Powney Patriot **Students take Richard Carpenter**

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trip to museum See Page 3

in LB concert See Page 9



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



The inspiring art of Rancho City makes progress in plan to clean-up Johnie's Broiler

■ Historical architect will be brought in to determine how much of Johnie's Broiler can be saved, paving the way for restoration and/or redevelopment.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – City officials took another cautious step towards finally cleaning up and possibly redeveloping Johnie's Broiler after the City Council voted this week to allow the property's current moratorium to expire next month.

Officials said they secured a written agreement with property owner Christos Smyrniotis allowing the City to oversee any development on the land, which remains mostly a heap of rubble after the Googie-style diner was illegally demolished in January.

A historical architect, probably coming by way of the Los Angeles Conservancy, a historical preservation group instrumental in helping save the old McDonald's in Downey, will tour the site and determine what – if anything – can be preserved or restored, officials said.

Smyrniotis has agreed to pay for the architect, although he will report directly to the city, officials said.

"I think we're at that point where we're ready to take the next step, and we're going to do it carefully," said Councilmember Kirk Cartozian

In attendance at Tuesday's meeting were members of the Coalition to Save Johnie's Broiler, which warned the Council to be wary when dealing with Smyrniotis, who they said has been deceptive in the past.

But the Council said they were confident its written agreement with the property owner would serve the same essential service as a moratorium.

"We'll give him the benefit of the doubt to live up to his agreement with us," said Mayor David Gafin.

Smyrniotis has long denied involvement in the restaurant's demolition, which occurred Jan. 7 on the order of then-tenant Ardas Yanik.

Yanik was prosecuted for the demolition and pled no contest on Oct. 9 to three misdemeanor charges. He received a \$2,500 fine, ordered to reimburse the city \$4,600, and forced to complete 15 days of community service work with Caltrans.

He later apologized for the demolition, saying he was wasn't aware of the diner's history.

Councilmember Rick Trejo, meanwhile, echoed the rest of the council's comments when he said it was time for the issue to move forward.

"I would love to see it as it was," said Trejo. "But we have to look if it's feasible financially. I think that it would be.'

Unlicensed doctor arrested for practicing medicine in Downey

By Eric Pierce, City Editor DOWNEY – A man was arrested last Thursday after allegedly practicing medicine at two Downey locations without a



Rancho Graduate Artist Robert Thome poses next to his magnificent tiger at the 11th Annual Art of Rancho Exhibition at Rancho Los Amigos National Rehabilitation Center held Nov. 8 and 9. The yearly event features pieces of art produced by the hospital's physically disabled patients. Photo by Greg Waskul

Retirement beckons for firefighter

Fernando dela Torre calls it quits after 31-year career.

BY HENRY VENERACION, STAFF WRITER

DOWNEY-A retirement party was held Monday for Fire Inspector Fernando dela Torre, who officially closes out his 31year career with the Downey Fire Department tomorrow. He joined the department in 1976, a year after he was mustered out of the Army as a staff sergeant.

After earning his spurs as a firefighter/paramedic in 1981, he was to absorb the full impact of its culture. He retires at the end of his second tour of duty with the Fire Prevention Bureau as Fire Inspector.

It's been, he says, "an adventurous and rewarding career," one which on several occasions, especially during his years as a paramedic, has afforded him an intimate glimpse into the more searing aspects of the human condition.

Shaking his head, he recalled a horrible accident on the 5 Freeway in 1985 involving four young ladies, who were out celebrating the 21st birthday of one of them. There was one fatality, the driver of their Ford Festiva, while another had her neck almost decapitated. Fernando says his job was to prop her back against something solid and hold her neck together until a surgical team arrived. In the meantime, he anesthetized her and



Downey Fire Inspector Fernando dela Torre will officially retire tomorrow after being with the city since 1976.

clamped her carotid artery. Miraculously, he says, she survived: "Afterwards, she brought me a cake and a card, expressing her thanks."

This was, he says, notwithstanding the loss of life, a good moment. Probably the hardest part of being a paramedic, he says, is "seeing helpless children in distress, or drowning, or dying, right in front of your eyes."

He continues: "The most memorable moment in my career happened in 1983, when a fire broke out at the corner of Brookshire and Gardendale. I took a hose line and shattered the bedroom window on the second floor of the burning building. As soon as I entered inside, the floor gave way. Luckily,

a beam broke my fall and acted as a wedge between my legs. My partner was able to pull me out, and I still remember sliding down that ladder to safety. Although my fire suit protected me from more serious burns, it still felt hot and I suffered bruises. It was a sobering moment."

Fernando's first tour with the bureau as Fire Inspector came in 1991; with it came an additional duty, that of Public Education Specialist. It was during this period that he received certifications as Fire Officer, Fire Prevention Officer, and Fire Inspector. He also served as the bureau's Emergency Preparedness Coordinator. He was

See DELA TORRE, page 2

license, officials with the Medical Board of California announced this week.

Martin Yanez was soliciting patients from California for major cosmetic surgery, including tummy tucks, liposuction and breast augmentations, officials said. He would conduct pre-operative examinations at two Downey locations, before performing the surgeries in Tijuana at Hospital de la Mujer y el Niño.

Yanez is a licensed physician in Mexico, but not the United States, officials said.

Yanez is alleged to have been practicing out of two locations: a home at 10325 Samoline Ave., and a beauty salon at 8325 Firestone Blvd.

Representatives from the beauty salon did not return phone calls for comment, although a large banner hanging outside the

(562) 869-7090 832

A man was arrested for allegedly practicing medicine out of a house at 10325 Samoline Ave. and this beauty salon located at 8325 Firestone Blvd., just east of Downey Avenue.

salon reads, "Treatment after plastic surgery."

"The mission of the Medical Board is public protection, and this action reflects the board's ongoing commitment to that mission," said Medical Board Executive Director Barb Johnson.

Anybody who was treated by Yanez is urged to contact the Medical Board at (562) 402-4668.

City moves to update fire ordinance

BY HENRY VENERACION, **STAFF WRITER**

DOWNEY—The City Council Tuesday adopted an urgency ordinance that bears amendments to a few chapters of Article 111 of the Downey Municipal Code, whose provisions are based on the 2007 California Fire Code (CFC), which will be adopted by the state of California effective Jan. 1, 2008. The CFC sets the minimum Fire Code requirements for fire and lifesafety issues throughout the state.

The CFC is in turn based on the 2006 International Building Code (IBC) and the International Fire Code (IFC).

Taking advantage of the state's cognizance of the importance of local control and local fire issues by giving communities latitude to set their own codes based on cer-

tain community criteria, and thus giving the city the option of adopting a local Fire Code, Downey has chosen to do so.

The majority of its proposed new Fire Code regulations, which form part of the Downey Municipal Code, are simply an update to the current code. The new sections are a result of Fire Department experience and forecasting for improved community fire safety.

Two proposed new provisions in the urgency ordinance-Section 3330 and Section 3507-have been tabled for futher review. Section 3330 would require a vacant building property owner to obtain a special building registration permit, in the interest of additional security and freedom from fire hazards, etc. Downey resident Guy Sterner

objected strongly to the stringent liability insurance requirement for such vacant property, saying it requires further serious study.

The proposed Section 3507 dealing with permit requirements for public fireworks displays was also withdrawn for further consideration. In view of these, the formal proposal to adopt an updated Downey Fire Code that's in conformity with the CFC has been tabled, for later review and adoption.

In other action, the Council:

•Approved the carry-forward appropriations (amounts approved last fiscal year but need resolution in present time) in the amount of almost \$5.5 million for FY2006-07:

See COUNCIL, page 2

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DELA TORRE

Continued from page 1

Area E Disaster Board vice-president in 1995, and its president in 1996.

In 1997, he transferred out of Fire Prevention to Fire Station 3, and, after passing the test for Engineer, was promoted to that position in 2001. He volunteered to return to the Fire Prevention Bureau last year; in May he earned a bachelor's in education from CSU-Long Beach. He is currently in the process of completing the requirements for his master's in disaster management from the same university; he expects to get his advanced degree in May next year.

At age 54, his retirement is rather early, but he says he's not exactly at a loss as to what he'll do next. Over the years, he has enjoyed boating and skiing twice a year at Lake Powell where he shares a houseboat with a friend. He also drives a motorcycle. He has fished salmon in Alaska, and has traveled to such places as Italy, Greece, and Croatia, as well as the Middle East, to Cancun, the East Coast and locations within California.

He plans on going to culinary school, to refine his cooking skills; divorced early on, he had to learn how to mix rosemary and thyme, garlic, olive oil, and other fresh herbs and ingredients to prepare dishes. He is fond of lamb, fish, shrimp and scallops. He says Tuscany is an inviting place; he wants to sample (and learn) particularly its Italian-French country cuisine.

An alum of Cantwell High in Whittier, Fernando used to run a lot, running 10 kilometers at a time but he hasn't run in two years. However, he manages to power walk for some 45 minutes three times a week, to keep his 6'6" frame fit.

He says firefighting as a career runs in the family. His older sister, Cecile, is still serving with the L.A. Fire Department; an older brother, Russ, has just retired from Monterey Park Fire, while another brother, Dave, is still at it as a 34-year career firefighter with Montebello. His dad had Castilian roots, thus the "dela" instead of "De La" in the surname. Daughter Megan, 22, who is married, and Micaela, 20, are both going to college. "They're good kids, and I'm proud of them." His El Paso native mom lives in Pico Rivera.

A favorite reading of Fernando's is in the area of American history, especially on the plight of American Indians. This is due, he says, to the influence of his history teacher at Rio Hondo named Ned Lazaro, who was part Nez Perce Indian: "He made the study of history exciting." Thus, he says, seeing firsthand the dirt-worn cell where the Apache chief Geronimo paced round and round during his solitary confinement when he was incarcerated at Fort Sill was a thrill.

A 2006 awardee of the Golden Eagle Award handed out by former Downey mayor Meredith Perkins, Fernando intends to make use of his accumulated experience and expertise via consulting: grant writing within this context is a distinct possibility, he says. For life-loving dela Torre, more adventurous and rewarding times beckon.

Man found dead in lake identified

DOWNEY - A man found dead in a Wilderness Park lake has been identified as 54-year-old Michael Lee Jenkins of Long Beach, Sgt. Jeff Calhoun of the Downey Police Department announced this week.

Jenkins was discovered by two fishermen on Dec. 2 at the park's north lake

Preliminary autopsy reports revealed water in Jenkins' lungs, a characteristic consistent with drowning, Calhoun said.

Police said they do not suspect foul play.

Christmas service honors Marines

DOWNEY - Vineyard Family Christian Fellowship will be honoring a group of Marines and new Marine recruits, as well as their families, at a Christmas service tomorrow at 4 p.m.

Orlinsky's aim: make science come alive

■ Warren High School's "mad scientist" making science accessible to everyday students.

BY HENRY VENERACION, STAFF WRITER

DOWNEY—Jeff Orlinsky is well into his 21st year of teaching science at Warren High, the only place of employment he has ever known since getting a bachelor's in biology in 1986 from UC-San Diego. Competence, commitment and performance have earned him the chairmanship of its science department, a post he has held for over ten years now (it's his job to juggle the schedule of 23 science teachers, representing different disciplines). Just recently, he was elected to succeed Robert Becker as president of the Downey Education Association (DEA), the certificated personnel's union at DUSD.

In a way, his cup is full, but he says, "I wouldn't change it for all the world." He's fully aware that he's doing work in "a great city," not only in terms of associates who hold him in high regard but also of the "great people" he meets as he gets about in Downey. He says he doesn't really mind the added responsibilities, it goes with the territory, but he does have to bear down when it comes to labor-management issues. He describes the negotiation process as "smooth and harmonious."

The brief bio he prepared only covers his years of teaching life science, physical science, marine biology, and, of course, biology, his favorite subject. Because of his DEA role, his class load has by agreement been reduced, from five to three classes-two biology classes and the AP (Advanced Placement) biology course. In addition, for the last five years, he taught science to Rio Hondo Elementary's Gifted and Talented students. He also served as science mentor/teacher for beginning science teachers in the 1990s. A highlight of those years was his participation in 1999-2000 in the Public School Accountability Advisory Committee for the state-administered Academic Performance Indicators (API).

The other science teachers, according to their credentials, handle physics, anatomy/physiology, chemistry, earth and environmental sciences, along with the AP courses in practically all the subjects. One teacher in the group, Irene Bergh, has taught more years (22) than him.

What the bio doesn't show is his impish, almost self-deprecating sense of humor which gets plenty of play in the classroom. He has been known to don something akin to a sorcerer's hat, put any of the several scientific props, including stuffed animals (horned deer heads and a wolverine, etc.) and geological maps, mounted/splattered on the walls of his biology lab to creative situations, or use any fanciful demonstration, to spark his students' interest in the topic at hand. Indeed, it's not difficult to conjure up an image of him, cloaked in his white lab coat, eyes shining, his thinning hair askew and his animated hands dyed with residue, straining to explain the replicative powers of cells and the mysteries of growth and decay in organisms, as a mad, but, in one administrator's words, "brilliant," scientist.

"Orlinsky," somebody pointed out to him, means "eagle's nest." His nest was in West Orange, New Jersey, but the Russian-Polish descendant grew up in Phoenix, AZ. It was here, at Shadow Mountain High, that he fell under the spell of his science teacher. Orlinsky says of him: "He was funny, he knew his subject, and he allowed us all to be creative." All of which apply to Orlinsky. He and his stay-at-home wife, Kathy, reside in Irvine, where their 13-year old daughter attends school as an 8th grader. A younger brother works for Four Seasons in Ventura. Orlinsky says he's been to Hungary to visit his wife's family, but not to Russia (yet).

A first-degree black belter in tae kwando, Orlinsky says about 80



Jeff Orlinsky is in his 21st year as a science teacher at Warren High School. Affectionately known as the "mad scientist" on campus, he says "(I want to) be a teacher who teaches future doctors or scientists" instead of being a scientist himself.

percent of his students "love" biology (biology, along with chemistry, are required for college; the bedrock science subject, per state standards, is physical science of the earth), and the problem of motivation doesn't come up. "My goal," he says, "is to change the attitude of the other 20 percent." To them he tries to make the subject "more accessible."

His other goal? Science- and nature-loving creature that he is, he showed me a thick "Field Guide to the San Andreas Fault," and said he would love to drive a car and visit all the principal cities or sites along the Fault one summer, from Brawley in the Imperial Valley to Eureka up north. He continues to haunt museums: as expected, he's already been to the Smithsonian Institute in Washington, D.C. and the Institute of Natural Science and Technology in Manhattan. His other loves are running and history (Discover, Scientific American, Natural History, along with non-fiction readings in space and astronomy, (more) biology, cloning, and the like).

He has often been asked, he says, why, with all his talent and interest in science, especially biology, he hasn't himself tried to be a doctor or a fullblown scientist. His reply: "I'd rather be a teacher who teaches future doctors or scientists." As far as he knows, four former students of his have gone on to be college science professors, and an unknown number are ensconced in the professions (doctors, dentists, etc). Enough for him, he says, is the recognition, and the affection, that come with the moniker, "mad scientist."

The event will include music, food, soft drinks, and gifts. The community is invited to attend.

To attend, volunteer, or make a donation, call (562) 928-0034.

Jiffy Lube hosts Guest Appreciation Day

DOWNEY - Customers who visit Downey Jiffy Lube for any car care service on Dec. 23 will be treated to Baja-style tacos, soft drinks, balloons, and music, courtesy 102.7 KIIS FM.

The Guest Appreciation Day will be from 10 a.m. to 3 p.m. Jiffy Lube is located at 12556 Lakewood Blvd. in Downey.

COUNCIL

Continued from page 1

•Approved the improvement and maintenance costs attaching to the completed heating, ventilating and air conditioning upgrade at City Hall, and approved the final construction costs of \$985,377.83, payable to Liberty Climate Control;

•Approved the contract with Musco Lighting for the installation of a sports field lighting system at the Discovery Space Complex in the amount of \$360,000;

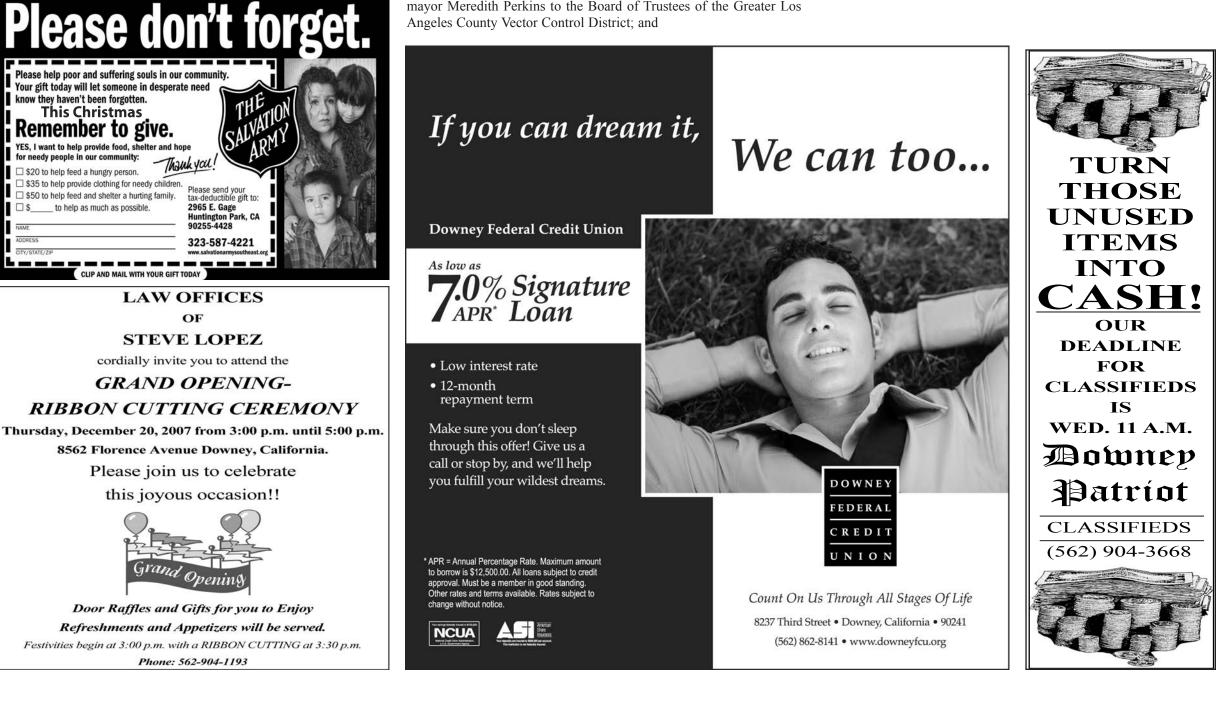
•Adopted a resolution adjusting the salary range for City Clerk;

•Adopted a resolution approving the reappointment of former mayor Meredith Perkins to the Board of Trustees of the Greater Los Angeles County Vector Control District; and

•Heard a presentation by Kathy Simmons awarding the winners of the city-sponsored Oil Recycling Calendar Contest.

The winners were awarded medallions and prizes contributed by several sponsors. Grand Prize winner was Caterina Song of Gallatin Elementary School.

The meeting Tuesday was the last of the year. Meetings are held inside the Council Chambers at City Hall, 11111 Brookshire Ave., in Downey.



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Local teachers chosen for NSTA Academy

DOWNEY – Padma Haldar, a teacher at Warren High School, and Joan Macomber, a teacher at Downey High School, have been chosen as two of 200 middle and secondary school science teachers from across the country to participate in the National Science Teacher Association (NSTA) New Science Teacher Academy.

As an Amgen-NSTA Fellow or Associate Fellow, Haldar and Macomber will engage in Web-based professional development activities, attend the NSTA National Conference on Science Education in Boston March 27-30, and participate in the Research Dissemination Conference or a Professional Development Institute.

"Each of the Amgen-NSTA Fellows and Associate Fellows has conveyed a desire to develop their skills as teachers so that they can better foster their students' interest in science," said John Whitsett, NSTA president. "We are very proud of this year's group of fellows and associate fellows and are grateful for their commitment to science education and to their students."

The NSTA, co-founded by a three-year, \$3 million grant from the Amgen Foundation, is a new program designed to encourage and support new middle and secondary school science educators in their first years of teaching.

Downey museum closed for holidays

DOWNEY – The Downey Museum of Art will be closed for the winter holidays and will reopen Feb. 1.

Staff, however, will be working at the museum and if a group is interested in visiting, they can make an appointment by calling (562) 861-0419.

Water polo team places fifteenth

DOWNEY – Warren High School's girls water polo team placed 15th out of 32 teams at the Los Altos Tournament in Hacienda Heights last weekend.

The team beat Jurupa Valley, 10-5, on Thursday; lost to Burbank, 6-13, and La Quinta, 5-11, on Friday; and lost to El Modena, 4-7, and beat J. Burroughs, 16-3, on Saturday.

Toys donated at Bernabé ceremony

DOWNEY – At the Flag Football League Awards ceremony at the Bernabé Community Center, players donated over two-dozen toys to Assemblyman Tony Mendoza's toy drive.

"Children giving to children – that's what it's all about," said Dennis Dennehy, Bernabé Community Center executive director.

Dennehy and Rev. Brad Reed of Redeemer Covenant Church delivered the toys to Mendoza's holiday party.

For more information on the Bernabé Community Center, call (562) 863-1899.

Historical Society hosts open house

DOWNEY – The Downey Historical Society will be hosting an open house tomorrow from noon to 3 p.m. at the Barbara J. Riley Community & Senior Center. For information, call (562) 928-4006.



A group of Warren High School students recently visited the Los Angeles County Museum of Art as part of the Downey Museum of Art's Young Artist Afield program. *Photo courtesy Kate Davies*

Warren students culturally enlightened

DOWNEY – The Downey Museum of Art's (DMOA) Young Artists Afield program recently began a year-long program of providing field trips for Downey high school students interested in the arts.

The program's chair, George Redfox, also a DMOA board member and Public Arts Commissioner; Jenny Pridham, DMOA board member and Griffiths Middle School teacher; Kate Davies, DMOA executive director; and Carmela Spencer, DMOA board president, created the program because they believe field trips have always made a difference in the lives of young people. The committee also wanted to support art education in Downey by providing field trips to important exhibits featuring worldrenowned artists, as well as innovative, emerging artists.

The pilot Afield trip included students from Warren High School, Redfox, and teachers Doug Andrews and Nadia Roldan. The trip ventured to see "Dali & Film" at the Los Angeles County Museum of

Downey Little League taking sign-ups

DOWNEY – West Downey Little League is now taking sign-ups for its 2008 season.

Registration will be held tomorrow from 9 a.m. to noon at the West Downey Little League field; Dec. 18 and 20, and Jan. 8, 10, 15 and 17 from 6 to 8 p.m. in the West Middle School cafeteria; and Jan. 12 and 19 from 9 a.m. to 1 p.m. at the West Downey Little League field.

The league is also accepting free sign-ups for a new Challenger Division for children ages 5 to 18 with physical and/or mental disabilities.

For information, call (562) 928-2837, or visit www.eteamz.com/west-downeylittleleague.

Chamber hosting holiday open house

DOWNEY – The Downey Chamber of Commerce is hosting their Annual Holiday Open House today from 11:30 a.m. to 3 p.m. The Chamber is located at 11131 Brookshire Ave. Art (LACMA), which explored the famous surrealist's relationship to film. The exhibit included paintings, drawings, letters and films. Two films included "Destino," a collaboration between Dali and Walt Disney, and Hitchcock's "Spellbound," with Gregory Peck surrounded by Dali's set designs for the dream sequence.

The group then went to Pasadena for lunch and to view "Beyond Ultraman," an exhibit at the Pasadena Museum of California Art curated by LATDA Toy Museum. The exhibit displayed the works of vinyl toy artists Tim Biskup, Gary Baseman and others. The group also visited Kenny Scharf's Garage.

The next Afield field trip will be in January. Young artists interested in participating are asked to call the museum at (562) 861-0419, or email dmoa.newmuseum@earthlink.net.

City offers 'Holiday Haven' program

DOWNEY – The City of Downey Community Services Department will be offering children ages 6 to 11 several outdoor activities at local parks through the drop-in program, "Holiday Haven," beginning Dec. 26.

The program will continue through Jan. 4 and will operate daily from 11 a.m. to 5 p.m. Several activities, including "Lunch with the Leaders" (children bring their own lunch), caroms, Snowball Play and crafts, will be planned for each day.

The program will be available at Apollo, Dennis the Menace, Rio San Gabriel, Furman and Golden Parks. At Brookshire and Crawford Parks, the program will operate from 12:30 to 4:30 p.m. The program will not be offered on Christmas or New Year's.

The program is free but registration is required. Registration can be completed at any of the parks mentioned starting Dec. 26. If there is severe weather, the program will not operate.

For information, call (562) 904-7238.



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Gabriel rewarded for defensive work

DOWNEY – Downey native and University of Redlands football player Gavril Gabriel has earned Second Team Defense honors for his efforts this season.

Gabriel tallied 52 tackles to rank third on the team while recording eight quarterback hurries.

Redlands (8-2, 5-1) earned a share of the All-Southern California Intercollegiate Athletic Conference title with Cal Lutheran University and gained the conference's automatic bid to the NCAA playoffs.

Adult School offers pharmacy program

DOWNEY – The Downey Adult School Career and Education Center is now offering a pharmacy technician program.

During the course of the program, students will learn about the manufacturing and marketing of drugs, identification of drugs, various pharmacy practice settings, and the expectations of all members of the pharmacy team.

The program is from Jan. 7 to May 30 and costs \$575. Classes are held Monday through Friday from 8 a.m. to 2:45 p.m.

Orientation is on Jan. 5 from 9 to 11 a.m., where registration and \$200 deposit are due.

For information, call (562) 940-6200.

Nursing program orientation on Monday

DOWNEY – The Downey Adult School Career and Education Center will host an orientation on Monday from 1 to 4 p.m. for those interested in becoming a certified nurse assistant.

The program takes less than 17 weeks to complete and has a 100 percent passing rate on the state exam. Classes are from Jan. 7 to May 1.

Those interested are to bring photo identification, social security card and \$200 registration fee.

The program is very impacted and priority is given to Downey Adult School CAN graduates, so class size is limited.

For information, call (562) 940-6200.

Rowland receives award for service

DOWNEY – Carol Rowland, "Keep Downey Beautiful" coordinator, received a recognition award for her 15 years of service to the community at the Southern California Mormon Choir concert last Saturday.

Rowland provides the projects, support and volunteers needed for "Keep Downey Beautiful."

She also received the award for coordinating service projects with The Church of Jesus Christ of Latter-day Saints, as well as other volunteer groups.

Rowland's husband and two children were in attendance at the award presentation.

Pay off library fines with canned food

DOWNEY – The Downey City Library will accept new canned and packaged staple goods as payment for overdue fines on returned library materials during the month of December.

The food will then be donated to local needy families.

"There are many families in need at this time," a Downey Council PTA HELPS volunteer said. "We are so pleased by the generosity for those who donate each year."

Goods used in payment for fines will be accepted through Dec. 31 at the library's Circulation desk. The donated value of each item will be 50 cents.

Residents who do not owe fines are also encouraged to donate. For more information, call (562) 904-7360, ext. 28.



Williams Elementary School students and staff collected over 250 bags of "Hugs and Kisses" during their "Hugs for our Heroes" campaign Oct. 29 – Nov. 9. Members of the Downey Fire Department came to the school to pick up the candy and letters from students. The Downey Fire Department will then help distribute the "Hugs and Kisses" and letters to firefighters in the area who battled the recent wildfires throughout Southern California. The event was part of the school's Character Counts program, which is sponsored and promoted by Mario and Kelly Persico of Prudential 24 Hour Real Estate.



Carol Rowland, right, Keep Downey Beautiful coordinator, received a recognition award for her 15 years of service to the community at the Southern California Mormon Choir concert last Saturday. The award was presented to her by D. Mark Morris, second counselor in the Downey Stake Presidency.

The Poets' Corner It's Christmas!

I shop, and I see the Holiday décor, and wonder and shake my head at all the plunder. I need to say it's not just a holiday, nope, nope, nope I celebrate Christmas cause it's about the chosen one who brings us hope. What kind of cards do we send friends? What day did the Grinch steal to make it end? What day do children wake to open gifts given free, resting with beauty under what kind of tree? It's Christmas! It's Christmas! It's Christmas you see! It's not a Holiday to buy, buy, buy but a day to celebrate the reason why. A Child is born, the Savior has come! How could I have been so dumb? To celebrate just a holiday, And make it less than Christmas Day. --Dan Fox, Downey

Of Greater Lengths

Lust weighs in at once with love's joy Before the stars and light ploy deploy I sense the dry senselessness we speak Seeing the leak between your peace I bother not to tease of your fleece But gather the strength where I am weak To tell the words spun not so sweet Your efforts to win me over are done with, I'm sober and forth we part Not knowing truth but knowing gist as is with art. --James Hernandez, Downey

Seeking Someone Else

Well I wish I could always be the next Guy that you yearn for So that you would never leave me You left on your own terms I still had love But today the wheel does its job It turns And given some oil I'm sure it goes faster Faster than the pirate that stole your heart I guess our lives really are pretend My heart never stole, it conceived. --James Hernandez, Downey



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History Lesson

By Eric Pierce

'm not going to pretend to be experienced enough with the local political scene to know whether Councilmember Anne Bayer was wronged when she wasn't named mayor pro tem at last week's Mayoral Transition ceremony at City Hall.

But I do know, by speaking to people far more intelligent than I, that there has, indeed, been a regular rotation of the position, informal or not.

In the June 27, 1997 issue of the Downey Eagle, our own John Adams wrote about Barbara Riley taking over as mayor. He wrote: "Gary McCaughan will serve as Riley's mayor pro tem. Bob Brazelton turned down the opportunity (to) serve as pro tem as part of the regular rotation, saying he was not into ribbon cuttings and ceremonies which the mayor and mayor pro tem are expected to attend."

The key words to me are "regular rotation." That was 10 years ago.

Our own story last year on incoming mayor Rick Trejo, written by Henry Veneracion, also made mention of a "regular tradition."

Several other prominent and reputable community members echoed the sentiment that an unofficial rotation within the City Council has perpetually existed, including former mayor Diane Boggs.

The problem is that this "regular rotation" is not set in stone. It's not mentioned anywhere in the City Charter, or in the Downey Municipal Code. In fact, a "regular rotation" of mayor or mayor pro tem could potentially be illegal, since both positions are, by law, elected offices.

And Bayer hasn't exactly helped her cause this year, voting against Character Counts in Downey schools (this was when, as one city official put it, she "lost the City Council"). This newspaper has also received e-mails from her frustrated constituents, asking why their e-mails go unanswered.

As it stands, Bayer is the lone woman on the City Council, seemingly isolated from her peers.

She's like Darla in the Little Rascals, trying to gain entrance into the "He-Man Woman Haters Club."

Sigh. The whole matter seems very trite to me.

But if petty squabbles like these are all that's the matter with the City Council, I think we are all very fortunate.

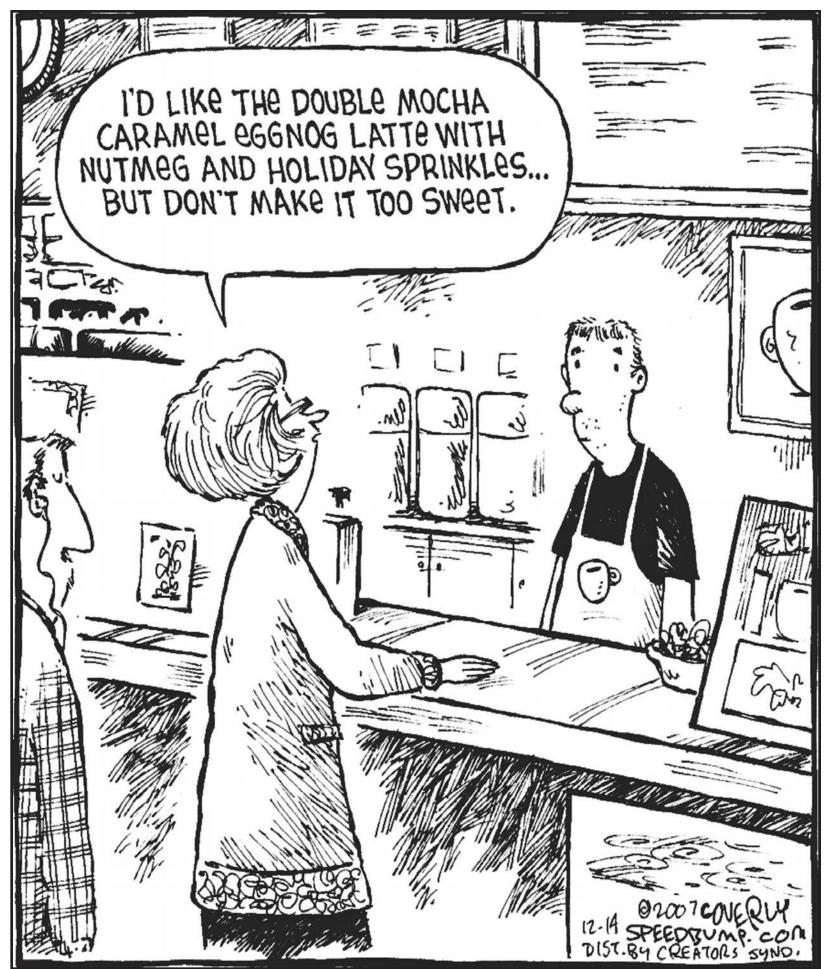
Letters to the Editor:

Rotation tradition

Dear Editor:

Good evening Mayor, because I cannot address a council member or members, I will address this to you. Since I am very involved in volunteer work in many areas of our City, I want to disclose that I am speaking only as a citizen of Downey.

On Wednesday, December 5, 2007 after the Mayoral Transition during the time allotted for public comments, I was one of three persons who spoke on the subject of the transition results. I did so under the impression that under the law I could speak without retaliation from any member of the City Council. The two other persons and I individually voiced our discontent with the vote based on years and years of transition tradition. I have been a resident of Downey exactly 50 years on December 7, 2007 and I have been a regular attendee of the council meetings for more years than I care to think of, but I do know how the transitions over the 50 years have been handled What happened last week was handled very poorly and was not right, and every member of the current City Council should have realized that there would be concerns and comments from the audience. I came here tonight prepared to hear from the Council that there is no rule on the books regarding the rotation of who would be mayor pro tem, and I would assume this is because of the Brown Act. However, because of the longtime tradition on how the transition took place, in our mind it would have been District 4's turn with Anne Bayer as mayor pro tem. You, Mayor, nominated Kirk Cartozian who transferred the vote to Guerra because, after all, under the current procedure, Cartozian would be termed out. The proper and gentlemanly thing was not done; instead, last week the City Council accomplished taking Downey back to the days of the good old boy's club, and that is a sad state of affairs. To make matters worse, Mr. Guerra decided to confront me at the reception while I was enjoying refreshments with my friends, and he said in a very loud and angry voice, "You don't know what you are saying, and the City Clerk mislead me because she did not know what she was doing." Mr. Mayor, I want to know what he meant. I want to know when Mr. Guerra was mislead by the City Clerk, did he talk to her individually, did he talk to her at a meeting when the council members were not present, or in her office. It is important to know what he asked the City Clerk and what her reply was.



The meaning of Christmas

Dear Editor:

I hate the phrase "Happy Holidays." Before the societal rush to be politically correct, "Happy Holidays" was a phrase used by people who were referring to Thanksgiving, Christmas and New Year's - the holidays.

Think twice before buying a puppy

Dear Editor:

You may want to think twice before giving your friend or family a puppy over the holidays. While holiday cards are filled with images of irresistible puppies peeking their heads out of stockings, the reality of

In closing, I think that Mr. Guerra owes me an apology and he certainly owes our City Clerk an apology as well. Mr. Mayor, I thank you for your time and your patience.

— Maria Larkin,

Downey

Editor's note: Maria Larkin read this letter during the public comments portion of this week's City Council meeting. She provided the letter to *The Downey Patriot* for publication as a letter to the editor.

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The Downey Patriot

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11525 Downey Ave., Suite A, Downey, CA 90241 Phone (562) 904-3668 * Fax (562) 904-3124 Hours Monday-Friday 9 a.m. - 3 p.m. www.TheDowneyPatriot.com The Downey Patriot is published weekly by Jennifer DeKay-Givens.

Controlled Distribution, 25,000 copies printed. Distributed by Great Western Advertising Distributors, Inc., Los Angeles, CA. Now it's used to replace "Merry Christmas." I hate that.

Almost 2,008 years ago, a very special baby was born into this world - so special, in fact, that the date of his birth is what our calendar is based upon. We began marking time the day he was born. His name was Jesus Christ, and that is what Christmas is: a celebration of his birth.

If you do not believe that Jesus Christ is the Savior who was born to atone for our sins, that is your choice. You may not know him to be the King of Kings and the Lord of Lords as I know Him. But at the very least, you must recognize that he was, in fact, born and that while he was here on Earth, he did amazing things. He was kind, loving, hopeful, righteous and good. He was an extraordinary human being while on this planet, and he certainly deserves a holiday that honors his birth. That would be Christmas. It is because of his birth that we have this "holiday" in the first place

Simply because you wish someone a "Merry Christmas" does not have to mean that you subscribe to the notion that Jesus Christ is the Savior of the world. It means that you are honoring someone who was arguably the most amazing human being ever to walk this Earth. I know him to be so much more than that, but if that's all you can wrap your mind around, fine. Honor a man who deserves honor, and please stop trying to rename his birthday.

-Sue Courtney,

Downey

CORRECTIONS

• A picture and caption in last week's newspaper detailing a Warren High School student's visit to Washington, D.C. misidentified the student. His name is Danny Rosa.

introducing a puppy to your household over the holidays can be quite different.

A puppy is not a stuffed toy. It will not take kindly to being ignored once a newer, brighter toy is discovered. Puppies need attention, training and a lifetime supply of love and care. Overexcited children may scare a puppy or neglect it, especially after it chews up their holiday toys or has an accident on the rug.

Cute puppies soon become full-sized dogs. Remember, an impulse gift over the holidays can last for 10 years or more. A dog will need training, food, shelter, medical care and exercise.

A dog is a treasure. If you want to give someone a puppy, don't have it be a surprise. Consider a gift that signifies the puppy to come or will help someone choose the right dog for his or her lifestyle. It's always best to allow the actual owners to pick out their own puppies. The person taking care of the dog for years to come needs to carefully consider adult dog size, disposition, appetite and grooming.

Attending local dog shows and finding and talking with reputable breeders will help decide what breed is best for you. The AKC publishes several free brochures on being a responsible dog owner and information on over 150 breeds of dog. All are available through the AKC website at www.akc.org.

For more information on breeds, upcoming dog shows and choosing a puppy, feel free to contact the Downey Dog Obedience Group at downeyoc@yahoo.com.

Finally, please keep in mind: A dog is for life – not just for Christmas! -Margie Grissom,

President, Downey Dog Obedience Group

Reversing the trend away from reading

BY JAN PALEN, SENIOR LIBRARIAN, DOWNEY CITY LIBRARY

n 2004, the National Endowment for the Arts published a report, Reading at Risk, identifying a national trend: literary reading by adults is on the decline. The study showed that only 47 percent of American adults now read literature. All book reading, regardless of genre, has decreased seven percent over the previous 10 years. The decline is true regardless of age, race, gender or level of education. Among young adults ages 18-24, the decline in reading is even more dramatic: 28 percent during the years 1982-2002. Reading Across the Nation, a 2007 report from the UCLA Center for Healthier Children, shows that less than half of California's children are being read to on a daily basis.

The implications for our nation are enormous. Reading and literacy skills help to shape our future success in school and on the job. They are a foundation for economic stability, personal enrichment, critical thinking and civic engagement. Studies have shown that reading may promote a healthy brain and aid in greater longevity. But for many reasons - from lack of time to the prevalence of the Internet – many people are reading less, or not reading at all.

With the onset of city-wide reading projects started in Seattle in 1998, the NEA joined in with an initiative called "The Big Read." Its goal has been to revitalize the role of reading in American public culture. By inviting citizens to read a single book together, the program has introduced the public to classics, such as "The Great Gatsby" and "My Antonia," or more contemporary works such as "The Wizard of Earthsea" and "Bless Me, Ultima.

'The prospect of an America where only a few people share a love of reading is just too sad to bear," said Dana Gioia, NEA chairman. "the act of reading is part of what makes us fully human. A great book enlightens and enchants. It awakens our imagination and enlarges our humanity."

Reading not only gives us great pleasure, but offers some practical alternatives as well. If the recent writers' strike has limited your television viewing to reruns and endless car commercials, look to your library. We have high drama, mystery series and classic comedy waiting for you on our book shelves. If your holiday entertainment budget is stretched to the limit, look to your library. We have recipes, decorating ideas and holiday books on display. If reading matters – and it should – look to your library. We can help you make reading a healthy habit, as essential as sleep, a balanced diet and exercise.

One way for Downey to reverse the trend away from reading is to initiate our own "One Book" citywide annual reading event. Together we can reverse a national trend, one city at a time, one reader at a time, one book at a time.

Page 6 Friday, Dec. 14, 2007 Comics/Crossword ______ The Downey Patriot

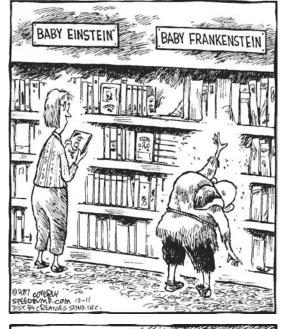
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Downey Community Calendar

Events For December

Fri. Dec. 14: Holiday Dinner & Dance. Apollo Park, 7 p.m. Sat. Dec. 15: Historical Society Open House, Barbara J. Riley, Noon Tues. Dec. 18 & Wed. Dec. 19: Santa Claus Visits the Library, 10:30 a.m. Tues. Dec. 18: Divine Talents Perform, Downey City Library, 6:30 p.m.

City Meetings

1st Tuesdavs, 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 & 4 th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber. 2nd & 4 th 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. 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. 3rd Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053. 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 862-6666.

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 at Downey High School library, 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 Barbara Briley-Beard 869-7618. 1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 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 a.m. - Downey Christian Women's Club, at Los Amigos CC, Call 927-8488. 2nd & 4th Weds., 11:00 a.m. - AARP, at Barbara J. Riley CC, Call Lorene Frazier 861-6075. 3rd Weds., - Downey Dog Obedience Club Apollo Park.

3rd Weds., 6 p.m. - American Business Women's Association, Rio Hondo Country Club, Call Barbara Carlson 863-2192. 4rth 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.

Dec. 14, 1819: Alabama joins the Union as the 22nd state.

1911: Norwegian explorer Roald Amundsen becomes the first man to reach the South Pole, beating an expedition led by Robert F. Scott.

This Day...

1946: The United Nations General Assembly votes to establish the U.N. headquarters in New York Citv.

1985: Wilma Mankiller becomes the first woman to lead a major American Indian tribe as she took office as principal chief of the Cherokee Nation of Oklahoma.

1993: A Colorado judge strikes down the state's voter-approved ban on gay rights laws as unconstitutional.

1999: Charles M. Schulz announces he is retiring the "Peanuts" comic strip.

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Fridays

7:30 a.m.: Pro Networkers, at Mimi's Cafe, for information call Barbara Briley Beard at 869-7618 3rd Fri., 8:30 a.m.: Women's "In His Glory" Ministry at Los Amigos C. C. (562) 622-3785.

> 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.

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PUZZLE PRIZE CONTEST! Try Stan Newman's WordWit Puzzle™ at www.StanXwords.com

YMCA shutting down preschool program

CONTRIBUTED BY DOWNEY FAMILY YMCA

Over 30 years ago the Downey Family YMCA initiated and developed a preschool child care program to meet the growing needs of the community. Mothers returning to work now had a safe and viable option for their children, and the success of the program encouraged a multitude of other new centers to open throughout the service area.

Today, Downey child care programs continue to thrive, and even more new preschool programs are under development. The Downey Family YMCA recognizes this success and has chosen to close its preschool in order to reallocate its resources for other community youth programs.

The YMCA preschool will cease operations on January 15, 2008, and efforts are underway to work with parents, children and staff to help find suitable alternatives. The YMCA is committed to making this transition as smooth as possible.

The Downey Family YMCA extends its gratitude to all the families, individuals and businesses that helped make this one of the most successful and long-lasting youth programs in the area's history. The YMCA looks forward to continuing their involvement with the Downey community.

Contact John R. Swift at (562) 862-4201 for further information.



Downey Girl Scout Troop #248 was one of many parade entries at the 56th Annual Holiday Lane Parade. "Camp Christmas" was the biggest parade entry the troop had ever worked on.



Downey Regional Medical Center was the major sponsor for the 56th Annual Holiday Lane Parade. Their float, "Giving Back," pictured

Hall of Fame coach began career at Warren

BY BROOKE KARLI, STAFF WRITER

DOWNEY - With almost 40 years as a successful track and field coach, John Mitchell, who coached at Warren High School from 1958-1965, will be inducted into the United States Track & Field and Cross Country Coaches Association (USTFCCCA) Hall of Fame on Tuesday in Phoenix, Ariz.

Mitchell, 72, began his coaching career at Warren in 1958, launching the school's corrective physical education program and teaching driver's education. For four years, Mitchell coached track and field as an assistant coach. Mitchell left Warren for one year to become head coach at Azusa High School, a position he left after Warren asked him to return as head coach. He remained at Warren until 1965, when he accepted a coaching position at the University of Kansas.

"The athletes at Warren were the reason I got the job at Kansas," said Mitchell, a previous Downey resident for over five years. "They were the ones that got me recognized and I was ready to take coaching to the next level."

For four years, Mitchell served as a recruiter and assistant coach, specializing in jumping events.

"Kansas already had a great program when I got there," Mitchell said. "We were just trying to keep it up and build on it."

In 1969, Mitchell was hired at the University of Alabama as the head men's coach. Prior to him going to Alabama, the University of Tennessee had won eight straight Southeastern Conference (SEC) indoor titles. In 1972, Mitchell's men broke Tennessee's winning streak by capturing the Conference Championship. They also captured the SEC Outdoor Championship in 1980.

One of Mitchell's biggest accomplishments while at Alabama was the start of the women's track and field program, which he began in 1976. When the program started, it was under the sponsorship of the Association of Intercollegiate Athletics for Women (AIAW). The program later joined the National Collegiate Athletic Association (NCAA) in 1982.

For many years, the men and women's National Championships used to be held on the same weekend, forcing Mitchell to choose between the two events. But as a member of the NCAA National Rules Committee, he voted to get the men and women's NCAA Championship venues changed to the same location.

"I was very selfish in my voting," joked Mitchell. "I just wanted to see both my teams at Nationals."

Mitchell left Alabama in 1986 to pursue a position in administration. A year later, George Mason University hired him as assistant athletic director.

"I enjoyed doing administration, but I really missed the kids and coaching," Mitchell said.

After completing two years at George Mason, the University of Georgia hired him as men and women's head coach in 1989.

While at Georgia, he led the men's team to five top-10 finishes in the NCAA Outdoor Championships. He also led the women's team to their first NCAA Outdoor Championship in 1995, finishing third. That same year he was named "Conference Indoor and Outdoor Coach of the Year." A year later, the women came in second at the 1996 NCAA Indoor Championships.

"John Mitchell is one of those legendary coaches with almost 40 years

Ezra Center clarifies Jewish idioms

DOWNEY - Temple Ner Tamid's Ezra Center for Mature Adults will have their next meeting on Tuesday at 10 a.m.

Registration and refreshments begin at 9:45 a.m., followed by the program, which will feature "Mentsch, Bentch, and Kvetch: Demystifying Jewish Lingo," presented by Rabbi Rebecca Yael Schorr.

Schorr, Associate Rabbi of Congregation B'nai Tzedek in Fountain Valley, will make Jewish idioms understandable and accessible during the presentation.



Photo courtesy Georgia Sports Communications

of coaching experience behind him and he is truly one of the top coaches of all time," Georgia head coach Wayne Norton said on www.georgiadogs.com. "He is remembered around here for his success at Georgia, but that is only the tip of the iceberg."

In 1999, Mitchell left Georgia, retiring from his career as a coach.

Mitchell's longtime career will be honored and celebrated next week at the USTFCCCA's annual convention. Joining him in the Hall of Fame Class of 2007 are Lew Hartzog (Southern Illinois); Cyrus Jones (Lincoln); Tom Jones (Florida); Beverly Kearney (Texas); Irv Mondschein (Pennsylvania); Jim Sackett (Cal Poly Pomona); and Karl Schlademan (Michigan State). "When I found out I was getting inducted, I got goosebumps," said Mitchell. "This honor is only because of everything my assistant coaches and athletes accomplished - I just sort of stayed out of the way. What makes the event even more special is that five of the other honorees are some of my closest friends.

"And I wouldn't be getting this award if it weren't for the opportunity I had to coach at Warren. That's where it all started and I'm very grateful for that."

In addition to coaching track and field, Mitchell also coached cross country at every school except Kansas. Mitchell graduated from Narbonne High School in 1952, where he participated in cross country and track and field. He later graduated from California State University, Los Angeles with a degree in physical education in 1958, where he participated in cross country and track and field as well.

Mitchell currently resides in Tucson, Ariz. with his wife of 51 years, Jeanne. Jeanne is a graduate of Downey High School and the two wed at Downey United Methodist Church. They have two children, John and Michelle, three grandchildren and two great-grandchildren.

For more information on John Mitchell, visit www.ustfccca.org.

Dinner and dance for Downey kids

DOWNEY - The City of Downey Community Services Department is holding a Holiday Dinner and Dance for middle school-age children tonight at 7 p.m. at the Gary P. McCaughan Gymnasium at Apollo Park. Kids should dress is semi-formal attire.

Children must attend school or live in the city of Downey to attend. The cost is \$10 and includes an Italian dinner, dessert and dance music provided by DJ Rudy.

For an additional \$5, kids can have their pictures taken and receive a

above, included toys, contributed by the hospital's staff, which will be donated to less fortunate children in Downey this holiday season. DRMC has been the parade's major sponsor for over 15 years.

Orientations for foster-adoptive parents

SANTA FE SPRINGS - The Aspira Foster & family Services hosts orientations every Tuesday at 10 a.m. for those interested in becoming a foster-adoptive parent.

Orientations are held at 10350 Heritage Park Dr. Suite 202 in Santa Fe Springs. For information, call Claudia at (562) 941-6967.

A catered Kosher luncheon will be served following the program. Cost is \$6 for Ezra members and \$7 for non-members.

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

Bernabé taking soccer sign-ups

DOWNEY - The Bernabé Community Center After School Sports Program is now taking sign-ups for boys and girls ages 11 to 14 who are interested in playing soccer.

Sign-ups are being taken at Lakeside Middle School.

For more information, or to sign-up over the phone, call Dennis Dennehy at (562) 863-1899, or email dennis@bernabecc.org.



CD of the pictures as a holiday keepsake. For more information, call (562) 904-7238.

Temple hosts 'An Evening of Song'

DOWNEY - Temple Ner Tamid of Downey will be hosting "An Evening of Song" on Jan. 19 at 7 p.m.

The evening will feature ritual, stage and hit parade music, starring Cantor Ellen Jaffe-Gill, with special guests Hazzan Jay Harwitt and Soprano Leah Ellias. General admission is \$18 and reserved seats are \$36. For information, call (562) 861-9276.

Christmas Eve Worship Service Monday, December 24th 6:00 pm **Downey First Christian Church** Iglesia Cristiana de Downey



You are invited to come join family and friends in the community as we remember the birth of Jesus Christ and celebrate together the real reason for the Christmas Season. This year our Christmas Eve will be filled with candlelight, communion, music and a message - followed by a time of drinks and dessert. This worship service is a great opportunity for the family to spend time together at church during the holday season - and for

your convenience, quality childcare will be provided for birth through preschool-aged children.

10909 S. New Street Downey, CA 90241 (one block north of the Krikorian Theater) 562-862-2438 (english) 562-862-7418 (español)







To Know Christ and Make Christ Known 6:00 p.m. Sunday the 16th Christmas Musical 5:30 p.m. Monday the 24th Christmas Eve Children's Service 11:00 p.m. Monday the 24th Christmas Eve Candlelight service 10544 Downey Avenue at Seventh Street

562-862-7720 Thursday Mid-Week Service 7:00pm Sunday Worship Service 8:30am Please come and listen to a powerful message that

will challenge you to make personal changes in your mind, body, and spirit. Your life, your family, your finances, and your future will never be the same after you experience these awesome teachings from the Word of God. Join us at Action Faith Ministries

Downey Seventh-day Adventist Church

Celebrate Christmas with us Saturday, Dec. 22 at 11:00AM

Seasonal Music, a Drama, & a Word from Pastor Mitch

9820 Lakewood Blvd. - 562.869.6013 www.downeychurch.org

with Desert Reign Assembly of God Sunday, Dec. 16, 10:15 a.m. @ Babara J. Riley Community Center 7810 Quill Dr., Downey, CA 90241 (562) 803-9093 www.desertreign.org

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December Fashion Tips





The following fashion tips are courtesy the "Teen Life of Style Crew" of Stonewood Center, Lakewood Center and Los Cerritos Center. For more fashion tips, visit www.teenlifeofstyle.com.

"All in One" - Chad: Are you having trouble trying to choose that perfect gift for the holiday? Well no need to stress anymore, because I found the new Apple iPhone that everyone will enjoy. It has every feature you can think of - touch screen, iPod, cell phone, camera, and thin, sleek look. What more do you need? You can pick this up in the mall at any AT&T booth at an affordable price. Why go out and buy a new phone and iPod when you can get it all in one at a lower price?

"Winter Warm" - Carlee: The holiday season isn't the only thing that is approaching us so soon. Can't you feel that cool winter chill just around the corner? There is no better gift you could give a girl for this nippy season than a cute coat. Dress it up, dress it down, it's good for all occasions.



This brown wool coat is available at Forever 21 at Los Cerritos Center for \$64.80.

"Full-'Fuel' His Holiday" -Matt: Halloween? Check. Thanksgiving? Check. The holidays? Stop. Festive music fills the atmosphere and sweet aroma drifts through the air - that must mean one thing: the holidays are here. Now, here comes the dilemma what do I get for my friend? Well, there's always gift cards, but even that could be frustrating at times. Instead, let me introduce you to "Fuel for Life" by Diesel, a new cologne for men that will deluge your best bro with its striking scent. Heck, they didn't put "Use With Caution" on the bottle for nothing. Besides, aside from the scent, the bottle has a tight-looking rugged feel to it. You can pick up this sweet gift at Macy's at Stonewood Center. For \$44.50 (1.7 oz.) and \$59.50 (2.5 oz.), you better believe this gift will full-"fuel" your friend's needs this winter season.

"Bags, bags, bags!" - Priscilla: The hottest gift to give a girlfriend,





daughter, or a friend would definitely have to be a Betsey Johnson bag. Seriously, it's impossible to go wrong - her designs apply to almost any type of person. Big, small, clutches, duffles - Betsy has them all, at very affordable prices too. They can be found under \$100 at Up Against the Wall at Lakewood Center. Think outside the box this year and give a funky glam gift. Happy Holidays!

"Just Like Cash'- Josh: The Visa "One Great Gift Card" is a perfect gift for this holiday season. It works like cash, and can be used at any store in the mall, for any transaction. It can even be used to buy gas. Visa gift cards are available in several amounts ranging from \$20 to \$500. This gift card makes one great gift for anyone on your list.

"Shop 'Til You Drop" -Brianna: What a way to begin the Christmas holiday season. When someone asks you what you want for Christmas, say a Visa gift card from Lakewood Center. Every teen will enjoy dressing themselves, buying undergarments, clothing, shoes and accessories, and even lunch.



Santa gives cheer to children

BY HENRY VENERACION, **STAFF WRITER**

here was no telling Tuesday, at the traditional lunch with Santa hosted by the Downey Rotary for DUSD 2nd graders held at the Rio Hondo Event Center, how the young tykes-33 boys and 33 girlswould interact with Santa at the moment of confrontation. But after every boy received his gift of a toy truck, and every girl her Holly Hobbie set, with a bag of goodies thrown in, everything seemed swell, and there was no mistaking the magic of Christmas filling the air.

It was the same with the kids six each from 11 DUSD schoolsas with the Rotarians who feted them, the teachers/principals/chaperones (two to a table) who accompanied them, and the appreciative

guests who celebrated the bright and happy event with them. Johnny Croshaw led the singing of "Rudolph the Red-Nosed Reindeer" and "Jingle Bells," exhorting the kids to raise their voices, the better for Santa to hear.

After all the excitement was over, I interviewed Santa (a redcheeked Mike Pohlen) what he told the kids, as one by one they sat on his knee, then were photographed with him by Kevin McDonald. Santa said he mainly posed the leading question, have they been good this year? Invariably, Santa said, the swift answer was in the affirmative: "I've been very good." Santa then, knowingly, added: "This is no time to be truthful. They all know what to say."

Santa then recounted how there was this little boy at the same Christmas occasion sometime ago

who sat at his table and would not open his gift. Prodded a number of times, he still wouldn't open the gift, even though all about him the other kids were hardly able to contain their jubilation over their Christmas 'haul.' Finally, the little boy said, "I'm taking mine home to my little brother, because he has no toy."

In another instance, Santa said another little boy looked up imploringly at him and said, "I don't have a father. Will you be my father?"

It's not hard to fathom the Rotary's-and the generous sponsors'-motivations in holding this annual event. If nothing else, at the minimum, it provides a momentary stay of insensitivity to little children's ills and hurts.

Seniors treated with holiday gifts

DOWNEY - Hundreds of local senior citizens are receiving gifts and companionship this year as Home Instead Senior Care embarks on its "Be a Santa to a Senior" program, now in its fourth year.

The program targets seniors with no family or friends who may feel lonely during the holidays.

"We see older adults who have no one during this festive season and that makes for a very sad and lonely time," said Leslie Cabral, owner of the Home Instead Senior Care office in Downey. "Whether they are in a nursing home or in their own homes, where more are choosing to stay, it's important to reach out to isolated older adults during this special time of the year."

The programs works by identifying needy and isolated seniors in Downey. Their names and gift requests are placed on Christmas tree ornaments, the tree being



Members of last year's Miss Downey Court participated in the "Be a Santa to a Senior" program last year, helping wrap and deliver hundreds of gifts to local seniors.

gifts to the seniors.

the way many view the needs of seniors during the holidays," Cabral said. "We hope that the community will support our efforts as a way of giving back to the seniors in our area who have given us

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Richard Carpenter performing tomorrow

LONG BEACH – Richard Carpenter and his daughter Mindi will be performing in "Christmas Time is Here" tomorrow at 2 and 7 p.m. at the Carpenter Performing Arts Center in Long Beach.

Carpenter is best-known as one-half of The Carpenters, one of the best-selling musical groups of the 1970's. Both Richard and Karen are alumni of California State University, Long Beach and the Carpenter Performing Arts Center is named in their honor.

"Christmas Time is Here" is Musical Theatre West's annual concert of music of the yuletide season and features live singers and dancers with an onstage orchestra and special guests. This year's performance will continue the tradition that Musical Theatre West has established by bringing together many of their stars from past productions in an all-new celebration of the holiday season.

In addition to Richard and Mindi Carpenter, the cast will include Darcie Roberts, Kevin Earley, Tami Tappan Damiano, Stan Chandler, Elizabeth Ward Land and John Bisom.

Additional "Christmas Time is Here" performances will be on Sunday at 2 and 7 p.m. Tickets are \$35 for adults, \$20 for full-time students with identification, and \$15 for children 12 and under.

The Carpenter Performing Arts Center is located at 6200 Atherton St. in Long Beach, on the campus of California State University, Long Beach.

For information, or to purchase tickets, call (562) 856-1999, ext. 4, or visit www.musical.org.

Santa Claus stopping by the library

DOWNEY – Children ages 3 to 5 are invited to share their Christmas wish list with Santa Claus next week, as he will be participating in preschool storytime on Tuesday and bilingual storytime on Wednesday, both from 10:30 to 11 a.m., at the Downey City Library.

After listening to holiday stories read by the children's librarian, kids will be able to meet St. Nick in person, and even share their favorite book with him.

"This is a perfect photo opportunity," said children's librarian Gina Orello. "Parents and grandparents are invited to bring their cameras for a holiday picture."

The Downey City Library is located at 11121 Brookshire Ave. For information, call (562) 904-7360, ext. 27.



Divine Talents, a non-profit music education group, will perform at the Downey City Library this Tuesday at 6:30 p.m.

Divine Talents perform at the library

DOWNEY – The Downey City Library will host a performance by



Richard Carpenter and daughter Mindi will be performing in "Christmas Time is Here" tomorrow at 2 and 7 p.m. at the Carpenter Performing Arts Center.

New & noteworthy titles at the Downey City Library

Fiction

•"*Candy Cane Murder*" by Joanne Fluke, Laura Levine and Leslie Meier. An entertaining yuletide anthology of three cozy mystery novellas.

•"*Cat Deck the Halls*" by Shirley Murphy. Feline P.I. Joe Grey and friends must catch a holiday killer in this popular series.

•"A Christmas Beginning" by Anne Perry. In a new mystery that weaves the original Christmas Story with her own holiday tale, Perry explores the meaning of Joseph's secondary role compared to that of Mary and Jesus.

•"*The Christmas Pearl*" by Dorothea Benton Frank. At her South Carolina mansion, 93-year-old matriarch Theodora gathers her family around for the holidays: if only she could put up with them.

•"*A Family Christmas*" by Caroline Kennedy-Schlossburg. A collection of favorite holiday tales and family traditions for those who love to celebrate the spirit of the season.

Non¥Fiction

•"*Children's Book of Baking*" by Fiona Patchett. Simple, step-by-step instructions for making tasty treats.

•"*Christmas 101: Celebrate the Holiday Season from Christmas to New Years*" by Rick Rodgers. With good humor, Rodgers offers reassuring, "anyone can do it" advise for holiday entertaining.

•"*Christmas with Artful Offerings*" by Karina Hittle. The author gives designs for holiday-inspired quilting and sewing crafts.

•"Christmas with Paula Deen: Recipes & Stories from My Favorite Holiday" by Paula Deen. The cookbook author and Food Network superstar offers recipes, photographs and family memories.

•"*Hometown Recipes for the Holidays*" by Candace Floyd. Recipes for celebrations throughout the year from readers around the country.

'The Nutcracker' playing in Downey

DOWNEY – Tickets are still available for "The Nutcracker" ballet to be presented by the Southern California Dance Theatre at the Downey Theater, 8435 Firestone.

Performances are Saturday at 7:30 p.m. and Sunday at 2:30 p.m. For ticket information, call (562) 496-1766.

New Entertainment this week

CD Releases

Mary J. Blige - Growing Pains Rivers Cuomo - Alone: The Home Recordings of Rivers Cuomo Jaheim - The Makings of a Man WWE - WWE Raw's Greatest Hits Chingy - Hate It or Love It Keller Williams - 12 Mike Jones - Running 4 President Kirk Franklin - Fight of My Life Arctic Monkeys - Teddy Picker Underworld - Boy Boy Boy KISS - Kissology, Vol. 3: 1992-2000 Source: Amazon.com

DVD Releases

MOVIES 'Balls of Fury'' 'Once'' 'National Treasure'' "The Simpsons Movie'' "Stardust'' "Underdog'' "Rush Hour 3'' TV/MISC. "One Tree Hill" Season 4 "Bladerunner" "Cinderella 2''

Source: Amazon.com

Video Game Releases MX vs ATV: Untamed - PS2, X360, PS3 Rock Band - PS2 Indy 500 Legends - Wii Kawasaki Quad Bikes - Wii Kidz Sports: Basketball - Wii Mythmakers: Orbs of Doom - Wii Source: ebgames.com

Van Halen - Honda Center THURSDAY Metal Blade - Galaxy Concert Th. Sugarcult - HOB Anaheim Source: Casenet Book Releases "The Sweet Far Thing" by Libba Bray "Censoring Science: Inside the Political Attack on Dr. James Hansen and the Surprising Truth About Global Warming"by Mark Bowen "Diablerie" by Walter Mosley "Dragon Harper" by Anne McCaffrey "Firstborn" by Arthur C. Clarke "The GenoType Diet: Change Your Genetic Destiny to Live the Longest, Fullest and Healthiest Life Possible" by Peter J. D'Adamo Source: barnesandnoble.com

Concerts

FRIDAY, DEC. 14

Lisa Lisa - Gibson Amphitheatre

Social Distortion - HOB Anaheim

Lamb of God - Long Beach Arena

Social Distortion - HOB Anaheim

SUNDAY

TUESDAY

Brian Culbertson, Gerald Albright

Stevie Wonder - Nokia Theatre

Tori Amos - Grove of Anaheim

Tori Amos - Nokia Theatre

- Grove of Anaheim

SATURDAY

RZA - El Rey Theatre

Etta James - Wiltern



Divine Talents, a non-profit music education group, on Tuesday at 6:30 p.m.

The singers, grades kindergarten through eighth, will perform holiday carols inside the library. The community is invited to attend the free event.

Under the direction of John Heideman and Tim Garcia, Divine Talents has also performed at the Holiday Lane Parade, Kids Day and Stonewood Center.

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



Visit the library at 11121 Brookshire Ave. or www.downeylibrary.org or call (562) 904-7360 ext. 3 to check out or reserve these new titles.

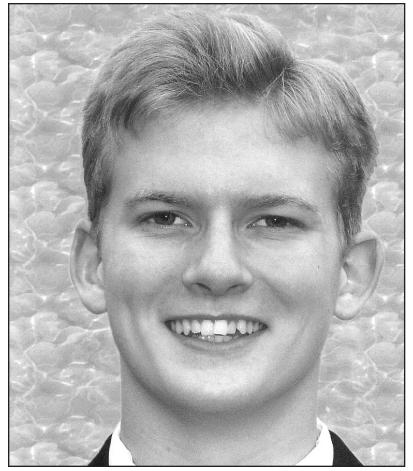
YOU INVITE THE GUESTS... WE'LL DO ALL THE COOKING!



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Pictured are, left to right, Mario J. Pérez, director, Office of AIDS Programs and Policy, County of Los Angeles; Congresswoman Lucille Roybal-Allard; and Oscar de la O, Bienestar president and CEO. The three united at the Bienestar World AIDS Day, which honored family and friends who passed away from HIV and AIDS.



Brandon Ready has returned from his two-year mission for The Church of Jesus Christ of Latter-day Saints. Ready served his mission at the Pocatello Mission in Idaho. Ready will speak about his mission on Sunday at 10:45 a.m. at the Downey 2nd Ward, located at 12425 Orizaba Ave. He is the son of Melvin and Laura Ready of Downey.

Roybal-Allard honors those affected by AIDS

LOS ANGELES – Congresswoman Lucille Roybal-Allard (CA-34) joined more than 300 individuals at Bienestar's World AIDS Day commemoration event to honor family members and friends who passed away from HIV and AIDS.

Bienestar, a non-profit organization that provides HIV/AIDS services to Latino families and other underserved individuals, conducted the event at Our Lady Queen of Angels Church in Placita Olvera in Downtown Los Angeles. Speaking entirely in Spanish, the congresswoman applauded Bienestar for its longstanding commitment to enhance the health and wellbeing of Latino and underserved communities through culturally appropriate services. She also commended each member of the audience for the support and hope they give to each other and to all who are directly or indirectly affected by HIV and AIDS.

Established in 1989, Bienestar, which means "well-being" in Spanish, serves families throughout the counties of Los Angeles, with offices in East and South Los Angeles and Hollywood, San Bernardino, and San Diego, providing community education, advocacy, and other direct services such as HIV testing, counseling, and drug and alcohol education and prevention.

Red Cross offering disaster orientation

CONTRIBUTED BY THE AMERICAN RED CROSS

LOS ANGELES – The wildfires showed the need for continuing the *Catastrophic Disaster Preparedness Plan* the American Red Cross of Greater Los Angeles began earlier this year. The Los Angeles Chapter has a *Catastrophic Disaster Plan* to increase the number of trained volunteers and equipment necessary for disasters in the Los Angeles Area. An orientation will be available at the American Red Cross East Los Angeles Service Center on Tuesday from 6:30 to 8:30 p.m. The Center is located at 2227 S. Atlantic Blvd.

"We have to be ready for a major disaster in the Los Angeles area," said Paul Schulz, CEO of the American Red Cross of Greater Los Angeles. "Red Cross has to be ready to meet the emergency needs of the people in the area."

Disaster can come in many forms – fires, earthquakes, floods and manmade incidents of destruction. American Red Cross estimates that nearly a quarter of a million people will be left without shelter in the aftermath of a major 7.8 magnitude earthquake centered near the greater Los Angeles area. The American Red Cross of Greater Los Angeles will need to be able to care for the immediate needs of these people for approximately seven days before additional resources and assistance will be brought into the area.

The American Red Cross of Greater Los Angeles has begun to strategically place shelter resources in the greater Los Angeles area, including cots, blankets, food and water supplies. The Chapter is also working with key partners such as the City of Los Angeles to train thousands of employees to serve as Disaster Service Workers in the wake of such an event. In addition, recruitment of individual citizens to serve as volunteers has been stepped up.

To attend the orientation session, contact Maria Elizondo at (818) 840-1084.



Dr. Mary Stauffer, middle, poses with siblings Mariah and Mark Montero, both of whom received the Stauffer Scholar Award. They were each awarded a \$500 grant to be used for their college education. Mariah and Mark are honor students at Griffiths Middle School.



Jan Scott, left, and Bonnie Barler are pictured preparing gift bags for the Soroptimist Village Annual Christmas Party, which was held yesterday. Soroptimist International supports the senior living facility each year by providing gift baskets and serving dinner to over 60 residents. Farmer John also provided gift certificates to each resident.

Santa Claus is calling Downey children

DOWNEY – Children ages 4 to 8 can receive a surprise phone call from Santa Claus through a program by the City of Downey Community Services Department entitled, "North Pole is Calling You."

To participate in the free program, parents or guardians must fill-out a card from the Community Services Department at City Hall with information on each child, including their name, pronunciation of name, parents or guardians' name, sex of the child, address, hobbies and interests, school, and holiday "wish list."

The cards must be submitted back to Community Services by 5 p.m. today.

Santa Claus will make his calls Dec. 19-20 between 6 and 7 p.m. He will have a brief chat with each child.

For more information on the program, call (562) 904-7238.



Obituaries Page 11 Friday, Dec. 14, 2007

Tibor Paul known for several radio programs

DOWNEY – Tibor Paul, a former Downey resident for 30 years, passed away on Dec. 10 as a result of renal failure and pancreatic cancer. He was 81.

Paul was born on Sept. 14, 1926 in Zichydorf, Hungary. He immigrated from Hamburg, Germany to the U.S. in 1959, residing in Los Angeles. Paul worked as a butcher in Vernon for 30 years and began his German-American Broadcast program on KMAX in Los Angeles in 1966.

The German-American Broadcast and European Music Box programs aired for 34 years in the Los Angeles area, airing on numerous radio stations including KBBI, KUTE, KFOX, XTRA and KCSN. The broadcast moved to radio station KPCC at Pasadena City College in the mid-70's and remained there until the show went off the air in 2000.

Paul received several awards of recognition from various German-American organizations and social clubs, the City and County of Los Angeles, and a medal of merit from the German government for promoting German culture.

He loved music, German heritage and culture, and animals.

Paul was preceded in death by wife Maryann in 2003.

He is survived by son Alex; friend Joe; and many others.

A memorial service will be held on Dec. 22 at 10 a.m. at St. Stephens Catholic Church, 3705 Woodlawn Ave., Los Angeles.

Nancy Monaco was a 50-year parishioner

DOWNEY – Nancy Monaco, a 55-year Downey resident, passed away on Dec. 2. She was 91.

Monaco was born on Nov. 21, 1916 in Panarea, Italy. She came to the United States via Ellis Island and settled in Brooklyn, New York with her family. It was there she met and married Vincent Monaco. They wed on Dec. 20, 1936.

They then moved their family to Downey in 1952 and resided here until their passing. She was a 50-year parishioner of St. Raymond Catholic Church and was active in the Italian Catholic Federation and the Newcomers Club. She also enjoyed playing Bingo, cooking and crocheting and knitting.

Monaco was preceded in death by her husband in 1989; daughter Emily in 1994; and granddaughter Gina Monaco-McIntosh in 2007.

She is survived by son Michael; daughter-in-law Linda; brothers Sleme Tesoriero and Leone John Tesoriero; grandson Vincent; greatgrandchildren Dana, Nathan and Andy; and numerous cousins, nieces and nephews.

A vigil was held last Sunday at Downey Zrelak Family Mortuary. Funeral Mass was held at St. Raymond Catholic Church, followed by interment at Rose Hills Memorial Park.

Lucille Ethel Hull was longtime school teacher

DOWNEY – Lucille Ethel Hull, 55-year Downey resident, passed away on Dec. 5. She was 87.

Hull was an elementary school teacher and retired from ABC Unified School District at the age of 70. She was involved with the Downey City Library Volunteers program and participated in the Christian Women's Association.

She is survived by daughters Roberta (Chuck) Smith, Luanne (Dale) Williamson, and Helen (Mike) O'Brien; and grandchildren Kelly Williamson, Karen (Sean) Walter, Karla (Todd) Olson, Hayley O'Brien and Danielle O'Brien. Services were held on Monday at First Baptist Church of Downey, followed by burial at Forest Lawn Memorial Park in Cypress.



Tibor Paul, whose German-American Broadcast and European Music Box radio programs aired for over 30 years, passed away on Dec. 10. He was 81.



Nancy Monaco, a longtime Downey resident and parishioner of St. Raymond Catholic Church, passed away on Dec. 2 at the age of 91.

Ruth Barbara Miller was longtime librarian

DOWNEY – Ruth Barbara Miller, a City of Downey for 25 years, passed away on Nov. 28. She was 91.

Miller joined the library in 1958, which at the time was in the back of Rex Dyer's Bookstore on Downey Avenue. During her tenure, the library's facility grew to the current 27,500 square foot building. The library later named its Children's Room the "Ruth C. Miller Children's Library" in her honor.

Miller was preceded in death by daughter Eleanor and husband Roland.

She is survived by partner Bill Wallace; sons Robert, Eric and Roger; sister Elinor; seven grandsons; and one great-grandson.

The family asks that donations be made to PEO, Palm Desert, or Friends of College of Desert Library.

Horace Lee Trafford an active member of Downey

DOWNEY – Horace Lee Trafford, Jr., an active member throughout Downey, passed away on Sept. 9. He was 83.

Trafford was born in 1924 in Hollywood to Horace Lee and Mabel Snell Trafford. He graduated from Hollywood High School in 1942, later joining the Merchant Marines and serving during WWII. Following the war, Trafford received his bachelor's degree from the University of Southern California and graduated from Stanford University in 1952 with a degree in law.

Trafford later opened a law office in Downey, where he was also active in Rotary, Masons, the Downey School Board, and the First Baptist Church of Downey.

In 1996, Trafford retired from law and moved to Leisure World in Laguna Woods, participating with veterans' organizations and music appreciation groups. He also remained an active part of the Stanford alumni, taking his children and grandchildren to his 50th class reunion in 2002. Trafford was preceded in death by sister Lucille Pauley.

He is survived by children Tara Tarries, Wendy Trafford-McKenna and Clark Trafford; and grandchildren Melissa Clare McKenna and Faith Marie McKenna.

Services were held on Sept. 13 in Laguna Woods.

Anyone wishing to make a memorial donation in Trafford's name may do so to the Stanford Law School, or to the Disabled American Veterans.

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Arrangements were made by Miller-Mies Mortuary.

James B. Audette enjoyed fishing

DOWNEY – James B. Audette, longtime Downey resident, passed away on Dec. 9 at the age of 66.

Audette was born on Dec. 13, 1940 in Illinois. He worked for hardware supply company C.R. Laurence for over 45 years as the president's assistant and was an avid deep sea fisherman.

He is survived by wife Ramona; daughter Jennifer Henningfield; sons Jim and John; and six grandchildren.

A memorial service will be held tomorrow at the Downey Memorial Chapel at 1 p.m.

The family was assisted by Risher Mortuary and Cremation Services.

To eat or not to eat: that is the question

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER LAKEWOOD – Many people have conflicting feelings about the holidays. Getting together with family in celebration is great. The decadent displays of food usually presented at gatherings are another story. The turkey's tempting, the ham is enticing, and did that pumpkin pie just call your name?

"Trying to eat healthy amidst such an array of indulgence presents some challenges and a test of will power to be sure," said Sanat Patel, M.D., LRMC internal medicine physician. "But taking a few steps before and during holiday parties may help you control your eating."

Eat light meals and snacks on party days so you may enjoy richer foods at the event. Fill up on vegetables and salad so you're less hungry. When you do eat that dessert, savor smaller portions.

While you're at the party, try focusing on the people and conversations, the atmosphere and decorations, and not the food.

Consider baking desserts yourself rather than buying them pre-made. This allows you to control the fat content. Reducing the amount of fat in some recipes can produce healthy alternatives.

Some recipes will produce a slightly different product if changed. Recipes for candy, jelly and pickles shouldn't be changed. Some "forgiving" recipes include nut breads, moist cakes and some cookies.

With moderation, you can have a taste of your favorite holiday foods without the guilt, or the extra pounds.

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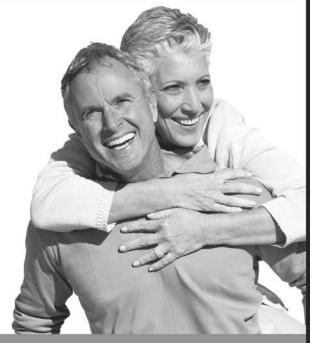
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GOT A BEEF? **AN OPPOSING VIEW ?** WANT TO SAY A FEW WORDS OF PRAISE ?



DROP US A LETTER TO THE EDITOR....



The Downey Patriot

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Letters may be edited for style, space and/or content

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- Doin

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Maria Larkin of Advantage Real Estate has been awarded the 2008 Realtor Broker of the Year, while Edwin Huber of Century 21 My Real Estate was awarded the 2008 Realtor Associate of the Year, by the Downey Association of Realtors.



The Downey Association of Realtors awarded Steve Roberson of Century 21 My Real Estate the Service to Community Award for his work done throughout Downey.



Helen Lancaster of Prudential 24 Hour Real Estate was awarded the Distinguished Service Award by the Downey Association of Realtors.



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"Claudia Beas and Ruperto Munoz were great to work with and did a very good job."- Juan Ortega







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