



# The Downey Patriot



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quite the life**  
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Friday, March 9, 2007

Vol. 5 No. 51

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

## Downey's Superheroes

■ Highly-specialized unit trains to combat terror and other local emergencies.

**DOWNEY** – Following the lessons learned through such events as Hurricane Katrina, the Madrid bombings and September 11, emergency care specialists at Downey Regional Medical Center (DRMC) are working with the Downey Police and Fire Departments on a newly-revised disaster plan laid out by the Federal Emergency Management Agency (FEMA).

The plan, formerly referred to as the Hospital Incident Command System (HICS), had previously specified 49 "job-action categories." That number has increased to 84.

Participating hospitals have until Sept. 30, 2008, to implement their full HICS plan and receive federal funding. DRMC officials said their training should be completed by this fall.

In charge of the training is Downey Regional's HICS Integration Team (H.I.T.). The team of seven will train 84 medical professionals in different categories and areas.

The group has five goals, according to Deb Reinhart-Gale, clinical nursing director of DRMC's Emergency Care Center and Disaster Preparedness coordinator: optimal preparation, prevention, mitigation, response and recovery.

Training will implement 17 elements of performance described in the National Incident Management System plan into DRMC's current emergency management plan, utilizing the new HICS guidelines.

"This is good news for our community. Earthquakes and epidemics continue to present the greatest threat to the hospital and our community by nature of our location," Reinhart-Gale said. "Los Angeles has been identified as one of the five highest risk locations in the U.S. for terrorism



Downey Regional's seven H.I.T. members are, from left: Stephen Cuthbertson, Director of Safety; Julie White, R.N., Emergency; Alma Aragon, R.N., Education; in a hazardous materials suit Andrew Greene, R.N., Emergency; Toni Simmons, R.N., Emergency; Deb Reinhart-Gale, R.N., Clinical Nursing Director; Downey fireman Phil Russell, EMT; and Director of Security Steve Grant.

and was to be a site of one of the recently foiled terrorism plans. As a community hospital located in the Southern California basin, we can and will be called upon to respond."

Stephen Cuthbertson, director of safety at DRMC, said training will continue through semi-annual disaster drills.

"The new and improved HICS plan is going to be carefully worked through," Cuthbertson said. "This is a much more user-friendly version of the Emergency Management Plan. We will do hospital-wide training so that all 1,500 Downey Regional staff members know specifically how to respond in a disaster."

## Fire deputy blazes a path to retirement

BY HENRY VENERACION  
STAFF WRITER

In his 28 years in the fire service, Robert Rowe has worn many hats, witnessed numerous scenes of loss and anguish, and, while gaining valuable expertise especially in fire prevention techniques and hazardous materials (hazmat) investigations, has developed a keener insight into the human psyche.

Starting out in 1980 with the Hughes Aircraft Company Fire Department as a firefighter/fire inspector, the St. Louis, Missouri native rose to Captain in 1985 after his state certification as a hazmat specialist, and headed the newly formed Hazardous Materials Response Team. It was this additional assignment as the department's Fire



See ROWE, page 11

## Controversy erupts, Challengers play on

■ Northwest Downey Little League addresses charges of unfair treatment towards disabled.

BY BROOKE KARLI  
THE DOWNEY PATRIOT

**DOWNEY** – On Feb. 20, *The Downey Patriot* received a letter to the editor from John Wilhite claiming that he and his wife Dawn were stepping down from Northwest Downey Little League's Challenger Division due to "abrupt changes."

In the letter, Wilhite claims that the Northwest Downey Little League enforced rules on the team that have never been enforced before. Not only were they forced to eliminate players due to age conflicts, but they were also asked to play against "regular teams" and were told that their playing time was moved from 9 a.m. to 8 a.m.

It was then that John and his wife Dawn stepped down from their position with the Challengers, now looking for other baseball diamonds to play on. Wilhite did not return any phone calls for comment.

In response, Northwest Downey Little League President Anthony Guastella admitted that he was not as strict as he should have been in the past when it came to enforcing rules. "But there comes a point when I have to do my job and treat everyone fairly in the league," said Guastella. "It's not just about the Challengers and it's not just about the other kids. It's a balance."

See CHALLENGER, page 5

## Climbing the ladder of showbiz success

BY SCOTT COBOS  
THE DOWNEY PATRIOT

**DOWNEY** -- Getting your foot in the show business door is a daunting task already. Being successful is a whole new level. There's networking to be done, people to be called, equipment to be used, internships to be fulfilled.

A daunting task indeed.

One Downey resident is living the dream, and he's climbing the entertainment industry ladder, one step at a time.

Al Estrada, 22, was recently chosen to participate in a Transition After Graduation, or "TAG", program from Loyola Marymount University. The program is still in its infancy.

In the TAG program, he will be representing the school and given opportunities to meet important players in the industry such as producers

See ESTRADA, page 11



Downey resident Alfonso Estrada, above, is well on his way towards a career in animation.

## Time Traveler Even libraries tend sometimes to forget

BY JOHN ADAMS  
EDITOR EMERITUS

Southern California tends to forget its history while preoccupied in the pursuit of the so-called good life. Mention Mary Emily Foy and most residents, including administrators at the Los Angeles City Library, will ask idly who she might be?

Foy was the third city librarian for the City of Los Angeles, serving in that capacity from 1880 to 1884, and later taught at the old Alameda School in Downey.

She was one of the first women administrators ever in the West, and the fact her name is relatively unknown by the very library she helped to pioneer does it no credit.

A strong-willed woman who died at the age of 99 in 1962, Foy directed the old one-room library at Main and Temple streets in downtown Los Angeles.

Later, she taught in Downey, campaigned for Woodrow Wilson during his national political career and fought for decades for the California Progressive Movement and Women's Rights. It is sad that Foy's name has been omitted from many histories of California, which often include the names of men far less influential in the development of old Los Angeles.

Even sadder to note that Foy, who had a room named after her in the old Los Angeles Public Library, has not been included in the plans for the new library erected after the old edifice burned down.

So quickly they forget.

A spokeswoman for the library idly asked who Mary Foy was when questioned on the omission of her name from the new library recently. Apparently there are no plans to remedy this.

Just as sad was the response by a spokeswoman for the Los Angeles Cultural Heritage Commission, who, when asked if the old home Mary Foy was born in at 631 S. Witmer St. (and officially designated Los Angeles Historical Cultural Monument No. 8), was still standing, replied she wasn't sure. She suggested the Time Traveler drive by and see.

Perhaps a reminder to the library and heritage commission that those who forget history are often forgotten themselves is in order.

Mary Foy, daughter of a prominent Los Angeles family, who distinguished herself in many ways as a fighter for Women's Rights and the Progressive Movement, should be remembered. Thus, this column.

Originally published January 28, 1994



The Downey Patriot's Jennifer DeKay-Givens visited Maude Price Elementary School last week, reading "My School's a Zoo" to Mrs. Martin's first and second grade class. After the story, students asked questions about the production of the Patriot, where story ideas come from, the number of employees and if arguments or debates ever develop within staff. The visit was part of Read Across America Week.

## Music in the Schools earning high marks

BY JOYCE SHERWIN  
DOWNEY SYMPHONY

**DOWNEY** – Rio Hondo Roadrunners moved briskly into the large room, found their places, got a quick briefing, and settled down to the morning's assignment: learn things, have fun, show off your top-of-the-line audience manners.

As kindergartners and first-graders, these kids already have all that down cold, and they're experts in enthusiasm, concentration and group response, too.

Today's assembly was brought to them live, in stereo and full color, by five musicians from the Downey Symphony Orchestra with a battery of instruments for the kids to see and hear up close. It's history and geography and social customs and styles in music all combined in an accessible package, presented by the quintet as part of the symphony's Music in the Schools program.

You think you can't do justice to Haydn and Gershwin with just one

See MUSIC, page 8



## Unity in the Community celebrates anniversary

■Residents celebrated three years of combating rising crime rates, gaining support from officials

**DOWNEY** – The residents of Treasure Island met Feb. 20 to celebrate the third-year anniversary of Unity in the Community (UITC).

Local residents started UITC three years ago to combat a rising crime rate in the area. The number of UITC members has continuously grown, and the group now holds several events and activities throughout the year, including an Easter egg hunt in April, a summer picnic in July, a garage sale in October and "Holiday on The Island" in December.

All events take place at Treasure Island Park. A block captain is assigned to each street that is responsible for distributing information in the form of flyers and newsletters.

The monthly "Treasure Island Breeze" publication is also produced by Island resident Devi Kokaram, helping to keep residents abreast of news affecting the Island.

UITC has garnered the support of many local officials and city leaders, including the city council, Mike and Joyce Prokop from Citizens for Downey, Carol Rowland of Keep Downey Beautiful, and Mark Galvan, the Downey police liaison to UITC.

UITC block captains meet every month to discuss ongoing activities and plans for upcoming events. They also meet for fellowship and coffee at 8 a.m. every Saturday at the park. All residents are invited.

## Response team fundraiser at Frantone's

**DOWNEY** – The City of Downey Emergency Response Team (CERT) will be hosting a fundraiser at Frantone's Pizza & Spaghetti Villa this Monday, March 12, from 5 to 10 p.m.

Twenty-five percent of all orders will be donated to CERT. When ordering, mention the CERT fundraiser.

## 'McTeacher Night' at McDonald's

**DOWNEY** – Teachers and staff of Gallatin Elementary will be working as McDonald's employees as part of a school fundraiser March 20.

Teachers will be serving up burgers and fries from 5 to 8 p.m. at the McDonald's located at Lakewood Boulevard and Gallatin Road. The community is invited to attend.

## St. Joseph's Table in its 25th year

**DOWNEY** – The Italian Catholic Federation, branch 362, of St. Raymond's Parish will sponsor their 25th Annual St. Joseph's Table on March 18 in Msgr. Bob Gipson Hall at 12348 Paramount Boulevard.

The celebration schedule is as follows:  
Viewing of the Table, 9 a.m. to 4 p.m.; Liturgy celebration and procession, 11 a.m.; Blessing of the Table, noon; pasta dinner, 12:30 p.m. to 5 p.m.

For more information, call Charlene Drobeck at (562) 928-1937.



**Kari Johnson, Business Development Representative for Downey Federal Credit Union, with one of the children she read to at Ward Elementary as part of the school's "Day of the Reader." The school was also celebrating Dr. Seuss' birthday.**



**Over 100 guests attended the Soroptimist's 4th Annual Academy Awards Fundraiser at the Rio Hondo Event Center on Oscar night, Feb. 25. The evening included dinner, prizes and silent auction. Pictured are (left to right): Samantha Amy, Shelby Pemberton, Maureen Potter, Melissa Carter and Erin McCoy.**

## 14th annual Street Faire returns here April 28

**DOWNEY** – More than 200 crafters and businesses will line Brookshire Avenue when the 14th annual Street Faire returns to Downey April 28.

A food court and kid's zone will be housed inside the Downey High School south parking lot on Firestone Boulevard. An additional food court will also be located near the car show in the school's north parking lot.

Entertainment will be provided all day on a stage at Brookshire and Firestone, with live music and belly dancers wandering through the crowd.

A car show featuring The Old Memories S.G.V. Car Club will be at the north end of Brookshire.

Sponsors to date include Colin Clarke, Century 21 Jervis & Associates (Platinum Sponsor); Downey Regional Medical Center (Diamond Sponsor); Big Blue House Real Estate, Press-Telegram, Stonewood Center and Wescom Insurance (Silver Sponsors); and All American Home Center, Downey Savings & Loan, On Stage Dance Center, Security Land Escrow Company and Southland Credit Union (Bronze Sponsors).

Sponsorships are still available by calling the Downey Chamber of Commerce at (562) 923-2191.

## Community turns out to read to kids

**DOWNEY** – Downey Federal Credit Union sent marketing department employees Kari Johnson, Business Development Representative, and Marianne Noss, Marketing Manager, to participate in Ward Elementary School's "Day of the Reader" March 1.

Approximately 25 community members also participated as classroom readers for children in grades K-3.

Ward Elementary was also celebrating Dr. Seuss' birthday. The school was decorated with Dr. Seuss balloons and many teachers wore "Cat in the Hat" hats.

"We are glad for involvement from local businesses and community members," Roxann Davis, principal of Ward Elementary, said. "The boys and girls enjoyed listening to the readers from the community and talked about the reading activity for days after."

## Arambula graduates from Army course

**DOWNEY** – Army National Guard Pfc. Randy D. Arambula has graduated from the Automated Logistical Specialist Advanced Individual Training course at the U.S. Army Quartermaster Center and School at Fort Lee in Petersburg, Va.

The course is designed to train soldiers to establish and maintain stock records and other documents such as inventory, material control, accounting and support reports, and automated and manual accounting records. Arambula was also trained to perform stock record/warehouse functions pertaining to receipt, storage and distribution.

He also learned to review and verify bills of lading, contracts and purchase orders, in addition to repairing and constructing shipping crates for equipment and supplies.

Arambula is a 2002 graduate of Downey High and is the son of Marlene A. Arambula of Downey.

## 'Chicken & Fixings' at Good Shepherd

**DOWNEY** – Good Shepherd Lutheran Church is hosting a "Chicken & Fixings" fundraiser for its kindergarten through eighth grade school tonight, March 9, from 6 to 8:30 p.m.

Adults can stay and eat a chicken dinner for \$7 while kids can eat for \$4. Carry-out orders will also be taken for those who can't stay.

Call the school office at (562) 803-4918 or the church office at (562) 803-7480 for more information.

## Jewish St. Patrick's Day dinner

**DOWNEY** – Temple Ner Tamid of Downey is hosting a Jewish St. Patrick's Day dinner on March 16 at 6 p.m. in the Fellowship Hall, located at 10629 Lakewood Blvd.

The dinner will be welcoming all new members and will consist of corned beef and trimmings. Following dinner, Shabbat services will be held at 7:30 p.m. in the sanctuary.

Donation is \$10 per person and deadline for reservations is March 12. For information, call (562) 861-9276.

## Fire safety tips especially for seniors

**DOWNEY** – Downey Fire Captain Darren Moon will address safety concerns and issues for seniors at the March 12 meeting of Downey Adult School's OASIS program, scheduled for 3:45 p.m. inside the adult school's cafeteria.

Moon will show how seniors – or anyone for that matter – can make their homes fire-safe and fall-proof. The presentation is free.

The class opens for enrollment at 2:45 p.m. dinner is available after the meeting for \$3.50, but dinner tickets must be purchased before the program. Downey Dial-a-Ride can provide transportation to the program.

For information, call Downey Adult School at (562) 940-6200.

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## Roybal-Allard fights to protect workers

WASHINGTON D.C. – Congresswoman Lucille Roybal-Allard (CA-34) and Education and Labor Chairman George Miller (CA-7) introduced legislation today that will direct the Department of Labor to release a standard requiring employers to pay for personal protective equipment such as respirators, chemical resistant clothing, metal mesh gloves, lifelines and lanyards, safety glasses, and face shields needed by their workers to stay safe on the job.

The measure, called the "Protective Equipment for America's Workers Act," (HR 1327) directs the U.S. Department of Labor to implement the final Occupational Safety Health Administration (OSHA) standard that has been languishing for more than seven years.

"This employer requirement is particularly important for low wage workers, many of whom are doing dangerous jobs, who rely on this equipment as their main form of protection from a wide variety of on-the-job hazards," said Roybal-Allard, who sits on the Labor, Health and Human Services and Education Subcommittee of the Appropriations Committee, which has federal funding jurisdiction over the U.S. Department of Labor.

"When it comes to requiring employers to take simple steps to protect workers from everyday jobsite hazards, OSHA has been dragging its feet for too long. Employers have a responsibility to provide a safe workplace, including paying for basic equipment that can prevent injuries and deaths," added Miller.

Roybal-Allard noted that data provided by the Bureau of Labor Statistics substantiates the critical need for the immediate implementation of this requirement.

"In 2005 alone, the Bureau of Labor Statistics reported that there were more than 4 million worker injuries in the private job sector and more than 5,700 fatalities," said Roybal-Allard. "By OSHA's own estimates, the implementation of the across-the-board, no-exceptions, federal rule requiring employers to provide and pay for personal protective equipment would prevent nearly 48,000 injuries and as many as seven fatalities each year."

In 1999, OSHA proposed a rule to require employers to pay for all personal protective equipment used by their employees. More than seven years later, the U.S. Department of Labor still contends that the issue is under "active consideration." As a result, a final rule enforcing the requirement has yet to be issued. The Department of Labor has indicated in its latest "semi-annual regulatory agenda" that the personal protective equipment rules will be released in May 2007.

"The Department of Labor has a long track record of setting deadlines and then missing those deadlines. We must not, in good conscience, stand by while the Labor Department drags its feet in implementing this life-saving federal requirement. My legislation will take the guess work out of the process by requiring OSHA to release its ruling within 30 days," said Roybal-Allard.

Roybal-Allard initiated two Congressional Hispanic Caucus letters, the latest in January of this year, to Labor Secretary Elaine Chao demanding an end to the excessive delays, and has questioned the Secretary about the delays during Appropriations hearings.

In the January 2007 Caucus letter, the Hispanic Caucus writes, "... As the Department of Labor is well aware, Hispanic workers suffer disproportionately high job-related fatality and injury rates, and the situation is worsening. Between 1992 and 2005, the number of job fatalities among Hispanic workers has increased by an astonishing 66 percent ... The members of the Congressional Hispanic Caucus believe there is no justification for any further delay."

In addition to Roybal-Allard and Miller's efforts, the United Food and Commercial Workers and the AFL-CIO filed a lawsuit in January against the U.S. Department of Labor over its failure to issue the final standard.

## Workers' compensation seminar

WHITTIER – The Downey Chamber of Commerce will participate in a workers' compensation seminar on March 13 from 8 a.m. to 11:30 p.m. at the Radisson Hotel, located at 7320 Greenleaf Ave. in Whittier.

The seminar will provide a comprehensive overview of the legal and practical aspects of the California workers' compensation system, as well as an update on current developments in the field.

The seminar will include area chambers from Downey, Santa Fe Springs, Norwalk, Pico Rivera, La Mirada and Whittier.

Cost is \$50 for chamber members and \$75 for non-members. To register, contact Christy Lindsay at (562) 944-1616 or visit [www.sfschamber.com](http://www.sfschamber.com).



Shirley Johnson (center) of Best Travel Worldwide, along with two of her clients, recently visited Shambala, a wild animal preserve for rescued and endangered animals, in the Angeles National Forest. The preserve is owned and operated by Tippi Hedren, known for her role in the 1963 film, "The Birds." Johnson will be visiting again on March 25 and April 21. For information, contact Johnson at (562) 862-2378.



Dr. Mary R. Stauffer presented a \$30,000 check recently to Downey Unified School District Superintendent Dr. Wendy Doty. The donation will go towards expanding the district's Character Counts program within the schools and community.

## Mayor Rick Trejo to speak at meeting

DOWNEY – Citizens for Downey welcomes guest speaker Mayor Rick Trejo to their March 14 meeting.

Trejo will discuss future programs and visions for Downey. The meeting will be held at the Rio Hondo Event Center and will include a buffet breakfast at 7 a.m. No reservations are required.

For information, contact Don Johnston at (562) 803-9000.

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## State of the City luncheon March 16

DOWNEY – The Downey Chamber of Commerce invites the community to attend the State of the City Luncheon on March 16 at 11:45 a.m. City Manager Gerald M. Caton will be the guest speaker.

The event will be held at the Rio Hondo Event Center located at 10627 Old River School Rd.

Cost is \$25 per person and deadline to register is March 13.

For information and reservations, call (562) 923-2191.

## St. Patrick's Day mixer

DOWNEY – The Bank of Orange County, located at 8345 Firestone Blvd., will be hosting a St. Patrick's Day mixer on March 15 from 5:30 to 7:30 p.m.

Refreshments will be available, as well as door prizes and networking opportunities.

For information, contact the Downey Chamber of Commerce at (562) 923-2191.

## Free tax preparation for police force

DOWNEY – Liberty Tax Service will be offering free tax preparation for all members of the police force and highway patrol from March 12 – 18.

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

## Networking group announces speakers

DOWNEY – Robert Smith of First Class Parties and Trinidad Reyes of The Salvation Army will be the guest speakers of Rise 'N Shine Networking Group's March 13 meeting at the Nordic Fox restaurant at 7:30 a.m.

The cost to attend is an order from the menu. RSVP by calling (562) 923-2191.

## Free passport photos for AAA members

DOWNEY – The Automobile Club of Southern California's Downey office is commemorating AAA's milestone achievement of reaching 50 million North American members by hosting "Member Appreciation Days" March 14-15.

Members who visit the office those two days can receive free passport photos as well as applications for new passports or renewals. Sweepstakes entries for vacation packages and other prizes will also be taken.

The Auto Club's Downey office is located at 8223 Firestone Blvd. It will be open from 9 a.m. to 5 p.m. March 14-15.

## School of choice enrollment in April

DOWNEY – The Downey Unified School District will be conducting its annual school of choice open enrollment during the month of April for the 2007-08 school year.

Downey students wishing to attend a Downey school out of their attendance area may apply and may pick up an application beginning April 2 at any Downey school or at the DUSD office.

It is recommended that students, including kindergarten students entering a Downey school for the first time and wishing to apply for school of choice, should also register at the school in their assigned attendance area. This will guarantee registration in the district for the new school year.

For information, contact the office of pupil services at (562) 469-6554.

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## Explore Lotusland with Downey Adult School

DOWNEY – Downey residents are invited to join tour escort Harriett Paine on the next Downey Adult School Creative Great Western Tour on April 19 to explore the unique flowers that Lotusland, one of America's most unusual gardens, has to offer.

The tour group will first enjoy a gourmet lunch at the Santa Barbara Culinary School with a choice of grilled salmon, chicken Kiev or beef tenderloin. The Lotusland tour will follow lunch.

The spiritual refuge of Madame Ganna Walska, a well-known Polish opera singer, Lotusland is a 37-acre estate. It became Walska's natural palette for freely experimenting with bold forms and unusual color combinations, contrasting serene, traditional vistas with daring theatrical displays.

The tour costs \$75 per person, which includes deluxe motor coach transportation, lunch and the two-hour Lotusland tour.

For information about this or other tours, call Downey Adult School at (562) 940-6213.

## Christian club talks hair March 14

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.

## Microsoft Excel class at Downey library

DOWNEY – Adults can learn the basics of Microsoft Excel during a free class offered by the Downey City Library March 10 from 10:30 a.m. to noon in the computer lab.

"Introduction to Excel" will teach students how to create a workbook, format worksheets, enter and edit data and use simple calculations and formulas. Excel can also be used to create spreadsheets for tracking finances or inventory items.

For reservations, call (562) 904-7360, ext. 32.

## The Poets' Corner

### Changing the Clock

Daylight-saving time is upon us  
Time once again to change the clock  
Spring forward an hour  
Sends my psyche into a shock  
It will be hard to get up in the morning  
Harder to sleep at night  
Frazzled is how I'll be feeling  
I'll look like such a fright  
But what bothers me most  
And makes me downright disgusted  
Is in November when we fall back  
My psyche will have adjusted

— Fionnuala Anderson,  
Downey

### Insomnia

It's two a.m. and I am fast awake,  
Kept so by caffeinated thoughts of you.  
Who spends no sleepless moments for my sake,  
Nor has for nightly thoughts a bitter brew.

You have the cream and sugar...I, the dregs,  
That settle to the bottom of my mind.  
And signal to my restless arms and legs,  
That peace tonight is impossible to find.

These thoughts of you I must excuse,  
And blame it on the cup...how well it serves!  
Tomorrow I will frame a new excuse,  
But for tonight, you are just coffee nerves.  
— Emma Raitch,  
Downey

Poems can be submitted to The Downey Patriot, 11525 Downey Avenue, suite A, Downey, CA 90241 or via downeypatriot@yahoo.com.

## Fire Chief: change your clock, change your battery

Beginning this year, Daylight Saving Time has been changed from its traditional calendar dates to a start three weeks earlier – Sunday, March 11 – and a finish one week later – Sunday, Nov. 4.

Daylight Saving Time is practiced in order to gain an extra hour of daylight during the early evening, resulting in the conservation of energy by substituting natural sunlight for electrical lighting.

The Downey Fire Department suggests using this time to also change the batteries in your smoke detectors. According to the fire department, changing smoke alarm batteries at least once a year is one of the simplest, most effective ways to reduce deaths and injuries.

"The peak time for home fire fatalities is between 10 p.m. and 6 a.m. when most families are sleeping," said Downey Fire Chief Mark Sauter. "Smoke alarm maintenance is a simple, effective way to reduce home fire deaths. Children and senior citizens are most at risk, and a working smoke detector can give them the extra seconds they need to get out safely."

According to "The Old Farmer's Almanac," Daylight Saving Time first began in 1918 during World War I to allow for more evening light and save fuel for the war effort. Since then, Daylight Saving Time has been used on and off, with different start and end dates.

Benjamin Franklin first suggested the idea in 1784. It was later revived in 1907, when William Willett proposed a similar system in the pamphlet, "The Waste of Daylight."

The Germans were the first to officially adopt the light-extending system in 1915, followed by the British, and in 1918 the United States, when Congress passed the Standard Time Act, establishing our time zones.

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# Mega Loser

By Eric Pierce

5, 16, 27, 31, 37, 17.

Those were my supposed lucky numbers, courtesy a fortune cookie from Peking Chinese Restaurant on Downey Avenue.

If those numbers had, indeed, turned out to be lucky in this week's Mega Millions drawing, this here would have been my last column for The Downey Patriot, for I would be gone already, frolicking shirtless on a white-sand beach, a frosty piña colada in my hand.

I love journalism, but I love \$300 million even more.

Three-hundred million dollars? Imagine the possibilities! I could buy a lifetime pass to Los Amigos Country Club – no, wait, Rio Hondo Country Club! – and get chummy with rich doctors and lawyers named Geoff and Frederick III.

I could start my own newspaper, and my face would be the logo.

I could buy the Johnie's Broiler property and...well, I don't know what I'd do with it, but, darn it, I'd buy it anyways.

I could move into Downey Retirement Center!

Yes, three-hundred million dollars can buy an awful lot. But, sadly, I'll never know firsthand because I didn't win the Mega Millions jackpot.

My lucky numbers turned out not to be so lucky.

But I did get some good spicy orange chicken out of it. And I avoided the usual indigestion.

I may be lucky after all.

## CHALLENGER

Continued from page 1

Guastella did enforce the age regulation, which limits participants to age 18, disqualifying many players, but still leaving enough to form two teams. He also said that the league asked if the Challengers could play at 8 a.m. instead of 9 a.m. due to high field demand and even offered the field to them on Sundays.

Guastella also claims that the league never asked the Challengers to play against "regular teams," but instead promote the "buddy system," a system practiced by Challenger creator Boyd Leavitts 16 years ago. The system allows for each teammate to be paired up with another league participant that has no mental or physical disabilities, providing opportunities to build friendships and learn techniques of the game.

"I love the Challengers and I hate to see John go," said Guastella. "But I can't let him do things the way he wants to do them while in my league."

Guastella faced additional problems in early February when he claims Wilhite refused to turn in registration forms and medical releases. "I can't let these kids play without the proper paperwork," said Guastella. "It makes the league liable if anything happens."

"I have no problem waiving registration fees and paying for uniforms and equipment for the Challengers, but I need rules to be followed and paperwork to be turned in," said Guastella.

The Northwest Downey Little League currently has two teams that are a part of the Little League Challenger Division, a division sponsored by Little League Baseball.

According to littleleague.org, participants are between the ages of 5 and 18 and are put on teams according to abilities, rather than age. There are also three levels of competition: tee-ball, coach-pitch or player-pitch.

In addition, no score is kept throughout the games and each participant receives uniforms, shoulder patches and safety equipment just as any other little league player.

"The Challenger Division was established to enable boys and girls with physical and mental disabilities to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide," stated the website.

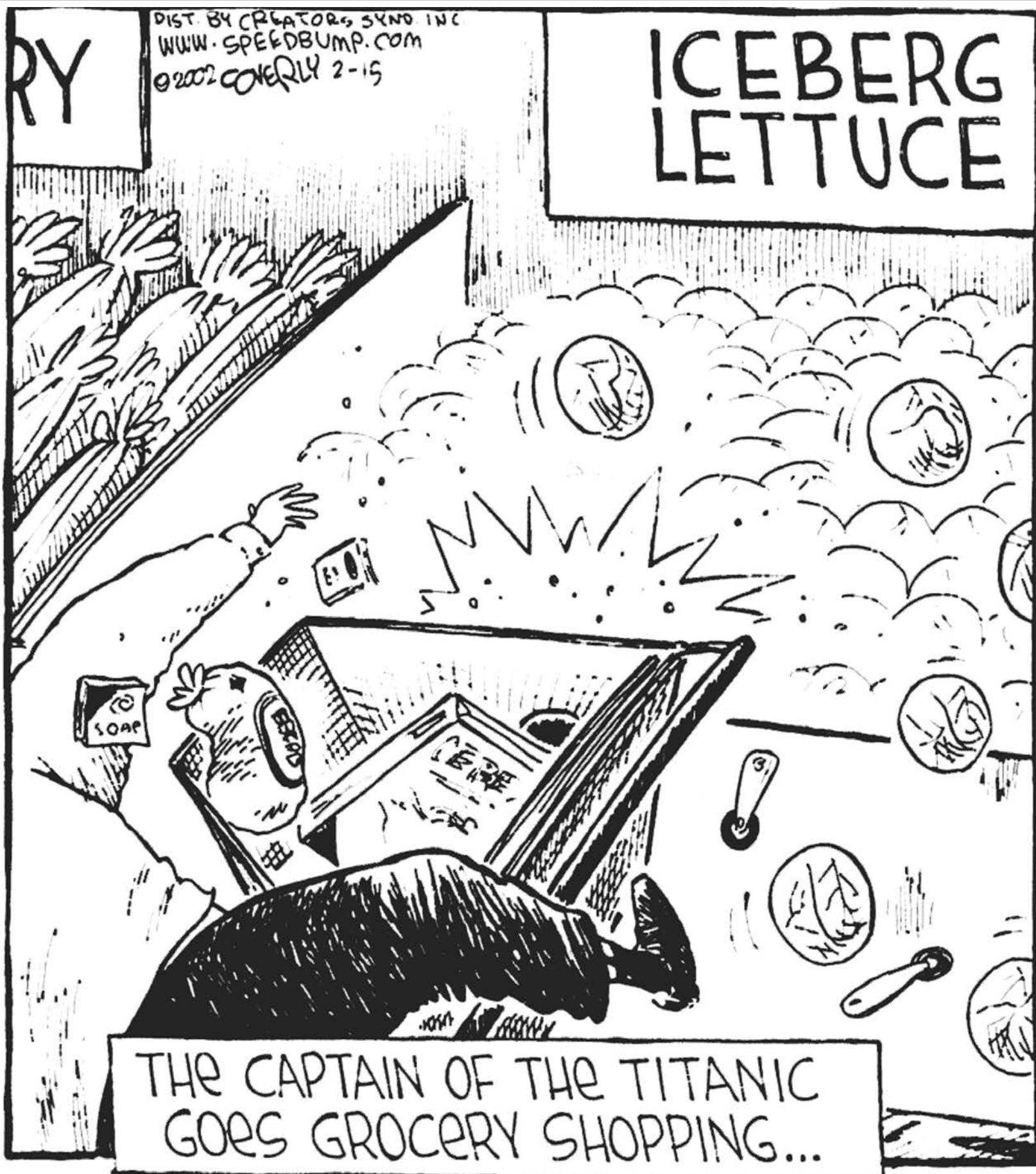
The Challengers play every Saturday morning at 8 a.m. at Furman Park.

### 'Call to action' against underage drinking

WASHINGTON, D.C. – As the author of the nation's first comprehensive national law to curb underage drinking, Congresswoman Lucille Roybal-Allard commended Acting Surgeon General Kenneth Moritsugu this week on the launch of the first "Call to Action" against underage drinking.

"The Surgeon General's Call to Action places a heightened national focus on the public health crisis of underage drinking in our country," Roybal-Allard said. "I commend this initiative as a way to bring more attention and explore promising solutions to the problem. I'm especially pleased that the broad-based effort complements the objectives and major elements in The STOP Underage Drinking Act which was signed into law last year."

The Surgeon General's Call to Action identifies six goals for addressing the crisis of underage drinking, including coordinating a national effort that involves parents, the community and all levels of government to reduce underage drinking, carrying out a media campaign directed at parents and conducting additional research on adolescent alcohol use.



### Letters to the Editor:

#### A solution for Johnie's

Dear Editor:

As a resident within eyesight of the remains of Johnie's Broiler, I propose that the owner be allowed to develop the land, or if the old car enthusiasts are adamant in maintaining the meeting place, require them to purchase the property, rebuild, and maintain the property immediately as I am dismayed at looking at this decay from my front window.

Considering that Johnie's was never declared a historical monument, I feel the owner, as long as the proper permits are filed, be allowed to develop his property. Whoever was responsible for the demolition without required permits should be required to pay a monetary fine for this action.

If the owner is allowed to develop this property, he might consider naming it "Johnie's Corner" and placing a placard at the entrance with a picture of the former Harvey's and Johnie's Broiler showing the site to be a former meeting place for teenagers and old car enthusiasts.

— Martha Morrissy,  
Downey

#### Mansionization still a problem

Dear Editor:

In regards to the letter from Mr. McAllister on March 2, his comment about having a shadow where there used to be sun and breezes would certainly be the worst part of these "McMansions" that are being built.

What if someone paid thousands for solar panels, could that someone stop the mansion from being built? I doubt it.

His question about neighborhood preservation not being enforced is simple. The new property tax would be double or triple, which means the dollar has priority. A new rule or law should be that the people who want a mansion must have lived on that property for two years before and must live there for two years after.

If we, the people of Downey, do not do this, it will just continue.

— Mike Sandoval,  
Downey

#### Things to ponder

Dear Editor:

Just some wonderings:

1.) Did I miss the withdrawal of the moratorium on building "McMansions"? There sure seems to be a lot of them going up.

2.) Could the civic center sign on Civic Center Drive and Brookshire Avenue be moved back a few feet? In order to see oncoming traffic when leaving Civic Center Drive you have to drive across the crosswalk.

3.) Could the ugly weeds planted in the center dividers be changed to something pretty? You know – those huge, bushy things that stick out everywhere.

— Doris Hannon,  
Downey

### Education and... Nazism?

Dear Editor:

I wish to point out an interesting topic that the citizens of Downey may or may not be aware of. Recent studies have partially exposed the failure of the American education system. As a freshman at Warren High School, I am especially eager to witness the complete revelation of the fact that education reform is desperately needed in our public schools. Not only is academic reform needed, but it would be prudent to slightly loosen the binds and shackles that have been imposed on students throughout the country.

Many school administrations and districts exist as nothing more than totalitarian regimes that seek to impose their will on students by denying them their civil liberties. Students' rights of freedom of speech and expression are being completely dismissed as unconstitutional dress codes, etiquette guidelines and speech limitations are unfairly imposed on students throughout the country.

Sadly, I must report that this oppression and censorship exists in our very own Downey Unified School District. Although I decline to mention any names because of my fear of retribution from the ever arrogant teachers and administrators that seek to deny my constitutional rights and freedoms, I must state that the district functions as a monarchical autocracy because of the fact that they are pompously confident of their own magisterial authority and define freedom of expression as an extreme demonstration of rampant interregnum.

I must implore citizens to intervene and rescue us students from this Nazism! Or perhaps the federal government could enact educational reform instead of wasting funds on the hopeless quagmire in Iraq.

Whatever the case, education reform is desperately needed.

— Julian E. Gutierrez,  
Downey

### So much for assurances

Dear Editor:

My husband and I were quite surprised about the city council voting to prohibit parking along Paramount Boulevard, between Florence Avenue and Lubeck Street. We own the medical building on the east side of Paramount, just south of Lubeck.

We have been to the Traffic Commission and were assured that we would be notified of any further discussion of this matter. We were never notified that this subject would be brought to the city council and were left with the impression that some kind of compromise would be worked out with the Downey Fire Department.

Prohibiting parking along Paramount Boulevard greatly affects our doctors' patients from having access to parking close to their doctor's entrances, since the staff who now park on the street will have to park in the lot. That being said, the more objectionable part of all of this is that problems and issues are being voted on and discussed without notifying and listening to ALL of the affected parties.

One more point: when listening to someone's demand or complaint, it would be advisable to ascertain if they are indeed the owner of the building or business in question. We have experienced this also, a tenant of ours was able to give the illusion to the city that they were the owner of our building, and demanded that a red curb be in place near the front of the building. After seeing the red curb, we went down to the city offices, introduced ourselves and made it clear that we wanted to be notified when any city business came up that affected our medical building.

We were assured that we would be notified. So much for assurances.

— Dr. and Mrs. Loren DeWind,  
Downey

## The Downey Patriot



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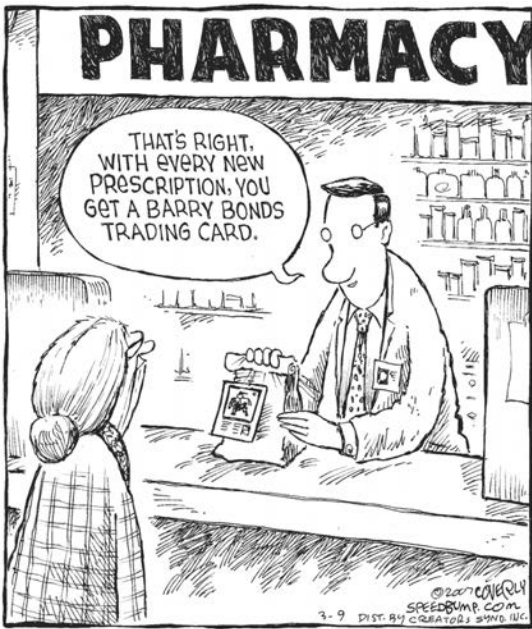
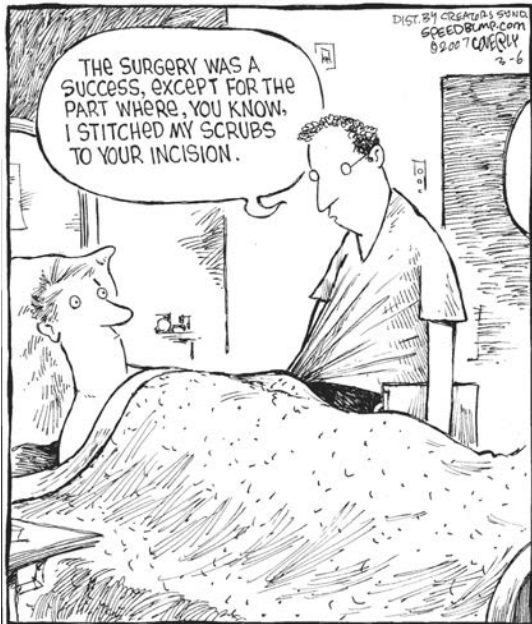
Letters to the editor may be submitted by writing to The Downey Patriot, 11525 Downey Ave., Suite A, Downey CA 90241 or by e-mail to downeypatriot@yahoo.com



## SPEED BUMP



## DAVE COVERLY



## On This Day...

- March 9, 1916: Pancho Villa leads an attack against New Mexico, killing more than a dozen.
- 1964: Ford Motor Company rolls out the first Mustang off its assembly line.
- 1975: Work begins on the Alaskan Pipeline. Construction was completed two years later.
- 1996: Comedian George Burns dies at 100.
- 1997: Gangster rapper The Notorious B.I.G. is shot and killed in Los Angeles. The case remains unsolved.

## Downey Community Calendar

### Events For March

- Fri. March 9: "Chicken & Fixings" Fundraiser, Good Shepherd Lutheran Church, 6 p.m.
- Wed. March 14: Mayor Rick Trejo speaks at Citizens for Downey, Rio Hondo Event Center, 7 a.m.
- Fri. March 16: "State of the City" Luncheon, Rio Hondo Event Center, 11:45 a.m.

### City Meetings

- 1st Tuesdays, 6:15 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 7:30 p.m.: Planning Commission, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall.
- 1st Thursday, 9 a.m.: Traffic Committee, Training Room, Second Floor of City Hall.
- 2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber.
- 2nd & 4th Wednesday, 6 p.m.: Design Review Board, Council Chamber at City Hall.
- 3rd Thursday, 3:30 p.m.: Parking Place Commission, Second Floor Training Room at City Hall

### Regularly Scheduled Meetings

#### Mondays

- 6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.
- 6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.
- 1st Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053.
- 2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7159.
- 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 861-3989.

#### Tuesdays

- 9 a.m.: Downey Bocce Club, at Apollo Park, for information call Vince Zoida at (714) 761-4439.
- 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.
- 9:30 a.m.: Adventure with the Bible, at the First Baptist Church call 928-4153.
- 12 p.m.: Rotary Club, at Rio Hondo, for information call Darren Dunaway at 806-5400.
- 12 p.m.: Exchange Club of Downey, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call 928-2658.
- 7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.
- 7 p.m.: Boy Scout Troop 441, at Apollo Park Activities Room, for information call 923-3659.
- 7:30 p.m.: Southland Harmony Chorus of Sweet Adelines, at Downey's Woman's Club, for information call 947-6802.
- 2nd and 4th Tues., 7:30 a.m.: Chamber "Rise&Shine" Networkers, at Nordic Fox, for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Bakers Square, for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: Downey Fly Fishers, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: Writer's Workshop West, at 9968 Lakewood Blvd., for info call 862-3106.
- Last Tues., 11:00 a.m.: Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

- 7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: Women's Bocce Club, for information call 869-8782.
- 1st Weds., 10 a.m.: Woman's Club of Downey, for information call 927-0271 or 861-3493.
- 1st Weds., 11:30 a.m.: Downey Coordinating Council, for information call 927-9790.
- 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.
- 1st Weds., 7:30 p.m.: Downey Emblem Club #309, at Downey's Elks Lodge, for information call 868-4386.
- 2nd Weds., 7:30 p.m.: Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd Weds., 7:30 p.m.: Downey Sister Cities Ass'n, at Maude Price School, Call 862-7197.
- 2nd Weds., 11:45 - Downey Christian Women's Club, at Los Amigos CC. Call 927-8488.
- 4th Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513.
- Wed. & Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

#### Thursdays

- 7:30 a.m.: Soroptimist Int'l of Downey, for information, call Pat Heineke, 904-3534.
- 7:30 a.m.: Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414.
- 12 p.m.: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: Downey Christian Businessmen's Committee, for information call 928-4153.
- 12 p.m.: Optimist Club of Downey, at Sambi's, for information call Steve Allen at 622-7655.
- 12:30 p.m.: Take off Pounds Sensibly, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: Downey United Masonic Lodge # 220, 8244 3rd St., Call 862-4176.
- 7 p.m.: Troop 351, Boy Scouts of America, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: Downey Historical Society programs, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: Beaming Rebel Foxes Collectors Club, for more information call Carl D. Jones at 923-2400.

#### Fridays

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

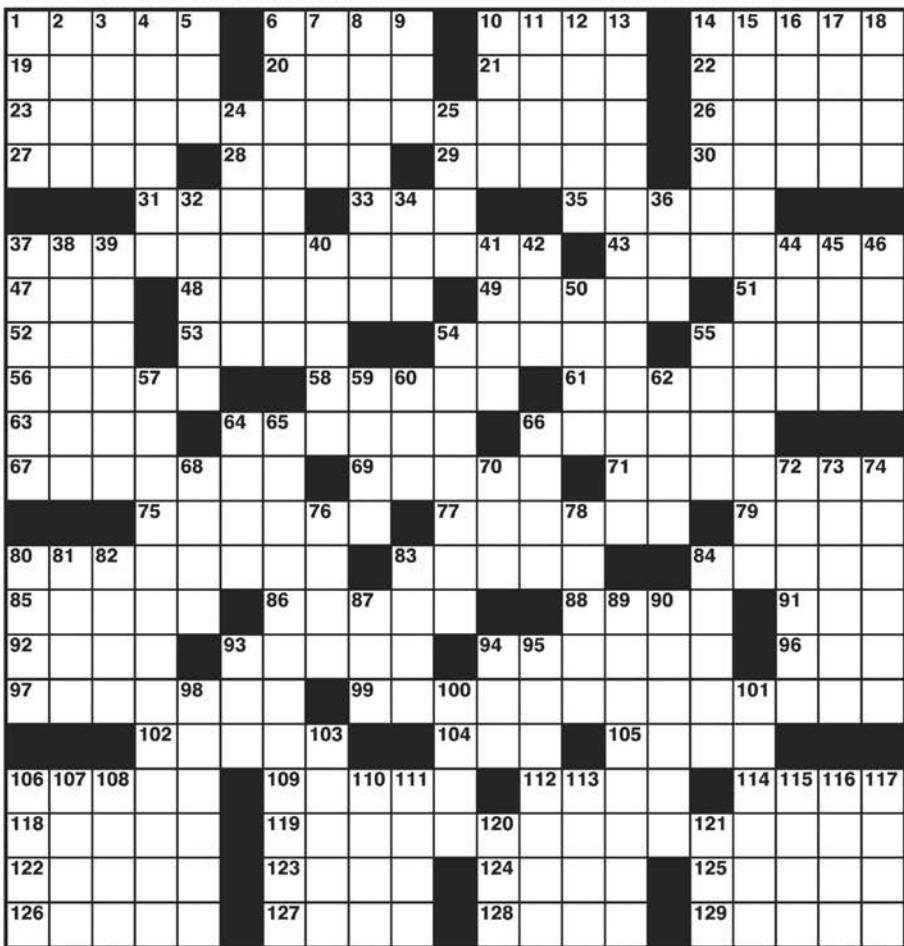
## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

**MEDIEVAL:** A sly way of hinting at what the long answers have in common  
by Shirley Soloway

- |                             |                                    |                               |
|-----------------------------|------------------------------------|-------------------------------|
| ACROSS                      | 79 Golfer Ballesteros              | 7 "Pale" brews                |
| 1 Raucous sound             | 80 Trig functions                  | 8 Hood                        |
| 6 "HELLO! MY __ IS ..."     | 83 Clip-on device                  | 9 LAX stat                    |
| 10 Hurt severely            | 84 Early evening                   | 10 Ares alias                 |
| 14 John D. MacDonald sleuth | 85 Nautical direction              | 11 Landed                     |
| 19 Prepared a fillet        | 86 Had leftovers, perhaps          | 12 Perfect                    |
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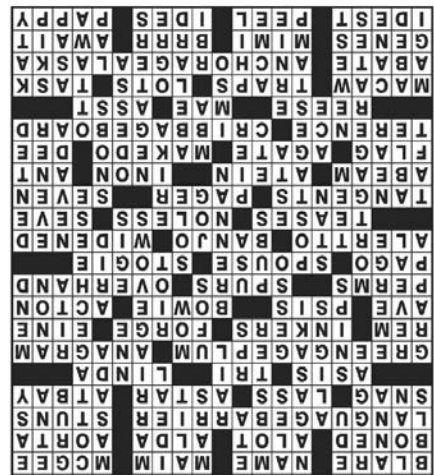
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

Dr. PHIL McGraw (11 Down), Tony and Grammy. In the 1990s, performer to win an Oscar, Emmy, Moreno (44 Down) was the first Al Capp comic strip began. RITA (Across) in 1952, 18 years after the married Daisy Mae Scragg (104 Down) L'I Abner Yokum Dogpatch's L'I Abner Yokum





## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER



The average American consumes an astounding 2-3 pounds of sugar each week. Refined sugar is the world's most popular and widely used drug. (Webster's Dictionary defines a drug as a "chemical substance used to alter the state of body or mind")

We don't usually think of sugar and caffeine (another favorite stimulant) as "drugs", but they both have marked effects on the human body.

The World Health Organization (WHO) has launched an international campaign to cut consumption of refined sugar. The WHO states that sugar is the principal culprit in the current epidemic of obesity and its associated diseases, diabetes and cardiovascular disorders. Americans, who comprise only 5% of the world's population, account for a whopping 33% of total global sugar consumption - over 10 million tons annually.

According to the WHO, over half of all Americans are overweight and nearly a third are obese.

How did we Americans become a nation of sugar junkies and obese people? Part of the responsibility lies with highly refined sugar being included in everyday foods in the form of sucrose (table sugar), fructose (fruit sugar), honey, and malts.

Perhaps the greatest threat comes from the soft drink industry. Americans consume gargantuan quantities of carbonated soft drinks. Companies produce enough soda pop to provide 557 12-ounce cans, or 52 gallons, to every man, woman, and child each year. (Consumption of carbonated

soft drinks actually peaked in 1998 when consumption was 56 gallons per person.) The average teenage boy consumes 3 1/2 cans of soda per day, while the average teenage girl consumes about 2 1/2 cans per day.

Carbonated soft drinks are the single biggest source of calories in the American diet, providing about 7% of our total calories. Note that this data doesn't even include fruit drinks, sugared teas, etc. A 12 ounce can of Coca-Cola has 10 teaspoons of sugar, while a large Coca-Cola Classic at McDonald's has 27 teaspoons. A 7-Eleven Xtreme Gulp has about 43 teaspoons of sugar. Picture in your mind's eye 43 teaspoons of sugar piled up in front of you. That's 7-Eleven's idea of a drink!

Keep in mind that soft drinks are a problem not only for what they contain, but also for what they push out of the diet. In 1977, boys consumed more than twice as much milk as soda, and girls consumed 50% more milk than soda. By 1994-96, both girls and boys consumed twice as much soda pop as milk.

Sugar in our diet comes in many other forms besides soda. Manufacturers may include sugar as "evaporated cane sugar", for example, or even as "all natural citrus extract". Some foods are naturally high in sugar such as honey, molasses, apples, and applesauce, but it still ends up as sugar.

Remember that the source of added sugar makes no difference to its ultimate effect, and that most processed sugar ultimately comes from natural sources. Sugar cane on a Hawaiian plantation is natural. In fact, looking at it one way, drinking freshly-squeezed all-natu-

ral orange juice ends up providing the same sugar as if you had spooned it directly from a bag. However please note that fruit and its accompanying sugar does get metabolized more slowly and contains many nutritiously beneficial ingredients as opposed to pure refined sugar.

Fruit plays a key role in a wholesome balanced nutritious diet. Fruit juice, made from 100% fruit, is a positive addition to a balanced diet as opposed to a fruit drink made from mostly sugar and water. It's the unnatural concentration of sugar in food processing that is harmful, not whether the source is "natural" or processed.

Why add sugar to food? Very simple: it tastes so good and sells more product. The Coca-Cola Company is an example of one of the most stable and profitable companies in the world. They sell caffeinated sugar water.

Added sugar is actually completely unnecessary for health. There are six essential nutrients: water, protein, fat/oils, carbohydrates, minerals, and vitamins. Sugar is a form of carbohydrate; however, every other carbohydrate gets broken down into simple sugar by the body, making any extra sugar we consume unnecessary.

Here are some simple strategies to follow as you attempt to lower your dietary sugar consumption:

- Read dietary labels. Remember that refined sugar is unnecessary for good health, so eat as little as possible.
- Avoid carbonated or non-carbonated sodas and fruit drinks.
- Limit cookies, candy, cakes, ice cream and other foods containing refined sugars.
- Though fruit has sugar (fructose), it is metabolized more slowly than other refined sugars and contains other useful nutrients. It is a good dietary choice.

Bon appétit

## Free screenings at hospital's Diabetes Fair

**DOWNEY** - A Diabetes Health Fair will be held at Downey Regional Medical Center March 17, where visitors can receive free glaucoma, stroke and blood pressure screenings, hear presentations on diabetes and wellness topics, ask questions and visit more than 20 booths for information, the latest diabetes management products and obtain free samples.

"Experts estimate that for every person known to have diabetes, there is another person in whom this 'silent disease' is undetected," diabetes educator Elsa Saucedo said. "At this health fair, we want to educate people on how to prevent diabetes, and provide resources for diabetics and their families."

Dietician Mary Jean Christian will speak on "Nutrition" at 9:30 a.m. At 10:30 neurologist Khalifa Mansour will present "Stroke and Diabetes." Endocrinologist David Berger will talk about "Pre-Diabetes" at 1 p.m.

Screenings will be performed from 9 to 11 a.m. "Ask the Doctor," "Ask the Pharmacist," and "Ask the Dietician" opportunities will also be offered.

The entire fair will run from 9 a.m. to 2 p.m. and will be held in the DRMC lower level conference rooms at 11500 Brookshire Avenue.

For more information about the fair, diabetes education classes or support group, call (562) 904-5578.

## Public health panel organized by Congress

■ Roybal-Allard part of new study group set to examine public health.

**WASHINGTON, D.C.** - U.S. Rep. Lucille Roybal-Allard (D-CA), U.S. Rep. James McGovern (D-MA) and U.S. Rep. Kay Granger (R-TX) have announced the creation of the bipartisan Congressional Study Group on Public Health.

The new member organization will hold regular educational briefings on Capitol Hill to inform members of Congress and their staffs about the diverse and important work of public health experts and the health protection efforts they undertake. The study group will also invite key scientists and researchers from the Centers for Disease Control and Prevention to provide Congress with an up-close understanding of the agency's work.

Public health experts from industry, local government and the non-profit sector will also be invited to participate in the briefings.

"We are excited to give the Centers for Disease Control and Prevention a forum where the important work of health promotion and illness and injury prevention is highlighted. Through increased understanding of CDC's many critical programs, we hope to gain the congressional support this important agency needs to continue to save lives and help make Americans healthier for generations to come," Roybal-Allard, who sits on the Health and Human Services Subcommittee of the Appropriations Committee, said.

The congresswoman's late father, Edward R. Roybal, was an early and longtime congressional advocate of the agency. The CDC's main campus in Atlanta bears his name.

"The co-chairs of this new study group should be applauded for their strong leadership and foresight," Evan Jones, chairman of the Campaign for Public Health, a three-year-old public health organization, said. "The Campaign for Public Health looks forward to highlighting the work of these dedicated members of the House on their worthy effort to show how public health impacts our daily lives."

The first Congressional Study Group on Public Health briefing, "An Introduction to Public Health - Methods and Benefits of Preventing Death, Disability and Disease," will be presented later this month.

## 'Get moving' at Bally Total Fitness

**DOWNEY** - Bally Total Fitness in Downey will offer free health screenings, personal training consultations, group exercise demonstrations and weight-loss seminars at a "Get Movin' Los Angeles" event scheduled for March 17.

The gym will offer free blood pressure, glucose and cholesterol screenings and free body fat measurements all day. The Downey Bally Total Fitness is at 12074 Lakewood Blvd. inside Downey Landing.

For information, call (562) 803-3432.

# COMMUNITY WELLNESS PROGRAMS

## MARCH 2007

**Healthy Heart Nutrition**  
Wednesday, March 14, 3:30 - 4:30 pm  
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 dietician teaches this free class. Registration is required at (562) 904-5580.

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

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

**Annual Diabetes Health Fair**  
Saturday, March 17, 9 am - 2 pm - Rain or shine!  
A free event for those who have or are at risk of getting diabetes. Bring a family member or friend. Find wellness resources, receive screenings and hear from medical experts on:

9:30 am "Nutrition"  
by Mary Jean Christian, MA, RD, CDE, Dietitian

10:30 am "Stroke & Diabetes"  
by Khalifa Mansour, MD, Neurologist

1:00 pm "Pre-Diabetes"  
by David Berger, MD, Endocrinologist

9:00 am - 11:00 am in DRMC's Lower Level Conference Rooms

- Glaucoma Screening
- Stroke Screening
- Blood Pressure Monitoring
- "Ask the Doctor"
- "Ask the Dietitian"
- "Ask the Pharmacist"

Please call (562) 904-5578 for more information.

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.

**Downey Regional Medical Center**  
11500 Brookshire Ave. at Firestone Blvd., Downey  
www.drnci.org

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## 'Moonlight and Magnolias' to open

**LONG BEACH** – The Long Beach Playhouse Studio Theatre will open its 41st Studio Theatre season when it presents "Moonlight and Magnolias" beginning March 9.

A comedy by Ron Hutchinson, the play will continue through April 14. A rollicking and uproarious comedy about the behind-the-scenes business of movie making, "Moonlight and Magnolias" spins a farcical twist on a melodramatic classic.

Ticket information is available by calling (562) 494-1014.



Back row, left to right: Patricia Massey, clarinet; Danielle Squyres, percussion; Robert Coomber, trombone; Mark Artusio, string bass; and Carolyn Osborn, violin. Front row: First-graders Kimberly, Mark and Anekin, all students of Rosario Martinez at Rio Hondo Elementary.

## It's about who you are in the 'game of life'

By Brooke Karli  
The Downey Patriot

**DOWNEY** – Tony Bennett did it. Frank Sinatra did too. And even The Pussycat Dolls have done it. They have all covered songs from Anthony Newley and Leslie Bricusse's musical, "The Roar of the Greasepaint – The Smell of the Crowd."

After seeing the production on stage at the Downey Theatre, it is easy to understand why. The musical score, directed by Steven Dahlke, left the audience tapping their toes to delightfully catchy tunes. "Where Would You Be Without Me?" was one of my personal favorites, partially because of the lyrics, and partially because of the dancing done by Sir (Stephen Reynolds) and Cocky (Jeffrey Landman).

Music aside, the production provided for a very entertaining night. The stage was simple, but the London backstreet setting was brought to life with colorful lighting. The costumes distinguished between young and old, and rich and poor. And more importantly, the actors – all 13 of them – did a fabulous job of portraying characters that we all, at one time or another, have encountered or even wished to become.

My favorite character, The Kid, played by Susan Dohan, was obnoxiously funny and struck me as someone who represented the majority of society. She is sort of stuck in the middle – middle class, if you will – serving a pompous, arrogant upperclassman (Sir) while bantering a lower class lad (Cocky) down on his luck. She was quick to keep score of the "game" and willing to keep record of others' wrongdoings. Although she did not say much, she said everything through the way she treated others.

The show was originally performed in New York in 1965. After its one-year run, the show had not really been done, with the exception of a few performances at local theatres and colleges.

The reason for that, producer Marsha Moode believes, is because it is a story about characters playing "The Game of Life" board game, fighting through class struggles. "It's very symbolic," said Moode.

Indeed, it was.

Although the intent of the production was to portray the instability of life – go forward three, go back two – the plot lacked clarity and a connection between events. It was confusing and hard to understand.

The program stated, "The 'game' is the game of life. Both Sir and Cocky are 'players.' The 'game' includes love and loss, failure and success, surprises and self-discovery."

Undoubtedly, that was all evident throughout the production, but some aspects were just a little too abstract. And on a Friday night, who really wants to think that much?

I found it hard to get through the first half of the show and impossible to return after intermission. Maybe that is why it has not been produced in such a long time.

Moode, however, did an exceptional job with what she was given. I am just glad she is not the one responsible for writing it.

"The Roar of the Greasepaint – The Smell of the Crowd" will be playing at the Downey Theatre until this Sunday. For information, call (562) 923-1714.

## MUSIC

Continued from page 1

violin, one string bass, one clarinet, one trombone, and a few percussion instruments? Well, you had to be there. Using arrangements tailor-made by Tom Osborn, the orchestra's late conductor, these five musicians had the audience enthralled with dances: a French can-can, a minuet, Russian and Chinese dances, Dixieland jazz.

And aren't there ways to feel that music, even if you have to stay seated in your place on the floor! While hand-clapping is not encouraged, you can keep time just great by "clapping" fingers to thumbs, or bobbing your head, or swaying your shoulders from side to side, or bouncing your pony tail in rhythm.

"Do you hear how different the music sounds, even though it is all played by us on these same instruments?" That's Mark Artusio, principal bass viol and manager with the orchestra, who has assumed, beautifully, Tom Osborn's role as narrator for these programs.

Now, having put it all together, it's time to take it apart and demonstrate the individual instruments' sounds and appearance. Carolyn Osborn holds up her violin beside Mark's giant bass, to show the difference in size among the strings. She reminds the students that the bigger the instrument, the lower the tone it produces. The kids nod in recognition. "Violin strings come from the tail of a horse," Carolyn tells them. "But don't worry. The horse is not hurt."

Next Patty Massey displays the clarinet's reed, and holes covered by metal keys, takes a deep breath and pours out streams of luscious

notes. Rob Coomber confides valuable inside information: you can make a trombone sound like a race car. Demonstration, giggles.

Behind a raft of percussion instruments, drums, cymbals, xylophone, Danielle Squyres moves with silky assurance, exchanging mallets and direction every few seconds. Acknowledging applause, she holds up three mallets in one hand, adds another, adds another, until seven mallets with different heads bristle from her fist.

This presentation is one of nearly 30 that the quintet performs in all elementary schools in the Downey system annually. It is prepared especially for kindergartners and children in first, second and fourth grades. Third and fifth graders hear concerts in the Downey Theatre by the entire orchestra, all within the Music in the Schools program.

But now assembly hour is winding down. Too soon. Mark asks one last question.

"How many of you have heard a full orchestra perform?... Well, how many of you have seen 'Pirates of the Caribbean'?" Hands shoot up. "Then you have heard a full orchestra, though you may not know it! In the background of 'Pirates of the Caribbean' is an orchestra, and it adds a lot to the story."

Then the closer, "When the Saints Go Marching In," and a bunch of happy Rio Hondo Roadrunners return to class. Grades for the day: Roadrunners, A. Quintet, A. All the people who coordinate and contribute funds to Music in the Schools, A.

## Symphony concert more special than usual

By Joyce Sherwin  
Downey Symphony

**DOWNEY** – Each spring, the concert offered by Downey's Symphony Orchestra is a special one because of added events scheduled into the evening, and this year's promises to be just a little more so than usual.

We will enjoy a beautiful program – Glinka's Overture to Ruslan and Ludmilla, a splendid soloist in Roger Wilkie, performing Tchaikovsky's Violin Concerto, and Beethoven's ever-green Fifth Symphony, all conducted by Michael Hall, a strong guest conductor during this year of search for a permanent director.

The audience will again be invited to submit comments on the conductor for consideration by the Search Committee and the Symphony Board.

A plus during this last concert of the regular season is the appearance of the 2006 Baton Auction winner. More on that later, but we can tell you the winner is female, the youngest ever to perform in this capacity, and she has chosen music that is both exciting and exacting.

The Baton Auction for 2008 will be handled by entertainer Stan Hoffman, which promises to be fun. Also there is a pre-concert lecture and a complimentary post-concert reception for everyone, in the theater patio.

So get your tickets early for this event. Reserved seat prices are \$20 and \$25, students \$10. The date is Saturday, March 24, 8 p.m., Downey Civic Theatre, Firestone Boulevard at Brookshire.

For tickets and information, call (562) 403-2944. The theater box office will be open before the performance as well as on Wednesday, March 21, between noon and 4 p.m.

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300 R	(10:15 1:05 3:55) 6:45 9:35
300 R	(11:15 2:05 4:55) 7:45 10:35
WILD HOGS PG13	(10:45 1:30 3:35) 6:00 8:25 10:50
BLACK SNAKE MOAN R	(10:40 1:30 4:20) 7:10 10:00
ZODIAC R	(10:15 1:45) 5:15 8:45
RENO 911: MIAMI R	(10:30 3:30) 8:30
GHOST RIDER PG13	(12:45) 5:45 10:45
GHOST RIDER PG13	(11:30 2:15) 5:00 7:45 10:30
THE NUMBER 23 R	(12:10 2:40) 5:10 7:40 10:10
BRIDGE TO TERABITHIA PG13	(11:30 2:00 4:30) 7:00 9:30
NORBIT PG13	(10:40 1:15 3:50) 6:25 9:00
DADDY'S LITTLE GIRLS R	(10:30 3:30) 8:10
THE MESSENGERS PG13	(12:55) 5:45 10:35

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

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May 15, 16, & 17th  
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Includes room, transportation, taxes, baggage handling & 1 buffet  
Departing: Downey High School at 6:00 am

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## Erin Marie: from Dunkin' Donuts to Princess Jasmine

By ERIC PIERCE

Erin Marie has one of those faces that seems vaguely familiar, like you know you've seen her someplace before, but you just can't pinpoint where.

And there's good reason for that because, chances are, you probably have seen her before, you just don't realize it.

Marie has been an actress for more than 15 years, which is to say, almost all of her life. Having just celebrated her 16th birthday last October, she's already a veteran on the stage and in front of the camera, having appeared in numerous television commercials and print ads both regionally and nationally.

She was a lead actress in a Magic Mountain commercial years back that aired in Southern California. Spots for Dunkin' Donuts, Tide and the Uno card game were shown throughout the country.

Her latest endeavor has her playing an urchin in the current production of "The Roar of the Greasepaint - The Smell of the Crowd", now in its final weekend of production at the Downey Theatre.

Although not a Downey resident herself, she does have local ties. Her grandparents live here and she used to worship at Community Chapel Church in Downey, before it closed.

And, despite her credits ranging from a 12-day performance run in St. Louis for festivities involving the 2005 NCAA Championships to a stint as Dorothy in "The Wizard of Oz" with Broadway Bound Players, she says her favorite venue to play is still the Downey Theatre. She means it, too.

"It feels more professional than the youth groups I've traveled with," Marie says about working at the Downey Theatre. "I gain a lot more experience working with adults. It's a lot more fun."

And the Downey Theatre reciprocates the attraction. When Marie landed the role of Anita in West Side Story last May at the Brea Curtis Theatre, it was her first "adult" role. She had to cry - really bawl - on stage and feign a realistic-looking attack by the rival Jets.



The role was dramatic, striking and vivid. And it was the most difficult role of Marie's life.

But the experience was made just a little bit easier, Marie says, because sitting in the audience was Downey Civic Light Opera Executive Producer Marsha Moode, who had shown up to lend her support.

Marie smiles at the memory. It's one of the reasons she likes working Downey so much.

"Marsha always looks out for me," Marie says. "She's great for the city. Marsha keeps theatre from dying in Downey."

Marie's resume is growing. In addition to her commercials, she's done modeling work for Disney, Mattel, Target, K-Mart, Speedo and California Milk.

She's played Jasmine in the musical theatre, "Aladdin", Ariel in

"Footloose", Alice in "Bye, Bye Birdie" and Annie in, well, "Annie."

And acting is truly a family affair here. Marie's two brothers are also actors and are building their own impressive resumes.

Frankie, 12, has done work on Disney cartoons and had a recurring role on the television sitcom, "That's So Raven", which just recently finished production for the Disney Channel. He's also done theater work. In fact, Frankie and Marie both starred together in an adaptation of "The King and I".

Luke, 6, has done voiceover work for Finding Nemo video games.

Helping corral the trio are their parents, Sandra and Frank. Sandra is the primary helper, driving the kids to auditions and performances, assisting with make-up, and keeping a keen eye not only on jobs, but the entertainment business in general.

She's very selective over the roles she'll allow her children to play, a practice just beginning to get tested as Marie grows out of her adolescent typecast. Very soon, Sandra acknowledges, Marie won't be able to play the darling little child anymore.

In the meantime, Marie stays busy. She stills auditions on a regular basis and lives a life fairly typical of most 16-year-old girls. Just last week she started a driver's education class (which has her mother worried and Marie excited) and she's beginning to put serious thought into where she wants to go to college. (A "normal" college close to home or the American Musical and Dramatic Academy in New York?)

She also lends her voice to the worship band at her church. Not to mention the time she spends with her friends.

"Most of my friends are friends I've met through work," Marie says, "and we're a little strange. Actors in general are a little different."

If by "different" Marie means charming, engaging and enormously talented, then she's absolutely right.

### Local Concerts this week

**FRIDAY, MARCH 9**  
 Bill Cosby - Pechanga  
 Julio Iglesias - OC Performing Arts Center  
 The Killers - Staples Center  
 Kymani Marley - Galaxy Theatre  
 Super Diamond - HOB Anaheim

**SATURDAY**  
 Little Richard - HOB Anaheim  
 My Chemical Romance - Forum  
 Which One's Pink - Grove of Anah.  
 Wiggles - Gibson Amph.

**SUNDAY**  
 My Chemical Romance - Anaheim Convention Center  
 Wiggles - Gibson Amph.

**TUESDAY**  
 Aaron Lewis of Staind - HOB Anah.  
 Pat Griffin - Wiltern

**WEDNESDAY**  
 Aaron Lewis of Staind - HOB Anah.  
 Eric Clapton - Staples Center

**THURSDAY**  
 John Corbett - HOB Anaheim

### New on DVD this week

**MOVIES**  
 Casino Royale  
 Ghost (Special Edition)  
 Harsh Times  
 The Holiday  
 Paper Dolls  
 Short Bus

**TELEVISION/MISC.**  
 Bosom Buddies - Season 1  
 I Love Lucy - Seasons 7-9  
 Without a Trace - Season 2

### New CD's this week

Musiq - Luvanmusiq  
 Type O Negative - Dead Again  
 Neil Young - Live at Massey Hall  
 Fabolous - From Nothin' to Somethin'  
 James Morrison - Undiscovered

### New Video Games this week

**TUESDAY, MARCH 13**  
 God of War 2 (PS2)  
 Call of Duty 3 (PSP)  
 Driver: Parallel Lines (PSP) (3/15)  
 Call of Duty 3 Gold (X360)  
 Tiger Woods PGA Tour 07 (WII)  
 Mind Quiz: Your Brain Coach (DS)  
 Herbie Rescue Rally (DS) (3/15)  
 Spectrodes (DS) (3/15)

YOUR HOMETOWN COMMUNITY NEWSPAPER  
 The Downey Patriot

## 15th annual Songfest a multi-cultural event

**DOWNEY** - The 15th annual interfaith, multi-cultural Songfest, sponsored by The Church of Jesus Christ of Latter-day Saints, will be held March 17 at the church's south Downey facility, 12425 Orizaba Avenue.

Prelude music will begin at 6:45 p.m. while the program starts at 7. Admission and parking are free.

Songfest will feature choral and gospel singing and solo performances by talent from Downey and neighboring communities. Nine musical groups and soloists are scheduled to perform.

The lineup of performers include: New City Parish Choir of the Ascension Lutheran Church, led by Mark Coates; Voices of Inspiration and Immanuel Gospel Choir, led by Alexander Hamilton; Hollywood Presbyterian Mass Choir, Patrick Hare, director; Hacienda Heights Chinese Choir; Lynwood Samoan Choir; and the Downey Stake Choir representing The Church of Jesus Christ of

Latter-day Saints, led by Kristie Larsen.

Soloists scheduled are Cantors Jay Harwitz and Ellen Guild, Henry Charles and Lottie Brown of Lottie Brown Ministries.

"We are happy to once again have such marvelous talent at our annual musical togetherness event," Lois Buchanan, community relations director for the Downey Stake of The Church of Jesus Christ of Latter-day Saints and coordinator of the event, said. "It is our pleasure to again offer an evening of music and togetherness to the people of Downey and to our neighboring communities."

"It is also a great opportunity to meet as friends from various religions and from different cultures. May we continue to build upon the love and respect for one another throughout our communities."

Free refreshments will be offered following the event. For more information, call (562) 861-8450.

## Kids Day scheduled for May 12

**DOWNEY** - This year's Kids Day will take place May 12 at Furman Park from 10 a.m. to 4 p.m., the City of Downey Community Services Department has announced.

This will be the 20-year anniversary of the event, which will carry the theme, "Shaping a Healthy Future for Downey's Youth."

Monetary donations, products and in-kind services help make the

event possible. All of the awards, entertainment, refreshments and carnival supplies and prizes are obtained through the support of the community. Sponsors will be recognized at the Hall of Fame event May 2 at the Downey Theatre, in the winter Community Services Guide and in numerous press releases.

For information on how to contribute, call (562) 904-7238.

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BLACK SNAKE MOAN (11:15, 2:10, 5:00, 7:50, 10:40)

WILD HOGS (11:40, 2:15, 4:50, 7:25, 10:05)

ZODIAC (11:50, 3:20, 7:20, 10:45)

THE NUMBER 23 (12:00, 2:40, 5:10, 7:45, 10:15)

RENO 911: MIAMI (11:00, 1:15, 3:30, 5:45, 8:00, 10:15)

BRIDGE TO TERABITHIA (11:10, 1:40, 4:15, 7:00, 9:30)

GHOST RIDER (11:00, 1:45, 4:30, 7:15, 10:00)

NORBIT (11:30, 2:05, 4:40, 7:10, 9:55)

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Inside cat M at \$1419 per person	Inside cat M at \$1439 per person

September 8, 2007 September 29, 2007

Balcony cat D3 at \$1819 per person	Balcony cat D3 at \$1769 per person
Oceanview cat I at \$1599 per person	Oceanview cat I at \$1399 per person
Inside cat M at \$1019 per person	Inside cat M at \$1019 per person

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## Learn to create Word documents

**DOWNEY** – "Beginning MS Word", a free computer class showing how to quickly compose a simple letter or document, will be offered at the Downey City Library on March 14 from 10:30 a.m. to noon in the computer lab.

Students will learn how to create, select and modify text, as well as how to edit and save documents.

Instructor Claudia Dailey said the class is ideal for the beginner user. "Our computer classes offer students time to practice and ask questions as they learn" she said.

For reservations and information, call (562) 904-7360, ext. 32.

## Students can learn MLA format

**DOWNEY** – Students can learn how to create a works cited bibliography using the MLA format at a free workshop for teens at the Downey City Library on March 21.

The workshop, to be held in the Cormack Room from 3:30 to 4:30 p.m., will show students how to use the "MLA Handbook for Writers of Research Papers," published by the Modern Language Association of America. Teens will learn how to cite books, magazine and newspaper articles, electronic resources and Internet web sites used for their research papers.

"This class is so valuable because many teachers require students to use MLA format," librarian Julia Butler said. "Be sure to register early since class size is limited."

Call the adult information desk at (562) 904-7360, ext. 32, to register.

## SAT workshop for Downey students

**DOWNEY** – The Downey City Library will offer a SAT Pre-test workshop March 24 for students ages 13-19 who will take the SAT exam for college entrance.

Participants of the free workshop can take a practice test supervised by a proctor. Students should arrive 15 minutes early and bring a calculator and two #2 pencils. No other materials will be permitted.

"This three-hour practice test is ideal for students who want to be familiar with the kinds of questions on the SAT," librarian Julia Butler said.

The workshop will be held from 10:30 a.m. to 3 p.m. in the Cormack Room.

To register, call the adult information desk at (562) 904-7360, ext. 32.

## School textbooks open to review

**DOWNEY** – The public is invited to examine textbooks being considered for adoption by the Downey Unified School District Board of Directors for use in high school driver education, English, foreign language, interdisciplinary, science, special education and visual and performing arts classes.

Copies of the textbooks will be on display in the second floor lobby of the Gallegos Administration Center at 11627 Brookshire Ave. from 7:30 a.m. to 4 p.m., Monday through Friday, March 13 through April 16.

Anyone wishing to offer suggestions or criticism of the textbooks must submit their comments in writing to the superintendent by April 10.

## Sisterhood holds monthly meeting

**DOWNEY** – The Sisterhood of Temple Ner Tamid of Downey will hold its monthly board meeting on March 14 at 11 a.m.

Lunch will be served following the meeting at noon.

Donation is \$6 per person and the community is invited to attend.

The temple is located at 10629 Lakewood Blvd. For information, call (562) 861-9276.



Susana P. Rosal was 91 when she passed away March 1.

## Susana Rosal services planned this weekend

**DOWNEY** – Susana P. Rosal, a 91-year-old Downey resident who was originally born in the Philippines, died March 1 at Downey Regional Medical Center.

A member of St. Raymond's Catholic Church, she lived in Downey for 16 years. She was born March 1.

She is survived by her only child, Elena Salcepuedes (Col. Teodoro Salcepuedes); grandson, Raymond Salcepuedes (Edita); granddaughter Sarah Jinky (Mike Yares); and great-grandchildren Kathleen, John Ralph, Kristine, Christopher James, Karyn and Sean.

A visitation and viewing will be held today, March 9, from 10 a.m. to 7 p.m. at Miller-Mies Mortuary in Downey. A vigil will be held at 6 p.m.

A requiem mass is scheduled for March 10 at 10 a.m., also at Miller-Mies. Burial will follow at Forest Lawn Memorial Park in Cypress.



Buster Perry Blankenship was a 67-year Downey resident. A viewing will be held March 12 at Miller-Mies Mortuary.

## Buster Blankenship viewing this Monday

**DOWNEY** – Buster Perry Blankenship, a 67-year resident of Downey, passed away Wednesday, March 7, at the Southland Skilled Care Center in Norwalk. He was 80.

Blankenship served his country as a soldier in the Army Air Corp. He retired from the Los Angeles County Flood Control after a 36-year career. He started a second career as a real estate agent with Century 21 Home and Investment in Downey.

He is survived by his wife, Elizabeth; daughters, Karyn Fitzhugh (Terry), Judith Gonzales (Ernest) and Barbara Kooiman (Larry); son, Thomas Blankenship (Leila); 12 grandchildren, 23 great-grandchildren and one great-great-grandchild.

Viewing is scheduled for Monday, March 12, at Miller-Mies Mortuary in Downey from 4 to 8 p.m. Funeral services will take place March 13 at 10 a.m. at Miller-Mies. Interment will follow at Rose Hills.

## Arbor Day celebration at Gauldin

**DOWNEY** – An Arbor Day celebration will take place in front of Gauldin School, 9724 Spry St., at 11:30 a.m. as students, staff and volunteers plant a tree in recognition of the holiday.

Anyone under the age of 14 must be accompanied by an adult. For information, call Keep Downey Beautiful at (562) 904-7159.



## ESTRADA

Continued from page 1

and agents. Sony Pictures has graciously participated in the program by funding the activities.

Through the program, Estrada will be set up with mentors in the industry who will help lead the way to a possible career in the business. Already, he has met top ranking officials such as the Vice President of Animation at Sony, Andrea Miloro.

Miloro has also helped set up meetings and guest speakers for Estrada and his fellow companions. Also through the program, Estrada will be shown the ropes of the business as his contacts list will continue to grow.

His ultimate goal is to direct movies that hybrid between live action shots with real people and stop motion animation, which include movies such as *Wallace and Grommit*, and *The Nightmare Before Christmas*.

Estrada's interest and talents didn't just appear overnight. Starting at the young age of 6, he started to develop his abilities. During his first years at Spencer V. Williams Elementary School, he would doodle and draw on paper. He would never stop because it was fun to him.

People would see his gift and constantly ask him to draw things for them, Estrada said. "I would tell them to go draw things themselves," he said.

As time went on, more and more people started to see that this kid had an artistic gift even though he disagreed. ("I never thought of it as a gift," he said.) His denial would soon turn into acceptance as he realized his drawings were very good.

Estrada would continue his drawings at Griffiths Middle School where he continued to draw for fun. Comic books were a big influence in his drawings as he soon started to build up a love for comics such as Spiderman and X-Men.

He would then continue on to high school at Don Bosco Technical Institute. According to Estrada, the school is more of a trade school rather than a traditional high school.

Areas of concentration included computer science, construction and other things. Unfortunately for him, there was nothing in animation. Estrada chose construction for his emphasis.

"I always liked building stuff and it's kind of coming in handy now," he said.

And did it ever come in handy

as he continued on to Loyola Marymount. Going into college, Estrada wanted to concentrate on drawing comic books. Once again, that area was not offered as a major so he decided on stop motion animation.

Stop motion animation includes the building of sets and characters along with lighting and sound.

With his hard work and determination, Estrada graduated from Loyola Marymount after submitting his film thesis which was three minutes in length.

Because of all the work that is done in a stop motion film, according to Estrada, it takes 24 drawings per second of animation. With this one can understand why the film itself still has not been completed.

This film earned him top honors at the college as he was distinguished as the top animation student of his class. This is where he was invited to join the TAG program where he not only started his networking, but has also been on exciting trips to film festivals, including the prestigious Sundance Film Festival held in Park City, Utah.

His experience at the festival really helped fuel his passion toward a career in the business even though it wasn't exactly what he expected.

"It was 99 percent geared toward live action films," he said. "There wasn't as much animation as I expected."

Through talking to people, he came to understand that there still is a chance to participate in the festival in the future.

His favorite film while in Utah was *The Descent*, a horror movie just recently released in the United States. Appropriate for a horror film, Estrada said the film was screened at midnight.

He said he enjoyed his overall experience at the festival and looks forward to attending more. As a matter of fact, his schedule has already notched other visits to festivals. This weekend, he will be attending the South-By-Southwest Film Festival in Texas. Soon after, he will be flown to Nice, France to attend the Cannes Film Festival.

With all the trips lined up, he expects his experiences to help his love grow for the business. As strong as his ambitions are, look for Estrada to succeed in this highly competitive business. Maybe one day he'll be back at home at Downey Studios producing an award-winning film.



In this whimsical sketch done by Rob Rowe, his Downey Fire Department colleagues are bidding him "Auld Lang Syne."

## ROWE

Continued from page 1

Marshal, Rob says, that his knowledge of the Uniform Fire Code and NFPA (National Fire Protection Association) standards "truly began to develop." The code is constantly updated and along with the NFPA and other standards have formed the bases for the current California Fire Code and Downey Municipal (Fire) Code 3300.

Hazardous materials include flammable liquids, explosives, toxic gases and other materials, poisons, pesticides and carcinogens and radioactive materials.

Rob's knowledge and experience with structural fire fighting, crash rescue operations, hazardous materials response activities, fire prevention and fire protection systems at Hughes was a huge boost when Rob, whose ancestry is English/Irish, joined the city of Downey in 1989 as a Hazardous Materials Specialist. His responsibilities embraced the management and enforcement of local, state and federal regulations at all of the city's reporting facilities including those who handled extremely hazardous substances, hazardous waste investigations and response to hazardous materials release emergencies.

Rob was promoted to Deputy Fire Marshal in 1993, with responsibility for both the hazardous materials program and fire prevention, under the direction of the Fire Chief, his duties expanding to fire/life safety inspections, plan review, code interpretation, code enforcement and the training of city staff and fire department personnel.

The department chaplain and the father of two-year-old twins (Dylan and Madison; he has two

other offspring—Jenny and Sarah—by his first wife), Rob has been in demand as an instructor as well. As an instructor for the Uniform Fire Code Association, he has traveled throughout the western states conducting courses on high piled storage, flammable and combustible liquids, fire code certification and advanced plan review. He has also lent his expertise and knowledge of both the fire and building codes to the "development of major projects within the Los Angeles area." He has traveled throughout the country, in fact, as a part-time fire consultant.

As a Certified Fire Investigator (CFI), he has investigated over 1,000 fires during his eventful career and has qualified as an expert witness in both civil and criminal courts.

He is currently a member of the California Conference of Arson Investigators, International Association of Arson Investigators and the National Association of Fire Investigators. He has served as president of the Area E Arson Task Force, which includes Downey, Montebello, Compton, Santa Fe Springs and Long Beach, and has worked with the Task Force and various local, state and federal law enforcement agencies on numerous fire and special investigations.

During one pre-July 4th sting operation that had him working undercover with the Task Force (involving Department of Transportation, ATF, CHP, the FBI, and other officers), Rob, with 5 days' growth of whiskers, donned dark glasses, shorts, a T-shirt, and a baseball cap to help apprehend

what turned out to be 17 tons of illegal fireworks. It was the work of a criminal gang affiliated with the Mexican Mafia; the group worked the Las Vegas-Los Angeles corridor. Under these circumstances, Rob was also deputized, under Alcohol, Tobacco and Firearms (ATF) as a U.S. Marshal Special Deputy.

As an arson investigator, he has become a go-to guy. He helped bust the recent arson-for-hire scheme perpetrated by a "debt-weary" SUV owner who, with the cooperation of the finance officer of a Cerritos car dealer, had his car torched so his insurance proceeds would pay for a new unit.

Meanwhile, Rob has become a strong advocate of fire sprinklers to protect life and property. He looks forward to take the "overnighters" this summer to the waters off San Diego with his 82-year-old father-in-law, World War II veteran Ray McCall ("my hero"), to catch some albacore, yellow fin tuna or yellow tail.

As a member and representative of the Western Fire Chiefs Uniform Fire Code Committee, Rob sits on the NFPA 1/UFC Technical Committee and has been instrumental in its development. The committee is responsible for the NFPA 1 Uniform Fire Code of 2006, where Rob's name appears representing Downey and the Western Fire Chiefs Association, and which covers everything from handling open flames, dry cleaning plants, exhibits and trade shows, motion picture and TV production soundstages, parade floats, to tire storage.

The code has been adopted in several states, including: Alabama, Kentucky, Connecticut, Florida, Louisiana, Maine, Nebraska, Rhode Island, Tennessee, Virginia, Texas, Wisconsin, Puerto Rico, and the city of Las Vegas.

All this Rob leaves behind Thursday, March 29, his last day in office to start a "new chapter in my life." The amiable, "personable" (Fire Chief Mark Sauter's description of him) and gregarious fire prevention/hazmat specialist, who can also draw a mean cartoon, will be doing consulting fulltime. He says he will perform and/or coordinate explosion and fire investigations in residential, commercial, manufactured and modular homes, automobile and watercraft, as well as provide failure analysis services, building and fire code reviews and consultation for case review and/or subrogation preparation and litigation support. He will continue to provide witness testimony in criminal and civil depositions and trials as well. His consulting firm's name—Pyrocop, Inc. Wife Yvette is acting secretary.

His colleagues will fete him March 28.

Rob says he has had a great career here in Downey, and the "wonderful friendships" he has developed over the years, including the businesses and state and federal officials with whom he has interfaced, he aims to keep.

He will of course miss the people in the department, he says: "Their accomplishments have put Downey on the map. Because of people like them, Downey has a bright future."

### MEET ONE LOCAL PROFESSIONAL WHO IS A Friend to the Community

Dale Jervis has become a staple in the Downey community—plain and simple. His family has called this beautiful area home for generations and nothing makes him prouder than to do his part to make a difference—from his volunteer efforts with the local animal shelter to his generous contributions to the local school systems to his work helping people achieve their real estate dreams.

The truth is, you're not likely to find a real estate professional who knows the intricacies of the local market like Dale. When you're looking not only for the right home, but the right neighborhood to fit your needs, Dale has the knowledge to make it happen. When you add the fact that he's been in the business since 1983, it seems only fitting that he's considered the local expert. Put simply, when it comes to your next move, there's no better professional to turn to than Dale. Give him a call today. You'll be glad you did!

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**Downey Home** 3 bed, 1 1/2 bath, fam. rm., lg. yd., many upgrades! \$720,000.  
**So. Gate Duplex**, \$539,900.  
**Corona Home** 4 bed, 3 bath, must see! approx. 2,242 sq. ft. lot, 8,712 sq. ft. home. \$589,000.  
**Business Opportunity** party supply \$44,000.  
**Irma Sandoval**  
**Prudential 24 hr. R.E.**  
 (562) 254-2244

**FOR RENT**  
**CUTE, CLEAN**  
**1 BED APT.**  
 Downey, ceramic tile, A/C, ceiling fans, on site laundry. Avail. now!  
 (562) 425-7042

**EMPLOYMENT**  
**AVON OPPORTUNITY**  
 50% earn/ask me how (ind. sales rep.)  
 (562) 631-9357

**SERVICES**  
**CARPET, LINO. & LAMINATE**  
 Serving Downey since 1968. LIC# 421455. Call Kent  
 (562) 776-9933

**FOR SALE**  
**CONSOLE PIANO**  
 Dark wood, great cond., appr. at \$1,200, will sell for \$900.  
 (562) 862-1290

**COSMETICS**  
**"DISCOVER THE ARBONNE DIFFERENCE"**  
 Products are All botanically based. Wholesale prices P/T Business. Deanna Ntrouras EAM Independent Consultant Arbonne International.  
 (562) 746-8760

**OPEN HOUSE BY THE GOLF COURSE FRI., SAT. & SUN. 1 - 4 PM**  
 Come & see this magnificent brand new construction home. Featuring 5 bedrooms, 6 baths, formal dining room, family room w/fireplace, gourmet kitchen & breakfast alcove. You'll be amazed by the size of the master bedroom suite & the sitting area overlooking Rio Hondo Golf Course. The master bathroom boasts a natural stone custom built spa that will definitely impress you. The beautiful back yard, with its sports bar gazebo, built-in BBQ, beverage refrigerators, surround sound, built-in bench & fire pit make it the perfect entertainer's back yard.  
**7107 Pellet St., Downey**  
**Ana Esparza**  
 CA Real Estate Executive  
 (562) 756-8870

**2 BED BELLFLOWER**  
 Duplex, lg. yard, patio & carport. \$1,145 mo.  
 (562) 867-4710

**GROUP HOME CARE PROVIDER**  
 F/T Split & Midnight shifts avail. Call Loraine.  
 (949) 553-9911

**MIKE THE ELECTRICIAN**  
 Recessed lighting, remodel home and office, service upgrade 120-600 volts. FREE NO OBLIGATION ESTIMATE. Lic. #829705  
 (562) 861-4266

**CLASSIFIED 904-3668**

**Correction**  
 The selling price for the property on 9227 Florence Ave., Unit 1, was misquoted in an advertisement in last week's issue. The correct price is \$409,888. The property was listed in an advertisement by The Ortega Group. We apologize for the error.

**DOWNEY**  
 House for lease. Apt for rent. Call Across The Street.  
 (310) 617-3640  
 (562) 622-0820

**REAL ESTATE TRAINEE**  
 An immediate opening for a Buyer's agent for growth-oriented Real Estate Company. Need to possess good communication skills & be a positive team player! The position available has room for advancement. Bilingual preferred; real estate license a plus, but not required. We will train you! Fax your resume or call.  
**Fax: (562) 861-0285**  
**(562) 688-2088**

**SUPERB PAINTING**  
 Exterior, Interior, senior discounts, references, dependable & reliable. Free estimates. Lic. #634063. Wayne.  
 (562) 863-5478

**1 BED, NORWALK**  
 Gated, cn. Indry., stove \$845.  
 (562) 863-6599

**SALES CLERK WANTED**  
 F/T position must be 18 or older. Call Palardy & Miller Paint Co., Downey.  
 (562) 861-1257

**MACHADO CONSTRUCTION CO.**  
 Room additions, roofing, kitchen and bath remodeling, window replacement, paint. Senior discount. Lic#574972  
 (562) 803-8630  
 (323) 294-8745

**DOWNEY LARGE 1 & 2 BED APTS FROM \$960**  
 Water & trash pd., pool, A/C, close to 105, 710, 605 Fwys., shopping, schools, bus.  
 Call (562) 923-8400

**PEOPLE TO DRESS AS EASTER BUNNY**  
 9 hrs., 8 am shift.  
 (909) 599-4061

**TAX PROBLEMS?**  
 Enrolled Agent admitted to practice before the IRS. Tax preparation, consultation and representation. If you have problems with the IRS or FTB I can help!  
**Office (562) 803-3569**  
**Cell (562) 305-0874**

**APTS. FOR RENT**  
 1 bed, 1 bath & 2 bed, 1 bath  
 (562) 881-5635

**SERVICES**  
**ARMAS PATCHING & RESTUCCO**  
 Exterior & interior plaster patching, matching all stucco textures. Very clean. 25 years exp. No patch too small. Free estimates. Ask for Ray Armas  
**Lic# 882779**  
 (562) 923-8227

**HONEST HANDYMAN**  
 Painting, plumbing, electrical, carpentry.  
**Call Jim (562) 869-0741**

**OFFICE FOR LEASE**  
**BEAUTIFUL OFFICE SPACES AVAILABLE!**  
 We Have from 500 to 2,500 sq. ft. of office spaces avail. With nice lobby entrance, 2 conference rooms, kitchen and more. Call for an appointment.  
**Pat (562) 806-4000**

**CARPET 4 U**  
 Carpet, Vinyl, Tile & Laminate. Free in home estimates! Mohawk, Shaw, Beaulieu, Kane, Congoleum, Unimaru. SALE! 6' Cushion Floor: 10¢ per square foot. 6' Vinyl Floor: 15¢ per square foot. Limited quantities.  
 (562) 866-2195  
**Showroom at 9303 Alondra Blvd. in Bellflower**

**TIRED OF YOUR TENANTS?**  
 Let us manage & maximize your rentals.  
**Across The Street Property Management**  
 (310) 617-3640  
 (562) 622-0820


**OFFICE FOR SALE**  
**REAL ESTATE OFFICE FOR SALE**  
 750 sq. ft. turn key operation.  
**8041 Florence Suite 102, Dwy.**  
 Call Will (562) 879-5612

**PAINTING & CONSTR.**  
 Lic. 456722. Call Steve  
 (562) 928-7680

**YOUR HOMETOWN COMMUNITY NEWSPAPER**  
**The Downey Patriot**  
**ADVERTISING DEADLINES**  
**DISPLAY ADVERTISING DEADLINE AT 3 P.M. ON MONDAY FOR THAT FRIDAY'S PAPER**  
**CLASSIFIED ADVERTISING DEADLINE AT 11 A.M. ON WEDNESDAY FOR THAT FRIDAY'S PAPER**  
**FOR ADVERTISING RATES CALL (562) 904-3668**

**We Escrows**  
**ACCURATE ESCROW INC.**  
 11445 Paramount Blvd. Downey, CA 90241  
 (562) 862-7207  
 Fax (562) 862-9723  
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Email us:  
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**Arlene Garcia Hammer**  
 REAL ESTATE BROKER  
 (562) 904-4325 direct  
 (562) 862-7406 fax  
 garciahammer@yahoo.com

**Roger Nordin, Realtor®**  
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**"Built On A Solid Foundation"**  
 List with me and receive a \$500 Gift Card to the All American Home Center at close of escrow!  
  
**7834 Florence Ave. Downey, CA 90241**

**Blanca Pacheco**  
 Attorney At Law  
**Need A Living Trust?**  
 Avoid Probate!  
 Save Thousands of Dollars!!  
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 "Español es Mi primer Idioma"  
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 Real Estate Broker - Realtor

**Marlene Rodriguez**  
 For the Professional & Personal advice you need the attention YOU deserve  
**Realtor, Notary**  
 20 Years of Experience  
 Hablo Español  
**(562) 824-7333**  
 Wanting to make a move?  
**I Can Help You Buy or Sell Your Property**

**RED CARPET HERITAGE REALTY**  
  
**Must Sell!**  
 Comfortable 3 Bedroom, 2 Bathroom home with many features. Large 7,100 sq. ft. lot with double-detached garage, long driveway and large private backyard. Home contains 1,410 sq. ft. with inside laundry, hardwood floors throughout, fireplace and good-size eating area. A real deal at \$559,000!  
 For further information or private viewing, please call  
**Red Carpet Heritage Realty**  
**(562) 923-5401**  
 All listings can be found at [www.downeyrealestate.com](http://www.downeyrealestate.com)

**ADVANTAGE 1 LENDING**  
 Need a Home Loan?  
 Need to Refinance?  
 Need to Consolidate Debt?  
 Need a Line of Credit?  
**(866) 433-9625**  
[www.Advantage1Lending.com](http://www.Advantage1Lending.com)

**It's All Here In Black And White**  
**Maria Cibrian, Realtor Associate**  
 Providing Personalized Real Estate Service  
 \* Maximizing Your Investments  
 \* Consistent Communication  
 \* Making Your Needs My #1 Priority  
  
 (562) 746-8832  
[www.mariacibrian.com](http://www.mariacibrian.com)  
  
**Ding-Dong! Opportunity Calling**  
 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.  
**Call Maria at (562) 746-8832**  
  
**Mi Casa Es Su Casa**  
 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!  
**Call Maria at (562) 746-8832**

**Bread & Butter Units**  
 Two 2 Bedrooms, One 1 Bedroom in Huntington Park!

**North Downey**  
 4 Bedrooms, 3 Bathrooms, 2,183 sq. ft.

**Northeast Downey**  
 11,116 sq. ft. lot, pool, spa, beautiful kitchen, family room - a must see!

**Brand New Homes - Commerce**  
 3 Bedrooms, 2 Bathrooms, from \$465,000 - No Agents.



## IF YOU'RE THINKING ABOUT BUYING OR SELLING, WE'RE YOUR COMPANY!

### NICE HOME IN SOUTH GATE

3 bedroom, 2 baths, central air and heating. Priced at \$517,000.  
Call (562) 923-5507

### 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

### 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

Ask for Ann Cicerone  
(562) 923-5507 ext. 237

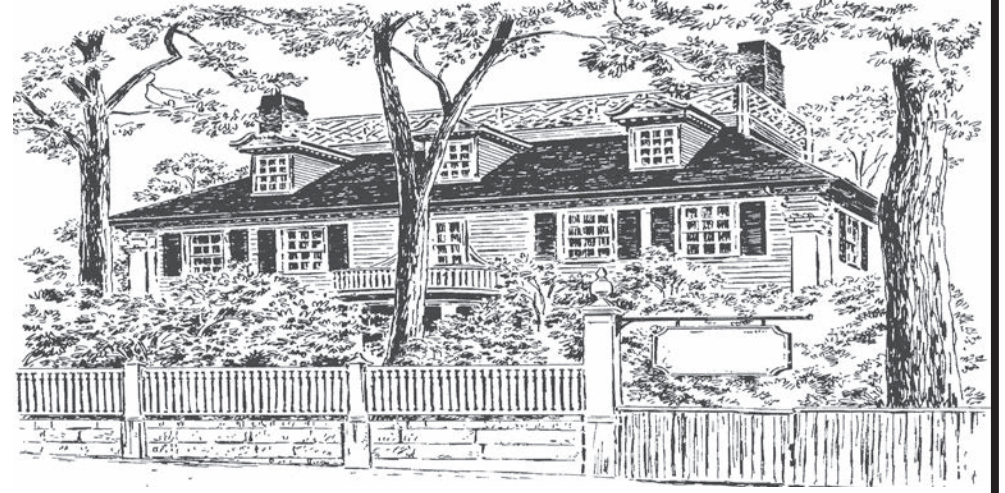
CALL US TODAY...  
(562) 923-5507  
**Century 21**  
HOME AND INVESTMENT  
11600 PARAMOUNT BLVD.  
DOWNEY SUITE A

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**



**CENTURY 21 My Real Estate Company - HIRING: Experienced Agents - Ask About Our 401K Program!**

**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 "Steve Roberson did a wonderful job listing our home. Steve has been a friend of our family for years." -- Gary
- #2 "Joaquin Chen did a very good job helping me find the perfect home." -- Jorge Aragon
- #3 "Always on the spot doing a great job, that's our realtor Steve Roberson. Steve answered all my questions and was there on the rescue." -- Rachel Subia

### MVPs OF THE MONTH

TOP LISTING  
Marlene Rodriguez

TOP PRODUCTION  
Maria Zuloaga

TOP SALES  
Lilian Lopez  
Lorena Amaya

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

 <b>A Rare Find</b> Wonderful North Downey area, friendly neighbors, single-story home with guest quarters. Main house has 3 Bedrooms, 2 Bathrooms, living room with fireplace, family room, ceramic, carpet and wood floors, central air & heating, guest quarters has 1 Bedroom, 1 Bathroom, living room, small kitchen and laundry hook-ups. Call Mark Elsaldez at (562) 805-0388	 <b>I've Been Loved</b> Well-maintained home, large master bedroom, 3 Bedrooms, 2 Bathrooms, copper plumbing, great neighborhood. (562) 927-2626 century21myrealestate.com	 <b>Splish - Splash</b> Beautiful pool home, 3 Bedrooms, 2 Bathrooms, kitchen with built-ins, range-oven, formal dining room, living room with fireplace, huge corner lot. (562) 927-2626 century21myrealestate.com	 <b>If These Soles Could Talk</b> Shoes for sale, fresh shoes for sale! Athletic shoes, dress shoes, work shoes, summer shoes! You wear them, we got them! Busy foot traffic location! Call Bijay at (562) 552-4282
 <b>Count It Down</b> 4 Spacious Bedrooms, 3 Bathrooms, 2-car garage, 1 great house! Throw in move-in condition, enclosed patio, nice backyard and it all adds up to 10! (562) 927-2626 century21myrealestate.com	 <b>Mama Mia Venice Italy?</b> Venice, California - almost as wonderful as Italy! Beautiful brand new home built in 2007. Master bedroom with jacuzzi tub, 3 Bedrooms, 2.5 Bathrooms, 2-story, central air and heat, copper plumbing, granite counter tops and travertine floors. (562) 927-2626 century21myrealestate.com	 <b>Blue Skies, Pine Trees and Sunshine</b> Talk about a feel good home, 3 Bedrooms, 1.75 Bathrooms, family room, living room, laundry room, freshly remodeled kitchen, 2 decks to soak up the sun or to make snow cones. (562) 927-2626 century21myrealestate.com	 <b>Real Estate School - DRE Approved \$199.00</b> Train with the Best - Team up with CENTURY 21 My Real Estate 401K Program - freedom, flexibility, unlimited income! Live real estate classes! In-house training and mentorship! Call Darlene at (562) 927-2626 ext. 119





**Mel & Rita Berdelis**  
"The 24 Hour Brokers"



8635 Florence Ave. Suite 101

Downey, CA 90240

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**"LIVE"**

Real Estate Classes  
NOW FORMING!

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Instructor  
562-861-7257



A GREAT Place to Work!

Smart Start Training  
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CALL TODAY!

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Mentor Trainer  
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**Roger Beltran**  
"Real Estate Made Simple!"  
562-477-4527  
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**STOP FORECLOSURE!!!**

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

Call today for a private consultation!



**Charm! Charm! Charm!**

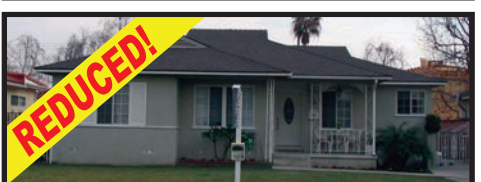
3 BD, 2 BA home on a private cul-de-sac  
Copper plumbing throughout, newer roof  
Upgraded kitchen w/granite counter tops  
Visit [www.RogerBeltran.com](http://www.RogerBeltran.com) for other inventory.



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



**Stonewood Townhouse!**  
2 BD, (each with own bathroom)  
formal dining room, HOA only \$145  
Downey schools!  
Value Range \$418,000 to \$420,000



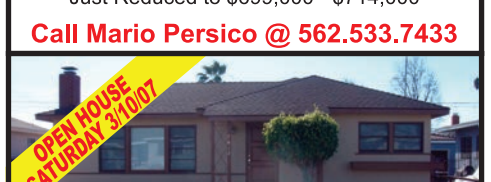
**Downey Deal!**  
1,926 Sq. Ft. North Downey home has  
formal living room, step down family room w/fireplace,  
Master suite has remodeled bath w/ spa tub.  
Only \$725,000



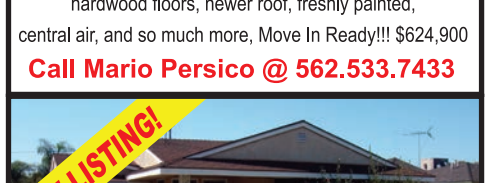
**Mario Persico**  
"Mario Moves You...24 Hours a Day!"  
562-533-7433  
www.MarioPersico.com



**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



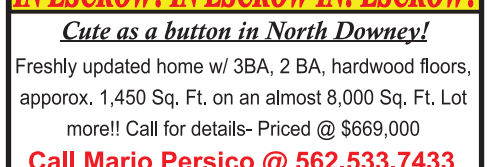
**North Downey-Newly Updated! Reduced!**  
This super clean home features 3 BD, 2 BA,  
hardwood floors, newer roof, freshly painted,  
central air, and so much more, Move In Ready!!! \$624,900  
Call Mario Persico @ 562.533.7433



**Lots for your money in Downey!**  
Unbelievable, Must see Property! 3 BD,  
hardwood floors, copper plumbing, newer roof, freshly painted,  
6 car garage, 7,000 Sq. Ft., Must Call Mario To See! Price \$564,900  
Call Mario Persico @ 562.533.7433



**Mario Did It Again!!!**  
IN ESCROW!!!  
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

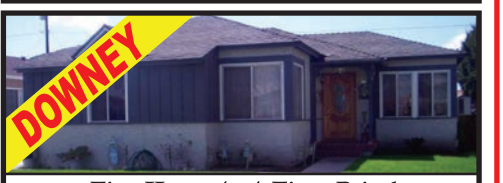


**Mario: Born in Downey/Raised in Downey Lives in Downey/Worships in Downey**  
\*\*\* SELLS DOWNEY \*\*\*

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



**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



**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



**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

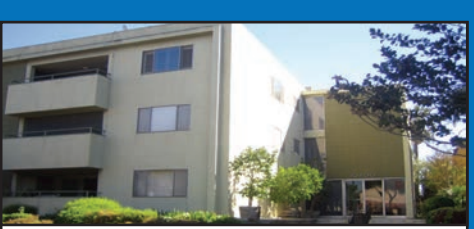
**www.Prudential24Hours.com (562) 861-7257**

**Michael Berdelis**  
"The 24 Hour Agent"  
562-818-6111

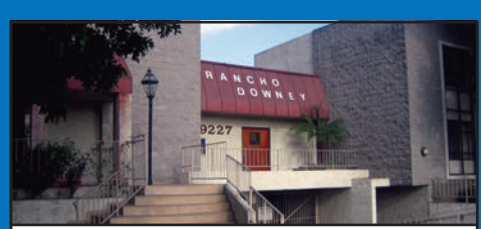
**89 Homes SOLD in 2006!**

Chairman Circle  
Award Winner  
2000-2006!

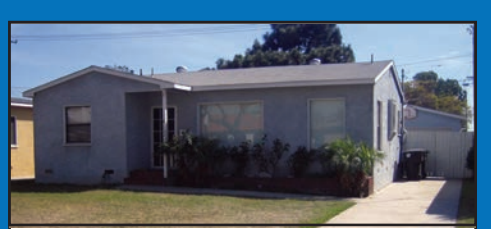
**FREE Market Evaluation!**



**Remodeled North Downey Condo!**  
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)



**A Smart Buy!**  
3 bed, 2 bath Norwalk home (on Downey  
border) with family room & larger  
master bedroom with fireplace.  
Price: \$549,950  
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)



**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)



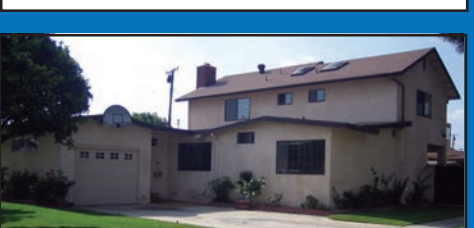
**Remodeled Like New - 2006**  
4 bed, 3 bath, travertine floors, granite  
countertops in kitchen & baths, huge  
master suite, over 2900 sq ft living space.  
Price: \$1,049,900  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Picture Perfect**  
3 bedrooms + bonus room, 2 bathrooms,  
remodeled kitchen & baths, great  
landscaping.  
Price: \$825,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Dive Right In!**  
3 BD, 1.75 BA, living room w/  
fireplace, 2 family rooms & large pool.  
Priced to sell \$749,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Pool Home Near Stonewood Mall**  
4 BD (2 up & 2 down), 2 BA,  
Open Floor Plan.  
Price: \$749,900  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



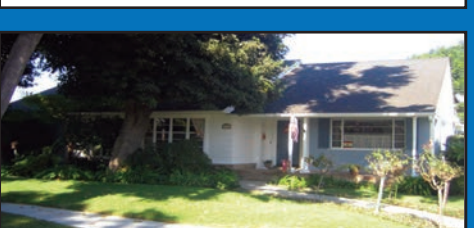
**A-1 Neighborhood**  
6 BD, 3.5 BA, 4 Car Garage,  
master suite, on a 10,690 sq. ft. lot,  
Price: \$1,299,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



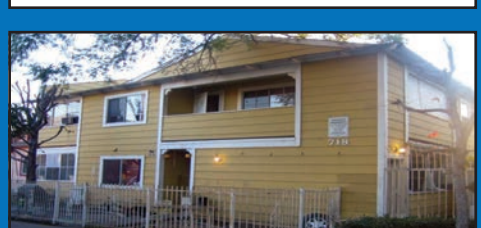
**Honey, Stop the Car!**  
3 bed, 2 bath Downey home w/ guest  
house, granite kitchen, copper plumbing.  
Price: \$579,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



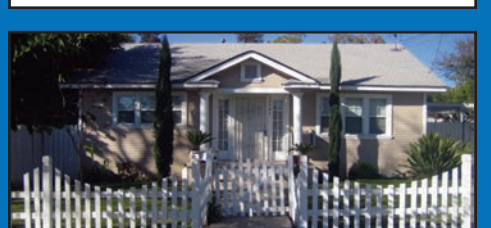
**Home Sweet Home!**  
3BD+bonus room, 1.75 BA, inside  
laundry room, Extra long 2 car garage, on  
a 6728 sq. ft. lot  
Price: \$669,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



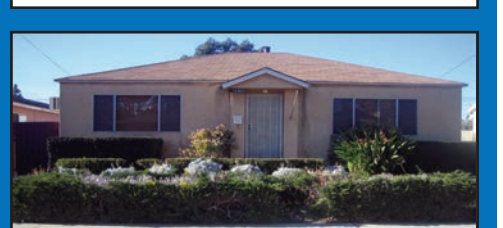
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