

Domnen Batriot



Fashion tips for the lovelorn See Page 8



Published in 'Chicken Soup' See Page 2



Vikings endure marathon game See Page 3

Friday, February 22, 2008

Vol. 6 No. 44

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

Remodeling efforts at Ball Mansion

■ Officials say remodel shouldn't significantly alter home's outer appearance.

By Eric Pierce, City Editor

DOWNEY – The owners of the historic Ball Mansion, the home once owned by local pioneer and agriculture luminary Al Ball, is currently undergoing extensive remodeling efforts that will increase the house's total square footage, city officials said this week.

The remodeling includes the removal of a pool, garage and backyard garden area, said William Davis of the city of Downey Planning Department.

The home's unique front porch and columns will remain in place, Davis said.

The Ball Mansion, also referred to as the Ball-Steere House, is at 8572 Cherokee Drive, between Lakewood Boulevard Brookshire Avenue.

According to state and county records, the house was built in 1920 for Downey resident Al Ball, part owner of the Ball and Tweedy Packing Company. At one time, it was considered one of Downey's most elaborately-built homes.

The mansion was entered into the state of California's Historic Resources Inventory in 1977 on behalf of the Natural History Museum.

"This house is very historical in that it has so much to do with the Downey Historical Society who



Remodeling efforts are underway at 8572 Cherokee Dr., known to some residents as the "Ball Mansion" or the "Ball-Steere House," which once was home to early native Al Ball. Photo by Eric Pierce

expressed skepticism about construction at the home. "If we lose it, we would be losing a great part of our community."

Designed in a Spanish Colonial style by Los Angeles architect H.H. Whitley, the Ball Mansion is two stories with five bedrooms and four baths, and features a unique circular driveway that extends to a rear garage and tennis courts. Later additions included a solarium and home theater.

State records describe the house as "basically rectangular development of the area," said with two sections extending from George Redfox, a member of the the façade. The main entrance, agriculture packing company, Ball located between the extensions, is

covered by an arcade porch which extends past the northwest corner of the structure and is supported by round columns. Several of the windows on the second story are arched, and some of the first floor are partially protected by small metal grates.'

The Los Angeles County Assessor's Office valued the 7,483-square-foot property, zoned as a single family residence, at just over \$1.9 million in 2005.

According to "The History of Downey, California" by Charles Russell Quinn, in addition to his was also a board officer with the

Los Nietos Valley Bank during World War I, which advertised with the slogan "Remember us when you have money, and we will remember you when you have none."

Ball's property was also suggested as the northern boundary line when the city of Downey made one of its first attempts at incorporation in 1906.

The Ball Mansion was eventually sold to a local physician, identified as Dr. Steere, who died in 1973. The house was sold again two years later to Robert and Mary

Johnie's Broiler rally planned for Tuesday

By Eric Pierce, City Editor

DOWNEY - Historical preservationists said this week they are expecting a large turnout at Tuesday's City Council meeting to lobby support for a Bob's Big Boy restaurant at the site of the current Johnie's Broiler, which was illegally demolished on a Sunday afternoon last year.

City officials said last week they were in negotiations with Bob's Big Boy to take over and restore Johnie's, the 1950's carhop diner made famous in many Hollywood movies and TV commercials.

If negotiations succeed, it would mark the second time a Bob's Big Boy did business in Downey: a Bob's once operated on Florence Avenue where Carrow's restaurant now resides.

Adriene Biondo, chairman of the Los Angeles Conservancy Modern Committee, an agency working to preserve local buildings and architecture of historical significance, said she was "keeping her fingers crossed" that Bob's Big Boy would restore Johnie's Broiler.

The committee had been working for years to save the diner from demolition when it was illegally razed on Jan. 7 of last year.

Members of the Coalition to Rebuild the Broiler, as well as Southern California car clubs, are expected to attend the 7 p.m. rally at City Hall,

Anybody wishing to attend and support the rally is asked to e-mail AdrieneBiondo@gmail.com.

Two arrested for Valentine's Day murder

DOWNEY - Downey Police arrested brothers Brian and Jon Olguin last Friday after they allegedly killed 34-year-old Rafael Rodriguez of Downey on Valentine's Day.

According to police, witnesses said Brian, 31, and Jon, 33, fought with Rodriguez in front of a home located at 8722 Fontana St., later stabbing him with an unknown object, reported the Press-Telegram. Rodriguez died a short time later at Downey Regional Medical Center.

The Olguin brothers fled on foot, but were found in Cerritos on Friday around midnight, according to a news release. Both men were booked for murder and are held on \$1 million bail.

Purple Hearts come with a painful price

By Henry Veneracion, Staff Writer

or his part in the Korean War, Joseph Armando Del Rio has been rewarded with two Purple Hearts and recurring mental flashbacks of his buddy being blown up. He "sees" the explosion often in his sleep and sometimes when he relates episodes of the war. He says a lot of returning combat-scarred veterans experience pretty much the same thing. He says, like himself, they are victims of shellshock, "which they call post-traumatic syndrome."

With a sad shake of his head, longtime Downey resident Del Rio, retired since 1994 and

now nearing 75, says not a few of these once proud and well-functioning individuals have become bums, their spirits broken and their minds addled, unable to halt their slide to depression and despondency. A few end it all in suicide. Reports indicate some, unable to cope with the normal demands of life, even resort to crime.

Cases of this sort are well-documented. So are efforts by the Veterans Administration to provide all manner of rehab and assistance programs. Aside from inevitable program inefficiencies due to the bureaucratic snafus and indifferent staffs, yet other issues, other concerns trouble veterans like Del Rio.

Del Rio has in the meantime been diagnosed with cancer ("There's a mesh inside my stomach"), and just recently suffered a heart attack. "They put two splints in there," he said. "My doctor thought of putting four splints, but decided against it, hoping two would do the job. They are going to re-evaluate it soon. I experience little stabs now and then." Despite all this, he says his brain is "intact, active."

"Thankfully I came back from the war a lot stronger than some of my friends," he said. "A second reason why I have stayed [sane] is I don't panic." He says he belongs to the old school. "I had a paper route growing up. We kids worked around the house, and did not cruise around like so many kids today, getting into trouble, kids growing up with too much time on their hands, with their Nintendos and picking up a lot of bad ideas. Before, we went to the Y to box, and so on. Back then, people respected people. Most important, we had discipline instilled in us, both by our parents and in the service."

He would draw on it badly during the war. He says there were often days when they would get only two hours sleep because of fear and anxiety. As a result, he says, "we didn't eat right, we got constipated, we got hemorrhoids. Lots of times we'd go hungry, anyway. What there was of food wasn't much. We got C-rations. And you know what they are, don't you? A lot of pork and beans, and Spam."

"And there was this constant dread of getting ambushed," he continued. "Can you imagine what the troops in Iraq go through? They mingle with civilians, who look like family men during the day but when night comes, you don't know if they are the enemy. It was like this, too, in the Korean War. We would enter a village, and you didn't know what awaited you at the next corner. Once the buddies you've been around with get killed, you didn't trust anybody around you as much. Little wonder that,

See DEL RIO, page 2

The Huckabees shred their way into stardom

■ Downey band rooted in family finds success playing venues throughout Southern California.

By Brooke Karli, Staff Writer

DOWNEY - Donning Metallica T-shirts, Vans, Chuck Taylors, and hair past their shoulders, The Huckabees tune their guitars and check their mics in preparation for yet another practice in their garage.

The band, a "party rocker hair metal band," as Joe Huckabee would put it, consists of brothers, Josh, a 16-year-old junior at Warren High School, and Zach, a 13-year-old eighth grader at West Middle School, and their dad, Joe, who has worked in commercial air conditioning since 1989.

The trio started the band in 2003, following an interest shown by Josh to play the guitar and Zach to play the drums. Joe, who has played bass since he was 12 years old, had numerous guitars and even a drum set sitting in the garage and decided to teach his kids how to play.

"In the beginning, I was able to introduce them to the instruments and teach them," said Joe, who has been married to wife, Sheila, a Downey Adult School Office Skills Center registrar, since 1989. "But it got to the point where their talent far surpassed mine and I had to recruit some of my friends to help instruct them."

And so it began. The Huckabees were formed, with Josh on guitar, Joe on bass, and Zach on drums, also performing as lead vocalist. It wasn't until recently that Josh began to sing as well.

Their first booking, believe it or not, was by accident. Joe, a fan of the Mark and Bryan Morning Show on 95.5-KLOS, called in one morning in an effort to get tickets to their 2004 Christmas Show. Joe mentioned that his kids were musicians and had just formed a band and the radio station decided to have them perform at the Christmas Show at The Wiltern – in front of 2,500 people.

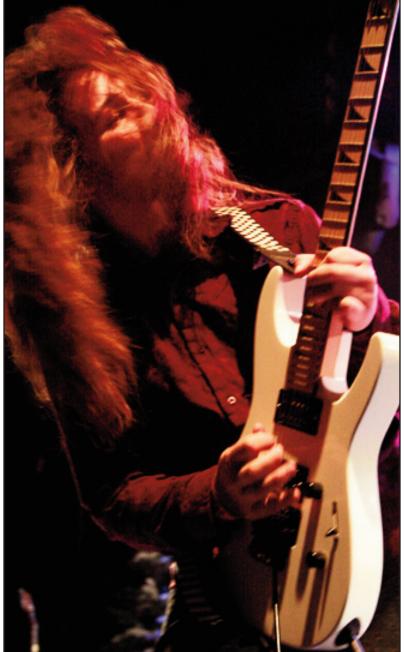
Ironically, this is also when the band got their name. Originally, the band was named Truant, but during an introduction done by the radio station, they were introduced as The Huckabee Family. They dropped the Family, keeping with The Huckabees, a name they are currently in talks of changing.

The band performed one song, Van Halen's "Panama," in which they rewrote some of the lyrics to match the holiday theme of the Christmas Show, calling it "Santa Claus."

"Before that show, it was hard to get gigs because of Josh and Zach's age," Joe said. "But that show established credibility for us because we were able to say we performed at Mark and Bryan's Christmas Show. So since then, it has been easier to book shows."

The Huckabees' next show was in Beverly Hills at The Joint, followed by a slew of performances at local carnivals for Catholic churches and schools such as St. Raymond Catholic Church, Our Lady of Perpetual

See THE HUCKABEES, page 2



Josh Huckabee, one-third of The Huckabees, shreds his guitar at a recent performance. The band, created in 2003, have played at venues such as the Knitting Factory, the Key Club and Hard Rock Cafe. They are influenced by the likes of DC4, Van Halen, Motley Crue, AC/DC, Metallica, and more. Photo by MMVIII GIA Photo

Page 2 Friday, Feb. 22, 2008 Community

Casino Night takes over Gala Fundraiser

DOWNEY - Due to "overall uncertainty of the Academy Awards," the Soroptimist International of Downey will not be hosting their Annual Academy Awards Gala Fundraiser and will instead host a Monte Carlo Casino Night on April 18 at 6 p.m. at the Rio Hondo Event Center. For information, call Karina Madariaga at (562) 940-6236.

Newcomers meeting March 10

DOWNEY – The Downey Newcomers Club will be meeting for a combined St. Patrick's Day and Easter luncheon at Los Amigos Country Club on March 10 at 11:30 a.m. The community is invited to attend.

Those needing assistance to the club house can notify an employee and a cart will be made available to you.

Evangelical conference starts Feb. 27

DOWNEY - Bishop Leon and Jacqueline Martin of the Love, Peace and Happiness Church invite the community to their third annual "Soul Winning Conference" taking place Feb. 27 – March 2.

Workshops will be held on Wednesdays, Thursdays and Fridays from 6:30 to 7:15 p.m. with Inspirational Services beginning nightly at 7:30 p.m. The church will also host a "mass outreach" on March 1 at 9 a.m. where parishioners will be invited to put into practice what they learned in the workshops.

The conference will close on March 2 at 4 p.m. with a word from Evangelist Neldra Winkley.

The theme for the free conference is "Saved to Evangelize." For more information or to register, call (562) 806-9890.

OLPH Guild honoring past presidents

DOWNEY - In honor of its past presidents, the OLPH Catholic Women's Guild will host a sit-down luncheon March 15 at the Rio Hondo Event Center.

Because St. Patrick's Day is March 17th, entertainment will be provided by dancers from the Christine Byrne Aniar Academy of Irish Dancers and Christine Pohlen will play Irish music.

The community is invited to attend and wear green.

Reservation deadline for past presidents is March 3 and for all other guests the deadline is March 10. The cost is \$30. Make checks payable to Catholic Women's Guild and mail them to Polly Glenn, 7314 Cleargove Drive, Downey, CA 90240.

Christian Club celebrates Easter

DOWNEY - The Downey Christian Women's Club invites the community, including men, to its March 12 meeting at the Los Amigos Country Club. The day's program is titled "Easter Parade."

The meeting's special feature will be Dr. Noelia Vela, president of adult education at Cerritos College. The event's speaker, Donna Jean Woods, will discuss, "Having it both ways in a one way world," as well as

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

Award-winning artist at Furman Park

DOWNEY – Award-winning artist Carmen Armiento will be the guest demonstrator at Downey Art League's meeting this Tuesday at Furman Park from 7:30 to 9:30 p.m.

Armiento's formal training began in her native country, Argentina, by choosing elective courses in Fine Arts during her college years studying business administration. Following college, she worked for one year at an accounting firm until she married and moved to the United States.

She currently paints on location, in her home studio or in the class-

"I smile at the faces as they come alive on the canvas and walk through the paths of the landscapes I paint," said Armiento. "I feel humbled by the constant realization that in a very small scale and in our own different ways, we are all creators, and share that priceless, divine gift."

The community is invited to the demonstration. Furman Park is at 10419 Rives Ave.









Fax: (562) 262-2846



Cheryl Kelly, a 1995 Warren High School graduate and Miss Downey Princess, will marry James Fischer on March 29 at St. Paul the Apostle Catholic Church in West Los Angeles. While growing up in Downey, Kelly was active in theatre productions at Griffiths Middle School and Warren; won first place in the Downey Way Outer Broadway Talent Contest; and was elected to the city of Downey Kids Day Hall of Fame in 1995. She graduated cum laude from UC San Diego with a bachelor's in theatre and from UCLA with a juris doctorate and a master's in library and information science. Fischer graduated from Woodbury University with a bachelor's in architecture, also graduating from UCLA with a master's in architecture. He works as an associate at Steinberg Architects in Los Angeles. Kelly is the daughter of David and Vinceena Kelly of Downey and Fischer is the son of Robert Fischer Jr. of Daytona Beach, Fla. and Sally Graas of Bethel Island, Calif.

Brokaw's book available in new edition

DOWNEY - The Friends of the Downey City Library now have special collector's editions of Tom Brokaw's "The Greatest Generation" available for sale in the Friends Bookstore.

The new, hardcover editions include the NBC DVD special on $\it The$ Greatest Generation and have a custom book plate signed by the author.

"The Greatest Generation" is the library's selection for the current "One Book, One Community" program. The books cost \$25, with proceeds funding the "One Book, One

Community" program.

The Friends Bookstore is located inside the Downey City Library, 11121 Brookshire Ave.

State of the City luncheon, March 7

DOWNEY - The Downey Chamber of Commerce will be hosting their annual State of the City luncheon on March 7 at 11:45 a.m. at Sambi of Tokyo, 8649 Firestone Blvd.

This year's guest speaker is Mayor David Gafin.

Cost is \$25, which includes a buffet-style lunch. Paid reservations are due by March 4.

For information, call (562) 923-2191.

Eclipse Coffee hosting Chamber mixer

DOWNEY – In celebration of their grand opening, the Eclipse Coffee, Gelato & Juice Bar will be hosting the Downey Chamber of Commerce's next mixer on March 6 from 5:30 to 7:30 p.m.

The mixer is free and will include refreshments, door prizes and networking opportunities.

Eclipse Coffee, Gelato & Juice Bar is located at 8255 Firestone Blvd. on the first floor.

For further information, call (562) 923-2191.

Rise 'N Shine featuring Bally's and DAS

DOWNEY - Karina Madariaga of Downey Adult School, and Dave Gelmeland of Bally's Total Fitness, will be speaking at the next Rise 'N Shine Networking Group on March 11 at 7:30 a.m. at Nordic Fox restau-

Cost is an order from the menu.

For more information, or to RSVP, call (562) 923-2191.

Sponsorships needed for annual festival

DOWNEY - St. Raymond Catholic Church is looking for sponsorships for its annual community festival, May 16 - 18.

The festival is a non-profit fundraising event in which all proceeds benefit ministerial and educational outreach efforts throughout the city of Downey, as well as neighboring communities.

Sponsorship levels include Booth Sponsorship (solo-\$300, shared-\$150), Stage Sponsorship (\$800), Side-Stage Sponsorship (\$400), and Tshirt Sponsorship (\$1,000).

Sponsorship banners will include company name, address and phone number. Sponsorship T-shirts will display company name, address and phone number, and will be worn by festival coordinators.

All contributions are 100 percent tax-deductible.

For more information, or to provide a sponsorship, call (562) 923-

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- Before and After School Child Care Available 6:30 a.m. -6:00 p.m.

Assessment for the 2008/2009 school year for Kindergarten and all grades starts March 8, 2008. Call the school office at (562) 869-7213 for an appointment, more information and a personal tour of the school. Visit us on the Web at info@stmarkschooldowney.com

Love story included in 'Chicken Soup' series

By Henry Veneracion, Staff Writer

DOWNEY—Chicken Soup for the Soul has just published its latest book, "Chicken Soup for the Soul Love Stories," featuring a contribution by longtime Downey resident Sandra Mercado Nevarez, whose main preoccupation is teaching third graders at the ABC Unified School District's Aloha Elementary School in Lakewood.

Her story, titled "His Trail of Love Notes" and rated "one of the top stories" by the book series' editors out of some 10,000 submissions from all over, traces the touching expressions of love by her Uncle Tony who poured forth his undying love for her Aunt



Sandra Nevarez

Emma through a series of love notes he hid for her to discover one by one after his death from cancer.

"Chicken Soup for the Soul Love Stories" contains 75 "inspiring and uplifting" stories mostly by published writers and divided into eight sections: How We Met, the Power of Love, Gratitude, Overcoming Obstacles, Through the Eyes of a Child, Insights and Lessons, The Power of Giving, and Special Moments. Nevarez' piece, "His Trail of Love Notes," begins the seventh section with this supplied quotation penned by Oscar Wilde: "Marriage is the triumph of imagination over intelligence."

An A.B. graduate of CSU-Long Beach and possessing a master's in literacy and language acquisition from CSU-Los Angeles, Nevarez has coauthored "Experiences of Literature," a book addressed mainly to teachers, and has two other completed manuscripts awaiting imprimaturs. She is the 2007 recipient of the prestigious Excellence Award from the California Association of Teachers of English.

Sandra says her "Chicken Soup" story all started when her Torrance resident Aunt Emma, who's now 73 and is herself struggling to cope with cancer, would find a love note and call her and tell her about it, would find another one and call her about it, and so on. Sensing that their love was really "something extraordinary," and aware that there might be a chance for such a story to be considered for inclusion in a future "Chicken Soup for the Soul" volume, she started writing them down and piecing them together—but without her aunt's knowledge.

She finally told her Aunt Emma about her entry the day she was notified of its selection for publication. Nevarez says her aunt was "stunned, overwhelmed." And who wouldn't be?

Sunday, Nevarez and her aunt presided over a book signing at Torrance. Seventy people showed up, and, says Nevarez, "as many books were sold and signed." Their next book signing is scheduled for 5 p.m. on Friday, Feb. 29, at Coco's in Cerritos. (The book retails for \$14.95). She can be reached at (562) 928-4793, or at artnevarez@aol.com.

THE HUCKABEES

Continued from page 1

Help Catholic Church, and St. John Bosco High School. The band has also played at Kids Day the past three years and has been featured at the Epic Lounge in Downey.

Larger venues include the Key Club and the Knitting Factory, both in Hollywood, Hard Rock Cafe at Universal City Walk, and Lake Alice Trading Co. in Riverside, where the band placed fifth in a Battle of the Bands contest hosting over 200 bands in 2005.

Josh also currently plays for Warren High School's Jazz Band and performed the National Anthem at last year's Downey/Warren Pep Rally. Zach also plays for West Middle School's Jazz Band.

As confirmed in the genre of music they play, The Huckabees' major influences include DC4, AC/DC, Van Halen, Motley Crue, Cheap Trick, Extreme, Metallica, Lynch Mob, Tenacious D, Randy Rhoades (Ozzy Osbourne guitarist), Foo Fighters and Nickleback.

While most of their songs are primarily written by Josh, Zach helps with lyrics and arrangement. When performing, the band creates a set that is 50 percent original, and 50 percent covers.

"We want to play our own stuff, but also want to play songs that people can sing along to," Joe said. "As more and more people begin to recognize us and know our songs, we begin to play more originals than covers." Josh is currently endorsed by EMG Pickups and JD Custom Guitars.

As other endorsements are being ironed out, the band hopes to record soon and release a record this May.

To find out more on The Huckabees, or to listen to some of their tracks, visit www.myspace.com/thehuckabees.

DEL RIO

Continued from page 1

in spite of the 'discipline,' many developed, and to this day develop, mental problems. I once fought alongside the Turks and Ethiopians. They were real 'warmongers'. They didn't take prisoners."

Still, he says, if you take advantage of what the service dishes out to you, in addition to discipline, you'll learn another important skill: teamwork.

Otherwise, Del Rio has led an interesting and productive life. He was born and raised in East L.A. of parents with roots in Zacatecas, Mexico. His mechanically-inclined father led to his hobby working on hot rods, in which he indulged both before and after the Korean War. He has restored '37 Chevy's with Pontiac V-8 engines, '39 Oldsmobile four-door sedans, early model T-birds, and 350-HP Corvettes in a variety of configurations (putting in a new transmission, power steering, power brakes. air conditioning and heating, radio, etc., etc.). He says, before his stroke, he sold a finished hot rod for \$25K.

His association memberships include: the 6th District Nisei Memorial Association (25 years), the American Legion (Montebello Chapter), the Elks of Whittier, and the Military Order of the Purple Heart of the USA, Inc., of which he is Senior Vice-Commander for Chapter #210, which includes Downey. He is also a member of AmeriCruise and the River Cruisers of Bullhead Valley, the latter on account of a house he owns in Willow Valley (by Laughlin), Arizona.

Today Del Rio, along with fellow veterans, is advocating for a fitting memorial monument "honoring our fallen and wounded Purple Heart Medal-awarded service men and women." He would like it underwritten by the city of Downey. He prefers a site that is more visible than the couple of veterans monuments already in place at the Downey Cemetery.

"The ones on Gardendale are fine," he says, "but who sees them? And how often?" He says he has already broached the subject to Councilman Mario Guerra, but hasn't had a clear reply. He has in the meantime prepared a 'position statement' he intends to present to the City Council any day now.

His family is not lacking in patriotism, he says. "My father was in the Army, I was in the Army, my son and grandson have served in the Marines, and a niece just came back, a little shell-shocked, from Iraq. Maybe the city will listen to our petition."

Community Page 3 Friday, Feb. 22, 2008

New YMCA leader a man of 'swift' action

By GWYNN GUSTAFSON, KIWANIS CLUB OF DOWNEY

DOWNEY – There is a lot of effort that goes into running the Downey Family YMCA. John Swift, selected as the new executive director, has 35 years of "Y" experience, skills that have prepared him for the task at hand.

Swift began his YMCA career in St. Louis. From there he traveled to Carbondale, Ill. where he developed progressive programs for the local youth. Then he was called to Denver. The next stop was Southern California. After more than eight years at the "Y" in San Pedro, he moved on to Tulsa, Okla., and finally stopped at El Paso, Tex., where he served as the YMCA's chief executive officer.



John Swift

Swift tried retirement for five years but when he was called back to the "Y," he couldn't refuse. After all, he was coming to Downey and who could refuse that offer.

When speaking to Kiwanis Club of Downey, Swift began with a brief history of the YMCA. It was 1884 and George Williams recognized that the young men in his Indiana town were working 12 hours, six days a week and having little time for church. To help these young folk become more spiritual, the YMCA Evangelical movement was begun on the scripture, "That they all may be one." (John 17:21)

From that quiet beginning grew a program that now affects one in every three households across America. Have you played basketball in the gymnasium? The YMCA built the first one for calisthenics, believing in "muscular Christianity" of spirit, mind and body.

Are you a body builder, into weight lifting? That phrase was coined at the Boston "Y" in 1881. It was this "Y" that also had the first indoor

More firsts for the YMCA: 1853 opened the first YMCA for African Americans; 1867 sent the first black delegate to the YMCA conference; 1895 acquired a sponsor and became profitable; following World War I issued 80,000 educational scholarships, a precursor to the GI Bill; began jazzercise (now called aerobics) and in 1992 the YMCA held the first Kid's Day to support healthy living.

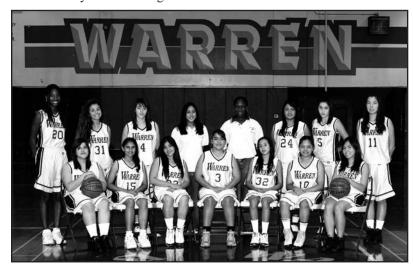
Swift was sad to share that, "The children of 2008 will be the first generation to have a shortened life expectancy" due to poor eating and lifestyle habits.

Swift whole-heartedly thanked the Kiwanis Foundation for its years of support and especially for purchasing the bus that the "Y" uses to pick up children for its after-school programs.

Swift is currently looking for health-seekers, those who are ready to change. You don't have to be the "Biggest Loser;" you just need the desire to be more fit. Individual and family plans are available.

The Downey Family YMCA is located at 11531 Downey Ave. in Downey. Their phone number is (562) 862-4201.

For more information on joining Kiwanis, visit them during their regular Thursday noon meeting at the Rio Hondo Event Center.



Warren High School's freshman/sophomore girls' basketball team finished the season undefeated in league (12-6, 6-0) to capture the 2008 league championship. Front row, left to right: Andrea Cervantes, Sanjana Nakar, Kandi Morales, Suzanne Martinez, Brenda Zamora, Tania Ayala and Stephanie Dagnino. Back row: Courtney Clark, Carli Ciatti, Jazmin Molinet, Coach Shari Lim, Manager Camyl Anderson, Youstina Makary, Briana Perez and Emily Helsey.



Downey High School's girls' varsity soccer team survived a marathon double overtime playoff game Wednesday, beating St. Bonaventure 4-3 in penalty kicks to advance to the quarterfinals of the CIF playoffs. Downey and St. Bonaventure were tied 0-0 after regulation and 40 minutes of overtime. Downey's Britney Vance, Kathy Orellana, Aidlin Correa and Paulyna Melendez all scored on their penalty kick attempts, while goalkeeper Virginia Orozco blocked St. Bonaventure's first and fifth PK attempts to secure the win. The Vikings will host Beaumont today at 3 p.m., rain or shine. Pictured above are Orellana, Correa, Melendez and Gee Azucena as they watch Vance prepare for her penalty kick. Photo by Diana Vance

Downey another victim of undefeated Mater Dei

■ Vikings, playing on only one day's rest, see their playoff run end with 83-46 loss.

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – Downey's Cinderella run through the CIF basketball playoffs ended with a defeat against Mater Dei last Friday, losing 83-46.

The Vikings, who had to upset Lynwood High School and beat rival Warren High School in order to become playoff eligible, first took down Artesia last Wednesday in a wildcard round, beating them by 10 points, 72-62.

On only one day's rest, the Vikings traveled to play undefeated Mater Dei. Downey was no match for the Monarchs as they went about the game in a very business like fashion.

Mater Dei is now 29-0 on the season going into their third round game tonight versus Capistrano Valley.

Downey finishes three games under .500 for the season (13-16 overall) and managed to have a better road record (5-4) than a home record (3-4). The Vikings wound up in fifth place in the San Gabriel Valley League with a division record of 3-7.

In an extremely difficult league, the Vikings made the best of a rough situation and still pushed their way into the playoffs. In the off season, the Vikings will be losing a few seniors on the team and look forward to possibly returning to the playoffs next year.

DJAA taking sign-ups for baseball

DOWNEY – The Downey Junior Athletic Association (DJAA) is now aking sign-ups for the 2008 baseball season, to begin April 15.

Open registration will be held at Apollo Park tomorrow, March 1, 8 and 15 from 10 a.m. to 1 p.m., and March 13 from 5 to 8 p.m. Those interested in playing are asked to bring their birth certificate, current report card, school identification card, and registration fee of \$60, which includes trophies, pictures, raffle tickets, and game officials.

Fees do not include uniforms.

T-ball is also being offered for kindergarteners and first graders. There are no tryouts required, but players must have been born on or before Dec. 2, 2003, and must currently be enrolled in a Downey school or live in Downey (verification required).

All players must be registered by March 17. For more information, call the DJAA Message Center at (562) 861-



Downey goalkeeper Virginia Orozco (black shorts) gets a congratulatory hug from a teammate after blocking two kicks to help the Vikings beat St. Bonaventure Wednesday. Photo by Diana Vance

Downey football coach to share artwork

DOWNEY - Downey High School football coach and teacher Sergio D. Robleto will be exhibiting his artwork at the Eclipse Coffee, Gelato & Juice Bar on Feb. 29 from 7 to 11 p.m.

For more information, e-mail downeyartvibe@gmail.com.

Connections Networking Join us Thursday at 7:30am NORDIC FOX. 10924 Paramount Blvd. Downey 90241

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Downey Historical Society 2008 OUTREACH PROGRAM!

Saving Downey History one family at a time! Downey Historical Society would like your old home movies & photographs. We are collecting all 8mm, super 8mm & 16mm

films, negative & positive still photographs, yearbooks and other memorabilia for our archive. Don't toss it! SAVE IT!

You may bring these items to be placed on display Wednesday or Thursday from 10:00 am to 2:00 pm Call ahead 562-862-2777

The peoples history will be lost forever due to negligent thinking about <u>saving</u> history! Films gathered will be featured in future DHS programs. Look in your garage or attic. Films and photos relating to Downey including old 16mm educational

films are wanted! Before you toss it, bring it to us! HISTORY WILL NOT WAIT! SAVE IT NOW!



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Stages Of Life

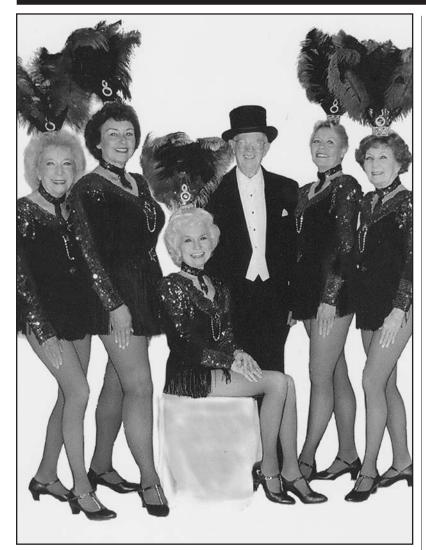
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Page 4 Friday, Feb. 22, 2008 ■ The Downey Patriot



Tiny's Troupers will perform at this Monday's OASIS meeting at Downey Adult School. Pictured are, left to right, Lillian Booth, Carolyn Woskoski, Tiny Todd, Slim Tanner, Joan Tarro and Flora

Tiny's Troupers brings Vegas to OASIS

DOWNEY - Tiny's Troupers, a Las Vegas-style musical group consisting of five tap-dancing ladies and a master of ceremonies, will perform at this Monday's OASIS meeting at Downey Adult School.

Tiny's Troupers will perform for one hour, which will include singing, dancing, comedy and audience participation.

All older adults are welcome to the meeting. Enrollment is free and begins at 2:45 p.m., at which time visitors can purchase an optional dinner ticket for \$3.50. The program will start at 3:45, followed by dinner at 5.

Downey Dial-a-Ride can provide transportation to those who qualify. For more information, call (562) 940-6200.

Downey Adult School is located at 12340 Woodruff Ave., at the intersection of Imperial Highway.

Donald Conners was teacher at Downey High

HUNTINGTON BEACH - Donald E. Connors, 78, of Huntington Beach and a former Downey High School teacher, died on Feb. 1 at Grossmont Hospital in La Mesa. He was cremated and the remains will be buried in Graceland Cemetery in Sioux City, Iowa.

Connors was born Oct. 4, 1929 in Sioux City, Iowa, the son of the late Earl and Katherine Connors. He graduated from East High School in 1948 and Morningside College in 1952. He received his Master's Degree from the University of South Dakota in 1955.

Connors began his teaching career in Ida Grove, Iowa, prior to obtaining his Master's Degree. He then taught for four years in Omaha, Nebr. And two years in Phoenix, Ariz. In 1961 he began his 27-year teaching career at Downey High School.

While teaching in Omaha in 1959, he made his first trip to Red Cloud, Nebr. with his students who were required to read Willa Cather's "My Antonia." That was the start of his passion for the works of Willa Cather and his commitment to The Willa Cather Pioneer Memorial and Educational Foundation. It was his wish that any donations in his name be made to The Cather Foundation, 413 N. Webster, Red Cloud, NE, 68970.

Connors was an original owner at the Huntington Bay condominiums and served as president of the homeowners' association for over 25 years. A remembrance celebration will be held at the club house from 2 to 4 p.m. on March 15.

He is survived by his sister, Darlene Pickrel of El Cajon; brother, Duane Connors of Newton, Iowa; nieces, Sheralee Connors, Brendalee Connors, Tammy Hoover and Julie Pickrel; nephew, Dale Connors; great nieces, Kate Connors John and Willa Connors; and great nephews, Davis Connors and Nick Hoover.



Gordon C. MacKay 1938 - 2008

A "lucky" guy, sports fanatic, controller of all remotes, Gordon, 69, passed February 15 at his home in Lincoln after a valiant two-year battle with cancer.

Survived by his loving wife of 48 years,

Janice and their children Janine (Glenn) of Walnut Creek, Douglas (Stella) of Carmichael and Deanne of Lincoln though most recently of Fullerton. He was preceded in death in 1985 by his precious son, Donald, who passed at the age of 19. Gordon was blessed with seven grandchildren that he loved dearly: Matthew, Jana, Kirsten, Gregory, Julia, Kendall, and Michael.

Born March 8, 1938 in Maywood, California, Gordon graduated from Huntington Park HS in 1956 and earned his degree at CSULA. During college he met and fell in love with Janice Bernard and they married at the age of 21 on April 4, 1959. They established their home of over forty years in Downey, California where they raised their four children. Gordon's career spanned thirty-five years in the aerospace industry and fifteen years as a financial planner. Retirement brought them to Lincoln in June 2004. He loved playing bridge, fantasy football, traveling and, of course, watching sports on TV.

Friends are invited to attend a celebration of his very full life on Friday, February 22 at 2 PM at Cochrane's Chapel of the Roses, 103 Lincoln Street in Roseville. A reception will follow at the family home.

In lieu of flowers, donations may be made in Gordon's honor to Assistance League of Greater Placer's "Operation School Bell" and mailed to ALGP, P.O. Box 4693, Auburn, CA 95604.

PAID OBITUARY

Betty June Cline Zaby was a longtime resident

DOWNEY – Betty June Cline Zaby, longtime Downey resident, passed away on Dec. 14. She was

Zaby and husband, John, moved to Downey in 1950, residing there for 49 years. They later moved to North Las Vegas to be near family.

She is survived by husband, John; children, Marieann Vassar, Biaggio Zaby, and Maureen and Curtis Byyny; grandchildren, Alicia and Nick Brundy, John and Heather Zaby, Matthew Vassar, and

Everett and Tiffany Vassar; and great-grandchildren, Analisa and Angelo Zaby, Morgan and Jordan Zaby, and Charlotte Rose Vassar.

Services were held Dec. 22 at Rose Hills Memorial Park.

Solomons pass away one week apart

DOWNEY – Daniel and Henrietta Solomon, married to each other for 67 years and longtime Downey residents, both recently passed away.

Daniel Solomon was born March 31, 1913 in Chihuahua, Mexico to Estaneislao and Natividad Solomon. He passed away on Jan. 30 in Upland. He was preceded in death by his parents; brothers, Jacob and Samuel; and his sister, Dora. He is survived by his sister, Rebecca.

He was survived by his wife for seven days.

As an immigrant to the United States as a young boy, Daniel Solomon worked with his mother and siblings and grew up in Los Angeles. He became a naturalized U.S. citizen on July 9, 1943.

He worked at a factory that made coverings for the heels of women's shoes for many years, also dabbling in the movie industry. In his later career, he worked as a machinist, employing skills he had learned long before in various vocational training classes as a high school student.

He married Henrietta Mitchell in 1940. During his last years, he served as his wife's caretaker and constant companion.

Henrietta Mitchell was born on Sept. 16, 1920 in Selma, Calif. to Harry and Agnes Mitchell. She passed away on Feb. 6 in Upland. She was also preceded in death by her parents and his sister, Jennie. She is survived by her sister, Rachel.

Henrietta grew up in Los Angeles and southwest Arizona. She obtained formal training in cosmetology and began employment as a beautician when she was 16.

Henrietta married Daniel Solomon on June 2, 1940. They lived in Los Angeles until 1948, when they moved with their two young sons to Downey, where they remained until late 2007.

The couple is survived by their sons, Dan and Steve; seven grandchildren; and 13 great-grandchildren.

Robert D. Brown fought in Guam and Iwo Jima

DOWNEY – Robert D. Brown, longtime Downey resident, passed away on Monday. He was 81.

Brown was born on May 14, 1926 in Chicago. He married wife, Mary, in 1947 and they later purchased a home in Downey in 1950. He worked as a supervisor for the American Can Co. for over 35 years.

Brown also joined the Marine Corps during World War II, serving in Guam and Iwo Jima. He observed the raising of two American flags during his time in

He is survived by his wife, Mary Elizabeth Brown; sons, Robert Glenn Brown Sr., Keith Daniel Brown, and Bruce David Brown; grandchildren, Robert Glenn Brown Jr., Candice Marie Queen, Lindsey Brown, Jenna Brown, and Jesse Brown; and seven great-grandchildren.

Services are being held today, with viewing at Miller-Mies Mortuary from 9 to 11 a.m. and burial at Rose Hills Memorial Park at noon.

Martha Helen Dwelley was raised in Oklahoma

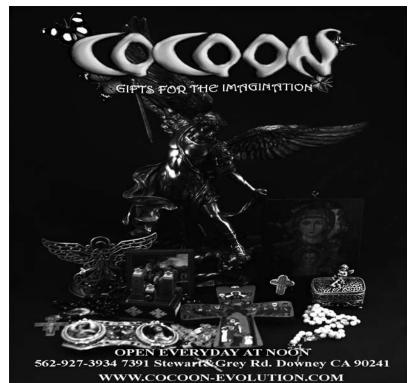
DOWNEY – Martha Helen Dwelley, Downey resident since 1945, passed away on Feb. 15. She was 85.

Dwelley was born on Dec. 25, 1922 in Mansfield, Ark. She was raised in Oklahoma and migrated with her parents after finishing high school to South Gate, Calif. In 1945, she married William Dwelley and they moved to Downey, where they raised their three children.

She was preceded in death by her husband in 2001.

She is survived by children, Ronald, Jayne, and Gary (Zell); grandchildren, Tracey Leroy, Ronald C. Jr., Daniel, Edward, Mitchell and Harrison; three great-grandchildren; a brother; and a sister.

Services were held yesterday at Rose Hills Memorial Park at 11 a.m. In lieu of flowers, the family requests that donations be made in Dwelley's name to Hospice by the Sea, 312 Cedros Ave., Ste. 250, Solana Beach, CA, 92075.



The Poet's Corner

Office Seduction Blues

astonishing in my office the big potted plants from Hawaii they are *ti* plants are blooming their first and only time in thirty years

sweet smell of honey fills the corridor but no bees no moths no hummingbirds no pollinators live in here none would venture on this frigid January day

the cloying scent of seduction falls on cold currents and sterile desk tops love's candle burning wrong place wrong season

a clatter of cowrie shells breaks into the room gourds rattle logs click as they criss-cross lava coals shimmer their rubies then their heat ripples the air

for a moment the office walls expand and echo shaken by a distant chant the golden hour of impulse but nothing follows

loose in its jamb the glass door moves slightly in this fretful air love's candle wasted only the rank aroma of flowers turning brown - Lorine Parks, **Downey**

The Library Book

I came home from school, and I spent the night reading a book.

The title looked so cool, but I soon feel down a harsh brook.

No word could I comprehend much less pronounce. To this day, I know I can't, and I never tried a word in my mouth.

The title was a good read, but the rest of the book ran south.

- James Hernandez, **Downey**

Noted Latino author giving talk

NORWALK - Victor Villasenor, noted author, speaker, and peace activist, will speak at Cerritos College on March 5 from 5 to 7 p.m. in Room HS 102. He will sign books after the talk.

After flunking third grade twice, suffering through school, and receiving over 260 rejections from publishers, Villasenor leapt to prominence with the publication of his novel, "Macho!" in 1973.

The talk is free and open to the public. Cerritos College is located at 11110 Alondra Blvd. in Norwalk.

Vincent presents 'An Update of History'

DOWNEY - John Vincent and the Downey Historical Society will present, "An Update of History," chronicling the city from after incorporation to before the Downey Landing, on Feb. 28 at 7:30 p.m. at the Barbara J. Riley Community and Senior Center.

Vintage 16mm color and black and white film from the late 1950's and early 1960's will be used throughout the presentation. The audience will also be asked to comment during the screening when they recognize faces, names and locations. Among the footage to be shown includes the Downey Rose Float, in Kodachrome, fire station and hospital dedications, Downey High School rally, and more.

Class gives advice on financial planning

CONTRIBUTED BY DOWNEY FIRST CHRISTIAN CHURCH

DOWNEY – In these days of so many choices, rapid changes and economic uncertainty, we all have concerns about how to improve our finances, save for college years, and plan for retirement.

"Good Sense" is a class designed to provide students with a better understanding of how they can make real improvements in their savings, begin or expand their investments, reduce their debt and even save on their taxes. Taking advantage of these techniques will open new opportunities for your family to apply now and can provide income for your retirement

Some topics include:

•The basics of a financial plan – developing your family plan

•Savings options and debt reduction methods •Real estate for home and investments

•Services you can expect from your bank or credit union

•Retirement account savings options and what they mean

•Income taxes and specific improvements you can make •Understanding stocks, mutual funds, exchange traded funds (ETFs),

bonds and bond funds

•The importance of asset allocation and diversification to growing your assets

•Insurance planning and dealing with changes in life

•Estate planning and living trust preparation

Industry experts will also provide instruction for you to improve your finances, including:

•Leroy Fulton, living trust expert, Hope International University

•John Mckinsey, Manor Insurance Agency in Downey

•Lance Poole, facilitator and Ministry Team Leader

•Connie Rodriguez, previous Certified Public Accountant for Arthur Andersen and Price Waterhouse

•Jim Rodriguez, CEO of Home Loans of America

•Kim Wilkinson, MBA, trust officer, managing director of Covington Capital Management

•Jim Wilkinson, facilitator, previous elder for Downey First Christian Classes will be held Tuesdays from 6:30 to 8:30 p.m. beginning March

4 and continuing until May 6, at the Downey First Christian Church New Life Café at 10909 New St. The cost is \$20 for class materials, including book, handouts and software templates.

To register, call the church office at (562) 862-2438.

Editorial Page 5 Friday, Feb. 22, 2008

Moving Forward

By Eric Pierce

¬or a little over a year now, you have probably noticed some subtle changes to the way The Downey Patriot presents its news. For instance, we're attempting to use larger pictures and brighter colors to make our newspaper - hopefully - more enjoyable.

Those changes continue today, as we reduce the size of our Editorial page cartoon in order to create more room for our readers by way of columns, opinions and letters to the editor.

I doubt the change will spark much protest, but if you do object, please

In the meantime, I'd like to address comments certain members of the public are lobbing our way (mostly in the form of anonymous phone calls and letters, of course). At last week's City Council meeting, a handful of speakers approached the podium and lashed out at city staff, particularly Mayor Pro Tem Mario Guerra, resorting to insulting threats and name-

One speaker, who identified himself as Jim Roberts, called Guerra "power hungry" and "the biggest phony I have ever seen in my life."

Lennie Whittington, who is suing the city after he was pulled over by Downey police at gunpoint last year, referred to Guerra as "obnoxious" and Assistant to the City Manager Scott Pomrehn as a "puppet." Whittington later added that he and other citizens were looking into the possibility of recalling Guerra.

Whittington publicly accused Guerra and Councilman Kirk Cartozian of using their city council e-mails, phones and fax machines to campaign for Measure G. He threatened legal action to see copies of those records. But according to an e-mail from City Manager Gerald Caton, Whittington dropped those demands this week.

Mike Prokop, in a speech similar to his letter featured in this week's issue, hinted at a recall as well.

Maria Larkin, fighting back tears, called the meeting "a sad evening for Downey." She was right.

But I will go a step further. Everybody is entitled to their opinion, but the public comment portion of last Tuesday's council meeting bordered on libel. Certain claims and harsh personal attacks leveled against members of the City Council last week were unfounded and unwarranted.

Recalling a council member should be a last resort, reserved for acts of crime and political corruption. It is ignorant and insulting to both residents and city employees to compare Downey's City Council, as more than one person did, to that of South Gate, a city still laboring to escape the toxic cloud formed by corrupt treasurer Albert Robles and three council members who each voted to award themselves 2,000% pay raises.

Assemblyman Hector de la Torre, an honest Downey representative who will be seeking the seat of the departing Speaker Fabian Nunez this November, is sponsoring law that would make it illegal for convicted felons, like Robles, to seek public office. The bill would save Downey and other communities from true power mongers, not council members we simply choose to disagree with.

Records will show Measure G cost Downey citizens \$85,000, but the true cost is more than that. The issue has cost us civility, logic and sense of perspective.

A deep wound has been cut within a segment of the community that refuses to let it heal. But for the sake our own well-being, our little town called Downey, it is time we all move forward.

Letters to the Editor:

Bring Alvin back

Dear Editor:

For 17 years Alvin Caton worked as an excellent traffic guard without a single accident affecting the students in his care ("Alvin Caton Refuses to Turn his Back on his kids," 2/15/08). He even got praises and his relations with the students are very good so the right thing to do by the leadership of the company is to reinstate him as a traffic guard again. This is the right solution! Everybody will be happy: the students, their parents, and the traffic guard himself.

I do hope this problem can be resolved quick.

— Paul K. Tan, **Downey**

Dear Editor:

I first met Alvin Caton when I was a little girl walking to Alameda School. Every day, this sweet man would guide me and the other children,

with our backpacks and pigtails and toothless grins, across the street with a "good morning!" and a smile. I grew up, I moved on to middle school, and high school, and then college. Instead of walking by like I did as a child, I now drove by. Alvin was still there, guiding his kids safely to school. Recently, I noticed he was not there, and became worried. My mother

and sisters, who also went to Alameda, noticed his absence, too. His constant presence was a comfort and a sweet reminder of our childhoods. We are all grown women now, but we still smiled every time we saw Alvin crossing those kids he loved so dearly.

It is a shame he is not being allowed to continue doing something he did so well. He is a treasure to Alameda's kids and as a former Alameda student, I am deeply upset that Alvin is being kept from his job. He ensured our safety all those years, and there is no reason to believe he cannot continue to do so.

Bring Alvin back. That crosswalk is not the same without him.

— Tersa Pepaj,

Alameda Elementary graduate, class of 1993

The Downey Patriot



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The Downey Patriot is published weekly by Jennifer DeKay-Givens. Controlled Distribution, 25,000 copies printed. Distributed by Great Western Advertising Distributors, Inc., Los Angeles, CA.

Letters to the Editor:

Open letter to Councilman Guerra

Dear Editor:

As the newest member of this council, Mr. Guerra, you have been in office for about 14 months. This year, still being young, I thought it would be interesting to review some of the highlights from that period of time. After just one year on council, Councilman Guerra, you, with the help of Councilman Cartozian and Trejo, orchestrated the leap right over the next person who was in line to ascend to the position of Mayor Pro Tem. This unprecedented maneuver most certainly has caused your colleague embarrassment and humiliation. Maybe even worse, is the fact that your uncalled for action, Councilman Guerra, of not wanting to wait your fair turn, as others have before you, sadly, has created an atmosphere of division within the council.

Another highlight involves your personal behavior. During the evening of the mayoral transition, you reduced two of this city's gentlewomen to tears by bullying them in public. This unseemly conduct, that is most certainly unbecoming that of a councilmen, was in the presence of several witnesses.

Then there is Measure G, which proved to be a waste of Downey taxpayer's money. If you had talked to, or better yet, if you had listened to your constituents you could have learned that term limits are here to stay in Downey. Then instead of spending so much money on a useless election those dollars could have been used to buy two squad cars for our police department or paid for a paramedic for a year.

Next, Councilman Guerra, you initiated the idea of filming council meetings, with the only public access to be on the Internet. This will just be another wasteful expenditure. The set-up cost is \$51,352 – the annual expense will be another \$1,800. All that money for a program that was neither fully formulated nor well thought-out before a financial commitment was made. Another example of your fiscal irresponsibility to the good folks who elected you to represent their best interests.

You said that you came into office with a 17-point program. That really causes me worry if the balance of those points are anything like the first few.

The next highlight in your brief career as a Downey Councilman was taking your bullying methods over to City Hall where you were overheard by several city staff as you used profane language in the expression of your displeasure to the staff person you were addressing.

Councilman Guerra, at your current pace, you will have offended a substantial amount of Downey's population by the end of your current term. And if the rest of Council continues to follow your lead, Downey will most certainly be broke by the end of your current term.

-Mike Prokop,

Downey

Time to move on

In response to several letters to the editor in your issue last week, I would like to express concern regarding a "witch hunt" developing towards some of our council members, especially Mario Guerra. I find the expressions "mug" and "three stooges" in the context in which they were written rather disturbing.

After Measure G has now been decided through our democratic voting process (no delegates or super delegates needed here), it is time to move on. And maybe, just maybe, one of the reasons Mr. Guerra is shown in so many photos is that he regularly participates in the many events of our community, and that in his often gregarious way he is making himself accessible to the citizens of Downey.

I would like to close with one big favor to all the council members and the Planning Commission: please put Mr. Tseklenis' suggestions (2/8/08) on your agenda ASAP.

Christine Eberhard,

Downey

Needed answers

Dear Editor:

First, let me say it was a pleasure to find a copy of the *Patriot* in front of my home today. I do find reading it most helpful in keeping up with the various activities in Downey.

The reason for this letter is it seems that in reading several of your selected letters there are some needed answers and perhaps some bright sunshine applied to several of the subjects mentioned.

I have attended Council meetings on a more or less regular basis for more than 20 years and this last meeting was nothing less than remarkable in that there were a number of persons of the public who delivered rather clear messages as regards Councilman Guerra. It is my estimate that this is not something that will just blow away with the next breeze that comes our way.

Perhaps I error in saying that I did not see these speeches given any space in [last week's] issue.

On the same subject I would like to commend the mayor in how he conducted the meeting. I thought he did very well as all of the citizens got to express their several concerns.

I am near certain that this is not the end of the subject of how Councilman Guerra runs his position on the council.

There was another letter that you printed as regards school children essentially abusing their "right" to cross the street as they enter and leave their schools.

I myself have addressed this subject with our former police chief and it has been an ongoing discussion in council meetings over the longer term.

It is my personal thought that there is a need for dual action here. The school system should have a firm policy as to what is acceptable student conduct and as emergencies allow the police should just happen by as school begins and ends and enforce the existing laws which as far as I can determine are quite adequate.

I think it far better to protect the students as well as the public from accidents which could easily bring injury or even fatalities than be blind to the hazards and allow them to occur.

Somehow this enforcement is not as emotional as lighting candles and placing flowers after such an incident happens but it is worthy of community support. The *Patriot* could well be a leader here.

It is near certain we all could do a better job of providing safety to our community.

- Richard B. Pridham,

Downey

Welcome to Downey

Dear Editor:

I heard about her, I met her briefly at a city council meeting, I read about her in the Patriot. Then, on February 2, I saw her perform. She wowed the audience with the energy of a young Leonard

Bernstein. Welcome to Downey, Sharon Lavery. The search committee of the Symphonic Society found their golden girl. If you were not there on Feb. 2 you should run out and buy tickets to the next concert.

Welcome to Downey, Sharon, and may you stay for many years.

Bob Goldstein, **Downey**



Save the Carpenter house

Many years ago I visited four countries in Europe. The thing that really made an impression on me were the protected landmarks and the history attached to them and the feeling of visiting something that was there for so long. America needs more of them.

Karen Carpenter and the Carpenters music touched so many of our lives through the years. It's so sad to think that money and development can run over one more meaningful, beautiful memorial. We need to protect the Carpenter house and prevent any demolition from taking place.

— Theresa Wilson, **Downey**

Dear Editor:

I am in support of the Carpenters' old home in Downey at 9828 Newville Ave. being declared a historical landmark. If permits are requested to demolish it, they should be denied. Once a piece of history is gone, it's gone forever. The city should buy the property back from the owners if they do not want to keep it as it stands today. Make it a museum to the Carpenters and promote it for tourism.

The Carpenters deserve something for all they gave to their fans, and you should be proud of their legacy.

- Ray Acardo, Pride, La.

I was deeply saddened to hear of the impending fate of the Carpenter family home on the radio during my commute to work this morning. I have been a fan of the Carpenters since I was 5 years old. It's amazing that after all of these years the music of Richard and Karen still receive a good amount of air time. Their music still remains fresh and still touch the lives of people every day. I must tell you that until I heard of Richard and Karen I had no idea your town existed. Collectively they put your town on the map to millions of people just like me. In addition, Karen's struggles with anorexia gave light to a serious illness and because of her struggles others have been afforded the opportunity to seek help.

If you look at your local economy I'm certain you will find that profits do come from the amount of visitors that come specifically to see where Richard and Karen lived. I guess that's why it seems inconceivable that this property would even be considered for demolition. I urge each of you in your town contact your local council members and let them know that their community is proud of the legacy that put Downey on the map. I'm sure pulling together the funds to physically move the structure to another location is something that could be facilitated and accomplished through fans and private investors. I know for one if the house no longer exists in Downey I will have no reason to visit.

Preserve your history, it tells a story about the community and quality of individuals living there. Tourism is a business and history should have a place in every community.

- Rick Propp

Open letter to City Council

Dear Members of the City Council:

The first time I ever wrote to your council was on behalf of the people who believe in saving history. That was six years ago when our beloved Broiler closed and was subsequently stripped and embarrassingly paraded as a used car lot.

I joined with members of the Los Angeles Conservancy and we formed the Friends of Johnie's Broiler. We met weekly, implored your support in writing and in person, and worked very hard to gain historic status for our Downey landmark. We were met with both empathy and apathy, but we continued the fight. We were joined by hundreds and hundreds who honked their horns and signed our petitions at our rallies. The council didn't seem to really care; didn't want to interfere. It took that fateful Sunday afternoon, however, and the illegal and extremely dangerous act of violence to bring you to the table of preservation.

We got worldwide attention at that point. We held more rallies, the people honked their horns, signed more petitions, and spoke before you at your meetings. Everybody was watching to see what you would do. You listened and enacted the moratorium and the "Fat Boy" was given a reprieve. For the past year, he has been photographed and graffitied, crumbled and rained upon. And yet, he still stands, waiting for us to restore and rebuild him.

And now, it appears that another boy might be willing to lend a hand and help a friend in need. This is the opportunity that we have been waiting for since that door closed six years ago. And so, I write to you again on behalf of people who believe in saving history and maybe, even in miracles. We implore you, once again, to do all that you can to bring the Broiler back to life. The Big Boy Broiler will be a site for sore (and very wet) eyes as the world comes back to Downey, rounds that curve, and looks up at that neon sign beckoning them back to a time that really can be lived again.

- Kathy Perez,

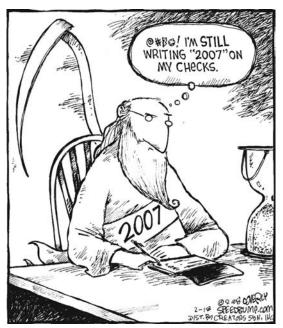
Downey

Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave. Suite 100, Downey CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

Page 6 Friday, Feb. 22, 2008 Comics/Crossword ______ The Downey Patriot

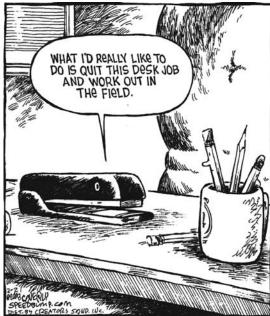
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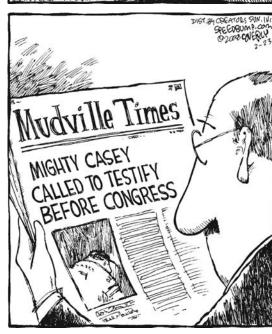












Feb. 22, 1732: George Washington, the first president of the United States, is born in Virginia.

1876: John Hopkins University is established in Baltimore, Md.

1935: A new law makes it illegal to fly a plane over the White House.

1974: Samuel Byck is unsuccessful in an attempt to assassinate President Richard Nixon.

1980: Do you believe in miracles? The United States Olympic hockey team defeats the Soviets, 4-

3, on its way to winning the gold medal.

1987: Pop artist Andy Warhol dies in a New York hospital at age 58.

2006: Thieves steal \$96 million from a British bank, the country's largest bank heist ever.

Downey Community Calendar

Events For February

Mon. Feb. 25: Tiny's Troupers perform at OASIS. Downey Adult School, 2:45 p.m. Tues. Feb. 26: Carmen Armiento featured at Downey Art League, Furman Park, 7:30 p.m. Wed. Feb. 27: "Soul Winning Conference" begins at Love, Peace and Happiness Church, 6:30 p.m. Thurs. Feb. 28: "An Update of History" presented by the Downey Historical Society, Barbara J. Riley Community and Senior Center, 7:30 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786. **6:30 p.m.: Overeaters Anonymous,** at Downey Regional Med. Center Conf. Room A, for info. call 426-6786. 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790. 2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.

2nd Mon., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7159. 3rd Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053.

4th Mon., 7:30 p.m.:Downey Numismatists, at Downey Retirement Center, call 862-6666.

Tuesdays

9 a.m.: Downey Bocce Club, at Apollo Park, for information call Vince Zoida at (714) 761-4439. 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.

9:30 a.m.: Adventure with the Bible, at the First Baptist Church call 928-4153.

12 p.m.: Rotary Club, at Rio Hondo, for information call Darren Dunaway at 806-5400. 12 p.m.: Exchange Club of Downey, at Sizzler, for information call Don Hollister at 927-5871.

6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call 928-2658.

7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478. 7 p.m.: Boy Scout Troop 441, at Apollo Park Activities Room, for information call 923-3659.

7:30 p.m.: Southland Harmony Chorus of Sweet Adelines, at Downey's Woman's Club, for information call 947-6802. 2nd and 4th Tues., 7:30 a.m.: Chamber "Rise&Shine" Networkers, at Nordic Fox. for info. call (562) 923-2191. 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Bakers Square. for information call (562) 927-6438. 2nd Tues., 7 p.m.: Downey Fly Fishers, at Apollo Park, for information call 943-3904.

3rd Tues., 7:30 p.m.: Writer's Workshop West, at at Downey High School library, for info call 862-3106. Last Tues., 11:00 a.m.: Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

Wednesdays

7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.

1 p.m.: Women's Bocce Club, for information call 869-8782.

1st Weds., 10 a.m.: Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618. 1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.

1st Weds., 7:30 p.m.: Downey Emblem Club #309, at Downey's Elks Lodge, for information call 868-4386. 2nd Weds., 7:30 p.m.: Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132. 2nd Weds., 7:30 p.m.: Downey Sister Cities Ass'n, at Maude Price School, Call 862-7197.

2nd Weds., 11:45 a.m. - Downey Christian Women's Club, at Los Amigos CC, Call 927-8488. 2nd & 4th Weds., 11:00 a.m. - AARP, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.

3rd Weds., - Downey Dog Obedience Club Apollo Park.

3rd Weds., 6 p.m. - American Business Women's Association, Rio Hondo Country Club, Call Barbara Carlson 863-2192. 4rth Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513. Wed.& Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

Thursdays

7:30 a.m.: Soroptimist Int'l of Downey, for information, call Pat Heineke, 904-3534. 7:30 a.m.: Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414.

12 p.m.: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.

12 p.m.: Downey Christian Businessmen's Committee, for information call 928-4153.

12 p.m.: Optimist Club of Downey, at Sambi's, for information call Steve Allen at 622-7655.

12:30 p.m.: Take off Pounds Sensibly, at First Christian Church, call (800) 932-8677. 6:30 p.m.: Downey United Masonic Lodge # 220, 8244 3rd St., Call 862-4176.

7 p.m.: Troop 351, Boy Scouts of America, at First Baptist Church, for information call 776-3388. 4th Thurs., 7:30 p.m.: Downey Historical Society programs, at Community Center. Call 862-2777.

2nd Thurs., 7:30 p.m.: Beaming Rebel Foxes Collectors Club, for more information call Carl D. Jones at 923-2400.

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.

2/17/08

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25

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) PLAY DAY: Fun and games by Merle Baker

Singer Tori

Japanese

Doctrine

Ginnie

108 Be rueful

of debt

112 Dojo teaching

116 Portion recipient

120 Response to a ring

121 Kitchen gadget

124 Sound off

122 Continental cash

123 Scheider of Jaws

125 Church councils

Low in pitch

Down source

flower-arranging art

Veteran campaigners

Make one's head spin

When Hamlet says

Breakfast roll

110 Acknowledgment

Moon goddess

"To be or not to be

Magazine employees

ACROSS

- Aleve alternative "Big deal!"
- 12 Clouseau's title: Abbr. 16 Brit's beverage 19 Play area
- 23 Unrewarding 25 Polar bear, for one 26 Glib 27 Pressure meas.

20 Apprehension

- 28 Oneself 29 Ukrainian port 31 Bird sound **Betrays**
- 35 Skate on thin ice 39 Medical suffix Menu phrase Marathon site every 42 Writes down
- Artist's material Sitarist Shankar Is indebted to Union founded in 1905: 126 Fine china Abbr.
- One circuit 55 Evil hypnotist of fiction
- **Negative vote** Three-in-one Prepared
- One-celled organisms Honor Thy Father author Night-school subj.
- They garner a lot of Some exams
- 82 Take to court 83 Space walk to NAS
- Desperately

- DOWN
- Beach, FL Ma Bell Big __, CA
 - 10 words
 - Golf-bag item 12 Two cents' worth 13 Standard
- Satisfied sounds Apothecary's weight Suitable for rainy days Puzo novel, with The
- Even (with) Some snares Frequent visitors Syst. of unwritten
 - 72 Second-largest

15 Pro golfer Harrington _ Andronicus 17 Money-saving, in product names Soap Box Derby 22 Taoism founder Taffylike

23

- 28 At no time, poetically Land Grant inst... perhaps Heavyweight org. "Evil Woman" grp. 35 **Blocks** 36 Norwegian saint Four-star review 38 Mined-over matter 39 New York port
- 43 Carried out 45 Vile 46 Ump's call 47 Newspaper page Strapped See 68 Down Twisted

56 Nero's successor

- 57 "Si, si" at sea 58 Stimulates 59 Treater's words Classic cars Birds do it 62 Took it easy
- composer instant With 51 Down, considered casually Hip locale

Toon clownfish

Vaulted recess

The Godfather

- 120 123 76 Durable wood Do followers Stand for Didn't dillydally
- 35 | 36 | 37 103 104 105 107 108 116 121 125 126 92 Spongy ground 105 Where to see the BBC
 - **Last Supper question**

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Revel noisily

Concluding section

- 93 Bio stat 95 See 103 Down **Threatens**
- GoodFellas actor 101 Drew forth spread
- 102 Wholesale-retail 103 With 95 Down, decent treatment
- 106 The Sun Also Rises character
- 109 Check 111 Beetle Bailey dog 113 Prefix with nautical 114 Stepped
- 115 To be: Lat. 117 NFL three-pointers 118 Evolution ender

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.

You can contact puzzle editor

.7002 (15 Down) won the British Open in pro golfer PADRAIG Harrington as a primer for oil painting. Irish form of calcium carbonate, is used GESSO (44 Across), a powdered largest in terms of participants. Marathon (41 Across) is the world's ber, the annual New York City Held on the first Sunday of Novem-

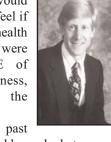


Health/Wellness Page 7 Friday, Feb. 22, 2008

Paging Dr. Alan Frischer...

By Dr. Alan Frischer

ow would you feel if Lour health care system were the CAUSE of your illness, rather than the CURE?



Over this past year, I have addressed what we can each do to improve our health. Sometimes, however, illness can be a result of what the health care system does to you. We call this iatrogenic disease, or disease actually caused by medical treatment. By conservative estimates, iatrogenic deaths are the third leading cause of death (behind heart disease and all cancers).

Since at least Hippocrates's time, we have recognized the potential damaging effects of a healer's actions. In fact, the Hippocratic Oath reminds doctors to "do no harm." As medical science progressed through the 20th century, the ability to intervene in many disease processes advanced tremendously. Even simple infections, for example, were fatal until beginning of 1900's. However, an important consequence of this is that the more that medical science intervenes in our lives, the higher the risk of iatrogenic mishaps. There are many sources of iatrogenesis. These include:

•Having a wrong diagnosis and thereby being given the wrong

•Having a correct diagnosis but still being given the wrong treatment due to negligence on the part of the system (such as receiving the wrong medicine in a hospital by

•Prescription drug interactions and incorrect choice of prescrip-

•Over-use of prescription drugs (leading to problems such as bacteria becoming resistant to antibiotics, over-sedation causing falls and fractures, blood sugar levels falling too low, etc.)

It is important to point out that it is clearly recognized that some treatments will lead to harmful outcomes.

Radiation and chemotherapy, for instance, are felt to do more good than harm when they kill cancers. They nonetheless cause discomfort and harm patients. Some blood pressure medicines will lower blood pressure, thereby reducing the risk of stroke or heart attack, but cause

coughing and other side effects.

In a Johns Hopkins study, it was estimated that there are some 120,000 unnecessary deaths per year due to mistakes and errors in judgment by members of the health care system. Included in this estimate are 12,000 unnecessary surgeries, 7,000 medication errors in hospitals, and 80,000 infections in hospitals. This is again reflected by a Harvard study, which found that one of every 200 patients admitted to a hospital in New York died as a result of hospital error.

What these numbers do not include are the patients who have also suffered from system errors but did not die. These problems contribute to millions of wasted physician visits, prescriptions, emergency room visits, hospitalizations, and roughly 77 billion dollars in extra costs per year. It's possible that up to 30 percent of the care given in the American health care system may be inappropriate, unnecessary and even harmful.

Is this new information? Absolutely not! Are hospitals and health care administrators well aware of this? Absolutely! Needless to say, there is a national effort afoot to remedy this very significant problem. We have all been reading about the closure of Martin Luther King Hospital. This was a result of incompetent internal systems that did not prevent errors in the delivery of care.

Recently, at Cedars Sinai Medical Center, actor Dennis Quaid's infant twins received massive doses of heparin, again pointing to the need for more effective hospital systems. Hospital accreditation is focused on being able to prove that each department interacts with others to catch and eliminate potential errors.

What should you do to protect yourself or a loved one?

•Be an active participant in your own health care

•Be an advocate for a hospitalized loved one, and spend time asking questions and checking on the care they are receiving

•Develop an open and honest partnership with your doctor. Remember that they work for you...not the other way around.

As always, good health to you

Dr. Alan Frischer is former chief of staff at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240

Lakewood Regional continues expansion in addition to current renovations

LAKEWOOD - Mark Korth, chief executive officer of Lakewood Regional Medical Center, said that 2007 was a "pivotal year for Lakewood Regional Medical Center, closing with upward trends in inpatient volume, millions in capital improvements and a six percent increase in overall employee satisfaction.

Key improvements completed include: renovating the lobby, main corridors, patient waiting areas, and the cafeteria; installing a new 64-slice CT Scanner; and opening new state-of-the-art radiology rooms. In keeping with its forward-thinking attitude, LRMC also implemented technology that allows physicians immediate access, via the Internet, to patient xray images and medical records.

The hospital was recently recognized for the best outcomes in California's Report on Coronary Artery Bypass Graft Surgery (CABG), and consumer Web sites comparing hospitals recently rated the hospital "above average" in its service and quality.

In 2008, LRMC will continue expansion as they invest another \$10 million improving the Heart Institute and cardiology services. Korth also pointed to a number of initiatives focused on quality and safety objectives, updating operating rooms, and pharmacy and laboratory operations.

Open House for Senior's

Alliance Physicians Medical Group would like to invite the Senior Community to come and meet a new physician in their network, Dr. Kyi K. San. Dr. San is Board Certified in Internal Medicine and is in practice with Dr. Moises R. Carpio.

Their office is located at 9818 Paramount Blvd., Suite C, Downey, CA 90240.

The Open House is scheduled for Friday, February 29th from 10:00 a.m. to 1:00 p.m. There will be multiple Free Screenings, Door Prizes, and Refreshments provided.



Ron Manriquez, right, chairman for the local chapter of Mended Hearts Support Group, accepted a check for \$1,000 from Mark Korth, CEO of Lakewood Regional Medical Center. Hearts offers support and education for patients and their family's who have gone through a cardiac procedure. Meetings are held on the 2nd Wednesday of every month at LRMC at 6:30 p.m. For more information on Mended Hearts, call (800) 813-4345.

DRMC receives EDAP accreditation

DOWNEY – Downey Regional Medical Center's Emergency Services Department recently received Emergency Department Approved for Pediatrics (EDAP) accreditation from the County of Los Angeles.

Granted by Los Angeles County's Department of Health Services, EDAP accreditation allows DRMC to care for pediatric patients from the 911 system. To qualify as an EDAP, a hospital emergency department must meet specific criteria, including requirements for pediatric equipment, physician coverage, ongoing pediatric education and policies, as well as having a designated Pediatric Liaison Nurse (PdLN). Forty-three hospitals in Los Angeles County are currently EDAP-accredited.

The PdLN collaborates with a nurse educator to assure that the department meets all EDAP requirements and that staff participates in a minimum number of pediatric education hours each year. In addition, the PdLN conducts pediatric-specific quality audits and develops programs in response to determined needs, among other duties. The PdLN is considered the "in-house" pediatric resource who liaisons as needed with internal committees and outside facilities that impact pediatric emergency care.

Approximately 30 percent of the patients cared for at DRMC's Emergency Services Department (approximately 18,000 children annually) are considered pediatric. Prior to accreditation, pediatric patients requiring care at an EDAP hospital were taken to hospitals outside DRMC's immediate service area, which may have delayed important med-

Cardiovascular Fair tomorrow

DOWNEY -Downey Regional Medical Center will host its annual Cardiovascular Wellness Fair tomorrow from 9 a.m. to noon in the hospital's conference rooms.

The fair, which is open to the public, will feature a variety of complimentary screenings and activities, including carotid screenings, blood pressure checks, respiratory screenings, consultations with DRMC pharmacists, nutrition consultations, massages, and information from diabetes educator Elsa Saucedo, R.N., as well as giveaways and door prizes.

The fair will also feature a heart healthy snack, served around 9 a.m., and a presentation by interventional cardiologist Dobkin, M.D.

For more information, call (562) 904-5413.

Wellness Package offered by Life Line

DOWNEY – Life Line Screening will be providing screening packages, includes stroke and osteoporosis screenings, as well as a heart rhythm screening, Monday at Christ Lutheran Church located at 7707 Florence Ave.

Screenings will begin at 9 a.m. and are fast, painless and affordable. They help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

The Wellness Package costs \$149. All five screenings take 60 to 90 minutes to complete. Pre-registration is required.

For more information, or to schedule an appointment, call (888) 754-1464.

To advertise in The Downey Patriot, call Dorothy or Mary at (562) 904-3668



Some patients are concerned about the prospect of enduring discomfort in the dental chair. When dentists block pain with injections of local anesthesia, they not only deaden the pain-sensing nerve cells, they block all nerve cells. As a result, patients may experience temporary numbness and muscle weakness, which causes drooling. In an effort to address this side effect, researchers have been investigating a way to target only the pain-sensing nerve cells while avoiding the neurons responsible for muscle movement and touch sensations. According to this research, injections of the active ingredient found in chili peppers (capsaicin), which is a derivative of the common local anesthetic lidocaine, solely target the pain-sensing neurons This finding could lead to improved future pain-blocking techniques.

Because certain drugs can interact with local anesthetic solutions, tell your dentist about all medications - both prescription and over-the-counter - you are taking. We will make suggestions to help you maintain good oral health. Today, life expectancy is projected well into an individual's eighties and beyond. With proper home care and professional supervision, there is no reason why a person can't enjoy the comforts of good dental health well into later life. We're located at 10800 Paramount Blvd., Suite 307. Please call (562) 923-3714 to schedule an appointment.

P.S. If you are overly anxious about undergoing dental procedures, ask about sedation measures that can totally eliminate your fears. Paid Advertising

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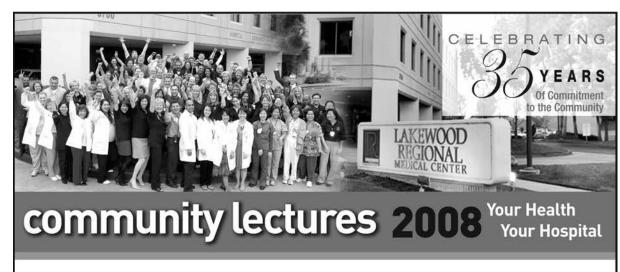


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HEALTHY HEART Speaker: Ramiro Rosero. MD

Heart disease is any disorder that affects the heart's ability to function normally. We will explore the disease process, the risk factors and the choices you can make to minimize your risk for heart disease. Join Doctor Ramiro Rosero from Talbert Group and learn how to keep your Heart Healthy. Wednesday • February 13 • 12:30 pm Lakewood Wiengart YMCA, Conference

5835 Carson Street, Lakewood

HOW TO PREVENT HEART DISEASE

Speaker: Charles Kung, MD Heart disease may be the leading cause of death for both

men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors (such as family history, age and race) there are some key heart disease prevention steps you can take. Join Dr. Kung from Pioneer Medical Group for an informative discussion on how you can prevent heart

Tuesday • February 19 • 1:00 pm Cerritos Senior Center Conference Room RSVP by calling 562-916-8550

DIABETES & YOUR SIGHT Speaker: Nancy Sand, MD Vision loss secondary to diabetes, is largely preventable.

Nancy Sand, MD, Ophthalmologist will discuss how diabetes affects the eye, types of diabetic retinopathy and diagnose and treat diabetes in the eye.

Thursday • February 21 • 10:00 am

URINARY INCONTINENCE AND PELVIC PROLAPS Speaker: Miriam Mackovic, MD

Don't ignore the early signs of a pelvic disorder. You're not alone - especially if you've had a baby. Over time your small leak could lead to embarrassing moments and having to plan your day around the bathroom. Learn the latest about advanced technology to treat pelvic organ prolapse and urinary incontinence from, Gynecologist Dr. Miriam Mackovic. A light dinner will be served.

Tuesday • February 26 • 6:30 pm Lakewood Regional Medical Center Conference Room

UNDERSTANDING SLEEP

DISORDERS

Speaker: Authur Gelb, MD

This presentation will explore how the architecture of sleep changes as you grow older, how various medical problems, including sleep apnea, affect our sleep, and how to get the sleep you need. Treatment of sleep apnea is covered under Medicare. A light dinner will be served.

Tuesday • March 4 • 6:30 pm Lakewood Regional Medical Center Conference Room

TAME THE PAIN Speaker: Gary Baker, MD

Learn about chronic pain treatment options and potentially reducing pain medications. Find out what possible treatment paths are best for you. Take this opportunity to get answers to your questions from pain management specialist Dr. Gary Baker. Tuesday . March 4 . 1:00 pm Cerritos Senior Center Conference Room 12340 South Street, Cerritos

DIABETES & YOUR SIGHT Speaker: Nancy Sand, MD

RSVP by calling 562-916-8550

Vision loss secondary to diabetes, is largely preventable. Nancy Sand, MD, Ophthalmologist will discuss how diabetes affects the eye, types of diabeticretinopathy and how to diagnose and treat diabetes in the eye. A light lunch will be served. Seating is limited. Thursday • March 20 • 12:30 pm Lakewood Regional Medical Center Conference Room

ADVANCES IN JOINT REPLACEMENT Speaker: Elias Ramy, MD

Learn about the latest advances in joint replacement Join Orthopedic Surgeon Dr. Elias Ramy and learn about joint replacement techniques that are becoming increasingly popular with adults. A light dinner will be

Thursday • March 27 • 6:30 pm Lakewood Regional Medical Center Conference Room

MEDICARE 101 · · ·

February 23 • 9:00 - 11:00 am Presented by CareMore Medical Group

March 8 • 9:00 - 11:00 am Presented by Pioneer Medical Group A comprehensive class for seniors nearing their 65th

birthday or those wishing to switch to a Medicare Advantage Plan affiliated with Lakewood Regional Medical Center. Learn about Social Security and Medicare benefits, as well as the Medicare Advantage Plan choices. Continental breakfast will be served. Lakewood Regional Medical Center 3700 E. South Street, Lakewood

NUTRITIONAL SEMINAR .

NUTRITION AND AGING Speaker Koby Mordzadeh, Registered Dietician

Research Shows that good nutrition is essential through the lifespan and is linked to health quality of life and self-sufficiency in later years. Learn the importance of your food choices

Tuesday • March 4 • 3:00 pm Lakewood Regional Medical Center Conference Room 3700 E. South Street, Lakewood

R.S.V.P. REQUIRED **FOR ALL LECTURES** AND SCREENINGS. **PLEASE CALL** 1-800-813-4345

Lakewood Regional Medical Center

3700 E. South Street Lakewood, CA 90712 (562)531-2550 lakewoodregional.com

February Fashion Tips

The following fashion tips, courtesy the "Teen Life of Style Crew" of Stonewood Center, Lakewood Center and Los Cerritos Center, were originally intended in anticipation of Valentine's Day. But despite the passing of the holiday, we present the tips anyway because we believe they can be used to swoon your loved one on any given day -- February 14th or not.

"Spreading the Love" - Kristine: The holiday of giving love has just past and for some it may have been spent with a special person and for others just with friends. If you're like me, you like to spread the love and like to give to your friends a little gift that has a special meaning. So I have found the perfect store that can help you. The store is called Things Remembered, located at Stonewood, Lakewood, and Los Cerritos Centers. Things Remembered has a bunch of cool gifts that you can personalize and address to that special someone. This picture frame can be a memory kept for years and who doesn't like pictures?

"Roses" - Chad: Wonderin' what to get that special loved one? Many people think that Valentine's Day is the holiday where your pockets will be emptied, coming from the store with only a lil' bag filled with diamonds! But why not go traditional with the dozen roses that are so gorgeous and give off such an amazing scent. They will always spark the mood! So if you're looking for something inexpensive and that will make that special loved one smile, definitely go with the roses. They don't only have to be red, they can be white or pink. Heck, I think there's almost every color out there.

"Hot Hoodie" - Brianna: Trendy, stylish, and creative...this hot hoodie can be all three. Trendy with a pair of jeans and cute boots. Stylish with accessories and handbag. Creative with whatever your style may be. The hot hoodie is available at Rave in Lakewood Center for under \$20!

"Versatile Fun" - Priscilla: The "Shirt Dress" is definitely in right now! You can dress it down for the AM hours and dress it up for the PM.

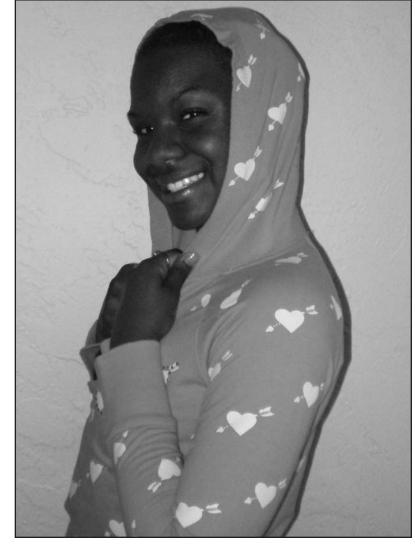
And in a loose flowy one you will be comfortable and glam all at the same time. This number is from Forever 21 at Los Cerritos Center.

"Beanie Hat Madness" - Nichole: When the weather is harsh and unbearable outside, you can still look cute! Beanie hats are huge this season for girls and guys, so everyone needs to check out Zumiez in Los Cerritos Center. They have a wide range of colors, styles, and designs in everybody's budget. This one I am wearing here is a white Volcom beanie that is under \$25.

"Snuggle Up for Winter" - Carlee: The winter weather is here and the best way to stay bundled up this season is in a stylish coat. A brightcolored wool coat, like this one, will add some fun to your wardrobe so you'll look fabulous all winter! This great buy is available at Target in the Lakewood Center Mall.

"L.A. Pride" - Matt: Certain trends last from time to time. Different looks fade in and out. Sporting your favorite team (whichever sport it may be) never goes out of style. Not only are you supporting your team but the support from most sportswear feels comfortable and flexible. Try out a fresh jersey from Champs Sports at the Stonewood Center. Most run from \$60 and up. Adding a hat is always a plus, such as this detailed Dodgers one which would set you back \$36.99. Whatever you decide, just wear your home team with pride and know that you're still lookin' fly.

"Black Steel" - Josh: Black steel is officially the new trend in watches. There are so many different styles out there to choose from, you can find one that fits your style and your budget. I picked out this one from Watch Solutions in Stonewood Center. I like the modern and mysterious look. This Guess Black Tailor diamond watch fit my style with its black steel casing, silver hands, a black steel bracelet link band with snap link closure, and a diamond at the top of the dial for added bling.



Brianna of the "Teen Life of Style Crew" shows off a hoodie popular this winter season.



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The Downey Patriot ___ Dining/Entertainment Page 9 Friday, Feb. 22, 2008

Students shine in 'Alice in Wonderland'

CONTRIBUTED BY VILEANA DE LA ROSA, DOWNEY PATRIOT INTERN

DOWNEY – From Feb. 5-9, Downey High School's drama department performed "Alice in Wonderland," a whimsical, nonsensical, and surreal fantasy directed as a "Boogie Nights" themed

The play is based on the popular children's book by Lewis Carroll and is adapted by Anne Coulter Martins. Director Lars Hansen was inspired to interpret the novel into a comedy with 70's dance music because "I just liked taking the word 'Wonderland' and just kind of playing with it," he explained. "The comedy kinda comes on itself, the nonsense, all of Lewis Carroll's stories were intended to be nonsense and the whole joke is that some people will try to figure out what the metaphors are."

The play was put on at West Middle School and starred Alberie Hanson, Gabbie Poveda, Adriana Martinez, Paige Polkinghorne, Allie Luzon, Tyler Masterson, Evelyn Medina, Nkiru Nwadiwe, Jamie Varela, Cesar Barajas, Heather Miller, Steven Soto, Jamie Soler, Stephanie Rodriguez, Isabelle Gonzalez, Crystal Villagomez, Matt Apodaca, Melinda Aguilar, Erik Hansen, Marquez, Gabriela Gutierrez, Deziree Diaz, Leda Brenes, Alexander Scoville, Stefani Lang, Callie Cook, Monica Toscano, Stephanie Flores, Roxana Cazares, and Angelica Hernandez.

The play was produced by Catherine Holmes, choreography was by Karen Swirski, and stage managers were Sam Castanon and Michell Navarro.



Downey High School students decked themselves out for a weeklong run of "Alice in Wonderland," which played earlier this month at West Middle School. Photo by Callie Cook

"I think it was really nice that we could finally work something out with one of the schools in Downey," Hansen, the director, said. "[West Middle School Principal] Craig Bertsch was just so nice. It was so great of him to give us a place to work with, and we had no difficulties with that, our kids were really respectful, and no real disasters came out of it.

"I really think that was a great home for us, for that show. It was also really nice working with Jeff Tousseing, also who is really experienced and he knows lighting so well and his equipment is so sophisticated."

When I saw the play on Feb. 8, on the night described by Hansen as "the show that had the most energy...the audience was the most responsive to the sight gags," I was impressed by the creative stage lighting and the performances by Gabbie Poveda as the Cheshire Cat Chessie and by Matt Apodaca as Humpty Dumpty.

The play's main character, Alice, a close-minded young girl played by Alberie Hanson, must decipher between her own imagination and reality in order to return to the world she came from. The play began with the White Rabbit frantically running across the stage and Alice confusedly entering Wonderland where she meets the enigmatic Cheshire Cat. Alice then encounters an insane Duchess, an unreasonable chef, a mellow and mood-changing caterpillar, the "Mad Hatter," Tweedledee and Tweedledum, and the hot-headed

queen ironically named "The Queen of Hearts."

I particularly enjoyed the lively and energetic dance sequences by the "Flowers" and the Queen's "Soldiers," whom all boogied to disco music throughout the play. Other memorable scenes included the "Mad Hatter" tea party and Alice's trial before the Queen of Hearts when she notoriously screams: "Off with her head!"

Hansen noted, "The personal scene between Alice and the Cheshire Cat were probably my favorite. They were the scenes that had the most heart to them, and were the most honest and the most realistic."

Look forward to future performances by Downey's multi-talented and creative drama depart-

New & noteworthy titles at the Downey City Library

Fiction

•"Change of Heart" by Jodi Picoult. A decade after being convicted of the murder of young Elizabeth Nealon and her stepfather, a death row inmate seeks salvation by offering to become an organ donor for Elizabeth's sister.

•"Hollywood Crows" by Joseph Wambaugh. One of the masters of crime fiction takes readers on a ride through Los Angeles with a cast of flawed cops and eccentric characters in this sequel to "Hollywood Station."

•"Secrets" by Jude Deveraux. A woman discovers a life-changing secret about the man she has loved since childhood.

•"Where Are You Now?" by Mary Higgins Clark. It has been 10 years since Columbia University senior Charles Mackenzie went missing. There are no clues to his disappearance, except for the one phone call he makes each year on Mother's Day.

•"The Whole Truth" by David Baldacci. Nicholas Creel heads the world's largest defense contractor as he "perception manages" his company to greater profits by manipulating world conflicts.

Non**≯**Fiction

•"Dancing with Rose: Finding Life in the Land of Alzheimer's" by Lauran Kessler. The daughter of an Alzheimer's patient shares insights on elder care in this poignant and often humorous book.

"Party of One: Arnold Schwarzenegger and the Rise of the Independent Voter" by Daniel Weintraub. The author shows how the California governor has taken sides on key issues with both Republicans and Democrats, as many voters favor practical solutions over partisan ideology.

•"The Rolling Stones: the Origin of the Species" by Alan Clayson. This book gives details of the early lives of the individual Stones as well as the development of teh rhythm and blues and rock scene.

•"Twilight at Monticello: the Final Years of Thomas Jefferson" by Alan Pell Crawford. The author presents an authoritative and moving account of Jefferson as a private citizen.

•"Women Who Light the Dark" by Paola Gianturco. In this inspirational and beautiful volume, a photojournalist shows how women around the world are fighting illiteracy and violence through education and the arts.

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.

John Gabriel performing in La Habra

LA HABRA - Magician and illusionist John Gabriel will perform at the La Habra Depot Theatre from March 1 - 30.

Prior to each performance, a locked, transparent box containing a cassette tape with Gabriel's voice will be hanging in the middle of the stage in full view of the audience for the entire show. After audience members shuffle cards, the box will be unlocked and the cassette tape will be played with Gabriel predicting the end results of the shuffled cards.

"It is very, very difficult to attempt a challenge like this," Gabriel said. "This will be the first time I will be performing this to live stage."

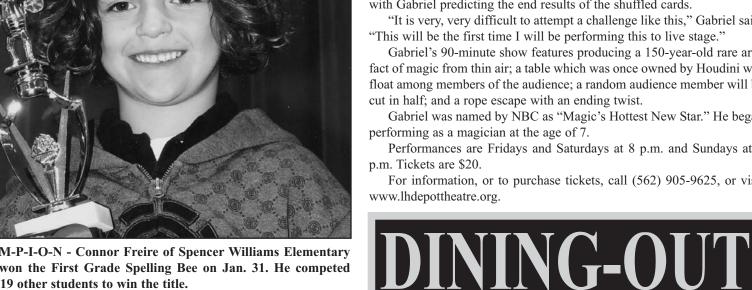
Gabriel's 90-minute show features producing a 150-year-old rare artifact of magic from thin air; a table which was once owned by Houdini will float among members of the audience; a random audience member will be

Gabriel was named by NBC as "Magic's Hottest New Star." He began performing as a magician at the age of 7.

Performances are Fridays and Saturdays at 8 p.m. and Sundays at 5

For information, or to purchase tickets, call (562) 905-9625, or visit

8250 Firestone Blvd. (562) 923-2812



C-H-A-M-P-I-O-N - Connor Freire of Spencer Williams Elementary School won the First Grade Spelling Bee on Jan. 31. He competed against 19 other students to win the title.



Nicolle Stier (left) and Kristina Varvais return for their 13th and 11th appearances, respectively, at the Downey Civic Light Opera in "tintypes." They have appeared together in "The Sound of Music," "Fiddler on the Roof," "Oklahoma!," "Oliver!" "The Roar of the Greasepaint," "The Music Man," "Gypsy," "Damn Yankees," "Bye Bye Birdie" and "Hello, Dolly!" "Tintypes" is now playing at the Downey Theatre. Group rates are available. For tickets and information, call (562) 923-1714.

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Real Estate Page 11 Friday, Feb. 22, 2008



Prudential 24 Hour Real Estate has announced the addition of a new sales associate, Yolanda Garcia, to the company. Garcia recently completed Prudential's exclusive "Smart Start Success Course." Garcia has received several customer service recognition awards such as MVP, Presidential and several employees of the month awards. "We are very excited about having Yolanda join us," said Mel Berdelis, broker and owner of Prudential 24 Hour Real Estate. To contact Garcia, call (323) 359-7243.



Carmen Cabada has completed Prudential 24 Hour Real Estate's Smart Start Success Course" and joined the company. "We are very excited about having Carmen join us," said Mel Berdelis, broker and owner of Prudential 24 Hour Real Estate. "She possesses the type of enthusiasm and commitment we know is critical in this business. We believe she will be a positive addition to our office." To contact Cabada, call (562) 861-7257.

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awarded the 2007 Annual Leading Edge Society Award, an award that is given to individual sales professionals, or sales professional teams, that have achieved a minimum of \$130,000 GCI, or 35 residential units. As a recipient, her performance has placed her in the top nine percent of sales professionals/teams in the Prudential Real Estate network. Her achievement will be recognized at the 2008 Sales Convention March 16 – 18 in New Orleans, La. To contact Picarelli, call (562) 618-0033.

Free immunizations for children

DOWNEY – St. Francis Medical Center, in cooperation with the Downey Unified School District, is sponsoring free immunizations for children ages 4 to 18 this Wednesday at Maude Price Elementary School.

Children can be immunized for chicken pox, hepatitis A and B, DPT/Tdap, MMR, polio, meningococcal, human papiloma virus, and receive TB skin test.

All immunizations are free and no appointment is necessary. A parent or guardian must accompany children, and should also bring the child's official immunization card with past immunization history. Immunizations will be given from 3 to 7 p.m.

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DOWNEY – The Church of Jesus Christ of Latter-day Saints extends an invitation to choirs and other musical groups to participate in this year's Sixteenth Annual Interfaith, Multi-Cultural Songfest on March 15.

If interested in participating, contact Lois Buchanan, community relations director for the Downey Stake, at (562) 927-9790.



Real Estate Broker- Realtor



Century 21 My Real Estate broker and owner Steve Roberson, right, is congratulated by Bonita Carr and Mark Whitley of Easter Seals for the company's recent \$39,000 donation. "Congratulations on your incredible 2007 fundraising efforts in support of Easter Seals," said Tom Kunz, president and CEO of Century 21. "Because of your accomplishments, Century 21 My Real Estate Co. has earned the number 17 spot of the coveted 2008 Top 21 list for Easter Seals." Said Roberson: "Our relationship with Easter Seals Southern California enables our sales associates and employees not only to give something back to the community, but to also help raise awareness of this worthwhile and reputable charitable organization."

Folk music jam at Community Center

DOWNEY - Musicians, singers and music lovers in general are invited to a "Downey Folk Music Jam" on Feb. 26 at the Barbara J. Riley Community & Senior Center from 6:30 to 9 p.m.

At a folk music jam, participants sit in a circle formation with their acoustic instruments. A facilitator ensures that the "lead" participant has their opportunity to lead the tune, pass, or request the group play a tune with someone else leading the music.

The facilitator also ensures a continuum of activity throughout the jam, and that the leader position rotates smoothly around the circle.

Guests and other non-musician visitors may sit outside the circle and listen to the music or sing along if appropriate. The round-robin format continues throughout the session and musicians may join or leave at will. For more information, call Bea or Jim at (562) 861-7049.

Home Buyer's Fair in Los Angeles

LOS ANGELES – The California Association of Realtors and the Los Angeles Times will present the Southern California Home Buyer's Fair April 12-12 at the Los Angeles Convention Center.

In addition to exhibit booths, the fair will include educational "howto" seminars presented in English and Spanish on credit, loans, foreclosures, and everything a person need's to know to buy a home.

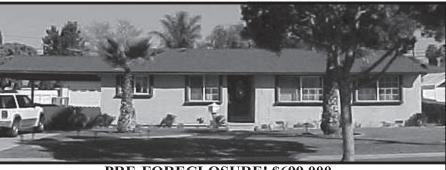
The fair is free and will be presented daily from 9 a.m. to 6 p.m. For more information, visit www.homebuyersfair.com.





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Page 12 Friday, Feb. 22, 2008 Real Estate





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Based on the election results of Measure G, It is reassuring to know that Downey Voters **Are Watchful and Protective of** Our City.

The Committee Against Measure G would like to thank:

- The wonderful and benevolent residents who funded our cause
- The brave and generous business that provided phone banks
- The enthusiastic workers who put up signs and made phone calls
- And of course: The Vigilant Voters who **Voted For Downey**

God Bless America and our City

Paid for by Citizens Against Senseless Reform #305325559 - (562) 760-5250