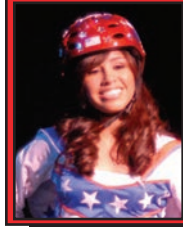




The Downey Patriot



Miss Downey pageant pics
See Page 9



An 8-year-old baton leader
See Page 4



Contest to name new park
See Page 3

Friday, March 23, 2007

Vol. 5 No. 48

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

A new court is crowned

■ Warren High School senior Brianna Arceo is named Miss Downey for 2007. Ashley Campuzano, also a Warren student, is crowned Miss Teen Downey.

BY JACQUELINE MEJIA
CONTRIBUTOR

DOWNEY – After three hours of waiting, two and a half months of rehearsals, and countless hours of preparation, the crowns for Miss Downey and Miss Teen Downey 2007 finally found their heiresses March 17 at the annual Miss Downey and Miss Teen Downey pageant, held at the Downey Civic Theatre.

Brianna Arceo, a senior at Warren High School, was crowned Miss Downey 2007, and Ashley Campuzano, also a fellow student at Warren, won Miss Teen Downey 2007.

The Miss Downey court, composed of the four runner-ups, includes princesses Lauren Casas, Corrine Chavez, Melissa Iriarte, and Nina Sedighi.

Kenia Andrade, originally one of the four princesses, resigned her crown shortly after the pageant, therefore allowing Sedighi (who was the fifth-runner up) to take her place on court.

It was the first time a Miss Downey Princess ever gave up her crown.

The Miss Teen Downey Princesses were so enchanted in winning, none of them even dared to think about resigning their titles. Miss Teen Downey 2007 Princesses include Briana Aguirre, Brianna Alvarez, and Natalia Amador.

Twenty-nine contestants ran for the title of Miss Downey and 14 ran for the title of Miss Teen Downey.

Although most people believe the myth that pageants are just based on beauty and pretty faces, in actuality, much goes into preparing for this pageant. These young ladies do not just go out on stage at the Downey Civic Theatre and expect to win the crown. Since January, all of the contestants have been attending rehearsals in which they practice walking, speech communication, and their opening dance number.

The competition is based on four categories: interview, sportswear, business wear and evening wear. Each young lady attended an interview



The 2007 Miss Downey and Miss Teen Downey Courts, from left: Teen Princess Brianna Alvarez, Teen Princess Natalia Amador, Teen Princess Briana Aguirre, Miss Teen Downey Ashley Campuzano, Miss Downey Brianna Arceo, Princess Nina Sedighi, Princess Corrine Chavez, Princess Melissa Iriarte and Princess Lauren Casas.

the morning prior to the pageant, meeting individually with their judges. Later that night, contestants experienced the magic of the South Pacific, the theme of the pageant.

After modeling sports, business and evening wear, each contestant then had to answer an on-stage question about how they handle peer pressure.

The top 10 finalists for the Miss Downey category had to answer an on-stage question on what is more important, life experiences or education.

Whatever their answer was, this pageant proved to be an important life experience for all of those that were involved. Pageant Director Susan Domen felt "this was one of the best pageants we've [the Downey Rose Float Association, which sponsors the pageant] ever had...the girls were great."

Miss Downey 2007 Brianna Arceo stated she is "pleased to represent Downey and is excited to be a great role model for a great city."

City Manager: Outlook for Downey 'excellent'

■ Downey City Manager Gerald Caton issues high praise at annual State of the City luncheon.

BY BROOKE KARLI
STAFF WRITER

DOWNEY – At this year's State of the City luncheon, hosted by Downey's Chamber of Commerce, City Manager Gerald Caton emphasized local economy and upcoming opportunities, touching upon infrastructure improvements, expanding Rancho Los Amigos and possibly redeveloping Downey Studios.

In opening remarks, Caton said that Downey was in "excellent" condition, praising the efforts of council members, city employees and segments of the community including churches, volunteer organizations, service clubs, businesses and the school district. Highlighted were organizations such as Keep Downey Beautiful, which provided over 600 volunteers, hosted 40 cleanups and collected 2 tons of litter in 2006.

"Our thriving community sets Downey aside from other communities," said Caton. "We have a very giving community."

Downey also made the top 25 percent of Los Angeles County cities in its assessed valuation, which had an 11 percent increase in 2006.

Caton went on to say that, "crime statistics are heading in the right

See CATON, page 4

Accomplished soloist appearing in Downey

■ Roger Wilkie will perform at Downey Symphony concert Saturday at Downey Theatre.

BY JOYCE SHERWIN
DOWNEY SYMPHONY

DOWNEY – An exceptional soloist will appear with Downey's Symphony Orchestra tomorrow, March 24, in the final concert of the current season. He is Roger Wilkie, concertmaster since 1990 of the Long Beach Symphony, and to mention his name sets heads nodding in approval. "Roger Wilkie is very, very good," is the consensus, and his credits would certainly confirm that.

He is in demand as a chamber musician, studio musician, solo violinist, and recitalist, with hundreds of appearances from Santa Barbara to La Jolla to Santa Fe to Martha's Vineyard. He has performed in Europe, has recorded with the Prague Philharmonic, and in L.A. served as concertmaster for two John Williams scores, "Munich" and "Memoirs of a Geisha."

See WILKIE, page 4

Dianne Lumsdaine leaves her mark on Arc

BY HENRY VENERACION
STAFF WRITER

In a little more than three months this July, lawyer and community leader Dianne N. Lumsdaine will be stepping down as president of Arc of Southeast Los Angeles County (formerly the Association for Retarded Citizens), whose 12th annual Arc Walk for Independence, its biggest fundraiser of the year, takes place tomorrow.

But she is not stepping out of the scene.

The Downey City Council a week before had proclaimed March 24 as Arc Walk for Independence Day, underscoring the fun event which starts in front of Stonewood Center on Firestone Boulevard as "a rallying point for the plight of people with mental retardation and other developmental disabilities."

Indeed, the story of Arc, from its humble start 50 years ago in a small special education trailer in Lynwood to a vibrant operation that today serves over 400 individuals each day from 26 Los Angeles County cities through 24 different professionally-staffed programs and services, is an edifying, and inspiring, one.

Nobody has understood this vital role of Arc in giving to these developmentally disabled individuals better than Dianne, who says

there's nothing more important than making these otherwise "hard-working and savvy people" feel secure in their sense of self-worth, dignity and acceptance.

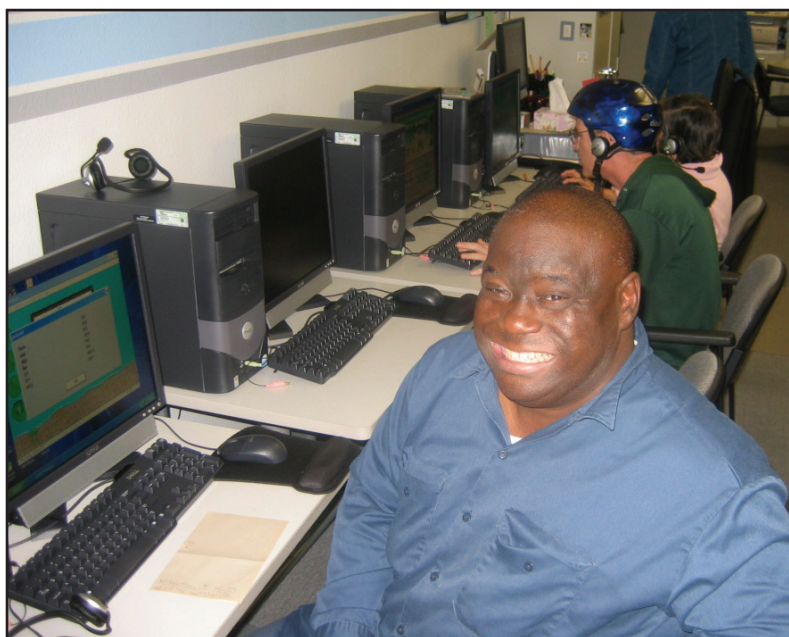
"There's not a mean bone in their body. They're wonderful people, they're pure of heart, and capable," she says.

Arc's programs and services—from its nurturing Day Training Adult program for the most severely disabled, or its important new Senior program, to its thriving Southeast Industries Packaging and Assembly, whose over 200-odd workers prepared and assembled the thousands of goodie bags for the recently concluded L. A. Marathon, for instance—are all focused on "reaching their individual potential."

The Value Village thrift stores, located in Lynwood, Hawaiian Gardens and Downey, are Arc operations.

Dianne's husband, Joe, senior partner at Downey-based Tredway, Lumsdaine and Doyle, LLP, has also served as Arc president in 1992, and like her, continues his active involvement with Arc. It was he, says Dianne, who during his term helped recruit "a very strong

See LUMSDAINE, page 11



Elmo (above) and Dianne Lumsdaine are two advocates of Arc of Southeast Los Angeles County. The two will join thousands of walkers at Saturday's Arc Walk for Independence at Stonewood Center. ABC-7's Gene Gleeson will emcee. Photos by Eric Pierce

Tickling not necessary to make this Elmo smile

BY ERIC PIERCE
CITY EDITOR

Elmo (no last name needed) could quite possibly be the nicest person you'll ever meet. And that's saying a lot, considering all the nice people roaming the halls at Arc.

Elmo is the epitome of an Arc success story. Mentally challenged and highly independent, he has a steady job working maintenance at Warren High School, where he's adored by staff and students alike.

Students love him because of his positive nature and jolly smile while faculty loves him because he's good at his job, keeping the cafeteria in tip-top shape.

Elmo takes initiative, he takes charge and he's sharp enough not to be taken advantage of.

He is debunking modern stereotypes that people with mental disabilities do not make good employees. He shatters these stereotypes with a mop in his hand and a toothy grin on his face.

Elmo loves what he does and what he's doing is living life.

Age 41 and mentally challenged with an IQ under 70, Elmo rises early every morning to ride the bus from his home in Norwalk to the Arc facilities in Downey. It's a routine he has down pat, after years of practice.

His speech, like that of most Arc consumers, is a little slurred and difficult to pick up, especially when he becomes excited. He's a big guy, built like a grizzly bear, but lovable and endearing, like a panda.

He plays "games" on the Arc computers, fun, colorful computer programs that help him with his reading and spelling. He wears headphones and practices on words like, "him," "wig," "hit," and "zip."

He has a basic grasp of vocabulary, although it comes slower to him than most people. Wearing headphones, Elmo stops only twice during his work, once to ask me if I knew that the Laker girls were coming to the Arc Walk this Saturday, and later to take a call on his cell phone.

Yes, like most typical students these days, Elmo has a cell phone. And it comes in handy, considering how popular he is.

"I have a lot of friends," Elmo says with his large trademark smile. "They always say, 'Elmo! Elmo! Elmo! Where Elmo at? Where Elmo at?' I don't mind though. They're my friends."

He does have a lot of friends,

See ELMO, page 11

Businesses warned against recent fraud

DOWNEY – According to Downey Fire Captain Darren Moon, a group of solicitors have been accepting funds from local Downey business owners in the name of Downey Fire Paramedics.

The group has been distributing literature with the names “Code 3 Fire & Paramedic Sports” and “New Life Sports Clinics.”

The group has no affiliation with the Downey Fire Department or any other fire department. An ongoing investigation is being conducted.

If any local business has given to this cause, contact Moon at (562) 904-7346.

Desert Reign celebrating Easter weekend

DOWNEY – Desert Reign Assembly of God announces a weekend of Easter celebrations at their new location at 11610 Lakewood Blvd.

Although construction will be taking place at the Stats location, a white tent will house the services.

Easter celebrations begin on Good Friday, April 6, with a service at 7:15 p.m., followed by an Easter basket giveaway on April 7 from 11 a.m. to noon. Participants are asked to only bring children that will not receive an Easter basket this year.

Easter Sunday, April 8, consists of a “Son Rise” service from 6:30 a.m. to 7:30 a.m., followed by a “Let’s Get Acquainted Reception” from 8:30 a.m. to 9:30 a.m. The day will conclude with an Easter service at 10 a.m.

The community is welcome to participate in all events. For information, contact the Desert Reign office at (562) 803-9093.

Abundant Hope has plans for Easter

DOWNEY – Abundant Hope Christian Center in Downey invites the community to its Easter-time events, which start April 1 when Pastor Glenn Koons teaches on “Transformation” at 9 a.m. followed by a sermon on “Jesus’ Vicarious Atonement.”

Pastor Don Waggoner will preach at 10 a.m. on April 8. Special music will be provided by Georgia Waggoner and Downey Christian School.

Abundant Hope Christian Center is located at 10335 Paramount Blvd., south of Florence Avenue.

Easter Storytime for Downey children

DOWNEY – Preschool children and their parents can celebrate spring at the Downey City Library with an Easter Storytime on April 3 from 10:30 to 11 a.m. in the Cormack Room.

Children ages 3-5 will listen to stories about bunnies, eggs and candy. Each child will also make an Easter craft to take home.

For information on the free program, call (562) 904-7360, ext. 4.



Congresswoman Lucille Roybal-Allard congratulates 19-year-old Downey resident John Haddad on his admission into the Naval Academy Preparatory Schools in Newport, Rhode Island. Upon Haddad’s successful completion of the program, he’ll be eligible to apply for entrance into the U.S. Naval Academy in Annapolis, Maryland. Haddad is the son of Hussam and Abeer, shown on the left.



Downey Ponytail Fastpitch Softball recently donated 10 boxes of previously used softball equipment to the Downey Unified School District. The donation included helmets, bats, catcher’s equipment and softballs. Downey Ponytail Softball is co-sponsored by the City of Downey. For information on the league, call Dorothy Pemberton at (562) 717-3637.

Kindergarten Round-up starting soon at schools

■ Parents are urged to update immunizations and acquire legal documents before enrolling kids.

DOWNEY – Kindergarten Round-up, early registration for children who plan to enter a Downey Unified School in September, will be held at local elementary schools during May and June.

To be eligible for kindergarten, children must be five years old on or before December 2, 2007. Proof of age must be presented at the time of registration and can be done with a birth certificate, baptismal certificate or other legal document.

Parents must also bring proof of residence in the District and evidence their child has received a physical examination, which must be completed after March 1 of this year. Parents must also bring their child’s immunizations record and ensure that their child is current on their immunizations, which include 5 DTP (four doses meet requirement if at least one was given on or after fourth birthday), 4 Polio (three doses meet requirement given on or after first birthday), 3 Hepatitis B, and 2 MMR (first dose of MMR must be given on or after first birthday).

Parents must also verify that their children have received the varicella immunization or a statement from a doctor stating that the child had chicken pox. Parents must also provide the results of a Mantoux test for tuberculosis; the test should have been done after Sept. 1, 2006.

A new requirement by the California Department of Education is that parents provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or registered dental health professional. Examinations must have occurred after Sept. 1, 2006.

For specific information about registration times, morning or afternoon sessions, or any other questions, call (562) 469-6500 and ask for your local school. If you do not know which school your child will attend, call (562) 469-6553.

DUSD open house schedule released

DOWNEY – The Downey Unified School District has released the school open house schedule for 2007:

Rio Hondo ES	March 29	6:30 to 7:30 p.m.
East MS	March 29	6:30 to 8 p.m.
Gallatin ES	April 3	6 to 7:30 p.m.
Warren HS	April 4	5:30 to 7:30 p.m.
Griffiths MS	April 5	6:30 to 8 p.m.
Sussman MS	April 5	7 to 8 p.m.
Old River ES	May 11	6 to 7 p.m.
Williams ES	May 17	6 to 7 p.m.
Rio San Gabriel ES	May 22	6 to 8 p.m.
Alameda ES	May 24	6 to 8 p.m.
Gauldin ES	May 24	5 to 7 p.m.
Lewis ES	May 24	6 to 7 p.m.
Unsworth ES	May 24	6:30 to 7:30 p.m.
Ward ES	May 24	6:30 to 7:30 p.m.

Do You Have COPD?

If you are a long-time smoker, have Chronic Obstructive Pulmonary Disease, (COPD), and are age 40 or older, you may be eligible to participate in a clinical research study to determine the safety and effectiveness of an investigational medication for COPD.

Qualified participants will receive:

- Study medication
- Study-related medical exams
- Study-related laboratory tests

Qualified participants may receive compensation up to \$850.00 upon completion of entire study.

For more information or to see if you qualify, call: 562-401-7563

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www.environmentalhealthstudies.com

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Bradbury/Duarte	626.358.3287	Glendale	818.502.8400	North La Verne	909.392.5868
Buena Park	714.736.4000	Hacienda Heights	626.330.7411	Northridge	818.734.2940
Burbank	818.525.3760	Huntington Beach	714.843.5360	Pasadena	626.535.4870
Camarillo	805.465.1053	Laguna Hills	949.470.8160	San Marino	626.588.3760
Cerritos	562.916.7260	La Verne	909.593.4944	Torrance	310.891.6240
Chino Hills	909.631.2560	Long Beach	562.668.5050	Tustin	714.368.2100
City of Industry	626.961.3486	Manhattan Beach	310.727.5660	Ventura	805.677.2300
Covina	626.331.0651	Mission Viejo	949.347.7014	West Covina	626.859.4200
Downey	562.658.4460	Monterey Park	323.767.1180	Whittier	562.968.2360



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of Southeast Los Angeles County
WALK FOR INDEPENDENCE 2007
SATURDAY, MARCH 24

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For Registration Info. - Call 562-803-4606 or register online at www.arcselac.org

Students meet with head of Character Counts

DOWNEY – Students from West Middle School's ASPIRE program, a city-run after-school program, as well as Character Counts essay winners, were invited along with school officials to the Josephson Institute of Ethics in Los Angeles to present information about Downey's Citywide Character Education Program to members of the program's national board.

Joining the students were Superintendent Dr. Wendy Doty, West Middle School Principal Craig Bertsch, District Teacher Trainer Mary Jo Eneyart, and West Middle School ASPIRE leader Liane Dielbing.

The group met with Michael Josephson, founder of the nationwide Character Counts program.

National board members said they were impressed with the Downey Unified School District's reduction in suspensions and expulsions and the collaboration between the city and district.

Character Counts has been a staple in Downey schools for three years.

City seeks suggestions for new park name

DOWNEY – The City of Downey is hosting a contest to name the new 11-acre park slated to open on Clark Avenue early next year, Mayor Rick Trejo announced this week.

The park will be Downey's first in 30 years and feature two baseball fields, two soccer fields and restrooms. Two acres have been designated for the Columbia Space Science Learning Center.

Rules and criteria of the contest are listed below:

- Open to Downey residents, students attending school in Downey, Downey business owners and people that work in Downey (excluding City of Downey employees and their immediate family, appointed boards and commissioners)

- The park shall not be named after a service organization or business
- There is a limit of one name per entry form. Limit three entries per person

- Entry forms must be filled out completely and legibly
- If two or more entry forms are received with the same proposed name, the first entry received will be considered

- Recreation and Community Services Commission members will review and forward their top three recommendations to the City Council

- The City Council will review the entry forms, may make additions and will approve the final selection

- Entry forms may be mailed to the City of Downey Community Services Department, Park Naming, P.O. Box 7016, Downey, CA 90241-7016, or online at www.downeyca.org or faxed to (562) 904-7296.

The winner will be recognized at a city council meeting and invited to the ribbon cutting ceremony as a special guest. Entry forms are available at various city-wide locations including parks, the Downey City Library, City Hall Community Services counter or downloaded from the city's website. Forms will also be sent to each school within the Downey Unified School District.

Deadline for entries is May 14.

Bus trip to fund scholarships and charities

DOWNEY – The Downey Emblem Club will be taking a bus trip to Pechanga on April 18 for their spring fundraiser.

Money accrued from the trip will go towards scholarships and charities.

The bus will be departing from the Downey Elks Lodge parking lot located at 11233 Woodruff Ave. in Downey at 8 a.m. and will be returning around 5 p.m.

Cost is \$6 for members and \$11 for non-members.

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

Charter bus headed to Pechanga

DOWNEY – The Women's Guild of Our Lady of Perpetual Help Church is chartering a bus to the Pechanga Resort and Casino on April 26. Only \$10 reserves a seat on the bus.

Participants will receive a \$5 voucher to use at the casino, in the gift shop or at the buffet. The bus will depart at 7:30 a.m. and return at 4:30 p.m.

Fifty-seven seats are available and are being sold on a first-come, first-served basis.

To reserve a seat and find out where they will be boarding, call Paula Mayfield at (562) 923-3518.

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Spring Boutique

Saturday, March 24, 2007

9:00 AM - 3:00 PM

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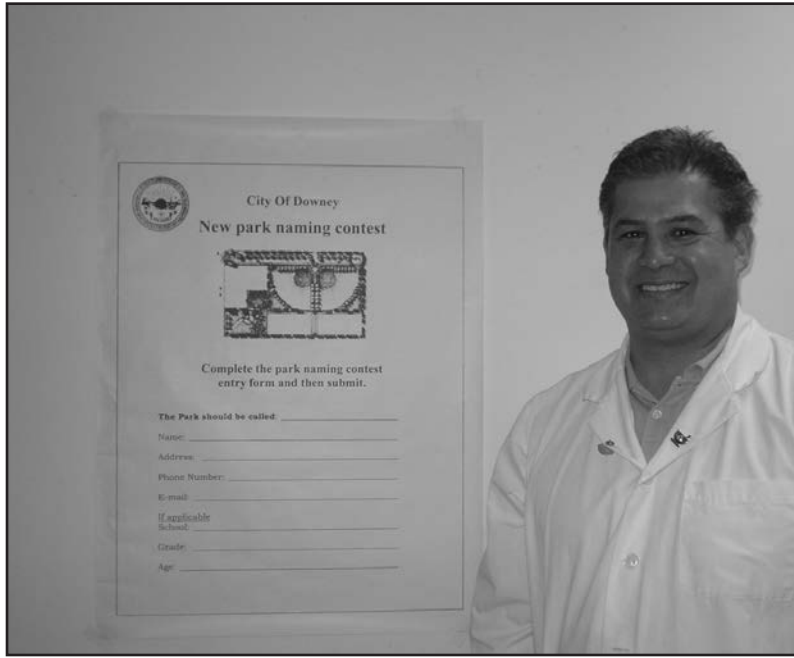
Breakfast and lunch items will be available throughout the day

Barbara J. Riley Community & Senior Center

7810 Quill Drive, Downey, CA 90242
For information, please call (562) 904-7223



West Middle School students, along with school district officials, met with the national board members of Character Counts, sharing how the "Character Pillars" impacted their lives.



Mayor Rick Trejo stands next to an oversized entry form for the contest to name the new park opening on Clark Avenue early next year. Forms are available at various city-wide locations and are due May 14.

Teachers can get free tax service

DOWNEY – Teachers, school employees and bus drivers can receive free tax preparation at Liberty Tax Service in Downey between March 26 – April 1. For more information, call (562) 904-1040 or stop by the office located at 8646 Florence Ave.

YOUR HOMETOWN COMMUNITY NEWSPAPER

The Downey Patriot

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Desert Reign Assembly has moved to Downey and will be giving **FREE** Easter Baskets to needy children!

First Come, First Serve
Sat. April 7, 11am - Noon
Sun. April 8, 8:30am - 9:30am

Easter Service:
Sun. April 8 @ 10am

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Bus offers free ride to Festival of Books

DOWNEY – The Friends of the Downey City Library will sponsor a free bus trip to the UCLA Festival of Books on April 28 from 8 a.m. to 5 p.m. The festival offers lectures, book reviews, storytelling and writing workshops by over 400 authors.

Also featured will be book signings by some of today's leading authors in addition to cooking demonstrations and poetry readings. The trip is ideal for booklovers who want to avoid the hassle of driving and parking on the Westwood campus.

The bus will leave 8 a.m. from the parking lot at the Barbara J. Riley Community & Senior Center and arrive back at 5 p.m. Bus transportation and festival admission are free but some events require advanced tickets.

Bus passengers must sign and turn in a liability waiver upon registration.

For reservations call the Adult Information desk at (562) 904-7360, ext. 32.

Federal employees meet at Furman

DOWNEY – The National Association of Active & Retired Federal Employees (Southeast Chapter) will hold its monthly meeting March 28 at noon at Furman Park.

The group will discuss their lineup of speakers through June and a four-part class on fall prevention in older persons. Refreshments will be served and new members are invited to attend.

Contact Chapter President Bob Knerr at (562) 943-5513 for details.

Razorbacks start cheerleader sign-ups

DOWNEY – Downey Youth Football (Razorbacks) will begin conducting cheerleading registration tomorrow, March 24, at Furman Park from 11 a.m. to 2 p.m.

Registration will also be held the first and third Saturday of every month until July.

Razorback cheerleaders cheer at football games, participate in cheer competitions and, if they qualify, compete in "Jamz," held at Magic Mountain.

Registration is \$115, which does not include the uniform. Raffle tickets are available to help offset the cost.

Downey Youth Football is a private, non-profit organization that offers tackle and flag football, as well as cheerleading, for boys and girls up to age 14.

For information, call Cheer Coordinator Kamela Cherry at (562) 745-5002 or (562) 928-9150. Their website is www.downeyrazorbacks.org.

Warren's open house packed with fun

DOWNEY – Warren High School's open house April 4 will include department and classroom activities and presentations, campus organization and athletic information booths, musical and cheerleading performances, and an art and photo show.

The open house will run from 5:30 to 7:30 p.m. and the community is invited.

Library will honor volunteers at breakfast

DOWNEY – The Downey City Library will be hosting its 23rd Annual Volunteer and Major Donor Recognition Breakfast on April 21 from 9:30 a.m. to 11:30 a.m. at the Rio Hondo Golf Club.

IT'S THE LAW FOR EMPLOYERS WITH 50 OR MORE EMPLOYEES
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Sunday, March 25
Personal Testimony
8 & 11 a.m. worship services
Session 3
6:30-8:30 p.m.

Saturday, March 24
Session 1 3-5 p.m.
Session 2 6:30-8:30 p.m.
Hot dogs and hamburgers available for purchase, 5-6:15 p.m.

8348 3rd Street, Downey CA 90241 • 562.923.1261 • www.fbcdowney.org

CATON

Continued from page 1

direction," with decreases in homicide, forcible rape and robbery from 2005 to 2006, and minor increases in aggravated assault, burglary, larceny-theft and motor vehicle theft from 2005 to 2006. In addition, the number of Downey police officers has increased five percent over the past two years, with an additional five percent increase expected to occur within the next two years.

The fire department was also praised for their improved emergency response times, as well as their purchase of a ladder truck and implementation of 12 Lead EKG Monitors, which provide faster detection of heart attacks and improves patient survivability.

Caton summarized the improvements made on Lakewood Boulevard, which included the widening of the road to provide three continuous travel lanes in each direction and additional turn lanes in intersections, the installation of street lighting and landscaping in center medians, and the construction of a reclaimed water line to serve streetscapes and future developments.

Improvements on Paramount Boulevard included the construction of medians between Florence Avenue and Lubeck Street to increase traffic safety, lighting and landscaping within the medians, and the installation of a traffic signal at the Fire Station No. 3 driveway.

Infrastructure improvements on Imperial Highway are expected to begin this summer, with Phase I stretching from Bellflower to Paramount Boulevards, raising landscaped medians, planting street trees and conducting minor street widening.

Other developments taking place throughout the city include commercial centers on Lakewood Boulevard and Imperial Highway, a potential restaurant on Firestone Boulevard, medical office buildings on both Florence Avenue and Lakewood Boulevard, the openings of a McDonald's and Starbucks, and the projected openings of the International House of Pancakes on Paramount Boulevard and Desert Reign Assembly Church at the former Stats property on Lakewood Boulevard.

The 55-acre property anchoring Rancho Los Amigos is also expected to encounter changes in the future. The hospital is looking to consolidate to 30 acres, leaving 25 acres to build on. An addition to the

property would include a 60-million-dollar Los Angeles County Data Center.

The busiest part of town, however, is the property housing Downey Landing, Downey Studios and Kaiser.

After recently having its contract awarded for its construction, the Columbia Memorial Space Science Learning Center is one step closer to being built next to Downey Studios. The center will feature a simulated space mission; a Space Science Discovery Zone that allows visitors to explore principles of flight, the search for life beyond earth and the origins of the universe; a Mars Robotics Lab that will allow visitors to design and program their own robot; and include historical displays that will tell the stories of the men and women who contributed to the spirit and innovation of the aviation and aerospace industry.

"We want to commemorate the aerospace legacy that our city has always been proud of," said Caton.

Neighboring the space center will be a new park, which will include two baseball fields, two soccer fields, a play area, an amphitheatre and a group picnic area.

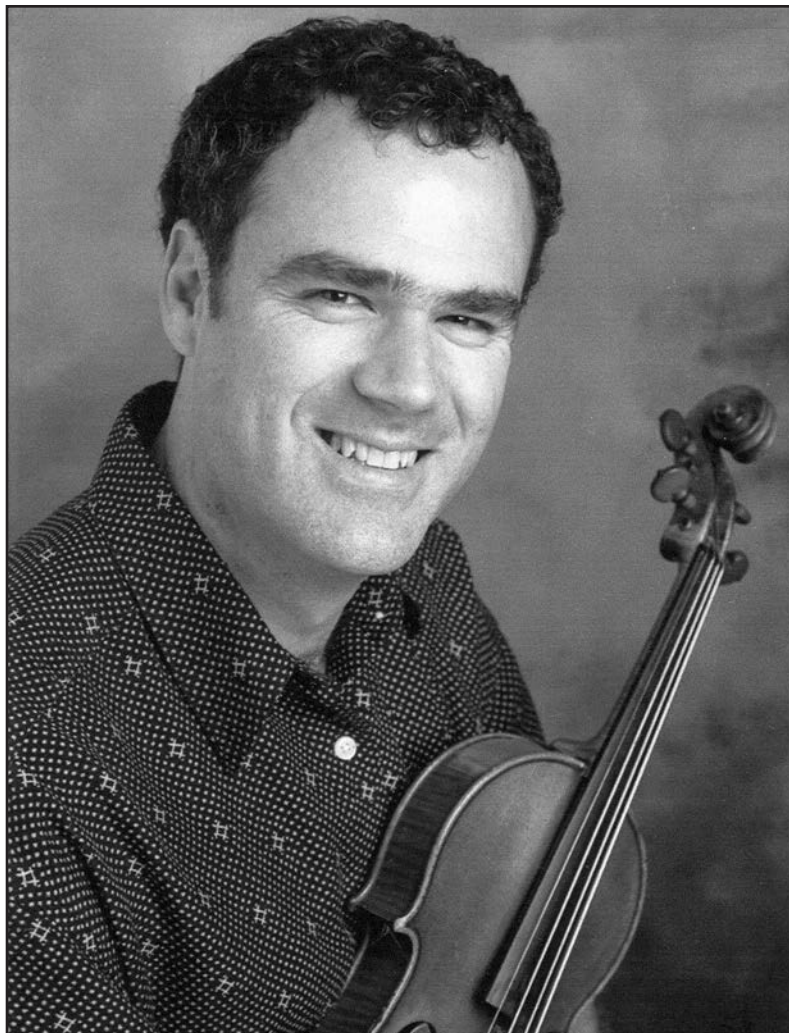
In addition to the 200,000 square foot Kaiser medical office building, another medical office building, as well as a 390-bed hospital, will be added.

According to Caton, the Downey Landing provided over 1,000 jobs and made over one-million-dollars in sales tax in its first year of operation. Sales at the Stonewood Shopping Center also increased five percent, continuing to make improvements by adding more specialty stores as well as national chain stores.

Alternate plans were discussed regarding the land Downey Studios occupies. Caton stressed the studios were not doing well and other investment options are being presented and decided upon. Current options include using the land for a business park or possibly developing the land into an area that would consist of offices, hotels, restaurants, residential towers, cinemas, upscale shopping and more.

Other developments include a new water master plan, sewer master plan and storm water master plan.

"We have our work cut out for us," said Caton. "But hard work pays off."



Roger Wilkie will play Tchaikovsky's Concerto for Violin in D Major with the Downey Symphony tomorrow at 8 p.m. Tickets are still available.

WILKIE

Continued from page 1

With the Downey Symphony on Saturday, Mr. Wilkie will play Tchaikovsky's Concerto for Violin in D Major, a work that initially endured a harrowing rollercoaster ride, violinists and critics at the controls.

When Tchaikovsky completed the concerto in 1879, he invited a renowned soloist, Leopold Auer, to play the premiere, "only to find to his horror that Auer refused to perform it, rejecting it as 'unviolinistic,'" say the program notes. Other violinists of the time also turned Tchaikovsky down, until finally in Vienna in 1881, the work premiered, "attracting the disdain of Eduard Hanslick, the most influential of Viennese critics, whose infamous review reads, in part, as follows:

The Russian composer Tchaikovsky is surely not an ordinary talent, but rather an inflated one, with a genius-obsession without discrimination or taste. Such is also his latest, long and pretentious Violin Concerto. For a while it moves soberly, musically, and not without spirit. But soon vulgarity gains the upper hand, and asserts itself to the end...The violin is no longer played; it is beaten black and blue...Tchaikovsky's Violin Concerto gives us for the first time the hideous notion that there can be music that stinks to the ear.

"Hanslick's harsh judgment, however," the program notes continue, "was soon overwhelmingly repudiated and the concerto gained popularity with both audiences and violinists, including Auer, and by the end of the century it was established as one of the four 'great' violin concertos, along with those of Beethoven, Mendelssohn, and Brahms." So there.

The balance of our program, under guest conductor Michael Hall, associate conductor of the Pacific Symphony, will include the Overture to Ruslan and Ludmilla by Glinka, and Beethoven's Symphony No. 5. To open the concert, the 2006 Baton Auction Winner will conduct, "In the Hall of the Mountain King," by Grieg, and auctioneer for the 2007 Baton is Skip Stanley.

Reserved seat tickets at \$25 and \$20, \$10 for students, are available at the Downey Civic Theatre box office from 6 to 8:15 p.m. the night of the performance. Mr. Hall's introductory discussion of the music to be heard starts at 7:15, concert time is 8. Free parking surrounds the theater, located at 8435 Firestone Blvd., at the corner of Brookshire Avenue. Audience and orchestra members are invited by the Symphony Guild to enjoy complimentary refreshments in the theater patio following the concert.

The Poets' Corner

Doctor John Sims

We always called him "Doctor John."
Son of another Doctor John.
Grew up in the little bungalow
on Third Street

Grew old and older
until the Pioneer Picnic –
which he often chaired –
was no more.

An all around "good guy"
belonged to the Chamber of Commerce,
Long time member of the
Historical Society,
Charter member of the Fantastic Four.

If there's an opening in the
Celestial orchestra
We can certify that
He played a mighty mean trumpet.

— John Vincent,
Downey

Youngster is ready for time in spotlight

By JOYCE SHERWIN
DOWNEY SYMPHONY

Elena Santana is ready. Ready for the spotlight, ready for the big audience, the big theater, ready to march across that stage and stand on that podium before a full symphony orchestra with a baton in her hand, itching to conduct them full-bore in something musically tricky. Elena is eight years old, and she's held back long enough. Even her family agrees on that.

"We take Elena and her sister, Marissa, to the Bowl every season, and to all the Downey Symphony concerts, which we love," say their parents, Renee and Tony Santana.

Since she was three or four, Elena has lined up with other kids in Furman Park at the orchestra's annual summertime concerts to conduct a few bars of a Sousa march. Couldn't get enough of it.

When she was five, she started lobbying her dad to bid on the Downey Symphony's Baton Auction. "For a couple years there we had to request that she sit on her hands during the bidding," Renee laughs. "But last year we thought she was ready." (Understatement.)

So in 2006, at the orchestra's spring concert, Tony bid for the baton, and bid, and bid, and finally outlasted everyone else. Someone in the Santana family would get to conduct during the spring concert in 2007. Guess who?

"I never have stage fright," Elena says, "and I love singing and dancing. I'm fascinated with ballet. I go to Broadoaks School on the Whittier College campus, I really like my math instructor, I was out selling Girl Scout cookies today, and we have a Boston terrier puppy, Scout, who eats doors."

Now there's a strong resume. One problem, though, was finding the right music. Everyone in the family except Scout weighed in with ideas and discussed a number of works, but nothing clicked. Then one day Marissa came home from school at St. Marks and said she had heard something really cool in her sixth grade music class, "In the



Hall of the Mountain King," by Grieg. Well, one listen was all it took. Problem solved.

"We are so excited for Elena to get up there and do this," her mother says. "She loves to entertain people, and she is always entertaining us."

So for a really entertaining evening, come to the Downey Symphony's concert tomorrow evening, March 24, at 8 p.m. Under the batons of Elena Santana and guest conductor Michael Hall, the program includes Grieg's "In the Hall of the Mountain King," (you knew that), Glinka's Overture to Ruslan and Ludmilla, Beethoven's Symphony No. 5, and Tchaikovsky's Concerto for Violin, with soloist Roger Wilkie. (See related article.) Mr. Hall's lecture on the music is to be performed at 7:15 p.m.

Added enticements include a 15 percent at Taro's Tapas in the adjacent Embassy Suites Hotel, and they promise to get you to the theater by downbeat time. Also the Symphony Guild invites audience and orchestra to enjoy complimentary punch and yummys after the concert in the theater patio.

Downey's theater is at 8435 Firestone Blvd., with ample free parking. Tickets are \$25 and \$20, students \$10. The box office will be open on Saturday from 6 to 8:15 p.m.

www.thedowneypatriot.com



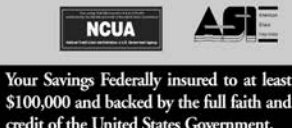
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E = Mc²

By Eric Pierce

Not to brag, but I consider myself to be a pretty smart guy. I was student of the month twice in the third grade (thank you Mrs. Wilson!), I know the multiplication table all the way up to the 12's, and I can spell "Mississippi" really, really fast. My grammar could use a little help, but what can I say, I work with what I got.

Still, when my adopted little sister came up to me asking for help with her geometry homework, I was confident I could help. How hard could it be? She's a junior studying for her high school exit exam, piece of cake.

Then I actually opened her math book and I realized I wasn't nearly as smart as I thought I was.

There were triangles and graphs and plot points. It looked like something Christopher Columbus would have used when he charted the Atlantic.

The worst part was, how do I explain to Jeannette (my sister) that she would need to know this information after high school? How could I tell her that, when I wasn't sure I believed it myself?

I don't use algebra in everyday life. At least, I don't think I do. I use addition, subtraction, multiplication, and sometimes, on occasion, fractions.

Who, besides algebra teachers, uses algebra at their jobs?

Worse yet, modern conveniences like calculators and computers which makes "thinking" less and less necessary. It's one thing to get the right answer to a math problem, it's quite another to know how that answer was produced.

I'm sure I'll receive a few letters next week from mathematicians explaining the merits of advanced math. And I welcome them, for I have an abundance of respect for those who understand math and even more respect for those who make a living out of it.

Math is simply not for me. I'm happy knowing I can spell "Mississippi" in under three seconds.

I'm a genius.

Letters to the Editor:

An absurd allegation

Dear Editor:

After watching your letters go from the bizarre to the ridiculous, I now feel compelled to write. (Letters to the Editor, 3/16/07)

Regarding the letter stating that Harvey's Broiler was a widely known pick-up point for prostitutes, I have one question. If that was true (and I doubt it), then why isn't it still there as a gentlemen's club. The club near LAX with the huge "Nudes, Nudes, Nudes" sign used to be a Carolina Pines restaurant. It clearly demonstrates that as a men's club it has been a lot more successful than as a restaurant.

In many ways, being an immigrant and a property owner, I can relate to the owner of Johnie's, Mr. Smyrnotis. In the 1950's this was the land of opportunity. All anyone had to do in order to succeed was learn English and work hard. He did both and success did come; from restaurant cook to restaurant owner to the third largest property owner in Downey. Along the way, he seemed to have missed one important lesson, humanity and empathy, the very thing that allowed him to be where he is today when Harvey Ortner sold him the restaurant because he felt sorry for his cook.

Today, Mr. Smyrnotis' attitude seems to be 'I don't need to speak with anyone about my plans because it's my property and I'll do whatever the hell I want'. With the sole exception of starting demolition without a permit he obviously knows his rights as a property owner. But what he obviously doesn't know is what *he had* and what Harvey's Broiler meant to the community. Thinking that by ignoring his critics, he will not give them any power and they will soon go away, the result has been just the opposite. By not engaging with the community, he had not only alienated himself but this arrogant attitude has added fuel to the fire. His stubborn refusal to communicate with the public has left people with no choice but to create an image of him, (based on his own actions) as some kind of ugly, greedy monster.

So my suggestion is why doesn't the city use eminent domain to acquire the property at fair market value and work with a developer who is sensitive to the community in order to create a commercially viable venue that retain the original Harvey's Broiler?

— John Eng,
Los Angeles

Correction

The issue number stated on the front page of The Downey Patriot was incorrectly listed the past two weeks. We are currently at Volume 5, Issue 48. Our thanks to John Vincent of the Downey Historical Society for catching the error.



No procreation going on here

Dear Editor:

In my many years of spending time and many dollars at Johnie's Broiler, I never witnessed or noticed any "ladies of the evening." And I went there all hours of the day or night. Yes, the place certainly needed a much-delayed complete restoration, but it did not attract prostitution as stated in the letter to the editor.

The Broiler was not the conduit for all that is perverse, or even sexual. In fact, it represented just the opposite. That is the whole idea behind the fight to save this iconic symbol of Americana. There was a couple who met there several decades ago and decided to honor their first meeting by actually getting married there, fully dressed in formal attire. They served their wedding cake to everyone, right from the bed of their vintage pick-up truck, sharing their special day with Minnie Ortner and the rest of the staff. Maybe that was rather quirky, but it was also romantic, with no sexual connotations associated with it.

If you feel that that particular event was a fluke, then I suggest you take a ride over to Bob's Big Boy in Toluca Lake. As you enter, take a look at the article that appears on the northwest lobby wall near the cashier. Another couple who experienced the very same magic at Bob's did the very same thing there recently. It was in the Los Angeles Times.

People see The Broiler in different lights. But everything that I personally experienced up until its closure was of a positive nature. And I'm quite sure Harvey Ortner intended it to be just that way back in 1957 when he began construction of Harvey's Broiler on the former water company office, housing and poultry farm site. If there was any procreation going on at the site, it was the roosters and chickens doing the deed, not people, and it was long before The Broiler was constructed.

If the truckers were the reason behind the alleged prostitution, I am sure a law can be passed to discourage commercial vehicle parking in that lot.

Don't blame the restaurant for any wrongdoing that you may have witnessed, blame yourself for not being a more concerned resident/neighbor and alerting the authorities to the alleged crime as it was occurring, not after the fact.

— Kevin Preciado,
Downey

City should buy Johnie's

Dear Editor:

In regards to the article by Eric Pierce ("Charges filed in Johnie's Case", 3/16/07), the article stated that Mr. Smyrnotis was willing to sell, but that he had no offers. Also that the Downey mayor would like to see the property sold to somebody willing to rebuild the restaurant.

Well, here is our chance to do something about Johnie's Broiler. The City of Downey should buy the property and build it the way the citizens of Downey want it to be.

The city bought the Downey Landing area and had it developed the way we wanted it. It could do the same in this case. Downey could build it the way we want it, then sell the property to someone who will keep and maintain it the way Downey citizens want it to be. We could have the same people who built Downey Landing build this project.

Mr. Rick Trejo, here is your chance to lead the way and show us that you meant what you said.

— Mike Sandoval,
Downey

A word from Arc

Dear Editor:

I know thanks is not enough, but thank you! In just a brief period of time you have shown the local community that the thoughts and feelings of people with disabilities should be valued and that you yourself value them.

I think I told Eric that his interviews this week were for many the first time they were ever interviewed by a "newspaper guy." The moment was exciting, but the follow-up with the large article and the publishing of 22 real letters topped it off. Thank you for being kind, gentle, respectful and a cool "newspaper guy" that our folks will not soon forget.

Jennifer, I appreciate your support with the initial idea of a letter to the editor - it definitely went to a bigger scale when Eric decided on the article.

As you will both recall, the purpose of the Arc Walk for Independence is to educate our local community on the abilities of people with disabilities and you have certainly done that. The process leading up to the Walk is just as important as this Saturday.

Thank you again - on behalf of all of us.

— Kevin MacDonald
Executive Director, Arc of Southeast Los Angeles

Dear Editor:

I want to join with Kevin in expressing my thanks for the wonderful coverage you provided Arc and the Walk for Independence in your March 16 issue of The Downey Patriot.

The men and women who receive services at Arc are wonderful human beings who work hard and deserve our respect and friendship. You have certainly provided that to them in your coverage.

— Dianne Lumsdaine,
President, Arc of Southeast Los Angeles

Not happy with recent article

Dear Editor:

Someone owes me an apology! Before someone slanders my good name on the front page of the local paper, they should know the facts.

To insinuate that I do not abide by League rules is a downright lie. Before players step on the field, I have a signed original of the application/insurance waivers. If anyone needed my copies, all they had to do was ask.

Two other very important facts were also left out of the story. I was informed of the enforcement of the age restriction 3 weeks prior to Opening Ceremonies. Yes, only 3 weeks! After contacting all 53 kids the week earlier, inviting all the kids to play with us another year, the League wanted me to contact them all again and uninvited 24 of them and inform the others that they would not be playing with their friends anymore.

Yes, the League can enforce any rule it wants, but to do it in this manner is just plain rude. Have you ever tried to tell a child with Autism plans have changed and now they are uninvited? The parents should not be put thru this heartache because the League has a communication problem!


The final straw came when I raised a fuss at being given the 8 a.m. start time instead of our usual 9 a.m. Due to the limited availability of these types of programs, I have parents that drive from as far as Altadena and Lake Forrest. I was told, "I pamper these parents too much"! The audacity of such a statement!

Once again, the League legally can do whatever it wants, but the needs of these families should be considered. We quit in protest of the handling of these abrupt changes and the inconsideration shown to all involved.

If you would like to read our story and help us in finding these older children a field to play on, visit us at www.downeychallengers.com.

— John Wilhite,
Downey

The Downey Patriot

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SPEED BUMP



DAVE COVERLY



On This Day...

March 23, 1775: Patrick Henry tells the Virginia House of Burgesses, "Give me liberty or give me death!", in a speech calling for America's independence from Britain.
1806: Lewis and Clark, after reaching the Pacific Ocean, head back East.
1905: Academy Award-winning actress Joan Crawford is born in San Antonio, Texas.
1965: Gemini 3, NASA's first two-man space flight, launches from Cape Canaveral.
2001: The Russian Mir space station is deliberately de-orbited, breaking apart over the South Pacific.

Downey Community Calendar

Events For March

Sat. March 24: **Arc Walk**, Stonewood Center, 8 a.m.
 Sat. March 24: **Men's Breakfast** @ Calvary Chapel Downey featuring Wendell Tyler, 9 a.m.
 Sat. March 24: **Downey Symphony Orchestra concert**, Downey Theatre, 8 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner**, mtg., for information call 426-6786.
 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
 1st 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)
IN THE BAGS: With identical starts and finishes
 by Fred Piscop

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| 80 Brake part | 92 Mets' home | 109 Cone |
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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.

director Joseph Papp (101 Down). 1954 by theatrical producer/speare Workshop, was founded in Theater, originally the Shake true unless disproved. The Public its face and is presumed to be first view? evidence is obvious on FACIE (95 Down), literally "at the strip nine years later. Prima 1919; Popeye made his debut in strip *Thumbie Theatre* debuted in Elzie SEGAR's (65 Across) comic



Calling Dr. Alan Frischer...

BY DR. ALAN FRISCHER



One of the most frequent questions I hear from my patients is: "What can I do to feel better?" The answer is usually quite simple: combining a healthy diet (as I've addressed in prior columns) with regular exercise will help to improve practically anyone's general well being.

A wealth of studies have established the benefits of exercise. They lead to two very important questions: What is the best kind of exercise? How much exercise do I need?

Regular exercise or physical activity can do everyone a world of good. It will help maintain proper cholesterol levels, help to cope with arthritis, treat depression, and decrease high blood pressure. Lastly, of course, it is a key factor for weight loss and maintenance.

Exercise is beneficial to weight control for several reasons. Clearly, it burns calories while you participate. In addition, it speeds up your metabolism 24 hours per day simply by doing it regularly! This causes you to burn more calories on an ongoing basis. Finally, it turns fat into muscle. Muscle, as it turns out, is biologically active. It performs actions that require energy, and thus burns calories. Fat just sits there and requires very little energy. Given all of this, it is truly mind-boggling that only a minority of Americans get enough exercise. A Harvard School of Public Health study estimates that the cost of inactivity to the United States is at least \$24 billion a year. How is this possible? Not only is

there a much higher health care cost involved in taking care of inactive people, but that group also misses far more work, resulting in lower productivity.

If you don't currently exercise and you lead a fairly inactive life, then ANY increase in activity is good for you. Some data suggests that simply walking (plan to cover a mile in 30 minutes) for one to two hours per week (try breaking it down to 15 to 20 minutes a day) will yield noticeable benefits. This would be considered mild exercise, which also might include playing the piano, canoeing, golfing with a golf cart, or slow ballroom dancing. More worthwhile is moderate-intensity exercise. This level of exercise will cause a slight but noticeable increase in your breathing and heart rate. If you are able to exercise hard enough to break a sweat but are still able to comfortably carry on a conversation, then you can consider it moderate-intensity. Examples would be brisk walking (3-4 miles per hour, or a mile in 15 to 20 minutes), cycling, swimming slowly, and golfing without a cart. A vigorous level of exercise includes tennis, fast cycling, skiing, and jogging.

The U.S. Surgeon General, Centers for Disease Control and Prevention, and the American College of Sports Medicine all recommend that you get moderate exercise on most days of the week for at least 30 minutes. You can do all 30 minutes at once or break it up into 10 to 15 minute periods. Keep in mind, however, that 30 minutes of moderate-intensity activity is an excellent starting point, not an upper limit. Exercising longer, harder, or both can bring greater health benefits.

Strength training, also known as weight training or resistance training, includes any workout that uses resistance - like weights - to strengthen and condition the musculo-skeletal system. It includes weight lifting, resistance band workouts, cycling, climbing stairs, and pushups.

Finally, don't forget your bone health: weight-bearing exercise has been shown to help fight osteoporosis.

Let me leave you with some tips to help include exercise in your life:

- Make it fun! The more you enjoy exercise, the more likely you are to stick with it.
 - Make it sociable. Walk with a friend, your spouse, or your family in the morning or evening.
 - Keep an exercise log. It will help make you more accountable.
 - Use 20 minutes of your lunch hour to take a walk.
 - We can't all afford a full-time personal trainer! Try hiring one for a session or two to help you plan your weight and flexibility training.
 - Whenever possible, use the stairs.
 - Park your car or get off your bus a stop or two before your final destination. Walk the rest of the way!
 - Consider buying a piece of cardiovascular equipment for your home such as a treadmill, bike, or elliptical machine. Then, don't use it as a clothes rack.
 - Combine normal activities with cardiovascular exercise. Get on your home equipment while watching TV, reading the newspaper or returning phone calls.
 - If you have not been exercising up until now, PLEASE consult your physician before beginning.
- And remember, ANY increase in physical activity will improve your health. Your body will thank you.

Diabetes sessions start next month

DOWNEY - People who have had diabetes for years as well as those recently diagnosed are invited to a four-session, 10-hour program on the Management of Diabetes presented by Downey Regional Medical Center (DRMC). The next series of classes will be offered on Thursdays, April 5, 12, 19 and 26.

Participants are encouraged to bring a friend.

Through the DRMC Diabetes Education Institute, persons struck with diabetes have the resources enabling them to manage their diabetes, improve their quality of life and delay or prevent complications. Diabetes educator Elsa Saucedo teaches patients self-care: how to eat right, take medications correctly, exercise appropriately, identify signs and symptoms, perform foot care and use a meter.

Diabetes classes are held inside the DRMC conference rooms at 11500 Brookshire Ave. Pre-registration is required and there is a \$10 materials fee for the series. To register, call (562) 904-5580.

Rancho's Amistad Gala tomorrow

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

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

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



Bally Total Fitness hosted "Get Movin' Los Angeles" last week, giving free health screenings, group exercise demos, weight loss demos, personal training consultations and massages to visitors. Bally Total Fitness is located inside Downey Landing on Lakewood Boulevard. Photo by R.D. Salyer

Medicare enrollment deadline looms

DOWNEY - If you receive your health care benefits through Medicare, the federal health and prescription drug program, you have until March 31 to complete your enrollment in local managed care programs, according to AppleCare Medical Group.

There is now an "open enrollment" period for Medicare, which began last November. That was the first opportunity to begin enrolling for a 2007 plan with coverage taking effect January 1, 2007.

Open election period has begun with a deadline of March 31, 2007. This means you can now switch to another Medicare health plan up until the end of March. But if you don't select a Medicare Advantage Plan by then, you will need to wait until November 15, 2007 to change, said AppleCare.

"Medicare plans can be very

confusing and we have been very busy helping Downey area seniors understand the deadlines," said Michael Blea, general manager of AppleCare Insurance Services, the former Golden Outlook program that provides counseling and sales support to those on Medicare. "This year, for 2007, many Medicare health plans are offering superb benefits to their members. There is much excitement about these new plans because they provide free transportation, drug benefits, zero copays for most if not all medical care and hospitalization."

Blea said AppleCare partners with many different health plans that have been approved by the Federal Government to serve the Downey community.

For more information, call (562) 658-1900 or visit the office at 8141 E. Second St., Suite 500.

COMMUNITY WELLNESS PROGRAMS

Community CPR

Tuesday, April 3, 6 - 10 pm

Teaching moms, dad and grandparents to help prevent injuries, and to recognize and treat cardiac emergencies as well as choking in infants & children. Taught by an American Heart Association-trained instructor. This class is not for certification. Cost is \$25 per person or \$40 per couple. Register at (562) 904-5580.

Diabetes Management Series

Thursdays, April 5, 12, 19 & 26, 9 - 11:30 am

In this series, classes are held one day a week for four weeks. DRMC Diabetes Educator Elsa Saucedo, RN, MSN, will teach participants how to manage diet, medication, exercise and attitude to bring proven results in managing diabetes. Bring along a family member or friend. Pre-registration is necessary. Please call (562) 904-5578.

Healthy Heart Nutrition Class

Wednesday, April 11, 3:30 - 4:30 pm

Healthy food habits can help reduce three major risk factors for heart disease -- high blood cholesterol, high blood pressure and excess body weight. Learn about diet changes from a DRMC registered dietitian. Classes are free but registration is required. Please call (562) 904-5580.

Bilingual Stork Tour

Wednesday, April 11, 6 - 8 pm

Expectant parents learn about DRMC's Family Birth Center. Registration is required for this free, English/Spanish program at (562) 904-5580.

Stork Tour

Saturday, April 14, 10 am - Noon

A free opportunity for expectant parents to learn more about DRMC's Family Birth Center. Registration is required, (562) 904-5580.

Reduce stress & find more energy with "Fit Bodies, Calm Spirits" classes presented by certified instructors at the Downey Regional Medical Center Rehabilitation & Wellness Center. \$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.



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

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PAINTBALL: an allure of obscurity

By SCOTT COBOS
CONTRIBUTOR

Driving by Furman Park on Rives Avenue you see a familiar scene. There's a playground with swings, a basketball court full of kids arguing over a foul, and a field where you are more than likely to see a mass of people kicking around a soccer ball. These people also make use of the trashcans in the park, using them as goal posts.

With spring just around the corner, you'll also start to see a father hitting his son a bucket of baseballs to field over on the diamonds of Furman where Northwest Downey Little League plays. You might also catch the final spiral of a football season going into hibernation for the next few months.

It's just another typical day at the park. A bunch of normal people are playing a handful of ordinary sports, taking in the scenery on what is most likely a warm sunny day.

If only the world of sports was so simple. There is a giant gray elephant standing in the room that no one wants to acknowledge. A dark underbelly does exist and is growing ever so quickly. The world of extreme sports is forcing the rest of the sports world's hand and making sure that acknowledgement is no longer a courtesy but a necessity.

The front runner of these extreme sports is paintball. It's fast,

it's furious and full of aggression. The adrenaline is constantly pumping, and your heart is continuously beating to the point where it might jump out of your chest.

The objective of this high-speed, energy injection of a game is to quickly eliminate your opponents by either making them surrender or shooting them with a paintball. There's pain and surprise along with a large dose of emotion in this sport.

What people don't know is that it's one of the most popular sports in the world. According to the Sporting Goods Manufacturer's Association, since 1998, participation in paintball has risen 60 percent in the United States alone.

The amount of people in the US who now play paintball has risen above 10 million according to the SGMA study. Also according to the study, the activity is among the safest sports in the world to play, stating that there are more tennis related injuries than paintball oriented injuries.

Other reports also agree that paintball is one of the safest sports to play. According to a report from American Sports Data Inc., for every 5,000 participants in the sport, only one is injured from an equipment related injury. The study includes sprained ankles, heat exhaustion, cuts, bruises, and anything else of the sort.

With statistics like these,

it's not hard to imagine why the sport has boomed in popularity. But where is all the media attention for the game? Surely, a sport of this nature and altitude should be getting recognition on a national stage, right?

Wrong, according to some paintball aficionados. The lifestyle of the sport is much different from those of other sports.

"People don't play for the recognition on a big stage," says Matt Zahn, master gun tech, manager of Player's Edge Paintball, and long time veteran of the game. "People play for the love of the game. They're not in it for the fame or money. They just want to go out and play because it's fun."

While other sports are more big business oriented such as baseball, football, and sports brands like Nike and Spalding, paintball is run by small businesses. You're more likely to find what you're looking for in smaller shops with their own custom products.

Because of this, an almost family like atmosphere is built among all the players in the sport. Players go in to shops, which ultimately turn into their home base for repairs and purchases. They then start to get to know the people in the shop along with all the others in the store, building an undeniable camaraderie.

But what is the allure to the game in the first place? People have their different opinions. It could be because of the adrenaline rush from shooting at someone or being shot at. People have also

expressed the satisfaction of accomplishing a goal with a team of people they don't know. It could also be the cool toys and new found interest in something people had no idea even existed.

What stays consistent through all of these possibilities is once you step on the field, it's like a feeling never imagined.

"It's hard to explain until you've stepped on to the field," Zahn said. "It's not just the adrenaline, or the fun of the sport. It's that wonderful feeling you get inside of you. It's that feeling of excitement, love, horror, all smashed into one."

All these wonderful things are totaling into something. Although media attention is not begged for by the sport, it's starting to get it. ESPN is starting to show tournament games. There are over 10 major paintball publications that are published once a month. The game has been displayed in multiple movies, most recently in "School for Scoundrels" starring Billy Bob Thornton and Jon Heder.

Most notable is the National Professional Paintball League which holds tournaments in huge venues. If interested, the NPPL is holding it's Huntington Beach event starting today. All games are played on the beach by Main Street's pier. There are plenty of fields with games going on every few minutes along with a vendor market with some of the biggest names in the game.

Locally, the closest paintball
See PAINTBALL, page 11



Dr. John Sims, fifth from bottom right, has long been a staple of volunteerism in Downey, as evidenced in this 1946 photograph of Downey Rotary. Photo courtesy Angelo Cardono

Friends pay tribute to Dr. John Sims

By HENRY VENERACION
STAFF WRITER

DOWNEY—Following is a pastiche of fond reminiscences by friends and associates of Dr. John Sims, the retired Downey dentist who passed away March 12.

Angelo Cardono, businessman and a close friend, said Sims once wanted to join him on an air race from Pomona to Phoenix: "John was not a pilot but we shared a love of flying. He acted as my 'copilot/observer and we won the race. John received a plaque which he proudly hung on the wall of his dental office."

Cardono continues: "At another time, John joined me to attend the Indy 500. He asked if our route would take us over Oklahoma. He said he wanted us to see the town where he was born, Watonga. I asked, 'Where the heck is that?' He said it was between two major cities. A population of 3,000 qualified then as a major city. With dead reckoning navigation, there was back then no GPS, we found it. Its population was 2,000. He really was excited to see old familiar landmarks. It took two minutes to fly around the entire town. John joined me on the annual trip to Indianapolis four times."

John loved to go to Hawaii, Cardono says. "One time, in the late 40s and early 50s, a group of

us Rotarians went down to see him. There was this big party, it being Sailing Day. When his ship, the S.S. Matsonia, was leaving the harbor, he stood on deck at the back of the ship, playing his trumpet."

"He was my dentist, starting back in 1947," Cardono says. "Obviously he was a good one because I still have the same number of teeth I had then."

Another fellow Rotarian, 78-year old George Cade, who still enjoys working at his local steel fabricating plant, says that in the 50 years they had known each other and hobnobbed at Rotary meetings, Sims's "interest" in Downey was evident. "He was president of the Chamber of Commerce about 10-15 years ago, you know," Cade says. "We had a Rotary convention once in Avalon. John loved to play his horn, and he played it on the boat in the evening. It's common knowledge, of course, that he wrote the Downey High School Alma Mater Song. The last time we attended Rotary together was the first time I heard him say he was 92."

Fellow Rotarian Lorine Parks says Sims always had his trumpet at the ready: "He placed it in his car, at meetings he put it on the table, he would place it under the chair. He read to the children at the city library through the Rotary's Reading Program, and he would play his trumpet to them to their delight. The kids loved him."

Bill Kirkwood adds this tribute: "He was a good friend, a good guy. His father, John H. Sims I believe, was a dentist, too, who was one of the founding fathers or charter members of the Rotary. He used to volunteer a day a week at Rancho Los Amigos, pro bono."

Former mayor of Downey Bob Cormack said: "I'm sure he will be missed by all."

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★ REIGN OVER ME (11:00, 1:55, 4:50), 7:45, 10:45
SHOOTER (10:50, 1:45, 4:45), 7:40, 10:40
TMNT (12:15, 2:40, 5:00), 7:15, 9:45
DEAD SILENCE (10:55, 1:05, 3:20, 5:40), 8:00, 10:20
I THINK I LOVE MY WIFE (11:45, 2:15, 4:40), 7:25, 9:50
★ PREMONITION (12:00, 2:30, 5:00), 7:35, 10:05
300 (11:00, 1:45, 4:30), 7:20, 10:10
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 Children of Men
 Color me Kubrick
 Curse of the Golden Flower
 Happy Feet
 National Lampoon's Van Wilder
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TMNT PG (10:45 1:00 3:15) 5:30 7:45 10:00
PRIDE PG (11:00 1:40 4:20) 7:50 9:40 10:50
SHOOTER R (10:15 1:15 4:15) 7:15 10:15
THE HILLS HAVE EYES 2 R (10:25 12:50 3:15) 5:40 8:05 10:30
PREMONITION PG13 (11:30 2:00 4:30) 7:00 9:30
I THINK I LOVE MY WIFE R (10:15 12:45 3:15) 5:45 8:15 10:45
DEAD SILENCE R (10:30 12:55 3:20) 5:45 8:10 10:35
300 R (10:15 1:05 3:55) 6:45 9:35
WILD HOGS PG13 (10:45 1:10 3:35) 6:00 8:25

New CD's

Tim McGraw - Let It Go
Stevie Nicks - The Very Best of Stevie Nicks
Good Charlotte - Good Morning Revival
Jennifer Lopez - Como Ama Una Mujer
Young Buck - Buck the World
Lil' Flip - Lil' Flip
Macy Gray - Big

Bingo

Thursday Afternoon
 Games start at Noon
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 9813 Paramount Boulevard
 ~ Proceeds benefit Rancho ~

Local Concerts this week

FRIDAY, MARCH 23
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Tragically Hip - HOB Anaheim

SATURDAY
Blasters - Coach House
Earth, Wind & Fire - Pechanga
Gilberto Gil - UCLA
Lil' Jon, Busta Rhymes, E-40, Rick Ross, T-Pain - Honda Center

SUNDAY
Plain White T's - HOB Anaheim
Wiggles - Gibson Amph.

Downey Family YMCA
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(562) 862-4201

35th Annual Easter Caravan
Boys 6th-9th Grade
April 8th-14th, 2007

For more information, call Cecilia Butler, Camp Program Director for the YMCA, or visit www.eastercaravan.com

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Janet Ferguson	Cindy Vega
Barbara Flattre	Silver State Coach
Michele Flattre	All American Home Center
Mas Nakamura	Ivar & Helen Skovseth
Mae Nishizawa	David N. Stein
John Backer V.P. DHS	Downey Eye Care Center
The Downey Patriot	John & Diana Moser
Gordon Wisenburger	Doug & Rachel McClure
Virginia Reed	E.N. St. George, D.D.S.
Don Wilmouth	St. Jude Home Health Corp.
Nancy Lam	Richard A. Leonard Atty.
Frank Arias	Phillip Blich
Rita Arias	Jill Fiorini
Scott Zowada	Tony Fiorini
Jeniffer Zowada	Jennifer DeKay-Givens
Diane Zowada	Eric Pierce
Larry Zowada	Tom Houts - DHS Principal
Gourmet Restaurant	Eileen Wannett - WHS Principal
Girls League of Warren	PIP Printing
Downey Football Boosters	Heather Kelly
River Palms Hotel/Casino	Los Angeles Galaxy



Miss Teen Downey Ashley Campuzano, left, and Miss Downey Brianna Arceo.

Martha Sodetani this year's MVP

DOWNEY -- Martha Sodetani was named this year's VIP award winner at last week's Miss Downey competition. The following is an edited excerpt of what was read at last week's presentation:

"Martha has lived in Downey since 1976 and in the true spirit of giving has always given of herself through donating time, money and mentoring not only for the youth, but, for those of all ages. She truly resonates the meaning of a 'Volunteer.'

Some of her volunteer activities include: working the Second Tyme Around shop for the Assistance League; Operation School Bell, which provides clothing for students in need; Hug-a-Bear Committee, which supplies teddy bears to Downey Police and Fire Departments to distribute to children at the scene of a disturbance; Books on Wheels as a Committee Chairperson, which checks out and delivers books from the Downey City Library to individuals who are hospitalized, physically challenged and house-bound; Kids-on-the-Block, a group that performs puppeteer shows to the Downey Unified School District schools promoting healthy choices and lifestyles; Downey

PTA H.E.L.P.S., Executive Board of Directors, an organization that collects and distributes food, including Thanksgiving and Christmas food baskets and gifts for the children of low-income families in Downey; the Downey Coordinating Council, Secretary, non-profit organization comprised of representatives from volunteer agencies in the city; the Los Angeles Youth & Family Collaborative; Cerritos Community College Foster Care Advisory Board; and the Long Beach City College Foster Care Advisory Board.

In 1977 Martha married the love of her life, Gordon Sodetani, and together they made it their life mission to provide a stable and loving home to any child that needed it. They have provided foster care for more than 150 children and have adopted three into their family to raise along with the three they were blessed with.

Martha works as a Parent Educator for California Community Colleges Foster & Kinship Care Education; Cerritos Community College; P.S. - M.A.P.P.; K.E.P.S. teaching Foster & Kinship Care Education classes; and Long Beach City College.



Kenia Andrade, Miss Downey Best Sportswear



Brianna Arceo, Miss Downey Best Business Wear



Lauren Casas, Miss Downey Best Evening Gown



Brianna Alvarez, Miss Teen Downey Best Business Wear



Katlyn Wheeler, Miss Teen Downey Best Evening Gown



Briana Aguirre, Miss Teen Downey Best Sportswear

She has been the recipient of many awards including: Downey Coordinating Council Volunteer Recipient; for Lakewood Park Health Center in 2005 and for PTA HELPS Food Pantry in 2000; Soroptimist Woman of Distinction in 2003; Stand for Children - Outstanding Woman of the Year in 2002; Woman of the Year nominee, District 56 in 2001; Golden Oak Award, California State PTA; and

PTA Honorary Service Awards at elementary, middle and high school levels in the Downey Unified School District

Martha, Thank you for all you do to give back to your community and to the youth in this world. You truly are an exceptional woman and are our Honorary Original Miss Downey for living the life of a true volunteer."

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TUESDAY Meat Loaf Supper Honey Baked Ham Roast Half Chicken	FRIDAY Red Snapper Roast Turkey B.B.Q. Beef Ribs	SUNDAY Honey Baked Ham Roast Turkey B.B.Q. Beef Ribs

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APPLE VACATIONS

Sixth graders complete L.A. Marathon

DOWNEY – East Middle School sixth grade students Elizabeth Ham and Zeina Kimaz completed all 26.2 miles of the Los Angeles Marathon earlier this month.

Members of East Middle School's Running Club, the two also belong to the Students Run L.A. (SRLA) program, an organization that provides physical training and mentoring to young students, in addition to running shoes, uniforms, event fees and transportation to events.

Because no Downey schools currently belong to SRLA, Elizabeth and Zeina joined a team from the Ellen Ochoa Learning Center in Bell/Cudahy.

For more information on SRLA, visit www.srla.org.

SAT workshop for Downey students

DOWNEY – The Downey City Library will offer a SAT Pre-test workshop tomorrow 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.

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.

Fundraiser dinner at Golden Palace

DOWNEY – Temple Ner Tamid of Downey will have a mini-fundraising dinner at the Golden Palace Restaurant at 9116 Telegraph Rd. in Downey on March 28 at 6 p.m. The community is invited.

Reservations are required and costs \$16 per person.

Checks should be made payable to Temple Ner Tamid of Downey and mailed to 10629 Lakewood Blvd., Downey, 90241. For more information call (562) 861-9276.



Zeina Kimaz, left, and Elizabeth Ham recently completed the Los Angeles Marathon. The duo belong to the East Middle School Running Club and Students Run L.A.

Spring boutique at community center

DOWNEY – A spring boutique will be held tomorrow at the Barbara J. Riley Community & Senior Center from 9 a.m. to 3 p.m. The event is free to the public.

For information, call (562) 904-7223.

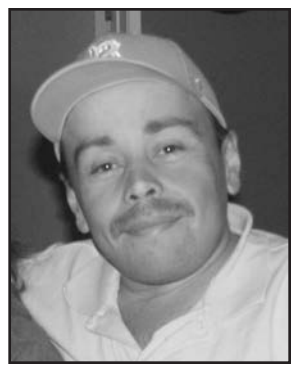
Billy Ray Halcomb volunteered at Rio Hondo

DOWNEY – Billy Ray Halcomb, Jr., Downey resident for 13 years, passed away on March 2. He was 34.

Halcomb was owner and administrator of several websites, including www.ihatedialysis.com, a support group for kidney patients. Halcomb was also a volunteer at Rio Hondo Elementary School and was the PTA yearbook chairman and historian.

He is survived by wife Trina; son Nicholas; mother Sylvia; father Billy and brother Joshua.

Interment was at Rose Hills in Whittier following the service. The family was assisted by Downey Zrelak Family Mortuary.



Gene Halstead lived in Downey for 42 years

DOWNEY – Eugene (Gene) Halstead, a longtime resident of Downey, passed away on March 20.

Halstead was born on Dec. 2, 1936 in San Luis Obispo and was raised in the San Joaquin Valley. He graduated from Orisi High School in 1954 and later moved to Los Angeles where he met and married his wife Judy. He and Judy moved to Downey in 1965 and raised four children.

He worked as a cutting pressman for 35 years and retired after the company was closed. He then spent 16 years working as a driver and security guard until 2004.

He was preceded in death by daughter Susan Phillips in 2002.

He is survived by his wife; children Travis (Cindy), Ann (Peter) Burkhardt, David (Celine) and son-in-law Howard Phillips; grandchildren Tyler and Tricia Halstead, Greg, Tom and Laurel Burkhardt, Brittany and Skyler Halstead, and Malia and Heather Phillips.

A viewing will be held at Downey Zrelak Mortuary today from 5 to 8 p.m. Services will be held at Downey First Christian Church tomorrow at 1 p.m., followed by interment at Rose Hills in Whittier.



Robert Gerald Sands worked for NASA

FORT WORTH, TEXAS – Robert Gerald Sands passed away on March 15 at the age of 89.

Sands moved his family to Downey in 1949, where he worked in the Apollo Space Program with NASA. He then relocated to Fort Worth in 2004.

He is survived by daughter Leslie (John) Jauregui; grandchildren Tim (Mindi) Anderson, Shannon (Roger) Jauregui, Edie Mae (Trinidad) Abelino, and Lila Jauregui; great-grandchildren Tiffany and Chase Anderson, and Aubrey Jauregui; brother Thomas Sands; and nephew Jack Prete.

A memorial service will be held this Sunday at the Shannon Rufe Snow Funeral Chapel in Fort Worth at 2 p.m.

In lieu of flowers, send donations to Walker Creek Elementary School Library at 8780 Bridge St., N. Richland Hills, TX 76180.

Ophelia C. Bojorquez served as a caretaker

DOWNEY – Longtime Downey resident Ophelia C. Bojorquez passed away on March 13. She was 85.

Bojorquez was born on August 31, 1921 in Chihuahua, Mexico to Mauro and Soledad.

She was a dietary service employee in the hospital industry and later a resident caretaker for St. Theresa of Avila Catholic Church in Los Angeles. She was also a member of Our Lady of the Rosary prayer group at St. Raymond's Catholic Church.

She is survived by sons Gus and Henry; grandchildren Jerry, Randy and Melissa Bojorquez, Renee Wazney, Melania Thompson and Deana Diegan; great-grandchildren Megan Rose, George Alexander, Heather Mathew, Christopher, Nicole, Francesca, Alex, Joseph, Jeremy, Jessica, BreeAnn, Kelly and Jimmy Jr.; and great-great-grandchildren Analeise and Leylani Thompson, and Ocean Kyoni Ernestberg.

Services were held March 19 at Our Lady of Perpetual Help Catholic Church. Interment was at All Souls Cemetery in Long Beach.

The family was assisted by Downey Zrelak Family Mortuary.

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Gifts can make Grad Night special

DOWNEY – The Warren High School Grad Night Committee is soliciting donations for their 19th annual Grad Night, this year scheduled to take place June 21.

Gift certificates, merchandise and/or monetary gifts will help provide Warren students with a supervised outlet to celebrate their graduation. Their theme this year is “Rock Around the Clock.”

Gifts can be sent directly to Warren High School in care of Grad Night 2007. The Grad Night Committee is a non-profit organization. Their tax I.D. number is 95-6006586.

For more information call Reggie Donahue at (562) 756-2427.

Tour will travel to Sequoia for four days

DOWNEY – Experience the wonder of springtime in Sequoia National Park with Downey Adult School’s Great Western Tours on May 29.

The tour will embark on a four-day, three-night trip, spending two nights at the Wuksachi Lodge (located inside the park) and one night at Wonder Valley Ranch.

Price of the trip is \$579 per person (double occupancy) or \$759 per person for a single. The tour includes deluxe motorcoach transportation, three nights hotel accommodations, two breakfast buffets, two lunches, one boxed lunch, one dinner, and a guided tour of Sequoia National Park’s Squaw Valley Herb Garden, with lunch.

To register, call Downey Adult School at (562) 940-6213.

ELMO

Continued from page 1

especially at Warren High School, where he works maintenance in the cafeteria, mopping up floors and wiping down tables, keeping the eating area clean. He doesn’t have a supervisor looking over his shoulder or holding his hand. He doesn’t need that.

What he needs, like all Arc consumers, is to be treated like a regular person, and he has that at Warren. The Girls League of Warren High School has unofficially adopted Elmo, speaking to him, conversing with him, befriending him.

They’re his best friends.

“I think there’s a real ignorance when it comes to people with mental disabilities,” says Sara Nielsen, Warren High School’s librarian and senior advisor to Girls League Board. “Elmo has the most positive attitude of anyone I know. He’s never down. My girls talk to him and come away inspired because he’s so happy.”

Says Elmo about Girls League Board: “I like them, they love me.”

So why is Elmo so happy? By most accounts he has a tough life, living away from his family who reside in Oakland and having to endure a life not especially conducive towards people with disabilities, mental or otherwise.

He can’t cook for himself, unless you consider a bowl of cereal to be “cooking.” He has to put up with uncomfortable stares from bus

riders twice a day and sometimes students will try to sweet talk him for money, testing his gullibility. (Elmo is not naive and anybody messing with him will have to deal with Girls League.)

So, Elmo, why are you so happy?

“My momma told me to treat other people the same way you want to be treated,” Elmo, who is African American, says. “We all need a helping hand. I don’t care what color you are. We all have red blood.”

“When someone says hi, you say hi. There are no bad days, just let it go. Pick your head up and let it go. Life is simple.”

But Elmo is only human. There are days – not many, but there are days – when he’s hurt and sad, like the day he says he found out his girlfriend was cheating on him. It was hard to smile then, Elmo says. I told him he was better off.

“Yeah, that’s what my momma told me,” he says. “She said I would find somebody better. My momma says you have good days and you have bad days.”

There are not many bad days in Elmo’s life. He is a person with a great deal of friends, a good job and a family just a short plane ride away. Disability or not, Elmo is living the happy life, and he wants to share it with you.

“I pick people up. I don’t want anybody to ever be down.”

PAINTBALL

Continued from page 8

field is just 15 minutes outside of Downey in Bellflower. Hollywood Sports Park has been ranked by many paintball websites as one of the best paintball parks in the US if not the world. Famous names such as the governor of California, Arnold Schwarzenegger and Donald Faison from the hit comedy television show Scrubs have been sighted at the park.

Actor Paul Walker from movies

like “The Fast and the Furious” has been seen there playing with everyone.

Paintball is no longer the elephant that goes ignored in the room. Its popularity has called out the attention that it deserves. No longer can we deny its existence. It’s having a coming out party and making the statement that it’s here to stay.



Angel Ruiz, a 2006 Warren High School graduate, was picked up by Marines at 3 a.m. last week as he departed on a three-month boot camp in San Diego. His parents are Rubio and Alma Ruiz of Downey.

LUMSDAINE

Continued from page 1

after Kevin MacDonald,” the much-admired Arc Executive Director who has been directing Arc’s affairs these past 15 years. All three are UC-Berkeley graduates, Dianne then getting her Juris Doctor degree from Golden State University in 1977, Joe getting his Juris Doctor also from UC-Berkeley (“He’s the smart one”—Dianne), and Kevin, a past president of the Downey Rotary Club, his MBA from UC-Berkeley as well.

Joe, as involved in the community as Dianne, is a Los Amigos Kiwanian and past president of the Downey YMCA board of managers and the Southeast Bar Association of Los Angeles County. Joe, and Dianne, who is of German-Irish descent, have four children: daughters Jodi and Jennifer are both attorneys, Jodi with a firm representing unions in Pasadena, and Jenny with Tredway, Lumdaime and Doyle; and sons Paul, who is pursuing a masters in English, and 18-year old Casey, who graduated last year from Don Bosco.

Dianne proudly notes that Paul, who is currently taking a creative writing course at Rio Hondo College, recently placed second in a poetry contest at the college. Dianne’s father, Harry Niethamer, also resides in Downey.

She says her three-year term as Arc president has been the “most enjoyable and rewarding endeavor of volunteerism I could have asked for. The atmosphere at Arc, in all their programs, is very positive and energizing. The people served by Arc are so wonderful. They are not disabled at all in terms of being able to give and receive love and friendship.”

In addition to Dianne’s legal practice in estate planning, she has also been involved in such volunteer services as the Girl Scouts, the Boy Scouts, the Downey Dolphins, youth baseball, and Great Books Reading Club. She was past president of Soroptimist International of Downey.

Strong family and religious values course through Dianne’s and Joe’s lives. Married 34 years, they

are very active with their church, St. Dominic Savio in Bellflower. They regard it as their second home. At the church’s recent renovation, they were the Building Committee’s co-chairs. They have also worked in its Ministry and Adult Faith Formation areas.

To contribute better to the church’s pastoral mission, the couple completed Masters of Art degrees in pastoral ministry last year, spending three two-week summers at St. Mary’s College in Winona, Minnesota, an hour away to the south of Minneapolis-St. Paul.

“Imagine two 50-year old lawyers going back to school!” Dianne says. “It was daunting, but education is a lifelong process, and I am so happy we did it.” She added: “God has been good to us and given us much to be grateful for, and the least we can do is give back to Him in this way. In any case, we’re getting ready for the second part of our lives.”

As far as tomorrow’s fundraiser is concerned, in which some 2,000 residents and supporters from the community and government are expected to take part, Kevin says Arc needs as much support as it can get, as the State provides only 40 percent of Arc’s total funding. “The rest we have to raise ourselves,” he says.

Donation tomorrow is \$10. There are 47 sponsors, with Supervisor Don Knabe and WesCom Credit Union as host sponsors. Gracing the celebration will be State Assemblyman Hector De La Torre and a Marine Color Guard. Rousing spirits will be the Downey Christian High School jazz band, five Laker Girls, and clowns. ABC’s Gene Gleeson returns as emcee.

Registration will be on-site, from 7 to 8 a.m. Opening ceremonies start at 8. Orchestrating the event is Arc Walk chairperson and past Arc president Betty Morse.

A free burrito breakfast cour-

-tesy of Acapulco Restaurant awaits every participant at the conclusion of the Walk.

Dianne cannot be more emphatic—and hopeful—when she says Arc needs more community volunteers to man its programs.

“People don’t realize how easy and how rewarding it is to join Arc,” she says. “We need people to work on committees, on the Arc programs, to advocate for these wonderful people served by Arc, to encourage more employers to give them employment.”

Arc’s board consists of 18 members, half from the community, and half from Arc “consumers.”

A pet project of hers is the establishment of a “Center for Human Rights,” which would serve as a resource center for everything Arc stands for: championing the rights and living conditions of Arc’s current and potential consumers, legal assistance and protection for those who get in trouble with the law, providing a mechanism by which they can be absorbed into the “mainstream.”

“There’s already a structure in place for this,” Dianne says. “All we need is the funding and a few other details to be ironed out.”

With Dianne’s faith (“the substance of things hoped for, the evidence of things not seen”), can anyone doubt that distant mountains have started to stir in their foundations?

Former football pro to lecture

DOWNEY – Former NFL running back Wendell Tyler, the first player ever to lead two different teams in rushing in two different Super Bowls, will be the featured speaker tomorrow, March 24, at Calvary Chapel Downey, starting at 9 a.m.

Breakfast will be served and a freewill offering will be taken.

For more information, call (562) 803-5631.

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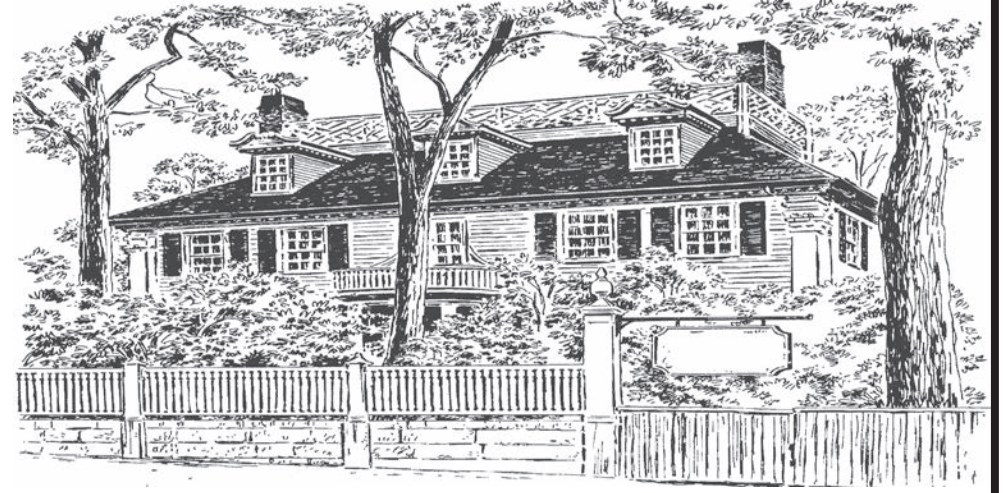
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THE FANS OUR CLIENTS

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#2 "Wow, our agent Maria Cibrian did a perfect job listing our home and everything is just fine!" -- Martin & Maria Robledo

#3 "Leandra Trejada helped our family find a home. Leandra did a good job and is a very nice person." -- Rosalba & Andres Luna

MVPs OF THE MONTH

TOP LISTING
Marlene Rodriguez

TOP PRODUCTION
Maria Zuloaga

TOP SALES
Lilian Lopez
Lorena Amaya

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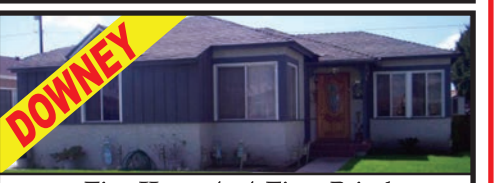
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5 BD, 3 BA, 3,100 Sq. Ft. of Living space on a 8,200 Sq. Ft. Lot, with pool & spa built in 2006
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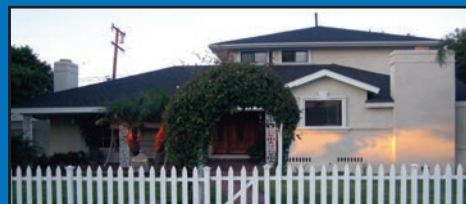
Price: \$649,950



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



Priced Right!

5 BD (3 up & 2 down), 4.5 BA, 3 Car Garage, Pool, on a 8,500 Sq. Ft. lot
Price: \$1,299,900

Virtual tour at www.MichaelBerdelis.com



New Construction - 2007 on Large Lot

5 bedroom, 4 bath home, NE section of Downey, backyard big enough for pool.
Price: \$1,295,000

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Tuscan Beauty!

6 bed, 4.5 bath, over 5600 sq ft, 14600 sq ft lot, built in 2002.
Price: \$2,099,000

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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: \$1,049,000

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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: \$899,950

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A Smart Buy!

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

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3 bed, 2 bath Downey home w/ guest house, granite kitchen, copper plumbing.
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Large Lot - 10,300 Sq Ft!!!

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