



The Downey Patriot



CHP welcomes Warren grad
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Croshaw croons at OASIS class
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Storm brings home trophy
See Page 3

Friday, January 4, 2008

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8301 E. Florence Ave., Suite 100, Downey, CA 90240



Forty-five fourth and fifth grade students from Gauldin Elementary represented the city of Downey when they participated in a 5K race in Los Angeles on Dec. 16 in an effort to increase drug awareness and education. The students, who were joined in the race by family and staff of Gauldin, were sworn in as "Drug-Free Marshals" at the conclusion of the mostly-uphill race. As Drug-Free Marshals, the students pledged to remain drug-free and to encourage their peers to do the same. The day ended with a fifth grade Gauldin student winning a 50-yard dash and accepting her prize of brand new Adidas running shoes, not yet available to the general public. "Overall, it was a rewarding day just knowing that the kids walked away with so much knowledge that they can apply to their everyday lives," said Alex Gaytan, a Gauldin staff member.

Gauldin Fitness Club strong in body and mind

■ Students learn what it takes to be an upstanding citizen.

BY BROOKE KARLI, STAFF WRITER

DOWNEY – Almost every elementary school within Downey Unified School District has a fitness club, but none is like that of Gauldin Elementary.

Currently, 70 fourth- and fifth-graders participate in the after-school program, with another 70 on a waiting list. However, the club wasn't always this popular. In fact, according to Alex Gaytan, the club's current instructor, the Gauldin Dolphin Fitness Club, as the kids used to say, was just another physical education class. That is, until the summer of 2005.

"The club originally had only 20 students and only met for a half-hour after school," said Gaytan, a 15-year Downey resident. "I wasn't seeing results in some of the kids' overall health and was inspired to devise a new fitness club that would be completely different than PE."



Fresh with ideas and highly motivated, Gaytan, 32, took over the club and tackled a Summer Fitness Program over the summer of 2005 as his first project. That summer turned the club into a program that met every Tuesday, Wednesday and Thursday after school for one hour, with the occasional Saturday workout thrown into the mix.

"At first the kids weren't into it," Gaytan said. "But when I started incorporating 'MyPyramid for Kids,' food journals and 'Pursuing Victory with Honor,' parents began pushing their kids to join."

"MyPyramid for Kids" promotes healthy living by attaining balanced eating habits, as well as participating in regular exercises. Gaytan also has the kids write what they eat on a day-to-day basis in food journals to maintain discipline, promote accountability and record progress. And lastly, Gaytan stresses the importance of reflecting good character through "Pursuing Victory with Honor," a program that is part of Character Counts.

"The club is not just about fitness and nutrition," said Gaytan, who has worked as a substitute teacher at Gauldin for 10 years. "It's also about

See GAULDIN, page 9

Residents urged to join Neighborhood Watch

■ City hopes to reestablish its Neighborhood Watch program, the previous victim of fiscal budget cuts. Success is contingent on community involvement.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – The city of Downey has made a resolution for the New Year: to reestablish a Neighborhood Watch program for its communities.

The city's Public Information Office, a brand new City Hall bureau created using funds allocated in last year's budget, has announced it will be working with the Downey Police Department to restore the program.

"A few years ago the program was de-emphasized due to budget constraints. I am now very pleased to announce the fulfillment of the citizens' request for a revitalized Neighborhood Watch program," said Mayor David Gafin, who had expressed his interest in reestablishing the program at the Dec. 5 mayoral transition. "A community bonded together for the common cause of protection, to help each other, will only create a safer, happier neighborhood."

Residents participating in Neighborhood Watch, historically a volunteer-driven program that takes a proactive stance against crime in their local communities, can expect to build relationships with their neighbors and, with the help of the Downey Police Department, learn how to make their home a safer place for their families.

Residents will also have the opportunity to meet a local patrol officer who will be assigned to their area and receive updates on crime trends in their neighborhood.

"True long-term Neighborhood Watch success must be community driven, augmented by a variety of city resources," said Police Chief Roy Campos.

Residents interested in helping implement Neighborhood Watch in their neighborhood are encouraged to call the Public Information Office at (562) 904-7285.



Downey's Neighborhood Watch program, a community tool against crime in local neighborhoods, was discontinued in recent years due to city budget crunches. The program is being reintroduced but needs active participation from residents.

Downey continues its Rose Parade tradition

■ 'Wild Western Days,' Downey's 54th consecutive Rose Parade entry, enjoys its day in the sun.

BY ERIC PIERCE, CITY EDITOR

PASADENA – The Downey Rose Float Association continued their proud tradition of grassroots volunteerism when its 55-ft. long float, "Wild Western Days," sauntered down Colorado Boulevard at the 119th Annual Tournament of Roses Parade in Pasadena on Tuesday.

"Wild Western Days" was Downey's 54th consecutive entry in the parade. Downey's first parade entry dates back to 1913.

Downey's float this year was a tribute to the Old West, featuring a saloon, hotel, hardware store, stage coach and other country elements. Perched atop the float was a stunt team borrowed from Knott's Berry Farm that performed live-action fight sequences.

"Wild Western Days" failed to win any awards from a panel of parade judges. Last year's float, "Springtime Treasures," collected the Founders' Trophy.

"Wild Western Days" cost the Downey Rose Float Association an estimated \$70,000 to build and featured more than 10,000 roses, 6,000 orchids and 1,000 tulips. The float is currently on display in the Embassy Suites parking lot on Firestone Boulevard.

Checkpoint nets five alleged drunk drivers

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Five alleged drunk drivers were arrested last week after stopping at a DUI checkpoint on Firestone Boulevard in Downey, Sgt. Dean Milligan of the Downey Police Department announced Wednesday.

The checkpoint, situated at Firestone Boulevard and La Reina Avenue, was held from 6:30 p.m. to 3 a.m. last Saturday in advance of the New Year's Day holiday, Milligan said. Drivers, which were given an opportunity to drive around the checkpoint if they desired, were stopped and checked for signs of intoxication.

"Motorists for the most part were pretty honest with us," said Milligan. "We had a couple people who denied having anything to drink when it was pretty obvious that they had."

Alleged drunk drivers were transported to the Downey Police Department where they were given the option of a breathalyzer or blood test.

The five people arrested were held inside the jail until they became sober. No vehicles were impounded as a result of the checkpoint.

Redevelopment meeting rescheduled

DOWNEY – Due to New Year's Day falling on the first Tuesday of the month, the Downey Redevelopment Project Area Committee did not meet this week and will instead meet this Tuesday, Jan. 8.

The meeting will be held at the usual time and location of 6:30 p.m. in the Cormack Room of the Downey City Library.

Taking back the streets from menaces of society

BY ERIC PIERCE, CITY EDITOR

Downey residents have a unique chance to take greater control of their neighborhoods as the city re-launches its Neighborhood Watch program, a project that, when successfully implemented and carried out, usually results in a reduction in crime.

Three crucial elements remain key to a successful Neighborhood Watch: the participation of the city, its police force and residents.

The city of Downey and the Downey Police Department have already jumped on-board with Neighborhood Watch: the city, in addition to funding the program, is willing to coordinate regular meetings for residents and has even created a Public Information Office with the chief responsibility of overseeing the maturation of the program.

The police department has pledged to assign an officer to specific neighborhoods, facilitating a bond with the community, and has promised to provide updates on local crime trends.

Downey residents, you're up.

The time is now to band together with your neighbors and fight back against the negative facets of your community, be it gang members, graffiti, speeding cars or other nuisances.

For years residents of the Island community in northwest Downey complained about graffiti at Treasure Island Park before finally joining together and "taking back" their neighborhood. The group, known collectively as Unity in the Community, has become a respected and influential voice in Downey, even getting the city to mail them a survey to prioritize upcoming projects.

Unity in the Community does not have to be the lone example of a neighborhood stance against crime. There's no reason similar type programs can't exist in "The Boot" (the southernmost neighborhood of Downey), at Independence Park, or similar areas.

Take advantage of Neighborhood Watch and let the city know you're willing to work at driving out crime in your community. Let's work together as neighbors and take advantage of the resources we have available.

The number to call is (562) 904-7285.



Johnnie Croshaw will present a one-man show, "Country to Classical Music," this Monday inside Downey Adult School's auditorium, part of the school's weekly OASIS program.

Croshaw's one-man show at OASIS

DOWNEY – The baritone voice of Johnnie Croshaw will entertain Downey Adult School's OASIS program this Monday in the school's auditorium.

Croshaw's one-man show, entitled "Country to Classical Music," is free and open to all older adults. Enrollment for the show starts at 3 p.m.; the program will begin at 3:45.

An optional full-course dinner, available for \$3.50, will be served following the show. Dinner tickets may be purchased at the time of enrollment.

Downey Dial-a-Ride will provide transportation to the class for those who qualify. For more information on OASIS, call (562) 940-6200.

Football organization announces officers

DOWNEY – The Downey Youth Football Board of Directors recently held elections for 2008-09 executive officers.

The Board re-elected Mike Baumann, first vice president; Aglae Diaz, athletic director; and Laurie Vazquez, fundraiser coordinator. The Board also elected Sam Bettencourt, treasurer, and Laura Enslin, secretary.

The elected officers will take office at the January meeting, joining other officers such as President Louis Morales. Morales is a member of the Downey Rotary, Downey Elks Lodge, Character Counts Youth Athletics Committee, and has served as vice president and secretary for Gangs Out Of Downey (GOOD). This year marks his 10th consecutive year as president of Downey Youth Football.

Downey Youth Football is a non-profit organization that offers tackle football, flag football and cheerleading to youth of Downey ages 5 to 14.

For more information, or if interested in coaching, call Louis Morales at (562) 928-6081, or visit www.downeyrazorbacks.org.

General contractors have chance to join bidders list

■ City compiling list of contractors interested in bidding on home improvement work.

DOWNEY – General contractors interested in being added to the City of Downey Housing Division's bidders list must attend a mandatory meeting Jan. 23 at 9 a.m. in the Gallatin Room at the Barbara J. Riley Community & Senior Center.

The orientation meeting will cover the city's Home Improvement Program for low and moderate income property owners. The city is updating its list of general contractors who are interested in bidding on the projects.

A typical project may include reroofing, kitchen and bathroom remodeling, restucco, plumbing repipe, window replacement and painting; projects range in price from \$1,000 to \$40,000.

Projects will involve treating areas identified as containing lead-based paint. These areas require treatment by licensed sub-contractors certified by the State Department of Health Services in the removal of stabilization of lead-based paint.

Qualifying contractors are required to possess a valid State of California contractor's license, liability insurance in the amount of \$1 million per occurrence and \$2 million total liability with the City of Downey listed as an additional insured, and Workman's Compensation insurance. Contractors must also supply the name, address, telephone number and Department of Health Services license number for the sub-contractors to be used in lead-based paint treatment.

For more information, call Mark Morris at (562) 904-7167.

Book Club discusses Afghan turmoil

DOWNEY – The Downey City Library Book Lover's Club will be having their next meeting this Thursday from noon to 1 p.m.

The group will be discussing "A Thousand Splendid Suns" by Khaled Hosseini, author of "Kite Runner." The novel tells the story of three decades of turmoil in Afghanistan through the eyes of two women.

The meeting is free and the community is invited to attend. Light refreshments will be served.

Reservations are recommended by calling (562) 904-7360, ext. 32.

'A New Beginning' with Christian club

DOWNEY – The Downey Christian Women's Club will celebrate the New Year at their next meeting, "A New Beginning," on Wednesday at the Los Amigos Country Club.

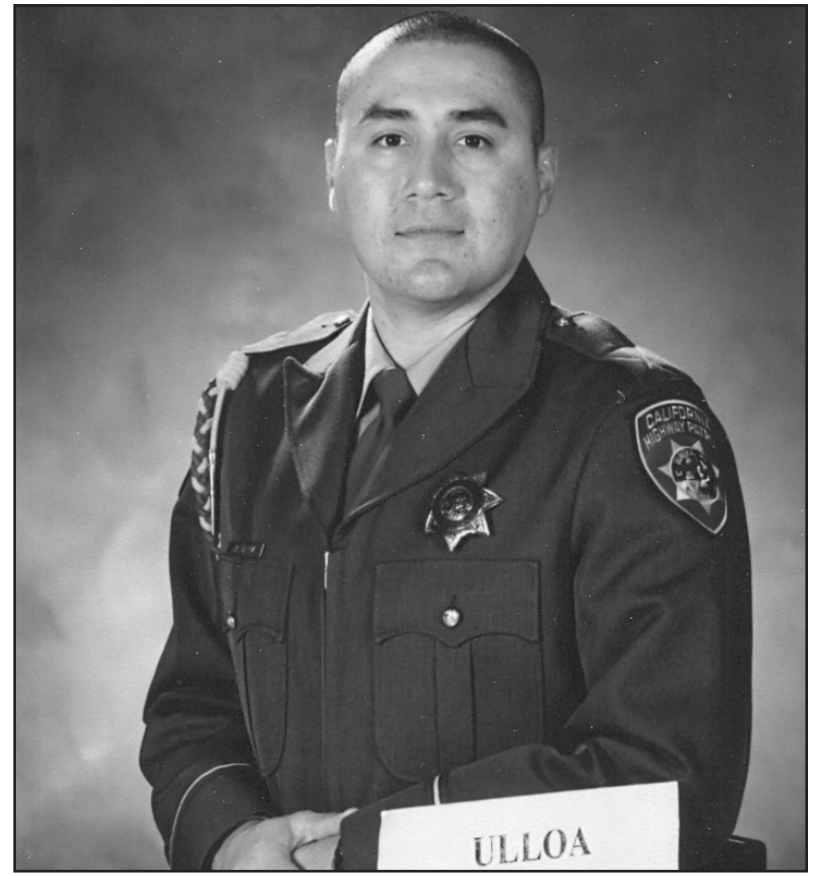
Marilyn Madru will present the special feature while Vickie Caldwell will discuss "Finding Peace in the Eye of The Storm." Jacqueline Mc Evilly will provide music.

The lunch meeting starts at 11:45 a.m. and the cost is \$12. The community (including men) is invited. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

Congregational meeting at Temple

DOWNEY – The members of Temple Ner Tamid will be holding their semi-annual Congregational Meeting on Jan. 13 at 10 a.m. President David Saltzman will preside and a continental breakfast will be served.

For more information on the meeting or any of the Temple's services, call (562) 861-9276.



Juan Ulloa, Jr., a 1999 graduate of Warren High School, recently finished California Highway Patrol cadet training and has been assigned to the Westminster Area office.

Juan Ulloa, Jr. completes CHP training

DOWNEY – Juan Ulloa, Jr., recently completed California Highway Patrol (CHP) cadet training and has been assigned to duty at the CHP's Westminster Area office.

Cadet training for Ulloa included vehicle patrol, accident investigation, first aid, apprehension, and arrest of suspected violators (including those who drive under the influence of alcohol and drugs), traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and knowledge of various codes including the Vehicle Code, Penal Code, and Health and Safety Code.

Ulloa served five years with the U.S. Air Force, attaining the rank of senior airman. Prior to joining the CHP, he was an emergency medical technician.

Ulloa is a 1999 graduate of Warren High School.

First Presbyterian hosting a 'celebration'

DOWNEY – The First Presbyterian Church of Downey invites the community to its Celebration Service, celebrating the rededication and reopening of the church sanctuary, on Jan. 13 at 3:30 p.m.

Since last July, architects, contractors and sound technicians have worked to reconfigure the chancel area and install adaptable seating, as well as new carpeting, paint and new lighting and audio systems. The goal of the project was to utilize modern technology to enhance worship programs without detracting from the ambience of the 121 year-old sanctuary.

The Celebration Service will also recognize the commissioning of Alfred Delgado as the new director of multi-cultural ministries, and provide church members and the community alike to rededicate their lives to ministry. A reception will follow the service.

The First Presbyterian Church of Downey is located at 10544 Downey Ave.

For information, call (562) 861-6752, or visit www.fpcdowney.com.

Applications available for 2008 court

DOWNEY – Miss Downey and Miss Teen Downey 2008 applications are now available and being accepted.

Applications can be picked up at the Downey City Library; Downey and Warren High Schools; East, West, Griffiths and Sussman Middle Schools; the Downey Chamber of Commerce; Downey Rent-A-Tux; OnStage Dance Center; or online at www.downeyrose.org.

Orientation will be on Jan. 12 at the Downey City Library at 2 p.m. Applications can be mailed to DRFA, Attn: Pageant, P.O. Box 765, Downey, 90241, along with the \$15 application fee.

For information, call Susan Domen, pageant director, at (562) 824-7172.

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Mandy Worley, center, is pictured accepting an award from military representatives. She will depart for Iraq on Feb. 20.

Mandy Worley deploying to Baghdad

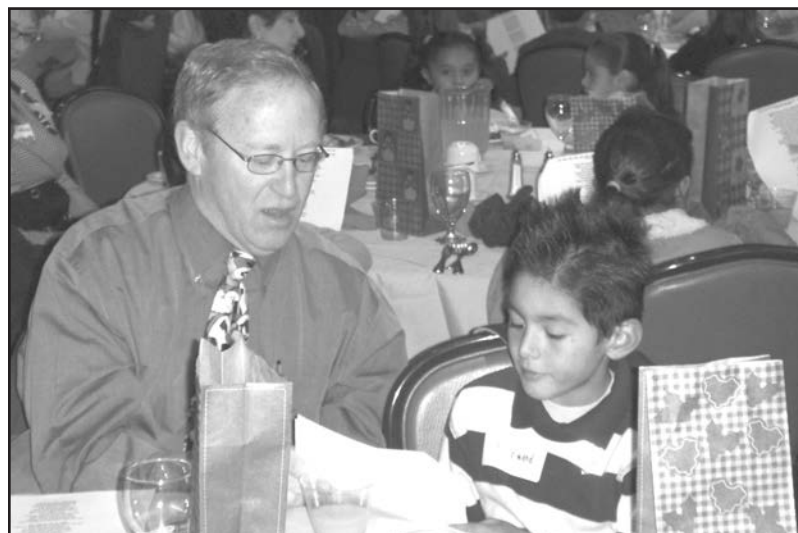
DOWNEY – Mandy (Malinda) Worley, Warren High School graduate and retired Disneyland employee, will deploy to Baghdad, Iraq on Feb. 20 as a civilian employee of the Department of Defense.

Worley volunteered to work in an administrative capacity in support of the Multi-National Force, Iraq (MNF-I) efforts. Prior to departure, Worley will learn how to shoot a weapon, administer emergency medical care and attend two weeks of training in preparation of her six-week assignment.

Worley will celebrate her 50th birthday while in Iraq.



The Downey Storm Baseball Tournament Team 10 and Under participated in the 2007 Hunger Christmas Classic Tournament at the Big League Dreams in Chino Hills Dec. 29 and 30. Over 14 teams participated in the 10 and Under Division, with the championship game coming down to Downey Storm versus the Corona Hawks. The Storm defeated the Hawks 15 to 4, bringing home the 1st Place trophy.



This year's "Christmas with Santa" breakfast, sponsored by the Downey Los Amigos Kiwanis Club, included select children from all Downey elementary schools, as well as teachers and principals. Pictured above is Tod Corrin, left, Downey Board of Education president, singing Christmas carols with one of the kids. The event was held at the Rio Hondo Event Center.

Travelogue depicts Hollywood's playground

By KEVIN O'CONNOR, DOWNEY THEATRE

DOWNEY – The Downey Theatre will present the fifth film of its 2007-08 "Armchair Adventure" Travelogue Series, "Hollywood's Magical Island – Catalina," filmed by Greg Reitman and narrated by Chuck Liddell, this Sunday at the Downey Theatre at 2:30 p.m.

Through the remarkable eye of first-time director Greg Reitman, we get a first hand glimpse of "Hollywood's Magic Isle." While exploring historical, social, and environmental changes, the film captures the mythical splendors, natural beauty and romance of Santa Catalina Island.

Using a mix of rare 16mm, archival film and old black and white stills, inter-cut with interviews of islanders, historians and celebrities; the viewer is taken on a journey during America's golden era. It begins with the acquisition of the Santa Catalina Island Company in 1919 led by William Wrigley, Jr. He set a course for Catalina's future in the world of art, sports, music and entertainment that was unmatched in U.S. history even through present day.

The film documents architectural achievements; many are first of a kind buildings and innovations that transformed Catalina from a simple island into a modern day state-of-the-art playground. The film highlights many individuals including stars of the Big Band Era, Marilyn Monroe, and the island's role as Hollywood's secret playground for the stars. The island even played a role in helping to elect a president.

We witness the island's tragedy and heartache – deftly captured in the film with heartfelt interviews and a score that tugs at the emotions. Utilizing interviews with Jean-Michel Cousteau, heirs of the Wrigley family, residents and visitors of the island; we learn of William Wrigley, Jr.'s dream of preserving the island's natural beauty as well as providing a magical place for all to enjoy. The film concludes with Art Good Jazz Trax, Fender's Catalina Island Blues Festival and a visual kaleidoscope of modern day Catalina Island as an ecological paradise highlighting the revival of the island as a place of leisure and entertainment.

Catalina Island expert Chuck Liddell was born and raised there so it is little wonder that he ended up as a co-producer, expeditor and even appearing on camera himself in this acclaimed film, "Hollywood's Magical Island – Catalina." The film has been entered in a number of film festivals, winning the Audience Award at the Temecula Film Festival.

Liddell's grandparents and parents had been on the island long before William Wrigley, the chewing gum magnate, bought Catalina Island. His grandfather built homes for Wrigley, and Liddell's father was in charge of the work crews who built the casino, the airport and roads for the second Wrigley.

"When filmmaker Greg Reitman contacted me about this film I jumped right in to help him recruit other old-line residents and experts from Hollywood and the island," said Liddell. Liddell praises William Wrigley for not turning Catalina into a glitzy resort with a lot of Las Vegas tourist trappings. Wrigley wanted to protect the environment and to retain the island's natural beauty.

Liddell has a bachelor's degree from California State University, Fullerton, and a master's degree in communication from Illinois State University at Normal. He taught communication at the University of Indiana and the University of Illinois. He also owns and operates Liddell Talent Management in Avalon, Catalina Island, California.

During the presentation of "Hollywood's Magical Island – Catalina," a raffle will be held for a free Catalina Island getaway. This package includes two round-trip passes on Catalina Express departing from San Pedro, a gift-certificate for a one night stay at The Avalon Hotel on Catalina Island, and a tour of the island's interior including a stop at Wrigley's ranch.

"Hollywood's Magical Island – Catalina" is the fifth "Armchair Adventure" of a 10-film series. The series features full-color, feature-length travelogues with live, in-person narration by the travel adventure producer. All films are shown on Sundays at 2:30 p.m. at the Downey Theatre, 8435 Firestone Blvd.

Tickets for individual films may be purchased on the day of performance only, beginning at 1:30 p.m., at the theatre box office. General admission is \$7 and seniors and students can purchase tickets for \$6.

For information, call the theatre box office, Monday through Friday, from noon to 4 p.m., at (562) 861-8211.



Black and white photographs fail to do justice for the crystal blue waters that rest off the coast of Catalina Island, which will be explored this Sunday in a travelogue film at the Downey Theatre. Photos courtesy Catalina Chamber of Commerce



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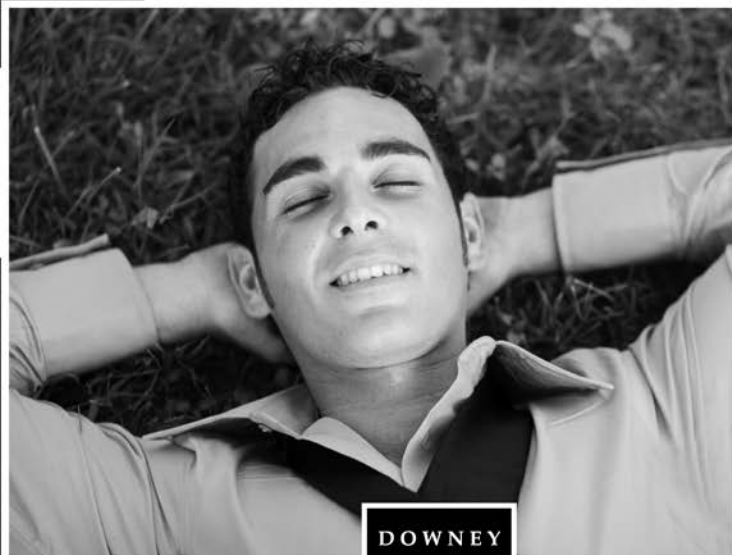
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New vigor gained from holiday hiatus

BY HENRY VENERACION, STAFF WRITER
 Because of the holidays, there's been a temporary cessation or absence of much that we've ordinarily come to depend on as sources of news. The City Council doesn't meet until this Tuesday. So does the Downey Unified School District. The same goes true with the service organizations. This doesn't mean that the business of government and of life stop altogether. People just find it appropriate at about this time to rest from their labors, and hope to thereby refresh their energies for the tasks ahead and whatever 2008 will bring.

This is just as well. Despite the best programs and safeguards city government and concerned citizens can muster, there's no chance that wrongdoing will disappear from the face of the earth. Humanity has forever uttered a cry for peace, but there is no peace. Likewise

crime, or to be more accurate, evil, seems imbedded in its DNA. The vital tasks of teaching children, of managing budgets, of trying to continually enrich community life in all its wondrous variety have to be done. And these call for new resolves, clearer directions, and sharper initiatives on the part of all concerned.

By and large, those in positions of leadership in Downey all appear to be more than capable of meeting all these demands and challenges. For this the city should be thankful. There seems to be enough dedication and enough fervor to accomplish mutually agreed on worthy goals. If there's one thing I would wish for, however, it's that our City Councilmembers display a little more eloquence, with all that this implies.

By definition, a public official operates in the public eye. Thus a Councilmember's utterances—a matter of public record—are meant to inform residents of his take on issues. Thus effective communication is at the very heart of his official function. The more persuasive/effective he/she can be in this regard, the better his/her ideas will carry. When

arguments are presented in prolix, helter-skelter ways, listeners stop listening and get turned off. Effective communication is, in this setting, impossible; instead, people tend to get annoyed, frustrated, irritated.

The rewards to the holder of public office are many. For this very reason, he/she should see to it that its demands are squarely met. One of these demands, I submit, is an attempt at least at eloquence. It's a pity if he/she doesn't take advantage of the many opportunities presented for its display. Taking care to marshal your pronouncements in the interest of clarity and emphasis is tantamount to minding your manners. If your attitude is one of courtesy and helpfulness, you'll draw a more sympathetic response. If you toss words and phrases carelessly all over the place, how can you make your point tellingly, or expect people to catch your drift?

Baltazar Gracian, considered Machiavelli's better in strategy and insight, devotes a little chapter in his "A Pocket Mirror for Heroes" to this subject. "A good manner is one of the subtle gifts of merit, one of the transcendental beauties that affect all actions and employ-

ments," he wrote. "Because it can be acquired, it is inexcusable to lack it. Truth is strong, reason brave, justice powerful, but it takes a fine manner to make them shine. It compensates for any fault, even those of reason, gilding the iron of error, applying makeup to the face of ugliness, correcting awkwardness, and dissimulating all other defects. How many serious, important things have fallen victim to bad manners, and how many desperate things have been rescued by good ones!"

He went on: "Affectation, arrogance, rudeness, impatience, and other parallel monsters make many people all but unapproachable. A wise man once remarked that to go around scowling is to ruin a whole life with a tiny gesture. Above all, take pains to gild your "no," so that it will be even more valued than a bitter "yes." Good manners sweeten truth so skillfully that they pass it off as flattery. Sometimes you can turn an unpleasant truth into a compliment."

Finally: "This is the one sure refuge for people who lack talent. They can accomplish more with their pleasant manner than others with all their natural perfection. It makes up for one's defects in any occupation, high or low..."

'Tintypes' visits the turn of the century

DOWNEY – The Downey Civic Light Opera will be presenting "Tintypes" Feb. 21 through March 9 at the Downey Theatre.

Similar to "Ragtime," "Tintypes" takes the audience back to the turn of the century, when America consisted of slower-paced days of ice cream socials

and hoop skirts, also giving way to the bustling world of automobiles, electricity and the telephone.

The production features popular songs from 1890 to 1917, including "Yankee Doodle Dandy," "Meet Me in St. Louis," "Bill Bailey," "Toyland," "Shortnin' Bread," and "The Ragtime Dance."

Marsha Moode will be in the director's chair and Eddy Clement will return as musical director. Making his DCLO debut as choreographer is Casey Garritano.

For information, or to purchase tickets, call (562) 923-1714. Group rates are available.

The Poets' Corner

A Journey Anew

New heroes are born, sacrificing the old;
 A journey anew, a story to unfold.
 Lives in danger, weapons in hand;
 A shadow of darkness covers the land.
 Blood is shed, hearts are torn;
 The bringer of destruction blows her horn.
 Hope and love against tears and gloom;
 All in the blackness where the shadows loom.
 One unlikely hero must rise up to save the world;
 Darkness and Light: A story to be unfurled!
 But who will defend us? Start a journey anew?
 Save a world from evil? Could it be you?
 So muster your courage, a full heart and mind,
 And you, too, can start a journey anew.
 --Shaina Marie C. Sta. Cruz,
 Downey

If I had a Hammer

It's nice to have a guy around
 To fix, construct, repair
 The things that plague the average guy
 And make him tear his hair.
 It's nice to have a carpenter
 Who saws, and cuts, and planes,
 Who knows the way to hang a door,
 And putty window panes.
 It's nice that in the neighborhood
 A gentleman resides,
 Who does the things that guys can't do
 To pacify the brides.
 It's nice to have a handyman
 Who lives right down the street
 To put your place in order
 When it's lookin' kind o' beat.
 It's nice to know somebody who
 Can mend the broken parts,
 Who puts the wings back on the birds,
 And legs back on the carts.
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 He's helped us out a lot.
 And though his name is Kenneth, yet,
 He's Johnny-On-The-Spot.
 It's not our fault if we're all thumbs
 With talents that are nil.
 If someone else can do the job,
 We'll gladly foot the bill.
 No matter where you hang your hat,
 In Downey, or in Nome --
 It's nice to have a guy around
 To make your house a home.
 --Ken Thim,
 Downey (dedicated to Kenneth Drake)

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In the Wind

By John Adams

A skinny kid named Bob Dylan said it nearly 50 years ago with the answer, "It's blowing in the wind." That seemed to predict the unstable 1960s and that which followed. With another Christmas past and uncertainty once more upon us, everything from global warming to Iraq to real estate markets cause sleepless nights.

But Downey residents have unique shields against many of these threats. With Christmas just past and new years coming perhaps we should count our blessings. The holidays are a good time to take stock of our pluses, including friends. That's why this column traditionally has celebrated yuletide with a poem recognizing old friends. Alas, many names are missing from the list due to moving or death. Youngsters take their place. Friendship, like fine wine, seems to improve with age. Some friends such as John Sims will be eternally remembered by this writer.

We didn't see John for many months after he retired and moved to Bali Island. But two days before he died he appeared at my assisted living home. He didn't look well but he wanted to see me. No one will ever know what it cost him in energy as he was ravaged by cancer. But we both wanted to keep the conversation upbeat. After about an hour he stood to leave. "I always did like you!" he said as he walked away. He was dead two days later. What would I have said if I had known? I don't know.

Yes, the answer is blowing in the wind. By the way...Dylan adopted the name from the poet Dylan Thomas that he so admired, who wrote the wonderful lines "do not go gently into that good night, rage, rage in the waning light."

I think Sims knew something about those lines. His criticism of Downey government and its leaders...He always wanted to think bigger.

Letters to the Editor:

Cover to cover

Dear Editor:
The addition to the Friday, December 28 issue of *The Downey Patriot*, "Downey 2007 - A Year to Remember," was a terrific idea. I sure enjoyed the variety of articles that were included in this first edition and I read it cover to cover. I'll look forward to the 2008 "A Year to Remember."

— Jimmie Renner,
Downey

Reforming term limits

Dear Editor:
First, thank you for your year-end special magazine. It was well done and fun to recap the year. Congratulations on an excellent publication. I am writing in response to a letter printed last week regarding term limits ("Measure G for Good Old Boys," 12/28/07). A gentleman mentioned that people with names like Guerra, Trejo and Gutierrez would not be able to get elected without term limits. I am not sure what my name has to do with anything except my good reputation and what I have done before I got elected, but I strongly disagree.

I am very proud of my family name, my father's name, and I have done everything I can in my adult life to make him proud and to honor his legacy. I also think people in Downey care more about my honesty, integrity, care for others and service, love and dedication to our city, and not about my Hispanic surname. I also think that Downey voters are smart enough to make that choice.

To also put down two honorable men that have served our community so well like our two-time mayor Rick Trejo and our DUSD past school board president Willie Gutierrez is not right. These men have served with integrity and honesty and we in Downey are better for their service. To imply that with a Hispanic surname they would or would not be able to get elected without term limits is wrong and unjust. It is not true and it also insults our citizens. And I also want to point out that we have had several women get elected in our city without term limits so the facts do no support the argument.


To imply that I wanted this on the ballot for power is also wrong. I have potentially seven more years to serve, if I choose to run again in three years. I wanted this on the ballot to allow our citizens to vote on it because it is the right thing to do. Fifteen years later is time to review this law, and it is the right thing to do. We are a democracy and the vote and choices should be ours, the citizens. Why are we so scared to let voters vote for whom they want? Are we basically saying then that we are not smart enough to know who we want and that choices should be taken from us, to protect us from ourselves?

All Measure G does is allow a third term and, after sitting out two years, Downey residents can vote someone back. That's all. It reforms term limits, it doesn't eliminate them. It just makes sense and it is what is right for our city.

I hope we can have an honest and open dialog about this issue in the coming weeks and that personal attacks are not involved. I welcome a discussion at any time with anybody regarding this or any other issues to help our city. I am proud to serve the residents and City of Downey.

Happy New Year to our fine city and may God bless you and your families.
— Mario Guerra,
Mayor Pro Tem, City of Downey

The Downey Patriot

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Letters to the Editor:

A sad year for Downey

Dear Editor:
I just finished reading your magazine insert covering 2007 in review. It was definitely a "Year to Remember," but not a very happy one when you think about the violent destruction of two of our most treasured sites: the Broiler and the Carpenter home.

After reading the magazine and feeling quite depressed, I decided to go on YouTube.com to find out about our much-loved hometown of Downey and to watch what the rest of the world sees when they view the city I care so much about. When you search "Downey CA" you can watch a mid-90's slide show tour of the Carpenter's home. Wow! How beautiful it was. I drove by there Christmas Eve with my children on our traditional tour of Christmas lights. When I saw what has been done to the former home that was such an important part of Karen and Richard's lives, I spurted out a rant of very unholy words that shocked my children. It was bad enough to see an empty lot where once stood their recording studio, but to see a lighted sign displaying the drawing of the future home (another Miami McMansion) nearly threw me over the edge.

Another YouTube video is a compilation of the Johnie's ghost cruise from last March. How sad and embarrassing that the No. 1 story read 'round the world about our own backyard is the semi-demolition of one of the last remaining '50's carhop drive-ins. Do you all want to go down in the history of Downey as being part of that destruction and loss? I beg each of you to do all that you can in the new year to work together to restore what is left of the two remaining pieces of modern Downey history.

The latter part of the 20th Century would not have been the same if it had not been for Downey's contributions to the world: the most popular drive-in restaurant in Southern California, the music of The Carpenters, the science/technology that put man on the moon and the shuttle out in space, and McDonald's. Two of those are/have been preserved for future

inhabitants to visit and relive. The other two are crying out for help. They are dying and need you to lead us in their revival and restoration.

Please put the historical ordinance at the top of your agenda. 2008 has got to be a better year for the life (past, present and future) of our city.
— Kathy Perez,
Downey

Birth of a magazine

Dear Editor:
Congratulations on a fine year-end edition. The magazine included was really appreciated—especially the re-cap of the news. Perhaps I somehow missed reading such in prior years or maybe have just forgotten them, but sure enjoyed this one.

As for the item for Jan. 4 about the "playoff births": please note that they are actually "berths."

As for the item about the Carpenters' houses: there is no 9821 Newville; the house to the north of 9828 is 9820.

— Hugh T. Hoskins,
Downey
Editor's note: City records list the Carpenters' property as being on 9821 and 9828 Newville Avenue. We stand corrected on "berths."

Entitled to nothing

Dear Editor:
To those who are so concerned by the Council's "overturning" of a 50-year precedent, I only want to remind you that in American politics, no one is "entitled" to anything ("Power Play of City Council," 12/21/07).

"To this observer, the Council's behavior is just an indication that perhaps Ms. Bayer is not as good a practitioner of politics on an inter-personal level as she would like to be.

— Drew Kelley,
Downey

Reading for a view of a different world

BY JAN PALEN, SENIOR LIBRARIAN, DOWNEY CITY LIBRARY

Ask anyone who reads contemporary literary fiction to name their favorite books: their list will likely include "The Kite Runner." Khaled Hosseini's remarkable book about two friends in Afghanistan received both critical acclaim and instant "word of mouth" popularity. The author was born in Kabul, raised in Afghanistan and moved to California where he trained as a doctor. But he soon found a second career as a bestselling novelist with the publication of "The Kite Runner," capturing the political and personal turmoil of his country in a work of fiction that reads like autobiography.

The book tells the story of a privileged boy, Amir, who betrays his friend from childhood, Hassan, the son of his father's servant. The story takes place in Afghanistan during the fall of the monarchy, conflict with the Soviet Union and the rise of the Taliban. Most people who have read it can agree on one thing: once they started reading, they were hooked.

So it is not surprising that a number of cities, from Pasadena to Redlands, have chosen "The Kite Runner" for their community read project. The A.K. Smiley Public Library in Redlands partnered with the University of Redlands and the *Redlands Daily Facts* to sponsor the project this month.

"For me, 'The Kite Runner' was an unexpected love," said Kathryn Wood, associate Director for Community Service Learning at the University of Redlands. "This was a book that I would not have normally

read. I literally picked it up and did not put it down, waiting to go home from work to read it again and staying up late to finish. I read the book in three days, and I am so glad it was on the list for One City, One Book."

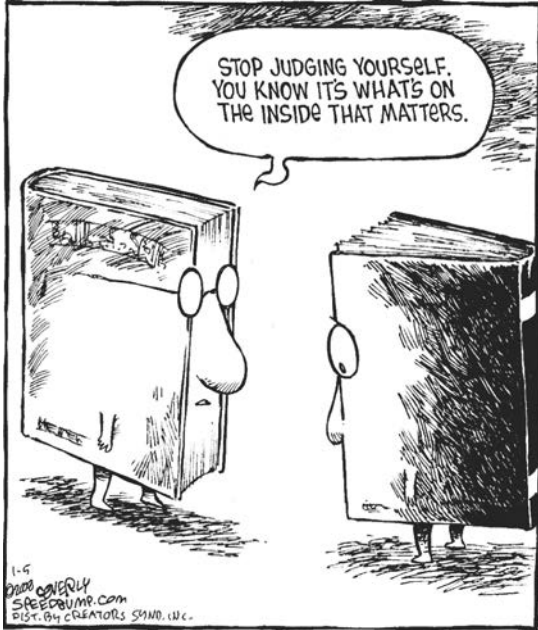
The university also included the book in their centennial celebration in 2007. "It is a particularly apt choice given the important of issues of immigration, civil unrest and the current situation in Afghanistan," said Leela MadhavaRau, assistant Dean of Student Life and Director of Diversity Affairs for the university. "The book...gives readers a glimpse of what might be a different world for them."

Beginning this month, there will be discussion groups throughout Redlands about the novel and its themes. The A.K. Smiley Public Library purchased 200 copies of the book to give many people a chance to read the book. "They're on hand and we are ready to start giving them out," said Library Director Larry Burgess. Copies of the book will also be available to purchase from the University Library or on loan from the Office of Diversity Affairs.

The "community read" project in Redlands is just one example of a partnership between a public library, a university and the media to promote reading, diversity and shared ideas.

What would happen if everyone in Downey reads the same book together?

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For January

- Mon. Jan. 7: "Country to Classic Music," OASIS, Downey Adult School, 3 p.m.
- Tues. Jan. 8: City Council Meeting, City Hall, 7:30 p.m.
- Thurs. Jan. 10: Book Lover's Club, Downey Library, Noon

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.
- 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 862-2658.
- 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.
- 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 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.

On This Day...

- Jan. 4, 1809: Louise Braille is born in Coupvray, France. Braille, blind since the age of 3, would become famous as the inventor of a reading system for visually-impaired people.
- 1847: Samuel Colt sells his first revolver pistol to the United States government.
- 1936: "Billboard" magazine publishes its first pop music charts.
- 1962: New York City introduces a train that operates without an on-board crew.
- 1965: Poet T.S. Eliot dies in London at the age of 76.
- 1999: Former professional wrestler Jesse "The Body" Ventura is sworn in as governor of Minnesota.

THE NEWSDAY CROSSWORD

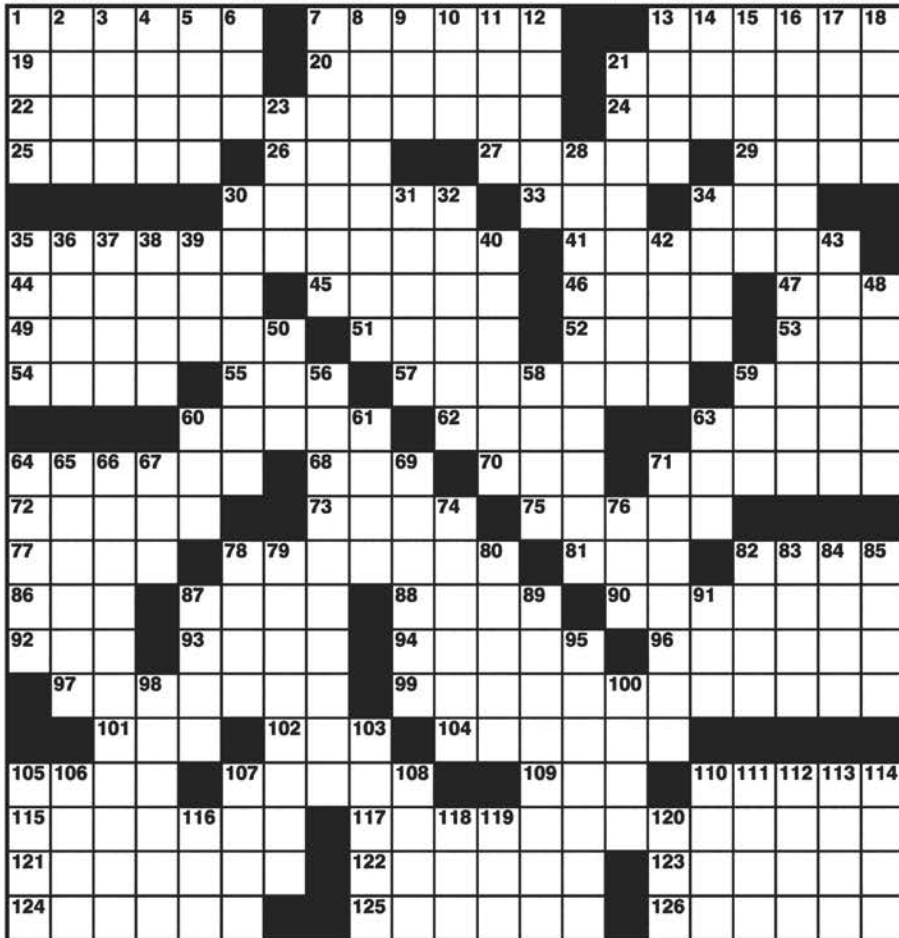
Edited by Stanley Newman (www.StanXwords.com)

NOW HEAR THIS: Sounds doable

by Gail Grabowski

- | | | |
|-------------------------------|---------------------------|--------------------------------|
| ACROSS | 73 Voting group | 9 Aunt or uncle: Abbr. |
| 1 End of a threat | 75 Use finger paint | 10 "Am ___ understand that..." |
| 7 Exacting | 77 Pronto | 11 Karate stroke |
| 13 Returnee's question | 78 World books | 12 Plains shelter |
| 19 Reception aid | 81 PC panic button | 13 Haunting sound |
| 20 Acquire canines | 82 No longer fizzy | 14 E-filing recipient |
| 21 One of two Fido feet | 86 Sinbad's transport | 15 Skilled sailor |
| 22 Flabbergast | 87 With us | 16 Car flap |
| 24 Mississippi River explorer | 88 Spanish stewpot | 17 Timbuktu's country |
| 25 Feed, as a fire | 90 Germ-free | 18 Fleecy females |
| 26 Bogey beater | 92 Bug | 21 Post-office fixture |
| 27 Pie nut | 93 Exodus author | 23 Oil-cartel acronym |
| 29 Stand for a speaker | 94 Alaskan native | 28 Pressure-packed period |
| 30 Homework assignment | 96 Momentarily | 30 Mold anew |
| 33 Unit of work | 97 Tugboat's cable | 31 Omani money |
| 34 Mariner's signal | 99 Start to drag race | 32 Final figures |
| 35 Quick call | 101 Look good on | 34 Coal container |
| 41 Antsy | 102 Method | 35 Some NCOs |
| 44 Creative categories | 104 Ermines | 36 Sign gas |
| 45 "Groovy!" | 105 Actress Diane | 37 Tennis pro |
| 46 Christmas carol | 107 Tiny pests | 38 Fussy sort |
| 47 Empty space | 109 Single-helix molecule | 39 PhD, for example |
| 49 This evening | 110 High-class tie | 40 Jot in a log |
| 51 Thin board | 115 Serving dish | 42 Pro-shop purchase |
| 52 '63 role for Liz | 117 Just make it | 43 Loafer decoration |
| 53 Can. neighbor | 121 Trainee, perhaps | 48 Out of style |
| 54 Unforeseen problem | 122 Wipe out entirely | 50 Up to, briefly |
| 55 Go public with | 123 Seasoned player | 56 Roadster feature |
| 57 Reduces considerably | 124 Has a feeling | 58 Easy marks |
| 59 Physics calculation | 125 Kept for later | 59 Ticked off |
| 60 Top grade | 126 Restless sleeper | 60 Stock ending |
| 62 ESPN figure | | 61 Actress Ward |
| 63 The "going" rates | | 63 In favor of |
| 64 Pinball player's hangout | | 64 Video-game pioneer |
| 68 Gents | | 65 Martha's Vineyard, for one |
| 70 Start for center | | 66 Crowing time |
| 71 Walk like a tot | | 67 Venomous snake |
| 72 Not wordy | | |
| | | 69 "Forget it!" |
| | | 71 Military maneuvers |
| | | 74 Stringed instruments |
| | | 76 Switchback feature |
| | | 78 Prefix for dynamic |
| | | 79 Trigger on a trap |
| | | 80 Got some shuteye |
| | | 82 Berlin bride |
| | | 83 Roster |
| | | 84 Guinness of film |
| | | 85 Computer pro |
| | | 87 Affect adversely |
| | | 89 Grand Prix, for one |
| | | 91 Photo-lab order: Abbr. |
| | | 95 Showed gratitude to |
| | | 98 D and EEE |
| | | 100 French state |
| | | 103 Affirmatives |
| | | 105 Hosp. workers |
| | | 106 Nautical adverb |
| | | 107 Overseas seas |
| | | 108 Room measurement: Abbr. |
| | | 110 Singer Guthrie |
| | | 111 Lays down a lawn |
| | | 112 Recipe measures |
| | | 113 Folklore meany |
| | | 114 Son of Odin |
| | | 116 Even score |
| | | 118 Sci-fi transport |
| | | 119 Cereal spike |
| | | 120 On a roll |

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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.





Over 60 second-grade students from Rio Hondo Elementary School sang Christmas carols to the staff of Century 21 My Real Estate Co. at a recent office meeting. Century 21 My Real Estate Co. sponsors the school's Character Counts program.

Business as usual: tax filing begins Jan. 11

Contributed by Liberty Tax Service

DOWNEY – After grim forecasts of impending lengthy delays to the tax filing season, the IRS is ringing in 2008 with great news: the tax filing season will start on Jan. 11, as usual for most taxpayers.

The only taxpayers who will experience delays are those who claim education credits using Form 8863, residential energy credits using Form 5695, the mortgage interest credit using Form 8396, the District of Columbia first-time homebuyer credit using Form 8859, and child and dependent care expenses using Schedule 2 with Form 1040A. Taxpayers with child and dependent care expenses can choose instead to file Form 1040 using Form 2441 and not experience the delay.

On Feb. 11, the IRS plans to process the returns containing the revised five credit forms.

"Because of quick readiness steps on the part of the IRS, the inconveniences will be minimal for early filers and all taxpayers," said Hiral Kapadia, owner of Liberty Tax Service in Downey. "It's business as usual for Liberty Tax with tax preparation. Our software will hold affected returns for processing until Feb. 11."

Because Congress passed the Temporary Tax Relief Act of 2007 so late in the year, there were predictions that the tax filing season could be postponed for seven weeks. Now there's tax relief for millions of Americans who would have faced a tax hike without a "patch" on the Alternative Minimum Tax (AMT), and approximately 15 million early-filing taxpayers can probably file as they normally do. The individual AMT exemptions for 2007 are \$66,250 for married taxpayers filing jointly and qualifying widow(er)s, \$33,125 for married filing separately, and \$44,350 for single and head of household taxpayers.

Liberty Tax Service provides computerized income tax preparation, electronic filing and refund loans.

Probation department gives kids holiday joy

DOWNEY – On Dec. 22, the County of Los Angeles Probation Department hosted a holiday celebration, "A Holiday Festival," at the Los Padrinos Juvenile Hall in Downey.

The festival was held to connect the community to available resources and had the participation of many community-based groups including Planned Parenthood Pasadena; State Building & Construction Trades Council of California; Los Angeles County Mental Health Department; Los Angeles County Library; Spirit Family Services; Los Angeles County Department of Health Services; Parents In Crisis; Molina Health Care; and Youth's Family Service.

Guests in attendance received free blood pressure screenings and other health information, as well as information on employment, job applications, and services available through the County of Los Angeles.

The event also provided free child identification kits, of which over 100 parents took advantage of.

A DJ, along with bounce tents and an impromptu cinema set up in the parking structure, provided the event's entertainment. Santa Claus gave each child a gift and each guest that completed a survey was automatically entered to win a full turkey dinner.

"Based on the great community response, it is obvious that there is a need for this sort of outreach," said Dennis Carroll, detention services bureau chief. "The probation department will make it a priority to continue to provide this accessible avenue to information. We plan on inviting community-based organizations to join us as we put on similar type events during the coming year and on weekends at our juvenile halls when par-



Over 1,000 parents and children enjoyed food and entertainment at the County of Los Angeles Probation Department's "A Holiday Festival," held at the Los Padrinos Juvenile Hall in Downey. Photo courtesy Los Angeles County Probation Department

ents of detained minors visit with their children."

It is estimated that close to 1,000 people attended the holiday festival.

CSULB receives record number of applications

LONG BEACH – California State University, Long Beach (CSULB) received a record number of applications from potential undergraduate students for the fall 2008 semester, according to President F. King Alexander, who reported a preliminary count of more than 60,000 applications received.

The application period for undergraduate students interested in attending CSULB next fall ended on Nov. 30, and the number of electronic applications received was 60,389, including 48,497 from first-time freshmen. But that doesn't include paper applications, which means the final number will prove even higher when all undergraduate applications are considered.

It is the first time the number of undergraduate applications received by CSULB has surpassed the 60,000 mark, and this year's count outdid last year's total by more than 3,500 applicants or by about 6.5 percent.

"Cal State Long Beach consistently ranks among the top universities in the nation in the number of applications it receives from undergraduate students, especially those students who are going to be first-time freshmen," Alexander pointed out. "In an environment where outcomes are often difficult to measure, it is reassuring to know that our university continues to be among the most desirable institutions in the country for high school seniors."

Just three years ago, the number of undergraduate applications submitted for fall 2005 enrollment at CSULB was hovering at around 50,000, which was still the most among other CSU campuses at that time. Since

then however, university officials have seen an increase of more than 20 percent in those applications, including a jump in first-time freshmen of about 38,500 for fall 2005 to 48,500 for fall 2008.

"The only drawback to receiving these large number of applications is the fact that we're only going to be able to enroll about 4,000 new freshman for the fall 2008 semester," said Alexander.

For the last two consecutive years, CSULB has set new enrollment records. The latest was this fall as the campus enrolled the largest number of students in its 58-year history with 36,870 students in its overall headcount. It is the first time the university has surpassed the 36,000 student level. CSULB's previous high was last fall's 35,574 students, which eclipsed the campus' 18-year record of 35,363 students set in fall 1988.

This past year, the university also experienced its most successful year in retaining current students at all educational levels. In fact, CSULB had 1,400 more continuing students this fall that it had a year ago, and Alexander said this retention was a primary factor in the campus' new enrollment record.

"We're very pleased to see that our multiple student success programs and initiatives are beginning to produce real results," Alexander said. "Our entire campus is committed to not only enrolling new students but also helping them succeed and graduate from Cal State Long Beach."

"Our campus has built a remarkable reputation that we're extremely proud of, and the credit goes to the faculty and staff who so ably teach and serve our students."

Close out holiday season with safety in mind

CONTRIBUTED BY THE NATIONAL FIRE PROTECTION ASSOCIATION AND UNDERWRITERS LABORATORIES

According to the National Fire Protection Association (NFPA), 13 percent of the home fires attributed to Christmas trees have occurred in January. The NFPA recommends consumers remove real trees from their home and properly dispose of them once their holiday celebration ends.

"Christmas trees – real or artificial – can be a significant fuel source if a fire occurs in your home," said Lorraine Carli, vice president of communications at the NFPA. "Even a well-watered tree should be taken down after four weeks. If you decorated your real tree right after Thanksgiving, it should be discarded the week after Christmas."

Christmas trees are not the only holiday decorations that need prompt attention after the holidays. All electric decorations should also be taken down and put away.

Following are safety tips consumers can use any time when putting away seasonal decorations:

- To unplug electric decorations, use the gripping area provided on the plugs. Never pull the cord to unplug a device from electrical outlets. Doing so can damage the cord's wire and insulation and even lead to an electrical shock or fire.

cal shock or fire.

- As you're putting away electrical light strings, take time to inspect each for flaws. Throw out light sets if they have loose connections, broken or cracked sockets or frayed or bare wires.

- Take the initiative now and throw out worn light strings. Shop for replacements during after-Christmas sales or add lights to your Christmas decoration list for next year.

- Be sure to pack lights appropriately. No one likes to untangle a web of lights. When preparing your holiday lights for storage, consider purchasing a holiday light storage reel, or create your own system.

- Store electrical decorations in a dry place, such as a suitcase, where they cannot be damaged by water or dampness. Also, keep them away from children and pets to ensure that cords and wires are not damaged in storage.

For more information regarding holiday decorating safety, visit www.ul.com/newsroom, or www.nfpa.org.

Medicare now offering open enrollment

CERRITOS – If you have Medicare Parts A and B and receive your health care benefits through Medicare, there are some key dates coming up that may require your attention.

Just like those who enroll in their company's health insurance program, there is now an "Annual Election" period for Medicare, which began Nov. 15, 2007. This marked the first day to begin enrolling into a Medicare Advantage plan for 2008. Coverage with the health plan that Medicare beneficiary's select took effect on Jan. 1.

The last day to enroll for a 2008 Medicare Advantage during the Annual Election period was Dec. 31, 2007. However, on Jan. 1, the "Open Enrollment" period began. This means Medicare beneficiaries will have an additional three months to switch to another Medicare Advantage health plan. This "Open Enrollment" period ends on March 31 and at this point, seniors are locked into their selected plan for the remainder of the year.

"Choosing a Medicare Advantage plan can be very confusing and we have been very busy helping seniors and providers understand these Medicare changes and deadlines," said Leeba Lessin, president of CareMore Health Plan, a Medicare Advantage health plan with Prescription Drug Benefits (MAPD). "Seniors should make sure they select a health plan that best meets their health care needs. The amount of time they have to make this very important decision is limited to the timelines set forth by CMS (Centers for Medicare and Medicaid Services)."

Lessin said that CareMore Health Plan offers seniors much more choice by partnering with thousands of primary care physicians and specialists as well as many hospitals which serve the Los Angeles, Orange County and Inland Empire communities.

For more information, visit www.caremore.org.

Eight ways to choose a children's book

CONTRIBUTED BY WENDY MASS

The books we read as children have the power to change us. They transport us to faraway places, and return us safely home. The characters can seem as real to us as our own family and friends, and we laugh and cry along with them. Here are some ways to ensure the young readers on your shopping list get their hands on the perfect book.

1. If you don't have much time to search, look for books with award stickers on them. Dedicated committees of librarians spend a lot of time selecting the cream of the crop so you don't have to.

2. Pass along the books that you loved growing up. These are very often still in print, and often with updated covers. This is also a great way to bring you and your young reader closer.

3. For young children, bring them with you to the library or bookstore, and let them sample a few different types of picture books to see what art styles appeal to them the most.

4. Don't pass over classics like "The Cat in the Hat" and "Charlotte's Web." Just because you've seen them your whole life, doesn't mean a child has.

5. Look for books that deal with the particular stage of life of your reader – everything from learning to share to dealing with bullies to relationship issues.

6. Describe your young reader's interests, hobbies, and reading level to a children's librarian or bookseller, and ask for appropriate recommendations.

7. Take your older child to the bookstore with you and give them the freedom to pick for themselves from the appropriate section, without judgment on their selections.

8. If you have a reluctant reader and are going on a trip this holiday season, try an audiobook. Perfect for long car rides, they can also be downloaded onto computers and MP3 players.

When you give children a book, you are handing them a whole new world. What better gift is there than that?

Wendy Mass is the author of six books for young readers, including the award-winning "A Mango-Shaped Space" and "Jeremy Fink and the Meaning of Life." Visit her at www.wendymass.com.

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New Year's resolutions: one 'intention' a day

Everyone makes resolutions for the New Year, and yet by August, many of us look back on those resolutions with guilt. Making a resolution is easy, but keeping it, as most of us have found out, isn't.

Enter Ann Blakely Rice with a new approach and a life-altering new book, "Daily Intentions: Simple Spiritual Solutions for a Complicated World." After experiencing some critical personal crises, she preserved and prospered by creating what she called one "intention" for each day of the year.

"An intention is the same as a resolution," Rice said. "You start your day with a thought about how you want to live in the world and how you want to be, and you spend a little time on it, maybe just a couple of minutes. Some people call that meditating. And some people call it just taking time to resolve that your day will go the way you want it to go."

So intent was Rice on making this a daily practice for herself that she spent one year creating a book that contained 365 intentions.

"I wrote one a day," she said. "Every day, I was inspired with a new idea."

"Daily Intentions" Simple Spiritual Solutions for a Complicated World" can help you keep your resolutions about the things that are really bothering you – like losing weight, stopping smoking, drinking less, eating healthier and more organic foods, and being nicer to your family.

According to Rice, the "intentions" in her book don't indicate "today is the day you will lock your refrigerator," or "throw that pack of cigarettes into the trash."

Rather, she said, each "intention" goes a little deeper and addresses the very things that cause us to take on unhealthy behaviors.

"We're really not very tuned into what's going on inside," she said. "It takes practice."

Her advice: If you practice being kinder to yourself and giving yourself a break, you'll begin to drop destructive behaviors. If you practice being in touch with your body in a thoughtful way, you won't want to feed it toxic foods or drugs. If you gossip and complain over and over, you may not even know how much that hurts you – not other people.

Further, she added, "If you acknowledge how much anger you are harboring or jealousies you are carrying, your perspective will change, and you'll be in a position to begin changing your own behavior. You may eat less. You may start considering others more."

"Daily Intentions: Simple Spiritual Solutions for a Complicated World" is designed so the reader wakes up every morning, reads it for two minutes and after taking in the message for the day, is prepared to tackle the day with a new thought.

"Really," said Rice, "you should consider it as a way to begin taking one step at a time toward your old and new resolutions. You may be surprised how much you accomplish by the end of 2008 if you take one baby step at a time."

"Daily Intentions: Simple Spiritual Solutions for a Complicated World" by Ann Blakely Rice is available wherever books are sold or through amazon.com, barnesandnoble.com, and Borders, as well as other bookstores. Visit www.daily-intentions.com to learn more.

'The Deadly Game' opens tonight

LONG BEACH – The Long Beach Playhouse Mainstage Theatre will be featuring "The Deadly Game," a mystery thriller by James Yaffe, tonight through Feb. 9.

"The Deadly Game" is about three retired men of law in a remote house in the Swiss Alps that amuse themselves by going through the legal ceremony of prosecuting strangers who drop in. An American traveling salesman is their guest on a snowy evening and although their 'deadly game' seems foolish to him, he agrees to it to humor his hosts. Since he has never been guilty of a crime in his life, he is unable to propose anything they can try him for. After a little amiable social conversation, the retired prosecutor discovers a plausible case: he accuses the traveling salesman of having murdered his boss.

Tickets for tonight's preview performance are \$12 each, or two for \$20. Tickets for opening night on Jan. 5 are \$25, which includes a champagne reception with the director, cast, crew and playhouse staff. Regular ticket prices are \$22 for general admission, \$20 for seniors and \$12 for students (for Friday and Saturday performances only).

Ticket information is available by calling the box office at (562) 494-1014, or visiting www.lbph.com.

The Long Beach Playhouse is located at 5021 East Anaheim St. in Long Beach.

'Rehearsal for Murder' a modern mystery

LA HABRA – "Rehearsal for Murder," a mystery, psychodrama involving the death of actress Monica Welles on the opening night of her Broadway debut, will be playing Jan. 18 to Feb. 10 at the La Habra Depot Theatre.

A year after her death, Welles' fiancé – playwright Alex Dennison – creates a new play as part of a scheme to flush out the killer, bringing the murder suspects back together in the theatre where it all began.

"This play has it all – suspense, romance, and a play within a play," said Philip Brickey, director. "The plot will keep you guessing until the very last moment with the audience on the edges of their seats."

Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2:30 p.m. Tickets are \$18 for adults and \$15 for students, children and seniors.

For information, or to purchase tickets, call (562) 905-9625, or visit www.lhdepottheatre.org.

New Entertainment this week

<p>CD Releases</p> <p>Kate Nash - <i>Made of Bricks</i> Robin Tower & Jack Bruce - <i>Seven Moons</i> Amanda Shaw - <i>Pretty Runs Out</i> T-Pain - <i>No Love Without Pain</i> Various Artists - <i>Ultimate Grammy Collection</i></p> <p>Source: Amazon.com</p> <p>DVD Releases</p> <p>MOVIES "3:10 to Yuma" "Death Sentence" "Dragon Wars" "Zodiac"</p> <p>TV/MISC. "Two and a Half Men" - Season 2 "The Waltons" - Season 6 "Sweatin' to the Oldies"</p> <p>Source: Amazon.com</p> <p>Book Releases</p> <p>"Plum Lucky" by Janet Evanovich "Blasphemy" by Douglas Preston "Deportees and Other Stories" by Roddy Doyle "Homecoming" by Bernhard Schlink "Memo to the President Elect: How to Restore America's Reputation and Leadership" by Madeleine Korbel Albright "The Memoirs of a Beautiful Boy" by Robert Leleux "The Painter of Battles" by Arturo Perez-Reverte "Sellout: The Politics of Racial Betrayal" by Randall Kennedy "The Senator's Wife" by Sue Miller</p> <p>Source: barnesandnoble.com</p>	<p>Concerts</p> <p>FRIDAY, JAN. 4 B.B. King - Wiltern Circle Jerks - Henry Fonda Theatre Crush - Coach House Erratics - Galaxy Concert Theatre</p> <p>SATURDAY Chris Brown, Bow Wow, Sean Kingston, Souja Boy, Shop Boys - Honda Center Reel Big Fish - HOB Anaheim Skid Row - Galaxy Theatre Zebrahead - HOB Anaheim</p> <p>TUESDAY Franklin Bruno, Sean Lennon, John Doe - Disney Hall</p> <p>THURSDAY Kathy Griffin - Kodak Theatre</p> <p>Source: Casenet</p> <p>Video Game Releases</p> <p>World Champion Paintball - PS2 Yu-Gi-Oh! The Beginning of Destiny - PS2 Dance Dance Revolution: Disney Channel - PS2 Harvey Birdman: Attorney At Law - PS2, Wii Sonic Riders: Zero Gravity - PS2, Wii Kingdom Under Fire: Circle of Doom - X360 NFL Tour - X360, PS3 Kidz Sports: Ice Hockey - Wii Luxor: Pharaoh's Challenge - Wii Furu Furu Park - Wii Kidz Sports: International Soccer - Wii Pokemon Pocket Pokedex Vol. 2 - Wii Nitrobike - Wii</p> <p>Source: ebgames.com</p>
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CSULB design students win PAVE awards

LONG BEACH – Jesse Moyer and Lindsey Winchell, design students at California State University, Long Beach, recently received awards in the Planning and Visual Education Partnership's (PAVE) 2007 Student Design Competition, which was sponsored by Sony Electronics, Inc.

Moyer earned second place honors in the overall design category, the award for which included a \$2,000 grant for Moyer and a \$1,000 grant for the CSULB Design Department. Winchell received an honorable mention award and \$500 grant in the same category.

Competition organizers reported that a record-breaking 362 entries were submitted for this 13th annual contest, including 249 in the overall store design category and 113 in the visual merchandising category. Six entries were recognized in each category – first, second and third place and three honorable mentions. CSULB was the only multiple winner in the overall store design category, garnering two of the six awards.

The competition was geared toward two- and four-year college-level students involved in retail planning, merchandising and branding programs.

"I was thrilled to hear that I was one of the few to be recognized in the store design category. This win is very encouraging to me. It is nice to be recognized at a level where I am not being judged by my peers, but rather by a jury of professionals," said Winchell, who is also a junior in the interior architectural design program and expects to finish her bachelor's of fine arts in May 2009. "I really stepped out of my comfort zone for this competition and tried to design beyond my 'normal scope.' It's also nice to see that our rigorous program is being recognized as competitive."

The challenge given to this year's student designers was this: Sony Electronics, Inc., a global electronics and entertainment company, wants to create a short-term, high-impact, low-cost immersive branding experience that focuses on television and home entertainment products that are available for purchase. Products should include TV audio/video entertainment products in a dynamic lifestyle environment with easy circulation flow. This is a "fashion lifestyle" shopping experience.

The concept should include a "Name" of the shop that reflects the image of the Sony brand (Sony Electronics, Inc. or any Sony sub-brand trademark names not to be used). This "Pop-Up Shop" or marketing outpost will be designed to provide customers with a tangible, 3-D experience. It will have a four-week longevity and travel to three cities: New York, Tokyo and Paris. This should be a multi-channel experience to include an online component.

The name of Moyer's project was "Locis," the plural of locus, which is a fixed position on a chromosome such as a genetic marker. Her marketing scheme for the exhibition focused on the loci idea that Sony is a "fixed position" as the "genetic marker" in the world of electronics.

"Starting with the Sony launch of HDNA, I wanted to play off of what the company had already been working with," said Moyer. "I concentrated on ease of shipping, installation, and flexibility while creating a playful area to showcase Sony home entertainment products. The overall look of the structure includes a black shipping crate and colorful flexible resin spheres.

"This idea could be placed in any location – indoors or outdoors, large or small – and it is easily shipped inside the shipping crate included in

design and assembled in an unorderly way by anyone, said Moyer. "My 'interaction' area included a concept that would showcase Sony's DNA to the public by placing the actual engineers and designers on site to lecture and answer questions."

Winchell named her shop concept "Lucid," which she defined – using a dictionary – as easily understood; completely intelligible or comprehensible; characterized by clear perception or understanding; rational or sane; clear.

"Lucid is an exploration and acknowledgement of how Sony's styling of technology is changing and becoming more elegant, streamlined and simplistic. Sony has encouraged this transition from bulky design to clear and simple forms," said Winchell. "This traveling pavilion is intended to mimic the luxurious quality of Sony Brand products via cantilevers. Cantilevers are simple and elegant, housing only the necessary elements. This lucid understanding of technology and trends inspired this design concept.

"My entire concept revolved around understanding how Sony has grown as a company and where the future lies," she said. "I believe my design reflected their culture and from this I picked an architectural feature to be a tangible personification of Sony. I also think I was thorough in keeping with the requirements of the program, addressing all the design criteria."

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 JUNO PG-13 (12:00, 2:30, 5:00), 7:35, 10:05
 THE WATER HORSE: LEGEND OF THE DEEP PG (10:55, 1:40, 4:30), 7:15, 9:55
 CHARLIE WILSON'S WAR (11:15, 1:45, 4:25), 7:25, 10:10
 NATIONAL TREASURE: BOOK OF SECRETS PG (10:00, 1:00, 4:00), 7:00, 10:00
 P.S. I LOVE YOU PG-13 (11:00, 1:55, 4:45), 7:40, 10:40
 WALK HARD: THE DEWEY COX STORY (7:55, 10:30)
 ALVIN AND THE CHIPMUNKS PG (10:10, 11:10, 12:30, 2:00, 3:00, 4:35, 5:30), 7:05, 9:30
 I AM LEGEND PG-13 (11:05, 1:50, 4:40), 7:30, 10:20

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 THE WATER HORSE PG (10:50 1:35 4:20) 7:05 9:50
 NATIONAL TREASURE 2 PG (10:20 1:20 4:20) 7:20 10:20
 P.S. I LOVE YOU PG13 (10:30 1:30 4:30) 7:30 10:30
 CHARLIE WILSON'S WAR R (12:15 2:50) 5:25 8:00 10:35
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 I AM LEGEND PG13 (11:45 2:15 4:45) 7:15 9:45
 ALVIN & THE CHIPMUNKS PG (10:30 1:20 4:10) 7:00 9:50

New & noteworthy titles at the Downey City Library

Fiction

- "Consequences" by Penelope Lively. A love story begins on the eve of the Second World War with a chance meeting in St. James Park, London.
- "Cool in Tucson" by Elizabeth Gunn. Tucson police detective Sarah Burke is dealing with a recent divorce and the disappearance of her young niece, when a body is found in a parking lot.
- "Dance with the Dragon" by David Hagberg. The CIA is on edge when the body of an agent shows up on the steps of the U.S. Embassy.
- "Hundred in the Hand" by Joseph M. Marshall. Best-selling Lakota author Marshall brings a new slant to the traditional Western, writing historical fiction from the Native American point of view.
- "Letters from Carthage" by Bill James. A couple from the inner city finds a new life in suburbia but discover that all is not well in their neighborhood.

Non-Fiction

- "The Big Investment Lie: What Your Financial Advisor Doesn't Want You to Know" by Michael Edesses. The author gives tips on how, when and where to invest your money to maximize wealth.
- "Flower Confidential: the Good, the Bad and the Beautiful" by Amy Stewart. Traveling the globe, the author gives an insider's view of the dazzling \$40 billion flower industry.
- "The Man in the White Sharkskin Suit" by Lucette Lagnado. A Wall Street Journal reporter recounts her family's exile from Egypt and her father's struggle to survive his journey from wealth to poverty.
- "Mountain Rescue Doctor" by Christopher Van Tilburg. An emergency wilderness physician shares his personal stories of harrowing rescues, including the recent Mount Hood disaster.
- "Words that Work: It's Not What You Say, It's What People Hear" by Dr. Frank Luntz. The author shares insights on how words influence others while connecting thoughts and emotions.

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.

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The Gauldin Dolphin Fitness Club enjoys active participation from family and friends.



Families and friends lean on each other for support during physically demanding events, like the 5K race these two Gauldin students completed last month.



The Gauldin Dolphin Fitness Club works closely with Keep Downey Beautiful, picking up litter and planting trees throughout the city.

Fitness tips to live by

The following are nutrition tips, provided by "MyPyramid for Kids," for the whole family to enjoy:

- **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- **Vary your veggies.** Go dark green and orange with your vegetables – eat spinach, broccoli, carrots, and sweet potatoes.
- **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- **Get your calcium-rich foods.** To build strong bones, serve lowfat and fat-free milk and other milk products several times a day.
- **Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

The following are fitness tips, also provided by "MyPyramid for Kids," for the whole family to participate in:

- **Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- **Take a President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- **Establish a routine.** Set aside time each day as activity – walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes every day or most days.
- **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.
- **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- **Give activity gifts.** Give gifts that encourage physical activity – active games or sporting equipment.

GAULDIN

Continued from page 1

community service and building character."

Many of the events the club participates in benefit charities and non-profit organizations. For example, the group has participated in activities that benefit Children's Hospital Los Angeles, the School Cents Program, and Keep Downey Beautiful.

When the students aren't out and about giving to the community, they are working up a sweat.

"We work out really hard – sometimes some of the other adults that help can't keep up," laughed Gaytan.

According to Gaytan, the dynamics of the group consist of kids that are looking to lose weight, kids that are looking to be active, and kids that are simply looking to have something to do after school.

"Many of the kids come from low-income, single-parent homes, so the club provides them a free activity to keep them occupied while mom or dad are still at work," Gaytan said.

Although there are no costs in joining the club, Gaytan is constantly writing to major corporations looking for donations and sponsorships. His hard work has earned the club gift certificates from Jamba Juice and Hometown Buffet, as well as equipment, such as step aerobics, medicine balls, mats and jump ropes, donated by Bally's Total Fitness.

"Our donations really serve as incentives for the kids," said Gaytan. "If they are showing effort and improvement and are staying on track, they

are in turn rewarded with a gift card."

The club has also hosted fundraisers at Frisco's and Rubio's.

"Because we are active in step aerobics, martial arts and kickboxing, we are always in need of equipment," said Gaytan, noting that the club works out in the school's cafeteria. "So we are always in need of donations."

Gaytan is always looking for ways to mix up workouts to keep the kids constantly challenged and interested.

"This club is my passion and it's a way of keeping the kids off the streets," said Gaytan. "And all of their hard work shows – many kids have lost a lot of weight and many have straightened out their attitudes – all because they are putting their free time to good use."

Although Gaytan is big on character, he is also big on grades. He is a firm believer in making academics a priority and when the kids aren't willing to work at their grades, he has no problem cutting them from the squad.

"Values and academics take precedence over how fast or athletic you are," said Gaytan.

Since he took over in 2005, the club has gained more and more support from teachers, parents and city officials, including Councilman Kirk Cartozian and Mayor David Gafin. Every Thursday, parents take turns in providing healthy foods to the group, introducing them not only to healthy products, but also culture-inspired dishes.

"It's therapeutic to give to these kids," Gaytan said. "And in return, I get to see them accept and appreciate who they are and who they are going to be."

How energy efficiency will bring along blue skies

CONTRIBUTED BY NARENDRA AMARNANI, PRESIDENT
ASHRAE, SOUTHERN CALIFORNIA CHAPTER

DOWNEY - American Society of Heating, Refrigerating, and Air-Conditioning Engineers (ASHRAE) President Kent Peterson recently addressed three local chapters - Southern California, Tri-County and Orange Empire Chapters - at the Energy Resource Center in Downey, discussing the subject of sustainable design of green buildings to curb greenhouse gases and ozone depletion.

Over 150 prominent consulting engineers, government officials, manufacturers' representatives, and building owners were in attendance. The following contains excerpts from Peterson's speech.

As adults and professionals, I believe we must continue to dream of possibilities. These dreams can create our vision of the ideal future we seek. We can only realize these dreams by pursuing the possibilities.

Dream of the difference we can make in this world by working together.

I dream of the day when the building industry realizes that what is possible is far beyond the minimum performance the general market demands today;

I dream that we unleash the spirit of innovation to break through existing boundaries and deliver the elegant sustainable buildings society is beginning to demand;

And I dream that we apply our discoveries to significantly improve building energy performance, comfort and safety without compromising our natural environment.

I became an engineer and joined ASHRAE because I wanted to help make a difference. As ASHRAE members, we are fortunate to be able to work with some of the best and brightest minds in our field to advance the built environment. The synergistic energy of ASHRAE members working together, sharing ideas, and advancing the standards of practice provides tremendous value to our members and the public.

Everybody is affected in one way or another by buildings – we are born in them, we live in them, we work in them, and in many cases we are healed in them. Collectively through our work, we have been able to provide comfortable, healthy and safe buildings that have substantially improved the quality of our lives.

On the flip side, the energy consumed by these buildings is helping fuel a new crisis – a crisis of global energy availability and the increasing greenhouse gas emissions. And in the words of Stanford Economist Paul Romer, "a crisis is a terrible thing to waste."

The U.S. Energy Information Agency recently reported that world energy consumption is projected to grow by 71 percent from 2003 to 2030. Oil is forecasted to remain the dominant energy source with coal forecasted as the primary fuel for generating electricity. Energy use is also increasingly shifting away from developed countries and becoming more carbon-intensive.

While energy prices are continuing to rise, the true costs of using energy are even higher when considering the impacts on our children's future and the environment.

Most of us know how fuel-efficient our automobiles are, whether it is expressed in mpg or km/L. But what about the buildings we design, operate, or use? Who has a clue on how much energy they consume in a year per square foot or square meter? I suspect very few.

The fact is, the buildings and systems we provide consume enormous energy – both for construction and operation. Residential and commercial buildings already account for a vast amount of total primary energy use; roughly 40 percent in the U.S. and the European Union. And the built environment continues to expand around the world.

Today, more and more people are seeking to improve their quality of life as our world population has quadrupled to more than six billion people over the past 100 years. This outlook, along with global concern regarding climate change, has created a sense of urgency for positive action.

And in the words of Stanford Economist Paul Romer, "a crisis is a terrible thing to waste."

The path to global sustainability is forcing us to seek dramatic building energy performance improvements. We can reduce building energy consumption to help reserve the forecasted trends.

Because we have such tremendous strength in the technical knowledge of our membership, I view this crisis as a tremendous opportunity for ASHRAE. We have the opportunity to show the world we can provide the innovation needed to substantially reduce energy consumption in the built environment.

Energy efficiency should always be the elegant alternative to fuel consumption.

ASHRAE understands the importance and need for action and we are becoming an engine for positive change. We have publicly stated our vision to continually improve building energy performance with the ultimate goal of market-viable net-zero-energy buildings by the year 2030.

We have set an aggressive goal that is what we must work toward.

As I see it, the bottom line is – we need to be part of the energy solution. I believe we have a responsibility to use our leadership and apply our knowledge and experience to provide effective, practical, and innovative solutions for a sustainable built environment.

No challenge is too great for engineers and scientists. We are trained to be creative problem solvers. And when it comes to solutions, simple is better. Elegant is better still. Elegance is simplicity found on the far side of complexity. It is elegant solutions that we must seek to provide high-performance buildings that can be maintained and operated efficiently.

Elegant solutions are all around us, waiting to be discovered. But they

do not come easy. They require a working knowledge of the forces at play and the obstacles in our way. There is no question; we as an industry face some daunting challenges as we move in this new direction:

- We find ourselves in an industry that has traditionally been slow to change
- Many building decisions are made today without recognizing the life-cycle benefits of improved efficiency
- We neglect to benchmark the performance of most buildings we build and operate
- Most current design methods emphasize major component selection over system performance
- Our current project delivery methods do not typically reward innovation and reduced consumption of resources

The fact is, obstacles will always be in the path of progress. Uncertainty, risk and failure are all part of innovation and sometimes the price for the wisdom we need to gain. We must question the status quo, rally our engineering skills to investigate the possibilities, and use the need for greater energy responsibility to vastly improve new and existing building performance.

ASHRAE has a long history of improving building energy efficiency. Automatic temperature regulation to achieve efficiency was a topic of discussion back in the 1890s. In the 1930s, energy savings from the use of storm windows and doors were investigated.

In the mid-1970s, ASHRAE mounted an extraordinary effort to develop the U.S.'s first energy conservation standard for new buildings. There is so much in our history to commend, but there is also a need for us to avoid self-satisfaction.

"Overshadowing everything else is the question of conservation of natural resources. For how much longer are we going to waste...resources to save first-cost only of buildings," asked S.R. Lewis, president of ASHVE in 1914.

How would we answer him today?

See ASHRAE, Page 11

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Century 21 My Real Estate has welcomed associate **Ruperto Munoz** to their office. Munoz has been an elementary school teacher, loan officer and training specialists. "Ruperto is motivated and has an excellent background that will give his clients outstanding service," said **Roger Nordin**, vice president of relocation and marketing. To contact Munoz, call (562) 927-2626.

ASHRAE

Continued from page 9

I would tell Lewis that we have no more time to waste; that ASHRAE is again invigorated about its duty in promoting responsible use of our natural resources and the advancement of sustainable buildings.

We are working to reduce allowable building energy consumption in our minimum code-intended standards, such as 90.1. We are developing a new high-performance-building standard for commercial buildings.

We are continuing to publish best-practice methods for reducing building energy consumption beyond code requirements in our expanding series of advanced energy design guides.

We are working toward developing better building performance metrics. We are continuing to develop commissioning guidance to help ensure buildings perform as intended. We have ramped up our advocacy efforts to assist with the implementation of aggressive yet responsible energy policies.

ASHRAE is working toward these improvements by collaborating with more organizations than ever before.

Our current Strategic Plan helps move the Society closer toward fulfilling our vision of a better future and I will be pushing us to accomplish our strategic objectives. I will also be putting special emphasis this year on some key areas to improve building energy performance:

- We need to develop better benchmarking of buildings based on their actual energy use. Buildings rated on their actual peak and annual energy performance would trigger better design, construction and operational decisions.

- We need to develop a more effective means to communicate the measured performance of innovative practices and technologies used in high-performance buildings. I believe we need to inform decision makers, designers and operators on high-performance successes in both new and existing buildings if we are to change the status quo and transform the building market.

- We need to expand our education programs to cover integrated building design practices and improved operations and maintenance techniques. Both designers and building operators need training in these new

'Made in China' in your medicine cabinet?

CONTRIBUTED BY PETER PITTS,
CENTER FOR MEDICINE IN THE PUBLIC INTEREST

Thirty years ago, "Made in Japan" was synonymous with "cheap." Japanese economy cars then might have not been glamorous, but they achieved popularity as reliable and efficient vehicles available at bargain-basement prices.

Today, "Made in China" is on our radar. But such a label should raise more red flags than Japanese marks did, as some Chinese goods entering the U.S. aren't just cheap — they're dangerous.

As we've seen in the cases of tainted toys and toothpaste, goods bearing the mark of the Panda could end up harming, or worse, killing you.

There's another difference between yesterday's Japanese goods and today's Chinese ones. Japan is a Western-style democracy. Checks and balances on government and industry are the norm. Japan respects intellectual property, and legal structures are in place to discourage the release of shoddy products.

China, however, is a one-party state. There are no meaningful legal constraints on what the government or Chinese industry can do. Intellectual property rights are routinely violated. There are few regulatory checks to prevent tainted or unsafe products from pouring out of Chinese factories.

Poisoned pet food and children's toys laced with lead-based paint are only two examples of the perils of poorly regulated foreign imports. What will happen when counterfeit drugs begin showing up at American retailers?

We've had our first taste of this — literally. Made-in-China toothpaste became a national scare this summer. After the stuff was already in circu-

methods to enable them to deliver better buildings.

The future we seek will only happen with a sustained effort from all in the building industry — each and every one of us.

It is time for us to move beyond simply selecting right-sized HVAC systems. Today, building design engineers must improve their knowledge in building envelope performance, thermal mass effects in buildings, passive solar, daylighting, human comfort and much more. We must become the experts in delivering high-performance buildings.

The time has come for us to be more innovative in our thinking, more daring in our creativity, and more dedicated to our pursuit of best practices that will dramatically improve building energy performance.

We have responsibility to consider the possibilities:

- What if energy was treated as a valuable limited resource and not as a commodity that simply follows the laws of supply and demand?

- What if we were able to drive innovation through improved building research and development?

- What if we could provide a culture for continuous innovation in each of our organizations?

- What if building owners were to set clear energy performance goals for all projects?

- What if we could meet those goals by working together with the entire building team to integrate the building envelope, lighting and HVAC systems to meet indoor environmental needs of the occupant?

- What if these buildings also provided for simple and effective operations and maintenance?

- What if we actually measured and reported the energy performance, year after year?

- Then, collectively, building by building, city by city, we will substantially change how buildings use energy, to the point of dramatically reducing building energy use and carbon emissions.

Mankind has begun to understand that this crisis before us transcends our personal and business agendas, and the time to act is now.

Remember this, our greatest advances will not be in our discoveries — but rather in how we apply those discoveries to benefit mankind.

I believe all of us are fortunate.

We find ourselves at a pivotal point in history of the built environment — that is exciting, daunting and challenging. A period of necessary change; when the old and the new are forced to stand side by side to be compared; and when our accomplishments of the past will soon be replaced by the rich possibilities of the future.

Each of us must be willing to explore the possibilities.

lation, it was revealed that the dentifrice contained diethylene glycol, a chemical used in antifreeze.

Americans may not want something as critical as drugs to come from China. But that's not stopping some lawmakers from forcing them upon consumers.

Several members of Congress have introduced legislation to allow the importation of prescription drugs. Although proponents of the measure have promised that drug imports will be scrutinized and only permitted from certain countries, the reality is not so simple.

Obtaining drugs from "safe" nations like Britain or France offers little protection, because drugs move freely among the 27 European Union member states through a system of "parallel trade." Under this system, drugs purchased from countries considered "safe" may have originated elsewhere in the E.U. — like Latvia or Malta, where it's far easier for Chinese counterfeits to enter the legitimate supply chain.

Canada is no safer. Most Canadian Internet pharmacies admit to purchasing their drugs from the E.U. And some of these drugs aren't even legal in Canada.

Yet the push for drug importation continues.

Until we see progress in our ability to verify the authenticity of drug imports, opening our medicine cabinets to foreign drugs will jeopardize our collective health. The technology for doing so is on the horizon, in the form of things like RFID tags. The time may soon come when "Made in China" is not a cause for concern, but when it comes to drugs, that time is not yet here.

Peter Pitts is president of the Center for Medicine in the Public Interest and a former FDA Associate Commissioner.

With an atmosphere of innovation, there are no limits on the impact we can have on the greater good of society and the wellbeing of individuals and the industry alike.

Think about the difference we can make.

That leads me to ask one final question that only you can answer: are you willing to be a catalyst for change and become more innovative in your thinking, more elegant in your solutions, and more determined to delivering outstanding building performance?

If so, please join me in demonstrating leadership, as we unleash the spirit of innovation to transform the built environment so mankind can enjoy more blue skies in the future.

Little League in search of former players

DOWNEY — The West Downey Little League is celebrating its 50th anniversary in 2008 and is asking former players to submit photographs and stories for inclusion in a 50th Anniversary celebration.

Photos and stories can be submitted to WDLL, 11985 Old River School Rd., Downey, 90242, or by calling (562) 928-2837, emailing westdowney@yahoo.com, or visiting www.eteamz.com/westdowneylittleleague.

Northwest Little League to host sign-ups

DOWNEY — Northwest Downey Little League will be taking sign-ups for the 2008 little league baseball season tomorrow from 10:30 a.m. to 3:30 p.m., and Jan. 9 from 6:30 to 9:30 p.m., at Furman Park.

Applicants are required to bring three forms of residency verification. Tryouts will be held Jan. 12 at Furman Park and the season will begin on Feb. 23.

For more information, call Lance Torgerson at (562) 761-2148, or James Veloff at (562) 861-2696. Recorded information can be obtained by calling (562) 928-0363, or visiting www.nwdll.org.

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MUST SEE!



Custom Home- Large Lot!
2 BD, 2 BA, living room w/ bay windows, converted patio w/ built in BBQ, HUGE park-like yard! (10,670 Sq. Ft. Lot) Call For More Information!

MUST SELL!



More for Your Money!
3 BD, 1,737 Sq. ft. in secluded North Downey location! Owner Says... Bring An Offer!
PRICED AT \$550,000



NORTH DOWNEY TURNKEY!
3 BD, 2,000 Sq. Ft. of living space! Built in 1974
Priced to SELL!

UNDER \$325K



Townhouse Living!
Cute 2 BD, 2 BA,
2 Car Garage
Priced at: \$324,900

MUST SELL!



So Much for So Little!
3 BD, 1 BA, ceramic tile,
1,110 Sq. Ft. on a 4,364 Sq. Ft. Lot
Maria Elena Serrano 562-400-3373

OPEN HOUSE SAT. 12-4PM



New Construction!
4 BD, 3.5 BA, master suite w/ walk in closet, granite countertops, 2,200 sq. ft., 5,300 sq. ft. lot, Priced @ \$689,900
Call Jason Lockwood 562-619-2979



A-1 NEIGHBORHOOD
3 BD, 2 BA, LG master suite,
1,722 sq. ft. Living Space
OWNER SAYS...BRING AN OFFER!
Mario Did it Again!

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Bread + Butter Units!
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2 BD, 1 BA EACH!
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To List Your Home!
562-927-4866

A SMART BUY!



So Much For So Little!
3 BD, 2 BA, dual pane windows w/ wooden shutters, new roof, 2 car detached garage, HUGE back-yard! Price @ \$575,500
Call Zeke Pimaya 562-746-8840

SOLD!



Another Downey Home SOLD!
2 BD, 2 BA, 1,400 Sq. Ft., 6,000 Lot.
Priced @ \$499,000
SOLD! SOLD! SOLD!

LIVE IN OR RENT OTHER!



Downey Duplex!
(1) 1 BD 1 BA, - (1) 2 BD, 2 BA
Priced at: \$599,900

A REAL DEAL!



Spacious Condo, TOO many Amenities to list, w/ LARGE patio. Located in Whittier.
Priced at: \$324,999
Russell Skersic 562-619-8280

CALL TODAY!



Home Sweet Home!
3 BD, 134 BA, Living room w/ fireplace, family kitchen w/ eating area, 2 car garage, 1,610 Sq. Ft. Priced at: \$699,000
Call Mary Jane Lee 562-618-0390

SOLD!



SOLD! SOLD! SOLD!
THE BEST DEAL IN DOWNEY!
3 BD, + Family Room, 1,443 Sq. Ft.
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OPEN HOUSE



Golf Course Views!
Gorgeously renovated from the ground up! Amazing 4 bedroom, 2.5 bathroom North Downey home near Furman Park and Rio Hondo Country Club at the end of a cul-de-sac. The home includes a formal living room with fireplace, formal dining room, large family room, and new kitchen with granite countertops, new cabinetry, and large island. The home also has a nice master bedroom with a full bathroom featuring separate jetted tub and shower. The 8200 sq ft lot gives you ample space for entertaining.
Reduced to \$769,950
Virtual tour at www.MichaelBerdelis.com



Custom-Built Orange Estates Home
Spacious bedrooms, 2.5 BA, living room, den w/ fireplace, approx 2000 sq. ft, central air & heat, 2 car detached garage, and a large 8540 sq. ft. lot w/pond & fruit trees.
Price \$725,000
Call Michael Berdelis at (562) 818-6111



Nice Area, Nice Price!
3 BD, 2 BA Downey home w/ new kitchen w/ corian countertops, hardwood floors, large master bedroom, new windows, and large yard w/ fruit trees.
Price \$ 515,000
Virtual tour at www.MichaelBerdelis.com



N. Downey Town Home!
3 BD, 2.5 BA, family room w/wet bar. The gourmet kitchen & breakfast room opens up to the lovely tiled patio. This one is READY for you to move in!
Value Range Price: \$499,950-\$529,950
Call Michael Berdelis at (562) 818-6111

OPEN HOUSE



Move Right In!
3 BD, 2 BA, 1627 sq ft on a 7560 lots. Features include a formal living rm, large family rm, central A.C., updated kitchen & hardwood floors. Park-like backyard w/lots of trees and Koi pond.
Wont last long @ \$595,000
Virtual tour at www.MichaelBerdelis.com



Welcome to the Island!
3 BD, 2 BA Downey home with 600 sq ft guest room, remodeled kitchen, spa, and circular driveway.
All this for only \$599,950
Call Michael Berdelis at (562) 818-6111




A Steal of a Deal!
3 BD, 2 BA, 1622 sq ft house in Downey, 7940 sq ft lot, remodeled kitchen, 2 car detached garage, plenty of storage space.
Price: \$629,900
Virtual tour at www.MichaelBerdelis.com



Custom Built Beauty!
5 bed, 4 bath, 3100 sq ft, North Downey mini-mansion.
Priced to sell at: \$1,125,000
Call Michael Berdelis at (562) 818-6111

OPEN HOUSE



North East Downey
Spectacular 5 bedrooms, 4 baths, 3900 sq. ft new construction on a 7500 Sq. ft lot w/ a two car detached garage. Features: Venetian painted walls, granite countertops, upgraded appliances, and mix of hardwood and marble flooring.
Price reduced to \$1,175,000
Virtual tour at www.MichaelBerdelis.com



Too Many Upgrades to List
New Construction 2007- 5 bed, 4 bath, 3250 sq ft living space, many fine upgrades and touches.
Price \$1,249,900
Call Michael Berdelis at (562) 818-6111

OPEN HOUSE



Go For It!
New construction 4 BD, 3.5 BA, Granite counter tops in kitchen and baths. 2200 sqft., central air & heat, with beautiful landscaping.
Price to sell @ \$689,900
Virtual tour at www.MichaelBerdelis.com



New Construction 2007
6 bedrooms +office, 6.5 bathrooms, 5500 sq ft, 7588 sq ft lot, brand new home w/large master suite, high ceilings, fabulous kitchen & so much more!
Price \$1,549,000
Call Michael Berdelis at (562) 818-6111



Honey, Stop the Car!
4 BD, 4 BA main house & 2 BD, 1 BA guest house on a 10,920 sq ft lot in NW Downey. Both houses have remodeled kitchens & baths.
Price: \$749,950.
Virtual tour at www.MichaelBerdelis.com

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