

Gafin will host five town hall meetings.

Residents are invited to attend any of the meetings, which are listed below:

March 1	6 – 7 p.m.	Alameda School, 8613 Alameda Street
March 7	6 – 7 p.m.	Carpenter School, 9439 Foster Street
March 15	6 – 7 p.m.	Gauldin School, 9724 Spry Street
March 21	6 – 7 p.m.	Ward School, 8851 Adoree Street
March 29	6 – 7 p.m.	Lewis School, 13220 Bellflower Blvd.

Free child care will be provided during the meetings and no reservations are required. Meetings will follow similar format with question-and-answer periods at the end of each meetings. Ending times may run over based on attendance.

Residents should call City Hall at (562) 904-7286 with questions.

## Bank robbery suspect sought by police

BY BROOKE KARLI  
THE DOWNEY PATRIOT

**DOWNEY** – The Downey Police Department, as well as the FBI, are looking for a suspect wanted for the robberies of two Bank of America's in Downey.

On Feb. 10, around 1:55 p.m., a male suspect entered the Bank of America located at 10010 Paramount Blvd. and presented a note to a teller indicating he had a gun. The note also demanded that the teller empty his register and hand over all cash, authorities said.

A very similar situation happened at the Bank of America located at 7878 Imperial Hwy. on Feb. 2. Investigators believe the robberies involve the same suspect.

Tellers at both locations obeyed the suspect's demands.

The suspect is described as being a Caucasian or Hispanic male between the ages of 30 and 40, 5-foot-8-inches tall and weighing 170 pounds with brown eyes and facial hair. He was last seen wearing a long-sleeve, dark flannel shirt, a dark-colored baseball cap and prescription glasses.

He was seen leaving the most recent robbery in a late 1990's black, four-door Geo or Toyota.

Suspect is considered armed and dangerous, authorities said. Anyone with information regarding these robberies is asked to contact Detective Sam Gatfield at (562) 904-2391.



## Council announcements cover varied topics

BY ERIC PIERCE  
CITY EDITOR

**DOWNEY** – Councilwoman Anne Bayer said she was proud to deliver an award to 11-year-old artist and Downey Unified School District student Eduardo Rodriguez this month at the City of Hope in Duarte.

The comment came during the council announcement portion of last week's city council meeting.

Bayer said Rodriguez put on a one-person show and she was happy to represent the city in honoring him. She also commented on a recent L.A. County Sanitation meeting she recently attended.

Councilman Kirk Cartozian spoke on a recent Independent Cities Association session he attended with Mayor Rick Trejo. He said the session, which was trimmed from three days to one, covers many topics, including municipal policing and school violence.

Councilman Mario Guerra said he recently attended a meeting of the Southeast Los Angeles County Workforce Investment Board, replacing Bayer. He also said he would like to see the City explore the idea of implementing an internship program for youth and young adults.

Guerra also raised questions about homeland security grant money the council approved in December. Staff said the city was still working to secure the money.

Guerra praised Downey Police for their response to a recent robbery at a McDonald's in Downey. He also said he would like the City to set a vision for Downtown Downey.

See COMMENTS, page 5

## District attorney speaking on fraud

**DOWNEY** – Los Angeles District Attorney Bobby Zoumberakis will be the guest speaker at the Feb. 27 meeting of the Rise 'N Shine Networking Group, an organization of the Downey Chamber of Commerce.

The meeting starts at 7:30 a.m. at Nordic Fox restaurant. There is no cost, other than an order from the menu.

Zoumberakis will speak on "Fraud & Restitution in Business." The community is invited to attend.

RSVPs are requested by calling (562) 923-2191.

## Judaism introduction class starting soon

**DOWNEY** – Temple Ner Tamid of Downey will continue its series of Introduction to Judaism classes with a six-week block beginning Feb. 25.

Rabbi Len Muroff and Cantor Ellen Jaffe-Gill will teach the classes, which will focus primarily on Jewish holidays occurring in the winter and spring. Class will meet in the Temple's conference room from 10 a.m. to noon on Sundays, except for March 4, when it will meet from 2 to 4 p.m., shortly before the Temple's celebration of the holiday of Purim.

Any adult interested in learning about Judaism is invited to sign up for the course. The fee for Temple non-members is \$100 for each six-week group of classes.

Temple Ner Tamid is located at 10629 Lakewood Boulevard, between Florence and Firestone. The Temple holds Shabbat Services every Friday at 7:30 p.m. which is open to everyone.

For more information about Introduction to Judaism, or any other Temple program, call (562) 861-9276 or e-mail [templenertamid1@juno.com](mailto:templenertamid1@juno.com).

## Downey Art League meeting Feb. 27

**DOWNEY** – The Traditional Artist's Guild of Paramount and Downey Art League will welcome demonstrator Carmen Armiento at their Feb. 27 meeting at Furman Park. The meeting starts at 7:30 p.m. and is free and open to the public.

Armiento's favorite medium is oil, although she's also well acquainted with other media, including soft and oil pastels, acrylics, watercolors and tempera. Her formal training began in her native country of Argentina.

She also earned a teaching credential in fine arts from Cal State Long Beach.

For information on the meeting, call (562) 803-5857.

## Free tax services for firefighters

**DOWNEY** – Liberty Tax Service is waiving tax preparation fees for firefighters. The tax breaks will be honored March 3-11.

"Often the service these community servants provide puts them in harm's way to keep our streets and neighborhoods safe. They respond quickly to our needs, and we wish to show our appreciation in this way," Hiral Kapadia, owner of the Liberty Tax Service Downey branch, said. "This is our way of saying thanks."

Liberty Tax Service is at 8646 E. Florence Avenue in Downey. For information, call (562) 904-1040.



**Best Buy Downey teamed up with the Salvation Army over the holiday season to help the less fortunate. Best Buy adopted a family of eight, which employees provided toys, clothing and necessities for. For volunteer opportunities with Best Buy Downey, e-mail [Charlene.poodenpah@bestbuy.com](mailto:Charlene.poodenpah@bestbuy.com).**



**Constance Lenore Smith (5 pounds, 4 ounces) and Victoria Cecile Smith (5 pounds, 12 ounces) were born to Zachary and Kathryn Smith of Roseville, Calif. on February 9. Grandparents Ian and Victoria Smith reside in Downey.**

## Outstanding kids sought for Hall of Fame

**DOWNEY** – Nominations are being taken for the Kids Day Hall of Fame, which honors the extraordinary achievements of Downey's youth. For information, call (562) 904-7238.

## Annual GOOD luncheon sold out

BY JOHN ADAMS  
EDITOR EMERITUS

**DOWNEY**—House capacity seems the only limit on the popular annual Gangs Out of Downey Honors and Awards Luncheon set for April 18 at the Rio Hondo Events Center.

The event is sold out (all 400 seats) as of this writing. Gangs Out of Downey was founded by a group of community and business leaders in 1988. Area businessman Phil Presicci gave the group its name. Since then it has raised millions of dollars in support of police and law enforcement.

Causes include anti-graffiti, the 10-20 Club which works to keep youngsters in school, and away from gangs and drugs, and police presence as counselors on campuses.

For information on sponsorships and contributions, call Stan Hanstad of the school district at (562) 469-6541; Darrell Jackson, GOOD President at (562) 618-2550; or Barbara Lamberth of the Downey Federal Credit Union at (562) 861-8141 ext 223.

## HEART

Continued from page 1

Smith responded to an ad in the *Los Angeles Times* asking readers to volunteer themselves for medical research and for 14 years, Smith has been actively involved with medical research at the Cardiovascular Medicine Group of Southern California in Beverly Hills. After years of wearing special devices and ingesting pharmaceutical medicines – and his condition not getting any better – Smith realized it was time to look into transplant options.

In October of 2006, Smith entered Cedars-Sinai Medical Center and began his preparations for a heart transplant. But while tests were being done, it was discovered that he had prostate cancer. After five operations, the cancer was successfully removed and Smith was ready for a new heart.

At three o'clock in the morning on Dec. 13, Smith received the phone call his family had been waiting for: a new heart was being flown in from Stanford Medical Center.

All he knew about the donor was that it was a healthy 20-30 year old male from San Francisco with the same body size and blood type. "I have the heart of a stud," said Smith jokingly.

Eleven days after his heart transplant, Smith came home and has had to battle infection and rejection of the new heart. There are certain things Smith will never be able to enjoy again the rest of his life, such as eating sushi, sitting in a Jacuzzi or traveling to third-world countries. However, the transplant gave Smith a "second-chance at life" and for that, he is grateful.

Smith and his wife, Vickie, currently reside in Downey and have three children – Zachary, Landon and Brittany. Zachary and his wife just delivered twins, Smith's first grandchildren.

Smith has started his own business – a barbecue branding company called "Brand By Name," and is in the process of writing a book about the Civil War. He also hopes to volunteer at local hospitals.

"I want to encourage everyone I meet to talk to family members and discuss what their desires would be if such a decision was presented to them as to what to do with their organs upon death," said Smith. "It's not an easy conversation, but you could make someone's year and/or their life."

For more information on Smith and Viral Cardiomyopathy, visit his blog at [ianhsmith.blogspot.com](http://ianhsmith.blogspot.com).

## Fly fishers offer class on rod construction

**DOWNEY** – The Downey Fly Fishers Club has announced they will begin holding a series of free classes on fly rod construction.

The first class Feb. 28 at 7 p.m. will afford participants an opportunity to enroll and purchase all necessary kits and materials to fabricate a fly rod. Those who plan to use their own supplies don't need to attend this meeting.

Actual rod building will begin March 14 from 7 to 9 p.m. and will continue the next three Wednesdays, March 21, 28 and April 4. All classes will be held at the Barbara J. Riley Community Center in Downey.

More information is available by calling John at (562) 924-9697 or Brian at (562) 425-7936. The club encourages pre-enrollment.

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## CENTURY 21 MY REAL ESTATE COMPANY PAYS TRIBUTE



### Century 21 Spotlights

Character Counts sings and dances its way to Price Elementary School, where students were treated to an energetic assembly called, "Start Dreamin'." Six performers gave an outstanding performance centered around the six pillars of good character. Students can enjoy themselves while learning about something that will benefit them their whole life. Now that's, "Dancing With The Stars."

## DOWNEY'S BEHIND THE SCENE SUPERSTARS

## Christian club examines bad hair days

**DOWNEY** – Kris Peterson will speak on “Having a Bad Hair Day” at the March 14 meeting of the Downey Christian Women’s Club at Los Amigos Country Club.

Men are invited to the luncheon, which starts at 11:45 a.m. The meeting will also feature a presentation on “Ladybug Originals” by Dorothy Persinger. Diane Pierce will provide music. The cost to attend the buffet lunch is \$12. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

## Reservations due soon for luncheon

**DOWNEY** – The OLPH Women’s Guild will hold its annual luncheon honoring their past presidents on March 10 at the Rio Hondo Events Center at 11 a.m. Price of admission is \$25 and reservations are due by March 5.

Payments should be sent to Polly Glenn, 7314 Cleargrove Dr., Downey, CA 90240. Checks should be made payable to Catholic Women’s Guild.

## Rancho’s Amistad Gala March 24

**LONG BEACH** – The 21st Annual Amistad Gala, an evening to benefit the patients of Rancho Los Amigos Rehabilitation Center, will be held March 24 at the Westin Long Beach Hotel in Long Beach.

The black-tie event is titled “The Art of Partnership” and will feature a silent auction and reception starting at 5:30 p.m. and dinner and program at 7.

Rancho will be honoring Bank of America, Robert Thome, Marilyn Pires and the Los Amigos Research & Education.

For information on attending, call (562) 401-7053.

## Watch the Academy Awards in style

**DOWNEY** – Soroptimist International of Downey has announced plans for its fourth annual Academy Awards gala, scheduled for Feb. 25 at the Rio Hondo Events Center.

Attendees can enjoy the Academy Awards live on a 15-ft. projection screen. A red carpet will be laid out as people try to guess the winners, bid on silent auction items and win prizes.

Formal attire is requested, black tie is optional.

Appetizers and no-host cocktails start at 4:30 p.m. followed by dinner at 6. Cost is \$60 per person or \$480 for a table of eight with preferred seating. Money raised will go towards helping local women and children.

For more information, call Dorothy Pemberton at (562) 927-9908. Invitations are available by calling Carol Rowland (562) 904-7159.

## Hospice manager is guest speaker

**DOWNEY** – Ginger Askew, Volunteer Services Manager for Hospice Touch, Inc., located in Santa Ana, will be the guest speaker at Downey Memorial Christian Church on Feb. 25.

Askew will share the benefits of hospice care for terminally ill patients and their families, as well as the rewards of becoming a hospice volunteer. The community is invited to the meeting, which starts at 10:30 a.m.

Downey Memorial Christian Church is located at 8441 E. Florence Avenue.



Pictured above, left to right, are OLPH Women’s Guild members Lucy Guastella, Joyce Prokop, Charlene McCluskey and Polly Glenn, who are in the midst of planning their annual luncheon this year set for March 10.



Fifteen-year-old Dayana Labrada, a student at Warren High School and daughter of Xiomara Santana and Juan Labrada, has been chosen as a state finalist in the Miss California American Junior Teen Pageant to be held May 25-27 at the Airport Marriot Hotel in Los Angeles. Dayana, a member of Warren’s tennis team and active in CSF and Girl’s League, is being sponsored by her mother and her family. To contribute to her sponsorship, e-mail xmsanta@aol.com.

## Employees save man trapped under a car

■ Quick thinking saves the life of an elderly man pinned beneath his car.

BY BROOKE KARLI  
THE DOWNEY PATRIOT

**DOWNEY** – It is not often you hear about someone saving another’s life while at work, especially when it is not in your job description. And for two 1-800-GOT-JUNK employees, they were just doing their job when they had to make a life-saving decision.

On Feb. 4, John Korkis and Scott Naito were at a junk removal site in Downey when they noticed a man trapped under the front tire of his vehicle in the driveway of the home.

The Downey Fire Department later identified the man as 85-year-old Onnis Lovette.

Using a car-jack to raise the vehicle, Korkis and Naito performed CPR after realizing Lovette was not breathing. For approximately 8-10 minutes, Korkis pumped Lovette’s chest while Naito breathed air into him. Lovette regained consciousness and began to breathe when the paramedics arrived.

“We can’t figure out how he ended up under the car,” said Korkis. “I’m just glad I remembered how to perform CPR and was able to help.”

Lovette was immediately transported to St. Francis Medical Center in critical condition.

## Tour will travel to see ‘Pageant of Our Lord’

**DOWNEY** — The Downey Adult School Creative Great Western Tour will travel to the Rolling Hills Estates on March 25 to view a theatrical masterpiece that places live models into some of the world’s most renowned works of art.

Participants will experience the life of Jesus Christ through living reproductions of works of art and music, created by 300 volunteers.

The tour group will enjoy dinner at an Italian restaurant following the presentation.

Registration is open and is \$69 per person. The cost includes motor-coach transportation, “Pageant of Our Lord” tickets, dinner at Il Toscano Ristorante, and driver’s gratuity. Harriett Paine is the tour escort.

To register or for more information, call Downey Adult School at (562) 940-6213. Tour registration coupons are available in the school’s main office can be mailed upon request.

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*“On behalf of the Keep Downey Beautiful (KDB) Committee, I would like to thank the Downey Association of Realtors® for their support, in the early nineties for coordinating the Spring Beautification Awards Program. Without the Association of Realtors® support and help, the program would have been cancelled.”*  
Carol Rowland, Coordinator  
Keep Downey Beautiful

## DUSD board OK's bond refinancing

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY**—The Board of the Downey Unified School District, at Tuesday's regular meeting, adopted a resolution (No. 200607-10) authorizing the execution and delivery of a Joint Exercise of Powers Agreement with California Municipal Finance Authority, establishing the ad hoc Downey School Facilities Financing Authority.

In a "separate" session, the Financing Authority approved its by-laws and a conflict of interest code and authorized the issuance and sale of 2007 General Obligation Revenue Bonds in the principal amount of no more than \$24 million for the construction of public capital improvements and purchase of General Obligation Refunding Bonds from the District, to which the Board agreed (Resolution No. 200607-11).

The net effect, explained Asst. Superintendent-Business Services Kevin Condon, is a reduction in the tax burden on the local property owners. He said the additional benefit is the release of \$1.5 million in additional capital funds to be expended on school modernization.

The Board meanwhile heard a presentation by West Middle School Principal Craig Bertsch, who lauded its students and teachers for raising almost \$4700 benefiting children from Africa and South America (and indeed around the world). A sum was reserved for food and medicine for children and families affected by AIDS.

The effort was made in connection with the school's Character Counts Social Studies Department's recent Worldvision fundraiser. Coordinator was Social Studies Teacher Gina Gallion.

The Board also recognized Carpenter Elementary for receiving a Title 1 Achieving School award. Carpenter's API, said Principal Paula Barnes, has gone from 588 at its opening to an outstanding 772 this year.

Said Barnes: "We believe that professional collaboration and teamwork underlay our success as a school—collaboration in developing school-wide curricular goals, collaboration in aligning instruction to standards, collaboration in determining instructional pacing, teamwork in meeting the needs of underperforming students, and collaboration in professional reflection on the quality of our program and the path to improved performance. We think a shared vision of what is to be a successful school is fundamental to creating the reality of that vision."

"All of this, of course, would not be possible without the support of our colleagues in the District office and the members of the Board of Education," she said.

In other action the Board:

- Received the official 2007 California School Boards Association Delegate Assembly Ballot for Region 24, and casted votes for no more than six candidates;

- Accepted with gratitude gifts from the private sector to the district, including a cash donation of \$3,000 to be used for field trip expenses at Lewis Elementary School, from Lewis Elementary PTA; and a cash donation of \$10,000 to provide counseling services to children at the TLC Center, from the Mary R. Stauffer Foundation;

See **SCHOOL BOARD**, page 10



Over 500 swimmers are anticipated for the Metro Section Spring Championship to be hosted by the Downey Dolphins at the Downey Community Aquatics Center March 3-4. The community is invited to attend the meet. For information on Downey Dolphins, call (562) 862-1820 or visit [www.downeydolphinswimteam.net](http://www.downeydolphinswimteam.net).

## Library honors Dr. Seuss' birthday

**DOWNEY** – Preschool children and their parents can celebrate the birthday of beloved author Dr. Seuss with a special storytime at the Downey City Library Feb. 27 from 10:30 to 11 a.m.

Books by Dr. Seuss will be read and kids will make "crazy" hats and enjoy cupcakes.

"If you love Dr. Seuss, don't miss this free storytime event," said Children's Librarian Gina Orello.

The library is located at 11121 Brookshire Avenue. For information, call Children's Services at (562) 904-7360, ext. 4.

## Fifth graders will be treated to free concert

■ Donation from the Hoag Foundation makes free concert possible.

**DOWNEY** – All fifth graders in the Downey Unified School District will be treated to a performance by the Downey Symphony Orchestra at the Downey Theatre on March 21.

The Hoag Foundation will donate funds to the Downey Symphonic Society's "Music in the Schools" program to help make the concert possible.

During the concert, the conductor and various orchestra members will explain musical terms and concepts before students listen to the pieces of music. Teachers will prepare students for the performance using study materials provided by the Downey Symphonic Society.

There are 1,650 fifth graders in DUSD.

## The Poets' Corner

### The Old Man Down the Road

She strides across the room  
on pale legs straight from Eden  
She laughs a lot  
bold, but sometimes  
uncertain

I want this woman  
with ears as fine as seashells

I have a fantasy  
a grassy Eden  
somewhere  
is ours

I saw her cry once — softly  
on a sensamilla Sunday  
suddenly a rainbow of the senses  
"I can't talk about it now," she said  
leaving.

Eyes turned seaward, I sip my scotch  
water and the sand it leaves  
are timeless.

Do we ever really know each other?  
Innocent child  
where were you today  
in their lost sea of cash and alcohol madness?

When we met you were a distant trip  
all silver and starlight

The tie your teacher wore  
the one you so adored  
was what your falling?

Didn't he tell you  
this April of your life  
was meant for sunshine?

Now, day-by-day  
you fritter time away  
hands filled with trays and glasses

The dumb and faceless stagger past  
each table seems your last

Time is neither yours nor mine  
little darling.

We shall not speak about it now  
the where, the when, the how  
your tears are not for me  
an old man down the road  
and the gardens everywhere  
are dying...  
—John Adams,  
Downey

Poems for the Poets' Corner can be submitted by writing to The Downey Patriot, 11525 Downey Ave., Suite A, Downey, CA 90241 or via e-mail to [downeypatriot@yahoo.com](mailto:downeypatriot@yahoo.com).

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# Behind the Walls

By Eric Pierce

Downey Police Chief Roy Campos, along with Captain Rick Esteves, was gracious enough to give *The Patriot* a full, uninhibited tour of Downey Police Department headquarters this week. There was no special reason, just a chance for press and police to get to know each other better.

The compound is large and sprawling, with a dizzying array of offices, departments, lockers and cubbyholes tucked around every corner. Cameras are placed strategically throughout most of the complex, as are automatic disinfectant dispensers for employees who sometimes find themselves in sticky – and dirty – situations.

The jail was empty at the time of our visit, but the dankness and solitude of the cells was ubiquitous. Each tiny cell was barren except for a concrete bench, a roll of toilet paper and a stainless steel toilet. And unless it's unusually busy, each inmate gets their own cell.

"It's not like on TV," assured Captain Esteves, "we don't just throw them in one big room and say 'Have at it.'"

And you probably won't find a 300-lb. hillbilly playing a harmonica tune in this jail. No, more common here is the stumbling drunk driver police hauled off a Downey street at 2 in the morning.

The drunk gets six to eight hours to get sober before a family member is called to pick him up.

Also housed inside the walls of the department: Downey's CSI unit, detective's bureau, an interrogation room (complete with lie detector), dispatch, code enforcement, traffic division, records, and a whole lot more.

It's serious work what police do, yet I couldn't help but feel a little excited as we roamed the halls. And every officer, detective and personnel member we encountered during the tour stopped what they were doing just to say hi.

It was refreshing to feel so welcome.

And it was all so genuine.

I was taught as a child to wave whenever I saw a police officer driving by. It helped to build trust and friendship.

It's a trust and friendship that continues to this day.

## Relay for Life info session and kick-off Monday

**DOWNEY** – An information session and kickoff party for the American Cancer Society's Relay for Life will take place Feb. 26 at 6:30 p.m. inside the Downey Adult School cafeteria. The community is invited to attend.

The actual Relay for Life will take place June 9-10 on the field of Downey Adult School, where hundreds of Downey residents will take turns walking or running around a track to raise funds for cancer search, community education, legislative advocacy and patient service programs.

Relay for Life is a 24-hour event that also honors cancer survivors and victims.

For information on the Relay or opportunities to get involved as a volunteer, call Karina Madariaga at (562) 940-6236 or the Downey Rio Hondo Unit at (562) 776-0201.

## COMMENTS

Continued from page 1

Guerra said he took exception to a recent story in *The Downey Patriot* concerning a study session on the Downey Studios property. The story quoted Cartozian as saying the session may have been illegal. Guerra said he conferred with the city attorney and manager and was assured that everything was done properly.

Lastly, Guerra said he would like the City website to be more interactive and contain more community links, including links to sports programs and youth groups. He also said the website could contain a tie-in with the school district's Character Counts program.

Councilman Dave Gafin applauded Unity in the Community and their three-year anniversary. He also said he would like to see a Neighborhood Watch program included when the City prepares its next budget.

Gafin also commented on the town hall meetings he will begin hosting March 1. He said the meetings will include a 20-minute PowerPoint presentation and a question-and-answer session. He thanked staff and the school district for their assistance with the meetings.

Trejo also spoke on the Independent Cities Association and said many of the ideas presented at the session regarding school safety were already in place in Downey schools. He also reminded the public that both Downey and Warren High Schools had advanced to the opening round of CIF playoffs in boys basketball. (Both schools later lost.)

City Manager Gerald Caton praised city staff and offered condolences to the family of Ken Miller, who recently passed away.

The council meeting was adjourned in his honor.



## Letters to the Editor:

### Lamenting over Johnie's Broiler

Dear Editor:

The rise and fall of Harvey's Broiler Restaurant Drive-In and Chubby Big Boy Hamburger.

I am a resident of Downey since February 1953. I was a waitress at Harvey's Broiler from the April 1958 opening to October 1968.

What a unique building and wonderful restaurant to work – the food unequalled in the southeast area prepared daily on the premises, while serving regular customers.

The owners, Harvey and Minnie Ortner, were good employers, providing Blue Cross health insurance to all their non-union employees.

Alas, the good times end and the fall begins. Enter the 1960's – Mr. Ortner becomes ill and good management no longer exists. The food no longer unequalled as the chef and baker quit. No longer a security guard to control the drive-in area, allowing alcohol and drug users to park for hours. No food orders – only orange juice and coke for their alcohol mixers.

Then, the cursed cruisers begin their non-stop circling of the building, not allowing customers to enter or leave after dining. Due to these embarrassing situations, I quit.

I suppose the cruising ended after the next owner allowed truckers to park their semi-trucks 24-hours on the lot, also creating an eye-sore to the area.

I do not lament the demise of the building as it died in the 1960's. I do lament the end of the wonderful restaurant and the caring owners of 38 years ago.

—Catherine Reed, Downey

### Beloved Johnie's? Get real

Dear Editor:

I was recently in Downey and read the articles about the demolition of Johnie's Broiler. The article that really caught my attention was the one that described the broiler as "our beloved Harvey's/Johnie's Broiler."

Get real. I have been coming to Downey for the past 45 years and have eaten at the drive-in several times. The last I was by there it was a car lot and the building looked pretty run down. I even thought at that time it should be knocked down and something new built in its place.

If the City of Downey and the Downey Historical Society wanted to restore it why don't you put your money where your mouth is and buy it? What right does the City or the Historical Society have to force anyone to keep an old building? They don't own it and they haven't paid the taxes on it.

I say let the owners build their "retail shopping mart" and government get back in your place.

One other thing, about the McDonald's at Florence and Lakewood being the first, wrong again.

— Bob Riding, St. George, Utah

Letters to the editor may be submitted by writing to *The Downey Patriot*, 11525 Downey Ave., Suite A, Downey CA 90241 or by e-mail to [downeypatriot@yahoo.com](mailto:downeypatriot@yahoo.com)

## Roybal-Allard: New direction needed in Iraq

The following is the complete text of Congresswoman Lucille Roybal-Allard's statement presented on the floor of the U.S. House of Representatives on February 15, 2007

"Madame Speaker, I rise to support the resolution and to express my opposition to the President's plan to send additional troops to Iraq.

While I rise as a member of this House who opposed authorization of the Iraq war, I also rise as a member of the new congressional Majority-representing millions of Americans who voted for a new direction in Iraq. And I rise representing my own 34th Congressional District of California whose constituents overwhelmingly oppose this troop increase.

Perhaps most importantly, I rise as the proud step-mother of a US Army serviceman who served in Iraq, and the proud wife of a Marine who saw two tours of duty in Vietnam.

While I will never personally experience war on the ground, I can speak from a wife and mother's perspective about what it means to have a loved one sent into harm's way.

More than four years ago, I spoke from that very perspective when I, with many of my colleagues, urged the President to exhaust all diplomatic efforts, give the UN weapons inspectors a chance to finish their job, and if necessary, establish a multilateral coalition force to confront Saddam before invading Iraq.

These steps would have made it possible to say to my step-son and to all of our nation's sons and daughters, "your country did everything in its power to keep you from harm's way."

Regrettably, the President did not do everything in his power to keep

them from harm's way.

We know now that decisions to invade Iraq were based on at best faulty intelligence, and at worst, intelligence skewed to favor a specific policy outcome.

It is breathtaking now to consider how incomplete, simplistic, or just plain wrong our intelligence and projections were about the need to invade Iraq.

It is breathtaking to consider the costs to this nation of this ill conceived and mismanaged war in which billions of dollars have been spent without significant and appropriate oversight of the war effort, the occupation, or the plan for reconstruction and withdrawal from Iraq.

Even more tragic is the huge price that has been paid in American and Iraqi lives, and in our esteem around the world.

Madame Speaker, I share the commitment of my husband and step-son and that of all Americans to defend this nation against our enemies.

And I believe, even as a peaceful nation, we should be resolute in our determination to defend our country against hostile interests.

But the bar to war must be set high, and information on which we base our entry into war or escalate our involvement, must be clear, compelling, and as unfiltered as possible.

The President did not in good faith make the case to preemptively and unilaterally go to war in Iraq, and he has not made the case for this escalation.

See IRAQ, page 10

## The Downey Patriot



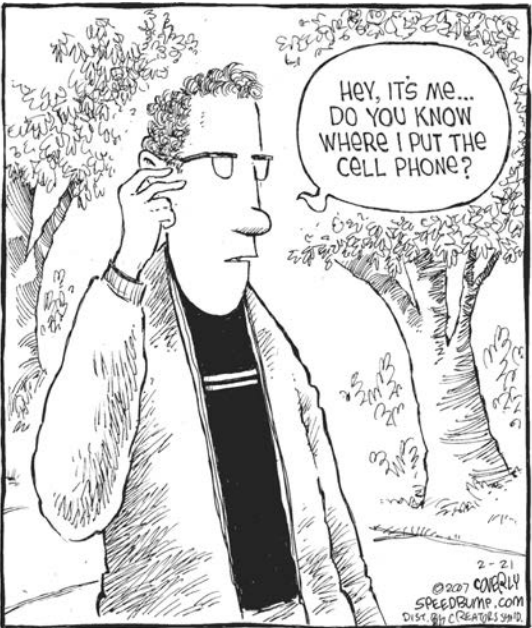
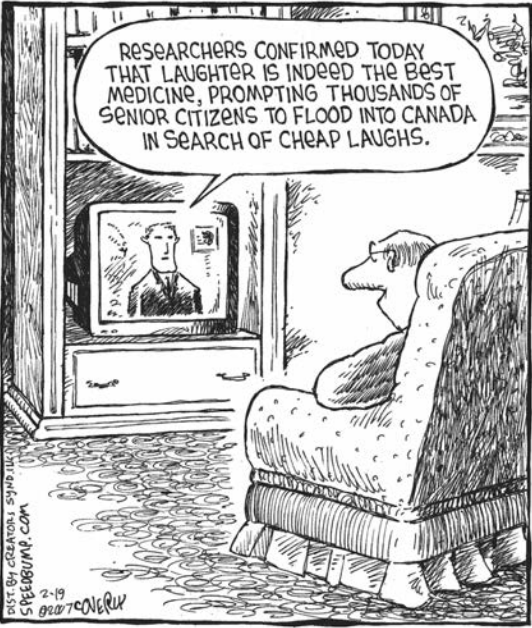
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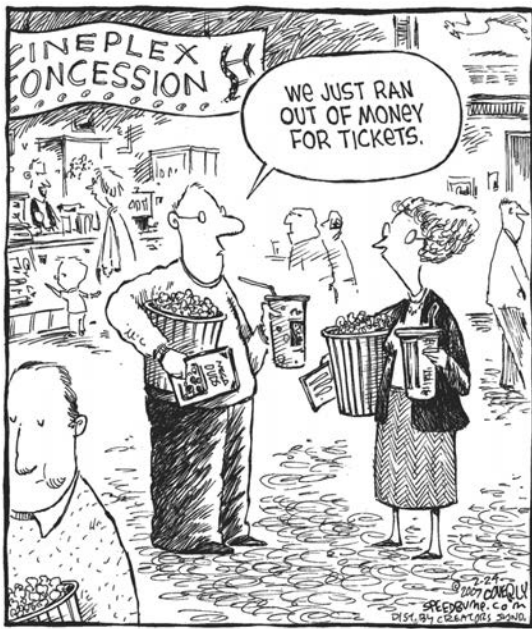
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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For February

Fri. Feb. 23: "The Roar of the Greasepaint - The Smell of the Crowd" showing @ Downey Theatre, 8 p.m.  
 Mon. Feb. 26: American Cancer Society's Relay for Life kickoff party, Downey Adult School, 6:30 p.m.  
 Thurs. March 1: Town hall meeting, Alameda Elementary School, 6 p.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 Monday, 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 Samb'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...

**February 23, 1848:** John Quincy Adams, the sixth president of the United States, dies at age 80. He had suffered a stroke on the floor of the House of Representatives two days earlier.

**1903:** The United States leases Guantanamo Bay from Cuba.

**1905:** Rotary Club holds its first meeting.

**1965:** Comedian Stan Laurel dies at age 74.

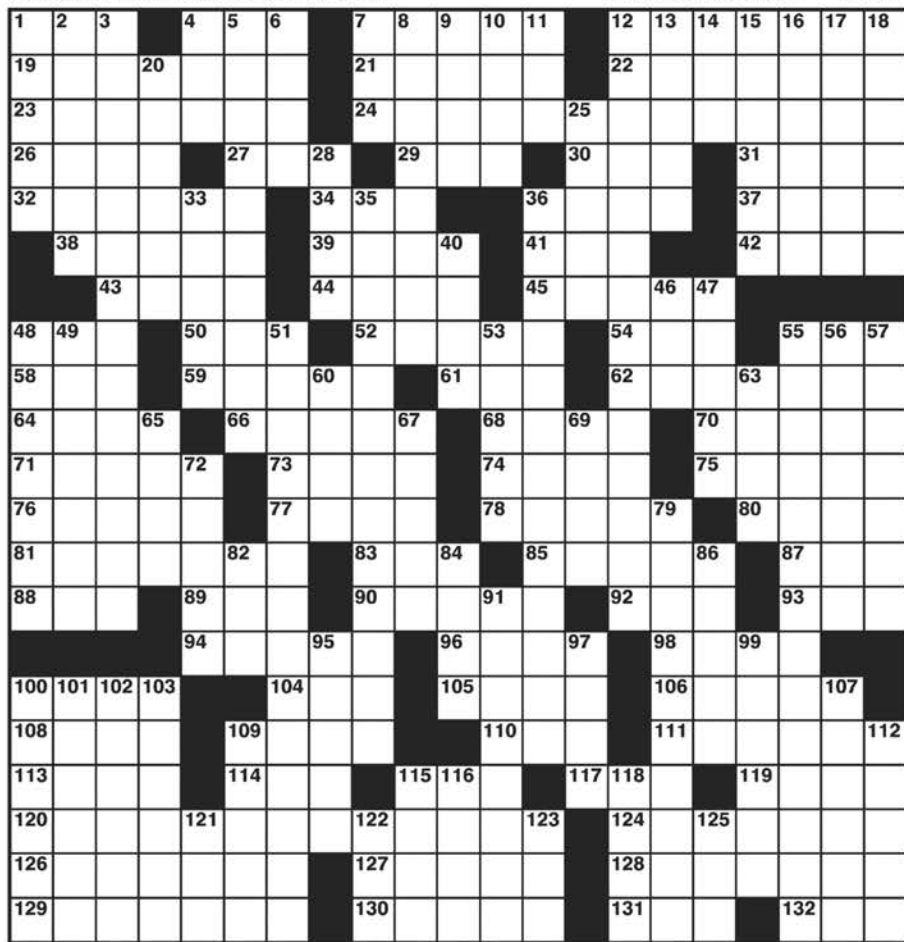
**2000:** Carlos Santana wins a record-tying eight Grammy Awards for his album, "Supernatural."

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
 GRADE A: As good as it gets  
 by Robert H. Wolfe

- ACROSS**
- 1 "That's sooo cute!"
  - 4 Former Verizon rival
  - 7 Youngsters' game
  - 12 Central California city
  - 19 Vientiane resident
  - 21 Debate
  - 22 Not indoor
  - 23 Raises
  - 24 100 pence
  - 26 Emcee's amplifier
  - 27 Rip off
  - 29 Popular pet
  - 30 Advanced deg.
  - 31 Canadian prov.
  - 32 Brit's strong beer
  - 34 Checkout-scanner target: Abbr.
  - 36 Old words of disapproval
  - 37 Fargo family name
  - 38 Map box
  - 39 Comment from a 29 Across
  - 41 An SASE may accompany one
  - 42 Goes wrong
  - 43 Peer \_\_ (Ibsen play)
  - 44 Single performance
  - 45 Affirmative answers
  - 48 Radio regulator: Abbr.
  - 50 "Wow!"
  - 52 Rice dish
  - 54 Web address
  - 55 Starfish appendage
  - 58 "Gotcha!"
  - 59 Take \_\_ (gauge)
  - 61 Justice Dept. agcy.
  - 62 Tie pattern
  - 64 TV talk host Kelly
  - 66 Works in intelligence
  - 68 Strong desire
  - 70 School near Boston
  - 71 Out of order
  - 73 Threatening word
  - 74 Old leader
  - 75 Temporary currency
  - 76 Coup \_\_
  - 77 Stand in front of
  - 78 Landing area
  - 80 Olympian queen
  - 81 Oklahoma Indian
  - 83 Towel term
  - 85 Certain Slav
  - 87 Cold mo.
  - 88 Designer monogram
  - 89 Erstwhile
  - 90 Ryan or Tatum
  - 92 Southwest stream
  - 93 Links area
  - 94 Bacteriology eponym
  - 96 March Madness org.
  - 98 Busy period
  - 100 Cleaner's target
  - 104 Ad \_\_ committee
  - 105 Soviet news agency
  - 106 Showed a preference
  - 108 Rhapsody in Blue star
  - 109 Toon skunk Le Pew
  - 110 Summer hrs.
  - 111 Duchess of York, commonly
  - 113 Run into
  - 114 Bart Simpson's grandpa
  - 115 Ike, initially
  - 117 Drivers' org.
  - 119 Love god
  - 120 Over the hill
  - 124 Window accessories
  - 126 Puts forward
  - 127 Photographer
  - Leibovitz
  - 128 Organic solvent
  - 129 Best, as an estimate
  - 130 Utter
  - 131 Radiator sound
  - 132 \_\_-Mex
- DOWN**
- 1 Grads
  - 2 Large elk
  - 3 Current assets minus current liabilities
  - 4 Actress Farrow
  - 5 Redheads
  - 6 \_\_ many words
  - 7 Open, as a keg
  - 8 Salad staple
  - 9 Mexican water
  - 10 Fontanne's partner
  - 11 Presided over
  - 12 Abbey VIP
  - 13 Paper sections
  - 14 German article
  - 15 Intertwine
  - 16 Bo's'n, for one
  - 17 Hairdresser, often
  - 18 Church instruments
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  - 28 Brooklyn Dodgers, affectionately
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  - 55 Anglo-Saxon king
  - 56 One on a pension
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  - 63 Similar things
  - 65 PDQ cousin
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  - 69 Teri of Tootsie
  - 72 Make impressions
  - 79 Poker hand
  - 82 Hasten
  - 84 Put in the mail
  - 86 Grayish-brown
  - 91 College world
  - 95 Boxing boundaries
  - 97 Film pooch
  - 99 Mason's assistant
  - 100 Chinese boat
  - 101 Word often following "pretty"
  - 102 The \_\_ File (Forsyth novel)
  - 103 Small piece of cloth
  - 107 Singer Warwick
  - 109 Breathes heavily
  - 112 English county
  - 115 007 adversary
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CREATORS SYNDICATE © 2007 STANLEY NEWMAN WWW.STANXWORDS.COM 2/18/07



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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.

"Fargo" was written and edited by brothers Joel and Ethan COEN (37 Across); Joel directed it and Ethan produced it. In 1889, TUTTS University (70 Across) trustee P.T. Barnum gave the stuffed hide of Jumbo the elephant to the school, where it immediately became the mascot. Starting in 2007, the duration of Daylight Saving Time, or DST, (110 Across) will be four weeks longer than it has been for the past 20 years.



## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

**W**e are what we eat. So true. In terms of personal health habits, nutrition is perhaps the area I get the most questions about, with the major focus on FAT. But are all fats unhealthy?



I know that many of my patients come in quite confused. Let's demystify this today.

Fats have a bad reputation. It's important to understand that there are different types of fat, and some are necessary for good health. Note, by the way, that every fat has the same number of calories, which means they can all make you equally...fat. If weight loss is your goal, then you need to limit all of them, but not completely avoid them. More on this later! Saturated fats, however, can not only cause that dreaded weight gain, but are also a major cause of arteriosclerosis (clogging of the arteries) and coronary heart disease.

So which fats are good? Fats fall into two categories: Saturated fats and unsaturated fats. In a nutshell: Saturated fats are bad, unsaturated fats are generally OK in moderation. Saturated fats come from animal foods (meat, cheese, ice cream, butter, eggs, and other dairy) and a few oils like palm kernel. These fats are not necessary for health, and they are a major cause of arteriosclerosis-related diseases. Saturated fats also include the trans-fats or hydrogenated fats. These are fats that started out unsaturated but the food manufacturing process cooks them

and turns them into saturated fats. They are found in margarines, shortenings, fast foods (especially fried foods like French fries and fried chicken) and are especially unhealthy.

The unsaturated fats include mono-unsaturated and poly-unsaturated fats. Mono-unsaturated fat is considered to be one of the most healthful types of general fat. It is found mainly in olive oil, avocados, peanut butter, rapeseed oil, canola oil, nuts and seeds. It actually helps to reduce harmful low-density lipoproteins (LDL) which can cause blocked arteries. So, to further refine our nutshell (so to speak), saturated fats are bad, and some unsaturated fats, namely mono-unsaturated fats, are good.

If you're still with me, I'm truly impressed. Poly-unsaturated fat, though much better for you than saturated fat, is considered to be less healthful than mono-unsaturated fat. However, included in the poly-unsaturated fat group are two very important essential fatty acids (EFA) that have been prominent in the news lately. These are the Omega 3 and Omega 6 fatty acids. Both of these EFA are vital for good health and are the types of fat you need to be eating. So here, our metaphorical nutshell gets complicated: Poly-unsaturated fat has its pluses and minuses, but the Omega 6 and Omega 3 fatty acids, contained within that group, are highly desirable.

Now, as promised, let's get back to that weight-loss issue. Did you know that fat contains more than twice the calories of carbohydrates and proteins? Each gram of fat is equal to 9 calories and each gram of carbohydrate or protein is equal to 4 calories. Note that an

Original Glazed Krispy Kreme donut has 12 grams of fat (or, have a Glazed Kreme Filled for 20), a "vente" Starbucks Double Chocolate Chip Frappuccino has 25 grams and a Burger King Double Whopper with cheese has a whopping 64 grams of fat! If we assume that your total calorie intake should be 2000 calories per day, and that 20% of those calories should be from fat, then 400 fat calories or about 45 grams of fat should be consumed each day. That burger has 990 calories, and almost one and a half times what your day's fat intake should be

Here are some suggestions:  
 •Reduce total fat consumption to 15-25% of your total daily calorie intake

•Restrict or eliminate saturated fat

•When you buy margarine, choose brands without trans-fats or hydrogenated fats

•Eat fish at least two times per week. Fatty fish like albacore tuna, salmon, lake trout, mackerel, herring, and sardines are high in Omega 3

•Eat foods such as tofu and other forms of soybeans, pumpkin seeds, dark green vegetables, canola beans, walnuts, almonds, and flaxseed, which convert to Omega 3 fatty acids

•Remember that all oils are high in calories, and should be consumed sparingly.

You'll read more on diet and nutrition in my next column. Until then, bon appetite!

*Have a health question? Send it to Dr. Alan Frischer, c/o The Downey Patriot, 11525 Downey Avenue, Suite A, Downey, CA 90241. Frischer is former Chief of Staff at Downey Regional Medical Center.*

## Drug and alcohol abuse can cause broken hearts...literally

BY MEGAN BEDFORD  
 NARCONON ARROWHEAD

Each February, our country celebrates American Heart Month by promoting steps to keep your heart healthy, but what is not commonly known is that one of the most vital ways to keep your heart healthy is to avoid heart-damaging drug and alcohol abuse.

Across the nation, millions of people put their hearts at risk by using cocaine, crack cocaine, heroin, methamphetamine, Ecstasy and alcohol, all of which create a risk for heart damage, heart attacks or cardiac arrest.

"Volumes of research exist that prove the risk of these drugs and alcohol," stated Ryan Thorpe, Director of Admissions at Narconon Arrowhead, a residential drug and alcohol rehabilitation center in Canadian, Okla. "The cardiac arrest death of Len Bias, a healthy young basketball star, in 1986 from one of his first doses of cocaine illustrates the terrible and unknowing risk many people are taking. We are taking the opportunity presented by American Heart Month to advise people to avoid cocaine and crack cocaine for the sake of their hearts."

Cocaine and crack cocaine can cause heart damage, heart attacks and fatal arrhythmias (abnormal heartbeats) even in first time users by over-stimulating the heart and narrowing the arteries of the heart or surrounding areas. The heart pumps harder as a result of the stimulation but the blood vessels are constricted; the strain on the heart can create a heart attack even in people under 30, some of whom may be using the drug for the first time.

Additionally, anyone injecting drugs intravenously runs the risk of a potentially fatal infection in the heart called endocarditis. Endocarditis results in an inflammation of the innermost lining of the heart and the valves and can lead to heart failure or stroke.

"Cocaine and crack cocaine distribution channels stretch across our country to every corner," said Thorpe. "In most of our cities, it has been involved in more drug-related deaths than any other drug, whether you are talking about single-drug or multi-drug deaths. In 2004, cocaine was responsible for an estimated 383,350 emergency room visits, more than any other drug, according to the Substance Abuse and Mental Health Services Administration.

"Because it is not easy for many people to quit using drugs or alcohol when they want to," added Thorpe, "it's essential that they have access to a rehabilitation program with a proven track record. At Narconon Arrowhead, we provide service to many people who have been addicted to cocaine or crack cocaine. Six out of 10 people who come to us are still living clean and sober lives two years after they complete our program."

For information on Narconon's drug treatment and educational programs and materials, call (800) 468-6933 or visit [www.stopaddiction.com](http://www.stopaddiction.com).

## Low-cost stroke screenings available to residents

**DOWNEY** – Low-cost stroke screenings will be available at the Light and Life Christian Fellowship Church in Downey on March 20. Appointments will begin at 9 a.m.

A stroke, also known as a "brain attack," is ranked as the third leading killer in the world, and the second among women. Through preventive screenings, the risk of having a stroke can be greatly reduced.

Screenings involve the use of ultrasound technology, and scan for potential health problems related to blocked arteries, which can lead to a stroke, aortic aneurysms, which can lead to a ruptured aorta, and hardening of the arteries in the legs, which are a strong predictor of heart disease.

A bone density screening to assess the risk of osteoporosis will also be available.

A complete vascular screening

package, including the stroke/carotid artery, abdominal aortic aneurysm and ankle brachial index (hardening of the arteries) screenings is \$109. The optional osteoporosis screening is an extra \$20. All four screenings take less than an hour to complete.

Life Line Screening will administer the screenings. For more information, or to schedule an appointment, call (877) 237-1287. Pre-registration is required.

# COMMUNITY WELLNESS CLASSES

## March, 2007

**Healthy Heart Nutrition**  
 Learn about healthy food habits to reduce 3 major risk factors for heart disease – high blood cholesterol, high blood pressure and excess body weight. A DRMC registered dietitian teaches this free class. Registration is required at (562) 904-5580.  
*Wednesday, March 14, 3:30 - 4:30 pm*

**Diabetes Health Fair**  
 Find wellness resources, hear from medical experts and receive screenings for blood pressure, glaucoma and stroke. Free.  
*Saturday, March 17, 9 am - 2 pm*

**Childbirth Education**  
 In this 4-week class expectant moms and their partners will learn signs of labor, relaxation techniques, pain management and what to expect during pregnancy and delivery. \$75 per couple. Classes fill quickly; register by the 5th month of pregnancy, (562) 904-5580.  
*March 5, 12, 19 & 26, 7 - 10 pm*

**Breastfeeding Workshop**  
 A certified lactation consultant provides the information needed for expectant parents on how to successfully breastfeed their baby and avoid common breast-feeding troubles. Class fee is \$10. Advanced registration is required at (562) 904-5580.  
*Mon, March 5, 7-9:30 pm*

**Stork Tour**  
 A free opportunity for expectant parents to learn more about DRMC's Family Birth Center. Registration required, (562) 904-5580  
*Sat., March 10, 10 am - Noon*

**Bilingual Stork Tour**  
 Registration is required for this free program at (562) 904-5580.  
*Wed., March 14, 6 - 8 pm*

*Reduce stress & find more energy with "Fit Bodies, Calm Spirits" classes presented by certified instructors at the Rehabilitation & Wellness Center at Downey Regional Medical Center.*  
**SPECIAL FOR MARCH: \$70 for 10 one-hour sessions.** Registration is required at (562) 904-5551.

**Pilates**  
*Mondays, 4:45 pm - Introduction/Beginner*  
*Mondays, 6 pm - Intermediate*  
*Wednesdays, 3:45 pm - Beginner/Intermediate*  
*Wednesdays, 6 pm - Intermediate*  
*Thursdays, 12 pm - Intermediate*  
*Thursdays, 3:45 pm - Beginner/Intermediate*

**Yoga (Kundalini)**  
*Tuesdays, 6 pm*  
*Wednesdays, 5:15 pm - Bi-lingual*

**Cardio Dance (low impact)**  
*Thursdays, 6 pm*

**Massage Therapy**  
*Tuesday - Friday, 3 - 5:30 pm*  
 Swedish & Deep Tissue massage. 25- and 50-minute sessions. Call for prices.

**Your Community Hospital**  
 11500 Brookshire Ave. at Firestone Blvd., Downey  
[www.drnci.org](http://www.drnci.org)

### ATTENTION MEDICARE & MEDICARE/MEDI-CAL RECIPIENTS

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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.

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## DJAA taking baseball sign-ups

**DOWNEY** – The Downey Junior Athletic Association (DJAA) is now taking sign-ups for the baseball season.

Sign-ups will be held Feb. 24, March 3 and March 10 at Apollo Park from 10 a.m. to 1 p.m. New this year is t-ball for kindergartners.

Children should have a copy of their birth certificate, last report card or school ID and registration fees, \$60, when signing up. The league is open to boys and girls grades K-8. Call (562) 861-3727 with questions.

## The many sides of Phil Davis

By **HENRY VENERACION**  
STAFF WRITER

With one year as Director of Support Programs, Career and Vocational Education at the Downey Unified School District under his belt, irrepressible Phil Davis has a sharper idea of the priorities for his department. He admires the programs he inherited from his predecessor, Dale Lostetter, and he says he is undeservedly reaping the benefits.

Its flagship ROP (Regional Occupational Program), for instance, “due to the many hours of hard work and commitment to excellence by the [department’s] entire administrative, teaching and support staffs,” has received a six-year accreditation, the maximum an ROP can receive through the L.A. Office of Education Regional Occupation Program. The Downey ROP, rendered on Warren and Downey High campuses, consists of some 29 various classes, including classes on Health Occupations, Hotel Occupations, Food Service, Landscaping, Law Enforcement, Pharmacy Technician, Professional Dance, Retail Marketing, Supermarket Occupations, and Web Design. Fees are minimal.

Its Careers in Education program, designed for students who want to pursue a career in teaching, recently won the very prestigious “Model Program Practice” award. The award is given once every three years to a program that meets strict criteria of excellence as outlined by the state Department of Education.

Meanwhile, its Banking Occupations Class won the equally prestigious California Department of Education “Model Practice” award for the second time in a row. The award is given every three years to programs that develop into models for others to use as an example of excellence.

Winning this award recognition once, says Phil, is an honor. Winning it two times in a row is “outstanding.” Other programs whose diversity, according to Phil, differentiates the department noticeably from the others, aggressively address various needs of students: (Gifted and Talented Education) Home Teaching; Independent Study; Physical Fitness Testing; Elementary Planning and Pre-Physical Education; At Risk Programs, Pregnant Minor Program; Recreation Program-District Liaison; Sexual Harassment; Uniform Complaint Procedures; Title IX and Williams Complaint Procedures; and Carnival of Champions.

The 47th annual Carnival of

Champions track and field meet, which brings together 4th and 5th grade representatives from nine Downey elementary schools, takes place Saturday, April 28 at Warren High School, at 8141 DePalma in Downey, from 8:30 a.m. to 12:30 p.m. Approximately 500 boys and girls will compete in the following seven track and field events: 50-yard dash; 100-yard dash; Baskets in One Minute; Softball Throw for Distance; Standing Long Jump; Four-Member-Team 440-yard Relay; and Mixed Coed Relay. Admission is free.

Phil, who has a bachelor’s in music education (1981) and a master’s in educational administration (1983) from Azusa Pacific University, can’t say enough about the contributions his assistant, Senior Secretary Mary Helen Aguilar, has been making over the years to the department’s success. “She practically runs the department,” he says. “Without her, I’m lost.” Mary Helen, a single mother of three, has been with DUSD for 28 years. Monica, the eldest at 37, once taught at Gaudin (6 years) and now works for the Paramount School District; second daughter Erica is 35; Bobby, 32, is in the grocery business.

He also attributes whatever distinction the department may have gained, at least in the past year, to the excellent cadre of teachers instructing “tons of students” in the various ROP offerings. I visited the Film & Video Production (taught by Lundsberg) facility now under construction at Warren (while the class makes do with the present cramped configuration), and the Commercial Photography (Redfox) and Print Shop (Austin) classes, and I came away impressed—by the equipment, the instruction, and the enthusiasm of most of the students.

Phil may be overly modest, but one cannot underestimate his vast talents. Besides compiling a noteworthy track record as an educator (12 years as Assistant Principal, 5 at Mayfair High and 7 at Warren High; and 5 years as principal at West Middle School,) and displaying a “people” person leadership style, he can belt out a pop tune with that booming voice of his



## TRAVELER

Continued from page 1

Prof. Harris was no quitter. One week later he was back again. This time the bag leaked causing him to fail to reach the proper height. The wind blew the balloon and its passenger over downtown Downey, just clearing the tops of the building. Seeing he was about to collide with the steeple of the Baptist Church, the professor dropped to the church roof, slid to the edge, and dropped 20 feet to the ground. The balloon was found with large tears in several places about a mile outside of town.

The local press reported on the next day’s activities. “On Saturday a large crowd was on hand to see the professor’s free show. The damage to the balloon had been repaired by pasting cotton cloth over the torn palace.

“At 11 a.m. all was ready. ‘Let her go,’ said the daring air navigator. The 50 or more men or boys who were holding her down let go their hold. The big cotton globe, with the aeronaut suspended beneath his parachute, shot upward rapidly and floated slowly away to the westward. In a minute, or two perhaps, the spectators caught a glimpse of a white streak descending almost like the lightning’s flash, then an opening parachute dropping rapidly from which the bold navigator was seen struggling to free himself to meet more easily his anticipated fall.

“An instant’s suspense—a sickening thud—and the form of the aeronaut was seen lying motionless upon his back, within a few yards of his starting point. In a few minutes Prof. Harris was assisted to his feet, trembling in every limb. A soothing potion was administered by Dr. Kendrick, and with a little more assistance, the terribly jarred professor managed to leave the grounds. His escape from instant death was miraculous.

“Finding that the balloon was leaking badly, and would take him no higher, at an elevation of about 450 feet, the professor cut loose, rather than risk descending in that style of balloon. The height reached was not sufficient to allow the parachute time to fully break the fall. Its perfect action, however, saves his life. The balloon sailed away gracefully, reaching an altitude of probably 1,500 feet, then turning over, as intended, dropped like a writhing serpent to the ground.

“Since his fall, Prof. Harris has been resting quietly at the hotel, and expects to be able to fill his engagement to make an ascent at Redondo on the twenty-fourth.”

It is unknown whether the good professor died a balloonist or went into another line of work.

Originally published January 7, 1994

(which he uses to good advantage at church and sundry occasions), and can throw you into fits of laughter with his rapid-fire quips and antics.

A devoted family man, he is married (25 years) to Judy, who has taught at Sussman for 10 years. Twenty-four year old daughter Joslyn, a UCI grad, acts, models, and is “building a career in broadcast journalism”; younger daughter Alison is 22, in her 5th year at CSU-Long Beach majoring in English, and plans to be a teacher. Son Wesley, 16, is a junior at Downey High and is ASB Jr. vice president, who, like his dad, “loves music” and plays drums. They are all Downey High grads and “great kids.”

Basically a doer, Phil readily admits to instigating/orchestrating riotous situations at home. He got his musical genes, he says, from his mom who played the piano. By age five, Phil says he could sing 3-part harmony and, later, was part of a barbershop quartet. Musical predilections are jazz, scat singing, and gospel music.

Besides continuing to expand the GATE Certification class offerings throughout the school year, Phil wants to develop Career Technical Education pathways in the following areas: Construction

Technology, Careers in Education, Hospitality & Travel, Film & Video Production, Banking Occupations and Medical Occupations. In the planning stage is a 4-year path where students will enroll as freshmen, complete and receive an industry-standard certification at graduation.

Another ROP area where Downey students have excelled is the annual L.A. County Office of Education ‘Student Recognition’ competition. On March 8, students from Downey ROP competed against some 113 students representing all 22 county school districts, and six received medals, including one gold in Pharmacy Technician, by Richer Bernard, a senior at Downey High.

The next “Student Recognition” competition is slated for March 7 at the DOE county facility on Clark Avenue. Phil says this time DUSD’s “big guns” (from Superintendent Wendy Doty to the Asst. Superintendents to a few department Directors, will conduct a mock interview March 2nd, to better prepare the student participants.

DUSD is getting “real serious” about this, he says, and it can only mean better things for the department, and for DUSD as a whole.

## DINING-OUT DEALS IN DOWNEY

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WEDNESDAY: B.B.Q. Beef Ribs, Roast Turkey, Teriyaki Sirloin Strips  
THURSDAY: Roast Half Chicken, Hot Roast Beef, Linguine w/ Chicken & Mushroom  
FRIDAY: Red Snapper, Roast Turkey, B.B.Q. Beef Ribs  
SATURDAY: Meat Loaf Supper, Sirloin Tips, B.B.Q. Beef Ribs  
SUNDAY: Honey Baked Ham, Roast Turkey, B.B.Q. Beef Ribs  
\*Mon. - Fri. from 4 pm Sat. & Sun. from 2 pm  
Served with soup or salad, mashed potatoes and cornbread or garlic cheese bread.

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Whole pie to go, limited time only!  
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Buy any entrée during lunch and any two regular beverages and get a second entrée (of equal or lesser value) for half price. 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 2/24/07. POS CODE: MKTG 2 MKTG promo 2

**1/2 Price Dinner**  
Buy any entrée during lunch or dinner and any two regular beverages and get a second entrée (of equal or lesser value) for half price. 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 2/24/07. POS CODE: MKTG 2 MKTG promo 2

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# SCHOOL BOARD

Continued from page 4

- Authorized payment of expenses for convention and conference attendance;
- Ratified various general agreements with: Eko Multi-Purpose Center, Optimist High School, and Downey Family YMCA;
- Ratified payments for special education placements;
- \*Ratified a mediation agreement for settlement of attorney's fees of \$4,000;
- Approved the appointment of Elizabeth Phelps and Robert Becker to the SELPA Community Advisory Committee (two-year term) through Jan. 2009;
- Reviewed and approved the revisions to AR 1105.1, the Williams Uniform Complaint Procedure form;
- Approved the proposed revisions to AR 3111, Regular School Calendar and AR 3111.1, Adult School Calendar 2007-08. Regular school begins Sept. 5.
- Approved Part 11 of the Consolidated Application for Funding Categorical Aid Programs; and approved the submission of the application to the state Department of Education;
- Approved the School Site Block Grant expenditure plans;
- Ratified purchase orders by the Purchasing Department;
- Ratified the issuance of payroll orders for hourly, overtime, Civic Center work by classified, Adult School and Food Services through Jan. 2007;
- Ratified B warrants;
- Ratified agreements with: CSU-Northridge (clinical education); between Downey Adult School and CareMore Medical Group to offer externships to Office Skills Center students; between DAS and Coast Plaza Doctors Hospital, Health First Medical Clinic, Dr. Owiesy MD Medical Office, and Dr. Thomas, to furnish practical experience to students enrolled in the Office Skills Center program;
- Authorized advertising for bids for the construction and installation of a new compressed natural gas (CNG) fueling station for the Transportation Services Department, provided by the South Coast Air Quality Management District; also authorized the same for the Warren High School new library, classroom building and modernization, to be charged to Bond Funds;
- Awarded bid for backhoe services on an as-needed basis, to Terra Pave, Inc., Whittier, in the amount of \$150,000 with no guarantee that the amount will be met or exceeded, to be charged to the General Fund, Maintenance Fund, and/or Bond funds as appropriate;
- Approved change orders to various purchase orders issued in varying increasing/decreasing amounts, to the following parties: Fun Foods, Placentia; Jane Haddad, Long Beach; Standard Drywall, Inc., Corona; and Master K Electric, Northridge;
- Accepted as complete concrete work, trade electrical work, rough carpentry, ceramic tile work, and fencing work, covering such areas as Warren High (for its modernization program) provided by various vendors. In this connection, Board Member Mark Morris implored that those responsible make sure they change the chain link fencing; Board Member Donald LaPlante said wrought iron fencing is "much nicer to look at.";
- Approved adjustments of the Cafeteria Fund restricted budget as well as the General Fund restricted and unrestricted budgets to reflect decreases to the fund balances;
- Approved the declaration and sale of District surplus property by Nationwide Auction Company, and abated the income to the General Fund;
- Approved the purchase of equipment, as listed, in accordance with established purchasing policies and regulations;
- Acknowledged receipt of claim submitted by Scott T. Lane, Esq., and another party on behalf of Toby B. Hayward, Inc., and denied claim in compliance with Gov. Code Section 911-15 and 945;
- Ratified routine Personnel items until subsequent action is taken by the Board of Education;
- Ratified the establishment of two new positions, with classifications commensurate to present specific same-level classifications;

- Approved the changes in the duties of Buyer and Maintenance Electronics Technician as indicated, and approved the abolishment of one position of Network Analyst and the establishment of one new position with indicated duties;
- Adopted a resolution approving Workers' Compensation coverage, as well as liability coverage, for volunteers;
- Approved the 2007-08 Course of Study for the middle schools and the high schools;
- Approved the Single Plans for Student Achievement;
- Approved the Program Improvement School Plans Addendum;
- Received the Downey Unified School District Actuarial Study of the Post Retirement Health Benefits Program, as prepared by AON Accounting;
- Approved the amendment to the Master Agreement with the California School Employees Association, Chapter 248, including a 6.5 percent salary increase, effective July 1, 2008; and
- Endorsed the actions taken by the Superintendent on several student cases.

The next public meeting of the DUSD Board of Education will be at 5 p.m. Tuesday, March 13 at the Administration Center, 112627 Brookshire Ave.

# IRAQ

Continued from page 5

He has not explained to the American people why after four failed escalations this one will succeed. Even many of his Generals and military advisors oppose his plan.

To give approval to this Administration to continue its failed strategy and put into jeopardy the lives of an additional 20,000 troops, defies common sense.

Madame Speaker, we will forever be grateful to the brave men and women in uniform who have done everything they have been asked to do valiantly and courageously.

Therefore, I hope the debate over this resolution is absent the charges that we undermine their mission or morale.

For this is nonsense. There is not a Member in this body that does not respect and honor their service and support their efforts.

Our message is to the commander-in-chief, not the brave troops who serve our nation.

Four years ago I asked myself whether we were doing everything in our power to keep our nation's sons and daughters out of harm's way.

Four years later, I stand here to oppose this escalation, and ask that we begin the process of doing everything in our power to take our sons and daughters out of harm's way and bring them safely home."

# Tickets available for trip to Living Desert Zoo

**DOWNEY** – Downey Theatre has a limited number of tickets available for its spring excursion to the Living Desert Zoo and Gardens on April 21.

Participants of the trip will depart from City Hall at 7:30 a.m. and arrive at the Living Desert (in Palm Springs) at 10 a.m. Once there, the group will board a tram and tour the 1,200-acre zoo and gardens, riding through the exhibits.

The tour will include the desert gardens, where visitors will learn how our local Native Americans lived in the desert valley for so many generations. Also, just opened, is the new "Butterflies Alive" exhibit, which concludes in April.

Included in the package is lunch at the Meerkat Café at noon and the Wildlife Wonders Show, a live animal show, presented in the Tennity Amphitheatre at 2 p.m. where participants can experience how animals hunt and live in the wild.

Cost is \$45 per person. Cash or check is accepted for payment. Tickets may be purchased at the Downey Theatre, Monday through Friday, from noon to 4 p.m. For more information, call (562) 861-8211.



Downey Regional Medical Center staff show off their new Ford ambulance, which carries a "buckle-up" safety message.

# New ambulance carries safety message

**DOWNEY** – Downey Regional Medical Center (DRMC) has put into service a brand new, state-of-the-art Ford ambulance. The new addition to the hospital's fleet will assist in serving the increasing demands for medical transportation received daily in the DRMC Ambulance Dispatch Center, hospital officials said.

It will also serve as a public safety awareness icon to the community: the ambulance bears a specially designed logo and graphic that incorporates a "Buckle-Up" public service announcement in support of the nationwide "Click It or Ticket" campaign.

"Click It or Ticket" debuted in California last year, and the results were immediate: seat belt use increased from 90.4 percent in 2004 to 92.5 percent in 2005, according to DRMC. The additional 2.1 percentage point increase translated into 657,000 additional vehicle occupants buckled up in California, the hospital said.

The state's Office of Traffic Safety estimates that seat belts reduce a person's chances of dying in a crash by 50 percent. The average inpatient costs for crash victims not using seatbelts were 55 percent higher than for those who were belted. Approximately three million vehicle occupants remained unbelted in California, according to DRMC.

DRMC ambulance service is intended for patients who are stable (non-urgent) yet have health conditions requiring medical assistance, and whose condition or treatment does not allow them to travel by other transportation. In the past year, transports have taken off to serve more than 1,650 patients annually who required ambulance transportation into and out of the hospital.

"Since beginning transports in 2004 we have demonstrated consistently high standards of care and response times. We plan to continue expanding our services to serve more of our physicians, community healthcare facilities and their patients needing transport," Robert Risher, Director of DRMC Ambulance Services, said.

To arrange a transport or receive additional information, call (866) 711-DRMC.

# Roger E. Collins passes away at 60

**DOWNEY** – Roger E. Collins, a resident of Downey for 33 years, died Feb. 8 at Kaiser Permanente Hospital in Bellflower at the age of 60.

He is survived by his wife of 26 years, Patti; sister, Bonnie Brockman of Washington state; son, Michael of Bullhead City, Ariz.; and grandson, Shawn of New Mexico. Many nieces and nephews also survive him.

Memorial services were held Feb. 13 at Downey Zrelak Mortuary Chapel. A mass of Christian burial was held at St. Raymond's Catholic Church with interment at Rose Hills Memorial Park Feb. 14.

# Scott Alan Stoltman dies of bone cancer

**DOWNEY** – Scott Alan Stoltman, a Downey resident from 1960 to 1979, died Feb. 15 in Monterey, Calif. of bone cancer. He was 46.

Born in Los Angeles, he was a member of St. Raymond's Catholic Church until he moved to Northern California. He attended local schools and served in the United States Navy.

He is survived by his parents, Gene and Shirley Stoltman, and sister, Deborah Stoltman. He was preceded in death by his sister, Mary Lou Stoltman.

A funeral mass will be held today, Feb. 23, at 10 a.m. at St. Raymond's in Downey. Burial will be at Riverside National Cemetery in Riverside.

Miller-Mies Mortuary is handling arrangements.

# Assistance League offers scholarships

**DOWNEY** – The Assistance League of Downey is offering \$1,000 scholarships to graduating seniors from any of the Downey high schools who have excelled as volunteers.

To qualify, students must have a 3.0 grade point average and be in good standing, which includes citizenship and attendance. Members of Assistance League or their relatives are not eligible.

Applications are available at the guidance office of each high school. Completed applications should be postmarked by March 31 and mailed to 11026 Downey Ave., Downey, 90241. Awards will be announced at the annual awards assembly at each high school at the end of this school year.

## Downey Family YMCA

# WHITTLE SPRING FAMILY CAMP

Registration Starts January 16, 2007

### March 9th, 10th & 11th 2007

Registration Starts January 16, 2007

## Theme: Famous American Folktales & Stories

Join us for a beautiful Winter/Spring-filled weekend in the mountains hiking, campfire, arts & crafts or just some of the fun, quaint, family activities we'll be enjoying Friday thru Sunday.

<p><b>Family Pack (up to 6 people)</b>                  Facility Member: \$330.00                  Program Member: \$360.00</p> <p><b>Paul Bunyan</b></p>	<p><b>Individuals (1 person)</b>                  Facility Member: \$95.00                  Program Member: \$115.00</p> <p><b>Annie Oakley</b>                  She Shot The Ashes                  Off The Kaiser's</p>
<p><b>Wild Bill Hickok</b></p>	<p><b>John Henry</b></p>

Fees include lodging, meals, snacks and all camp activities!!!!

Please see our friendly membership staff for a complete registration packet.

Please note that fee will be discounted for members who qualify for financial assistance.

For further information please contact:  
 Cecilia Butler at (562) 862-4201 ext. 1740  
 Lisa Cooper at (562) 862-4201 ext. 1735

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**Jesse James**

**Pecos Bill**

**Mark Twain**

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**Hiawatha**

**Brer Rabbit Stories**

**Little Bo Peep**

You can pay as low as \$60.00 per week for the Family Pack starting on January 16th through March 2nd to be paid in full.

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# Annual Arc Walk, still growing, set March 24

BY JOHN ADAMS  
EDITOR EMERITUS

**DOWNEY** – A gala outdoor event that combines finer aspects of exercise with the caring for one's fellow man will be offered Saturday, March 24 in the Stonewood Center lot next to the Acapulco Restaurant. Registration begins at 7:30 a.m. with walks of one and two miles courses set to start at 8 a.m.

The ARC, formerly known as the association for retarded citizens, maintains training and educational facilities at 9501 Washburn Road, Downey.

In 10 years this event has grown from 220 participants in 1997 to 2200 in 2006 and raised more than \$550,000 to help with the more than 40 programs.

The Arc hopes to exceed the 28 major sponsors of last year's event. Many businesses, families and church groups participate as teams with cheering sections and balloons. A major high school marching band attends each year, along with many clowns and cartoon characters. Registration is \$10 with children under 10 free.

# Temple will celebrate Jewish Purim holiday

**DOWNEY** – Temple Ner Tamid of Downey will celebrate one of Judaism's most joyous holidays on March 4 at 4 p.m.

Purim celebrates the episode in Jewish history in which Queen Esther and her cousin, Mordechai, of ancient Persia, foiled a genocidal plot against the Persian Jews led by the villain Haman, courtier to King Xerxes. The celebration is marked by dressing in costumes, feasting and noisy revelry.

Temple Ner Tamid's festivities will begin with a short service in the synagogue sanctuary led by Rabbi Len Muroff and Cantor Ellen Jaffe-Gill. The rabbi, cantor and congregation will also read selections from the biblical Book of Esther, which tells the story of Purim.

The congregation will perform a Purim Shpiel, or short comic play, after the reading. Finally, everyone will enjoy a potluck dinner in the Temple's Fellowship Hall.

There is no charge for the Purim celebration and the community is invited. You should bring a vegetarian salad or dish to participate in the potluck.

Temple Ner Tamid is located at 10629 Lakewood Boulevard. Shabbat Services are held every Friday at 7:30 p.m. For more information, call (562) 861-9276 or email [templenertamid@juno.com](mailto:templenertamid@juno.com).



Ana Esparza was installed as the 60th president of the Downey Association of Realtors at their recent annual installation. She can be reached by calling California Real Estate Executives at (562) 806-6935.

## Realtors giving out four scholarships

**DOWNEY** – The Downey Association of Realtors will be giving out at least four \$500 scholarships to graduating seniors from Columbus, Downey and Warren High Schools and Downey Adult School.

Applications are available at [www.daor.com](http://www.daor.com) or by visiting a school counselor. Deadline to submit an application is March 2.



Century 21 My Real Estate welcomes David Hernandez to their office. "I absolutely knew that Century 21 My Real Estate was the only place I would work," said Hernandez. To contact Hernandez, call (562) 927-2626.



Javier Flores has joined the team at Century 21 My Real Estate. "Javier is sharp young man who has demonstrated initiative and drive, which is a key element in real estate," stated Angie Pierce, office manager. To contact Flores, call (562) 927-2626.



Olga Alamillo has joined the team at Century 21 My Real Estate. Alamillo is certified as a specialist in probate real estate. "Olga is a welcome addition to our office. She is knowledgeable, honest, and extremely capable," stated Laurie Mac Isaac, vice president of relocation and marketing. To contact Alamillo, call (562) 927-2626.

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### BRAND NEW HOUSE IN SOUTH GATE

4 bedrooms, 2 baths, double attached garage. Seller may help with some closing costs. Vacant & ready to move in.  
Asking \$555,000.  
Call (562) 923-5507

### BEAUTIFUL NORWALK HOME

2 bedrooms, 1 bath, nice area. Asking \$500,000.  
Call (562) 923-5507



Ask for  
**Lorraine Carpinella**  
Cell (310) 351-2660

CALL US TODAY...  
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11600 PARAMOUNT BLVD.  
DOWNEY SUITE A

### 3 BEDROOM, 1 1/2 BATH IN LOS ANGELES

Ready to move in! New hardwood floors, freshly painted inside and out. Asking \$499,500.  
Call today (562) 923-5507

### SANTA FE SPRINGS

3 bedrooms, 1 bath  
Fixer upper, lots of potential  
\$479,000.  
Call for details  
(562)923-5507

### BRAND NEW HOME IN LOS ANGELES

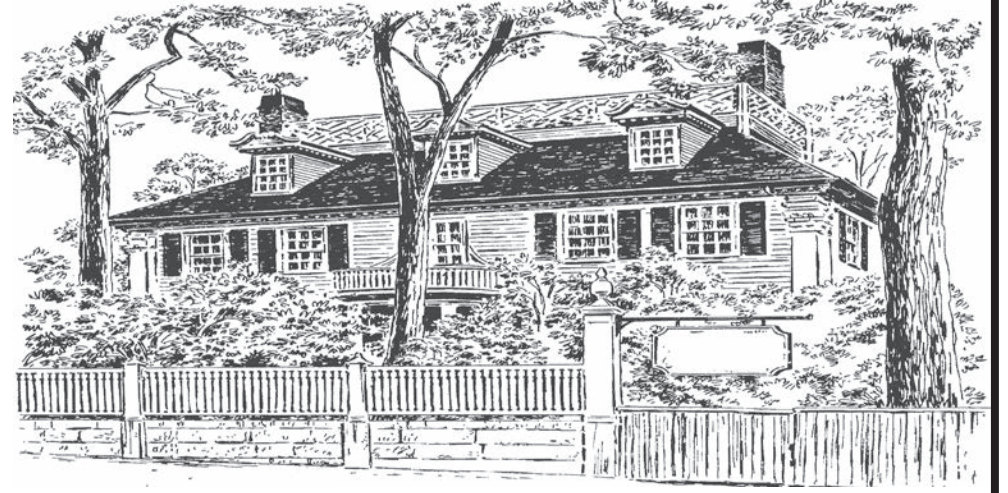
3 bedrooms, 2 bathrooms will be complete in February. Owner may help with closing costs. Priced at \$425,000. Make an offer today, call (562) 923-5507

VISIT US ON OUR WEBSITE: [www.C21HI.com](http://www.C21HI.com)

## SOMETHING FOR EVERYONE

LOOKING FOR AN OLDER MANSION?  
LOOKING FOR A NEWER CONDO?  
WANT TO RENT A ONE BEDROOM?  
WANT TO SELL A VACANT LOT?  
WHATEVER... SEE OUR  
REAL ESTATE PAGES EVERY FRIDAY!

YOUR HOMETOWN  
COMMUNITY NEWSPAPER  
**The Downey Patriot**



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**NEW AGENTS: Real Estate School - "DRE" Approved - Hurry Before Laws Change in October 2007!**

Call Darlene at (562) 927-2626 ext. 119

## TEAM UP WITH CENTURY 21 MY REAL ESTATE

REAL ESTATE ARENA

INTRODUCING OUR STARTING LINE UP

## THE CLIENTS

### THE FANS OUR CLIENTS

- #1 "Working with **Jason Cierniszewski** was terrific. **Jason** was thorough and a great 'go-between' between buyers and sellers." -- Joanne Davis
- #2 "**Marlene Rodriguez** did a really good job as our listing agent. **Marlene** is a wonderful person." -- Raul and Rosa Martinez
- #3 "I am so happy with my listing agent **Charles Smock**. **Charles** did a wonderful job and gave really great advice." -- Faustino Estrada

### MVPs OF THE MONTH

TOP LISTING  
**Mario Acevedo**

TOP PRODUCTION  
**Manuel Acuna**

TOP SALES  
**Oscar Rivera**

<p><b>REAL ESTATE 101</b> DRE APPROVED</p> <p>Live Real Estate School</p> <p>800-641-2111 x119 Darlene</p>	<p><b>HOME FIELD ADVANTAGE</b></p> <p>30 Years Serving Downey and Southeast Los Angeles</p> <p>Across the Field, Down the Court or Around the Bases Where Ever Your Game Takes You</p> <p><b>FREE RELOCATION SERVICES</b></p> <p>800-641-2111</p>	<p><b>MY ESCROW GROUP INC.</b> Public Escrow Company</p> <p>562-776-5972</p> <p>Bank Of Orange County Building 8345 E. Firestone Blvd 5-102 • Downey, CA 90241</p>	<p>Changing Teams or a Career</p> <p><b>Century 21 My Real Estate</b></p> <p>Ongoing Training • Pension Plan • Freedom • Flexibility</p> <p>Teaming with the #1 Company</p>
<p><b>MY MORTGAGE</b></p> <p>A DIVISION OF METROCITIES</p> <p>SOUND FINANCIAL ASSISTANCE</p> <p>800-641-2111</p>	<p>COMMERCIAL INVESTMENT NETWORK</p> <p><b>THE CIN TEAM</b></p> <p>WHEN YOU'RE READY TO EXPAND YOUR INVESTMENTS</p> <p>800-641-2111</p>	<p><b>PROPERTY MANAGEMENT</b></p> <p>YOUR SUPPORT TEAM</p> <p>Saving You Time While Keeping Your Investments Safe • Sound • Secure</p> <p>800-641-2111</p>	

<p><b>Opportunity Knocks</b></p> <p>Front unit - 3 Bedrooms, 1 Bathroom. Back unit - 2 Bedrooms, 1 Bathroom. Both are spacious units, newer windows, ceramic tile in both units, move-in conditions.</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>A Spanish Beauty</b></p> <p>Spanish-style home with Spanish clay roof, 3 Bedrooms, 2 Bathrooms, formal living and dining room, family room with fireplace, central air and heat, remodeled bathrooms and kitchen. Many beautiful features!</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>2 for the Price of 1</b></p> <p>2 homes on this 5 acre spread! First home has 4 Bedrooms, 3 Bathrooms and formal dining room, second home has 3 Bedrooms, 2 Bathrooms and horse property.</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>More for Your Money</b></p> <p>5 Bedroom, 3 Bathroom home with living room and fireplace, central air and heat, 2-car garage, built in 2005.</p> <p>(562) 927-2626 century21myrealestate.com</p>
<p><b>A Cut Above The Rest</b></p> <p>When only the best will do, this brand new Downey home built in 2006 will deliver! Spacious 5 Bedrooms, 6 Bathrooms, office, gym, breathtaking extra-large kitchen, over 500 sq. ft., exclusive design throughout this mansion, hand-painted murals on several walls, too many features to mention!</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>Tick Tock Tick Tock</b></p> <p>Great time for first time buyers to take a look at this 2 Bedroom, 1 Bathroom home, nice neighborhood and wood floors.</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>Home of The Rose Parade</b></p> <p>Beautiful home in Pasadena has 2 Bedrooms and 1 Bathroom. Nice neighborhood, kitchen has just been remodeled along with the bathroom. It also includes central air and heat, walk-in closets, newer windows and a great alarm system.</p> <p>(562) 927-2626 century21myrealestate.com</p>	<p><b>Cedar, Pine and Oak</b></p> <p>Throw these into the cozy fireplace in the living room! This wonderful home in Gardena has 4 Bedrooms, 2 Bathrooms, tile floors, inside laundry, 2-car garage, central heating, the master bedroom has its own bathroom, and great backyard that's all cemented.</p> <p>(562) 927-2626 century21myrealestate.com</p>



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"The 24 Hour Brokers"



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- Owe more on your house than its worth?
- Need out?
- Bankruptcy?

Call today for a private consultation!



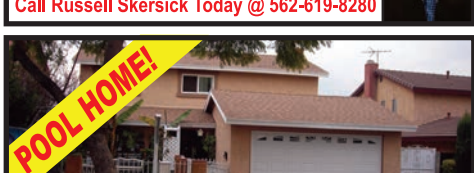
**Charm! Charm! Charm!**

3 BD, 2 BA home on a private cul-de-sac  
Copper plumbing throughout, newer roof  
Upgraded kitchen w/granite counter tops  
Visit [www.RogerBeltran.com](http://www.RogerBeltran.com) for other inventory.



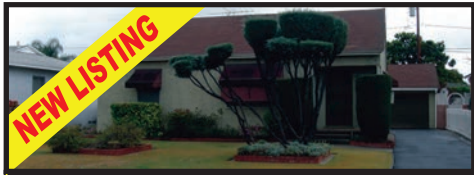
**Move-in Condition**

3 Bedrooms, 2 Baths, with Spa  
2,240 Sq. Ft. living Space, 7,780 Sq. Ft. Lot  
Priced @ \$799,999



**Summer in the City!**

4 BD, 3 BA home comes with living room,  
formal kitchen, pool & Spa newer central air, &  
security system 6,750 Sq Ft. Price Reduced to \$760,000  
Call Amparo Gastelum Today @ 562-445-7375



**Near Stonewood Mall!**

Charming 2 BD, 1 BA home with living room,  
dining room plus den & hardwood floors &  
2 car garage. Priced @ \$79,900  
Call Carrie Uva Today @ 562-382-1252



**Marie Picarelli**  
"The Intelligent Choice"  
562-618-0033  
www.MariePicarelli.com



**TURNKEY!**  
**Priced To Sell!**  
1,926 Sq. Ft. North Downey home has  
formal living room, step down family room w/fireplace,  
Master suite has remodeled bath w/ spa tub.  
Only \$719,000 to \$739,000



**39,000 SQ. FT. LOT**  
**North East Downey Estate!**  
Unique! One of a kind property! 4,000 Sq. Ft. residence  
with guesthouse, rock pool w/ waterfall, tennis court,  
lushly landscaped, (3 subdivided lots)  
Priced @ \$4,685,000



**A MUST SEE!**  
**Look No Further!**  
3 BD, 1 BA, dining room & hardwood floors,  
2 car garage detached, storage area w/ separate access,  
Huge backyard. 7,200 sq. ft. lot Priced from: \$495,000-\$519,900  
Call Frank Moreno Today @ 562-949-8139

**Your Home Could Be Here!**  
Call Vicki Spearman Today @ 562-367-9520



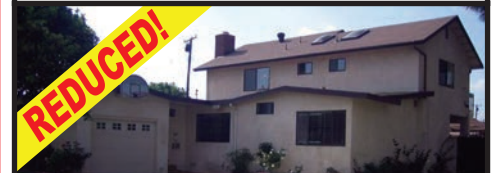
**For Lease!**  
Approximately 1,400 sq. ft. commercial space.  
\$1,400 + NNN per month. Located on main street  
in Downey. Taking applications!!!  
Call Mary Jane Lee @ 562-618-0390



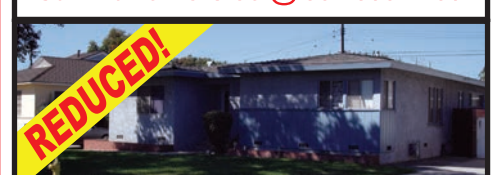
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"Mario Moves You...24 Hours a Day!"  
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www.MarioPersico.com



**REDUCED!**  
**Cute as a button in North Downey!**  
Freshly updated home w/ 3BA, 2 BA, hardwood floors,  
approx. 1,450 Sq. Ft. on an almost 8,000 Sq. Ft. Lot  
more!! Call for details- Priced @ \$669,000  
Call Mario Persico @ 562.533.7433



**REDUCED!**  
**More For Your Money!**  
4 Bedrooms (2 up & 2 down), 2 Bathrooms  
Open floor plan. Price: \$785,000  
Call Mario Persico @ 562.533.7433



**REDUCED!**  
**Best Priced Home Per Sq. Ft. In N. Downey!**  
4 BD, 3 BA, Newer Carpet,  
Copper Plumbing & 2,111 Sq. Ft.  
Just Reduced to \$699,000 - \$714,000  
Call Mario Persico @ 562.533.7433



**OPEN HOUSE 12-4 PM**  
**North Downey-Newly Updated! Reduced!**  
This super clean home features 3 BD, 2 BA,  
hardwood floors, newer roof, freshly painted,  
central air, and so much more. Move In Ready!!! \$624,900  
Call Mario Persico @ 562.533.7433

**Mario: Born in Downey/Raised in Downey  
Lives in Downey/Worships in Downey  
\*\*\* SELLS DOWNEY \*\*\***

**Jose Garcia-Yanez**  
"The Service You Deserve"  
562-519-4010



**REDUCED!**  
**Pool Home!!**  
5 BD, 3 BA, 3,100 Sq. Ft. of Living space  
on a 8,200 Sq. Ft. Lot,  
with pool & spa built in 2006  
Call Jose @ 562-519-4010



**REDUCED!**  
**Fine Home At A Finer Price!**  
3 BD & 1 BA, large family room w/  
fireplace, remodeled kitchen & new paint.  
Priced at: \$564,900  
Call Jose @ 562-519-4010



**REDUCED!**  
**Prime Location!**  
7 BD, 7.5 BA, executive office, approx. 6,500 Sq. Ft.,  
10,880 sq. ft. lot w/ pool and state of the art amenities  
Downey's most prestigious home!!  
Call Jose @ 562-519-4010

**Attention Investors!**

- 5 Units \$76,800/yr. gross rent
- Maywood 2 Units 2 BD + 1 BA each \$549,900
- Bell Gardens 4 Units 2 BD + 1 BA Each

Call Jose @ 562-519-4010

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89 Homes  
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2000-2006!

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**Feature of the Week**

**OPEN HOUSE**

**Remodeled Like New!**  
Remodeled Like New! 4 bedroom, 3 bath single-story home remodeled in 2006 with travertine flooring, large living room and dining room, spacious family room with fireplace, and beautiful kitchen with granite countertops, stainless steel appliances, and new cabinets. The master suite has a huge walk-in closet and spacious master bathroom with large jetted tub and separate shower with granite and marble touches.  
Price: \$1,069,000.

**Look No Further! - Built in 2007!**  
5 BD (4 up & 1 down) 4.5 BA,  
Built-in BBQ & bar area, Pool, on a  
7,500 sq. ft. lot.  
Price to SELL: \$1,599,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Tuscan Beauty!**  
6 bed, 4.5 bath, over 5600 sq ft, 14600  
sq ft lot, built in 2002.  
Price: \$2,099,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Quality & Elegance! - Built in 2007!**  
5 BD, (4 up & 1 down) 4.5 BA newly  
constructed home w/ Lg. master BA, marble  
floors, granite kitchen, & 2 car garage.  
Price: \$1,349,900  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**REDUCED**

**Dive Right In!**  
3 BD, 1.75 BA, living room w/  
fireplace, 2 family rooms, & large pool.  
Priced to sell \$699,999  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**A-1 Neighborhood**  
6 BD, 3.5 BA, 4 Car Garage,  
master suite, on a 10,690 sq. ft. lot,  
Price: \$1,299,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Remodeled N.E. Downey Pool Home!**  
3 bedrooms + guest house, 3 baths, pool,  
2 car detached garage, remodeled kitchen  
& baths w/ travertine and granite.  
Price: \$939,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Honey, Stop the Car!**  
3 bed, 2 bath Downey home w/ guest  
house, granite kitchen, copper plumbing.  
Price: \$579,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**OPEN HOUSE**

**Home Sweet Home!**  
3BD+bonus room, 1.75 BA, inside  
laundry room. Extra long 2 car garage, on  
a 6728 sq. ft. lot  
Price: \$669,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Charming Home near Furman Park!**  
4 BD, 3 BA, 2500 sq. ft. With guest  
house, in Orange Estates!  
Priced to SELL: \$859,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Remodeled Pool Home**  
3 BD, 1.75 BA, Remodeled Kitchen,  
Master BD, & 2 Car Det. Garage.  
Price: \$665,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**A New Condo For The Millenium!**  
Large bedroom, spacious living room,  
Remodeled Kitchen & Bathroom,  
Price to SELL: \$349,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**Northeast Downey Condo!**  
2 BD, 2 BA townhouse-style condo w/  
remodeled bath, newer paint & carpet, &  
underground parking.  
NOW @ \$409,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

**www.MichaelBerdelis.com Call Michael today at (562) 818-6111**