



The Downey Patriot



State economy bad, not dire
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Students play role of lender
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Ensenada pays Downey a visit
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Friday, March 28, 2008

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

A golden time for music

■ Concert to help mark 50 years of classical music in Downey.

BY JOYCE SHERWIN,
DOWNEY SYMPHONY

DOWNEY – If ever there was a golden opportunity to support a golden anniversary, the time is right now, right here in Downey, when our young-at-heart orchestra plays the third concert of its Golden Jubilee Year in the Civic Theatre on Saturday evening, April 5.

Music Director Sharon Lavery's program, titled "Picture-Perfect," opens with Verdi's Overture to Nabucco, an opera about the dramatic conflict of ancient Hebrew slaves and their Babylonian captors.

Soloist Danielle Nesmith will play Mendelssohn's Violin Concerto in E minor, which was a great success from its first hearing in 1845, and continues to charm audiences today.

"You don't want to miss our soloist," says Lavery. "She is absolutely sensational!"

And to conclude the evening, you'll really enjoy Mussorgsky's "Pictures at an Exhibition," a wonderful work that depicts the composer strolling through an art gallery, pausing before 10 pictures which he illustrates with his music. One picture, for instance, shows gossips in the market place of a French town, chattering about important news of the day: someone's lost cow, someone's new false teeth, and someone else's excessively large nose. Another



Danielle Nesmith will be the featured soloist when the Downey Symphony performs April 5 at the Downey Theatre.

tells of the witch Baba Yaga, who terrified generations of Russian children at bedtime. Her hut, hidden deep in the forest, was perched on chicken legs so that it could turn to face anyone who chanced to find it.

"Pictures at Exhibition." You gotta love it!

The Downey Symphony's spring concert traditionally includes a few other elements that add to the festivities. It's time for the Baton Auction and the appearance of last year's winner, Roy Streeter, who will conduct the irresistible Sousa march, "Stars and Stripes Forever."

And following the performance, audience and orchestra are invited to the theater patio for complimentary punch and home-baked

cookies from the Symphony Guild. This is another golden opportunity, to speak with Sharon Lavery, to ask the French horn player how he does that, to congratulate the soloist and ask her how she does that!

Tickets to this great evening are \$20 and \$25, \$10 for students, and you may purchase them by phoning (562) 403-2944, or visiting the theater box office on Wednesday, April 2, between noon and 4 p.m., or after 6:30 p.m. on the night of the performance.

Concert time is 8 p.m., with the conductor's preview discussion of the music to be played beginning at 7:15. The Downey Theatre is at 8435 Firestone Blvd. at the corner of Brookshire Avenue, and parking is free.

Fifth-graders being treated to free concert

DOWNEY – Fifth-grade students from all Downey Unified elementary schools are the invited guests next week at an orchestra concert at the Downey Theatre, performed for them by the Downey Symphony, led by Sharon Lavery, Music Director.

This year's annual treat is funded by the Downey Kiwanis Foundation, as part of the symphony's Music in the Schools program.

— Joyce Sherwin

April 5 proclaimed as Arc Walk for Independence Day

■ Arc gets its own day to celebrate as City Council breezes through routine agenda

BY HENRY VENERACION, STAFF WRITER

DOWNEY—The City Council Tuesday heard two proclamations and made two presentations, routinely dispatched its consent agenda, and adjourned in memory of longtime Downey resident Paul Yokota, who passed away on Monday last week at the age of 86.

In designating Saturday, April 5 as Arc Walk for Independence Day, Mayor David Gafin underscored the role Arc of Southeast Los Angeles County has for 12 years played, by establishing the Arc Walk for Independence, as "a rallying point for the plight of people with intellectual disabilities and other developmental disabilities." The proclamation noted as well how Arc "has grown to serve 400 individuals each day from 26 L. A. County cities, in 24 different programs and services," demonstrating that "people with disabilities deserve to be treated with respect and have a rightful place in our society."

Gafin also welcomed an official group of representatives from the city of Ensenada, Baja California in Mexico, a sister city of Downey since Sept. 24, 2004, here on their annual visit to Downey. The mayor of Ensenada, Jorge Antonio Catalan Sosa, paid tribute to Downey and thanked everyone concerned for their gracious hospitality. Crewcut-sporting Fire Chief Mark Sauter, meanwhile, was presented with a fire chief's cap by his Ensenada counterpart, during which he was advised that, if he were to visit Ensenada, the cap endowed him with "command" powers over both Ensenada's fire and police departments.

Freshly-crowned Miss Downey and Miss Teen Downey, and their courts, bristling with youth in their formal gowns, were also presented with city pins. The mayor reminded them of their ambassadorial functions for the city.

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Whittington loses case but vows to appeal

■ Activist says he was treated unfairly at hearing stemming from felony traffic stop.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Resident and City Hall pundit Lennie Whittington said he will appeal a court decision made last week in a case pitting him against the city of Downey.

The case stems from an April 4 felony traffic stop made by Downey police officers after police officials said two witnesses mistakenly identified Whittington's car as one used in a previous threat involving a gun.

Whittington, 72, is handicapped and said police unnecessarily ordered him to the ground at gunpoint. He sued the city in small claims court, claiming he was "fearful for his life and could hardly walk due to the fright of the incident."

Judge Daniel J. Lowenthal at Downey Superior Court ruled in favor of the city last Friday after reviewing a police unit's in-dash video of the stop.

Whittington this week said he would appeal the court's decision citing Lowenthal's perceived conflict of interest. Lowenthal's father is state senator Alan Lowenthal, representing portions of Downey; his mother and wife also serve on the Long Beach City Council.

Whittington said the judge never revealed his father's or wife's elected position before hearing the case. Whittington also claimed he was never given an opportunity to properly present his case, which included two witnesses and various character statements.

"My attorney's preparing papers to get him disqualified," Whittington said, referring to the judge. "Not only that, we're going to the judicial review board to get him disciplined. I'm the plaintiff; I'm supposed to have an opening statement and present my evidence."

At this week's City Council meeting, Whittington also accused the Downey Police Department of doctoring video of the traffic stop. Whittington has long maintained that officers ordered him out of his car and told him to lie on the ground, an allegation police and city officials deny.

This week, *The Downey Patriot* requested to view video of the incident. The newspaper was granted access Thursday morning.

According to audio and video footage of the incident taken by four separate Downey police cruisers – all showing various angles of the incident – a male youth points out a silver car with tinted windows as the automobile used in a previous report of a man with a gun. Video shows a Downey police officer radio the information to dispatch.

A second video shows a Downey police officer pull behind Whittington on Clark Avenue in front of Downey Studios. The police unit

See WHITTINGTON, page 2

Best of Germany showcased at theater

■ Downey Theatre travelogue explores the culture of Germany this Sunday.

CONTRIBUTED BY KEVIN O'CONNOR, DOWNEY THEATRE

DOWNEY – This Sunday, March 30, at 2:30 p.m., the Downey Theatre will present "Bavaria and the Black Forest," the eighth film of the 2007-08 Armchair Adventure Series, filmed and narrated by Fran Reidelberger.

Rich in history, rife with fairy tales and blessed with truly magnificent scenery, "Bavaria and the Black Forest" is the traveler's favorite part of Germany. From springtime in the sparkling alpine valleys to winter sports in the spiraling Bavarian Alps, this new film includes such familiar attractions as Mad Ludwig's castles, Munich's Oktoberfest celebration, the Romantic Road and the world famous Passion Play in Oberammergau. The woodcarvers of Mittenwald, cuckoo clocks, cakes and old world customs are still alive in the Black Forest today.

This film also includes the not so familiar, such as Roman remains in Regensburg and Augsburg, wildlife and waterfalls in the Bavarian Forest, glass workers in Passau, spa "cures" in Baden Baden, a spectacular train ride near the border of Austria, university life in Heidelberg, automotive life in Stuttgart, and lots more.

The physical boundaries of these regions have changed dramatically throughout the centuries. What hasn't changed, however, is the physical beauty, fascinating history, incredible food, magnificent music, handsome handicrafts and colorful festivals. "Bavaria and the Black Forest" is designed to showcase the best of Germany in the eyes of world travelers.

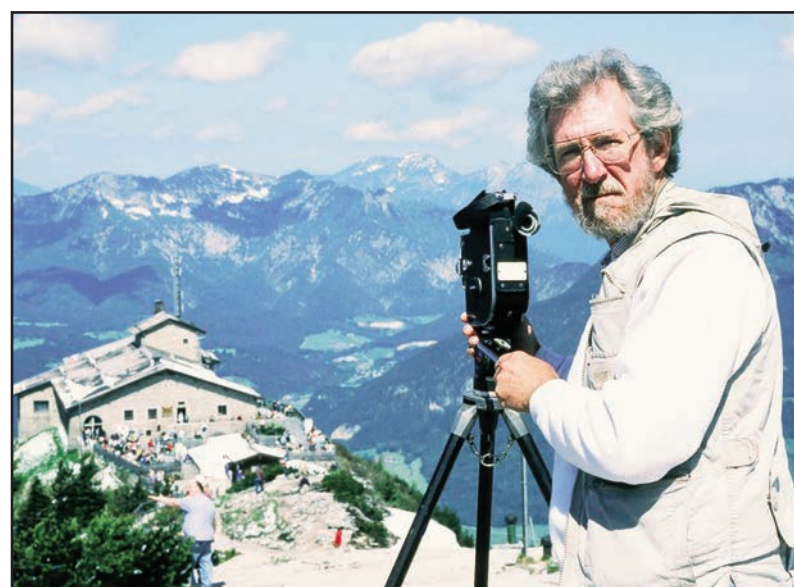
Filmmaker Fran Reidelberger attended Central Michigan University where his major course of study was journalism. He was a newspaper editor and has won national awards for writing, editing and creative use of photos. His interest in people and his desire to learn more about our ever-shrinking world led him to the travelogue profession in 1977.

Working with his wife and partner, Brooke, he has filmed and produced over 15 "travel adventure" shows and given more than 4,000 film/lecture presentations from coast to coast in the United States and Canada.

"Bavaria and the Black Forest" is the eighth Armchair Adventure of a 10-film series. The series features full-color, feature-length travelogues with live, in-person narration by the travel adventure producer.

All films are on Sundays at 2:30 p.m. in the Downey Theatre located at 8435 Firestone Blvd. Tickets for individual films may be purchased on the day of performance only, beginning at 1:30 p.m. at the theater box office. Adult tickets are \$7 and senior/student tickets are \$6 (cash or check only).

For more information, call the box office at (562) 861-8211, Monday through Friday, between noon and 4 p.m.



Filmmaker Fran Reidelberger will narrate "Bavaria and the Black Forest," a travelogue depicting the natural wonders of Germany, this Sunday at the Downey Theatre.

Dreher-Metts selected to spend semester in Germany

BY BROOKE KARLI, STAFF WRITER

DOWNEY – Brittney Dreher-Metts' senior year of high school will truly be unforgettable.

As many of her classmates will be spending their summer preparing for their last year at Warren High School, Dreher-Metts will be packing her bags for a semester abroad in Germany.

The 16-year-old junior was recently accepted by Youth For Understanding USA (YFU) – an organization seeking to "transform young people by instilling passion for life-long learning, and the skills and knowledge to thrive and contribute amidst cultural diversity" – as an



Brittney Dreher-Metts

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Sylvia Steverson, author and mother of three, signed copies of her book, "Children's Healthy Menu and Recipe Guide," on March 8 at the Borders Express at Stonewood Center. The book is on sale there.

COUNCIL

Continued from page 1

Maria Larkin was also presented with a Certificate of Appointment to the city's Parking Place Commission for Council District Four.

In other action, the Council:

- Approved the renewal of license agreements with the Southern California Edison Company for the city's continued use of SCE's right-of-way for park purposes at Wilderness and Crawford Parks; the contract is good for another five-year period, beginning April 1, 2008 and ending on March 31, 2013;

- Approved the contract with Sully-Miller Contracting Company in the amount of \$414,408 for the Lakewood Blvd. Improvement Project, Phase 1D, and authorized the drawdown of \$646,570 in accordance with the Public Works Agreement between the City and the Community Development Commission, dated April 10, 2007;

- Adopted a resolution approving the submittal of the funding application for \$1.5 million for the city's "Paramount Blvd. Traffic Signal Upgrades and Fiber Optic Communications Project" under the Proposition 1B (Highway Safety, Traffic Reduction, Air Quality and Port Security Bond Act of 2006) Local Traffic Light Synchronization Program (TLSP) administered by Caltrans, as allocated by the California Transportation Commission (CTC);

- Adopted a resolution approving the final Subdivision Map of Tract No. 69348 (9110 - 9126 Florence Ave.) by approving an agreement with the subdivider and accepting a Subdivision Improvement Performance Bond as surety;

- Adopted an ordinance approving Code Amendment No. 07-170, thereby moving the subdivision requirements within the Municipal Code from Chapter 2 of Article IX to Chapter 9 of Article IX; and

- Adopted an ordinance approving an amendment to the city's Comprehensive Zoning Map, changing the zoning classification of the property at 9520 Telegraph Rd., from R-1 5,000 (Single Family Residential) to R-3 (Medium Density Multiple-Family Residential), and adopting a negative declaration (Ref. Zone Change No. 07-183).

The next regular public City Council meeting will be at 7:30 p.m. on Tuesday, April 8 at City Hall, 11111 Brookshire Ave.

WHITTINGTON

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follows Whittington north on Lakewood Boulevard, turning left on Alameda Street. At this point, with four police cars following, officers signal Whittington to pull over.

Video shows Whittington pull his gray Lexus over on the 8700 block of Alameda. At the command of officers, who have their guns drawn, Whittington lowers the driver's side window and throws out his keys. Whittington is ordered out of his car, according to the audio.

As Whittington is exiting his vehicle, one of the officers can be heard saying "That's not gonna be him guys. That's not him." Video shows the officers immediately holster their weapons.

According to the video, Whittington uses a string of profanity to demand the names of the four officers pointing weapons at him. He also threatens to sue the police department.

"Our officers acted with the utmost respect and dignity for Mr. Whittington," Police Chief Roy Campos said this week. "The officers acted with due cause, all professionally and legally. I'm very proud of the way our officers handled the traffic stop."

Whittington said he would file his appeal sometime next week.

"I guarantee you it's not over," Whittington said. "Over my dead body will the city succeed."

Volunteers to be recognized April 19

DOWNEY - The Downey City Library will be hosting its 24th Annual Volunteer and Major Donor Recognition Breakfast on April 19 from 9:30 to 11:30 a.m.

The event will take place at the Rio Hondo Event Center.

GERMANY

Continued from page 1

international high school exchange student and will spend a semester in Germany.

"I'm excited and looking forward to going," Dreher-Metts said. "I love meeting new people and experiencing different cultures."

Dreher-Metts heard about the program at school and later attended a meeting to learn more about YFU. According to Dreyer-Metts, the application process is quite daunting. With more than 15 pages to fill out, the application requires teacher recommendations, medical history records, academic accomplishments and grade point average, and more. In addition, she applied for a scholarship to cover the program's \$7,395 tuition, which required her to write an essay.

Dreher-Metts was able to choose three countries as her top choices for the program. She chose Japan, Germany and Sweden, and was accepted to the 2008 YFU Semester in Germany.

"I chose those countries because they were 'safe' countries - I was familiar with them," she said. "But I would've loved to go anywhere."

Dreher-Metts will depart for her semester abroad in early July and will return in early January of next year, spending the second semester of the 2008-09 school year at Warren.

While in Germany, she will participate in a wide variety of cultural events including public festivals, sporting events, art exhibitions, theatre performances and concerts. As a student, she will most likely attend a "gymnasium," which prepares students for entrance into the German uni-

Watzlawik deployed overseas

DOWNEY - Army Reserve Sgt. Hernan Watzlawik has been mobilized and activated for a future deployment to an undisclosed overseas location in support of Operation Iraqi Freedom.

Watzlawik is the son of Zita Watzlawik of Downey.

Operation Iraqi Freedom is the official name given to military operations involving members of the U.S. armed forces and coalition forces participating in efforts to secure Iraq.

Watzlawik, a mechanic with 18 years of military service, is regularly assigned to the 812th Military Police Company in Orangeburg, N.Y.

Rise 'N Shine lineups announced

DOWNEY - Steve Roberson and Roger Nordin of Century 21 My Real Estate, along with Debbie Wallace of Employment Service Agency, will speak at the April 8 meeting of Rise 'N Shine Networking Group at Nordic Fox restaurant.

The meeting will start at 7:30 a.m. The cost is an order from the menu. Nancy Matthews of Rancho Adult Day Services will speak at the April 22 meeting. Her topic will be "Beyond the Senior Center - Rancho Adult Day Services."

RSVPs are requested by calling the Downey Chamber of Commerce at (562) 923-2191.

Chamber mixer planned April 9

DOWNEY - The Downey Chamber of Commerce will hold a mixer April 9 from 5 to 7 p.m. at Philly's Best inside Downey Landing.

Free admission includes live entertainment, refreshments, and door prizes.

Philly's Best is located at 12008 Lakewood Blvd.

versity system. The program has a set of core classes, with electives including foreign languages, math and science, and more. Dreher-Metts may also participate in sports, the arts, computer projects, and other school-related activities, as well as extracurricular activities, which may include involvement with sports clubs, churches and community education centers.

During the first four weeks of the program, she will attend an orientation and language course designed to provide learning materials and utilize tools specially developed for YFU exchange students. Following that first month, she will then move in with a host family and will reside there until the end of the program.

Although she is excited about spending a semester in Germany, Dreher-Metts can't help but feel a little nervous.

"I'm going to have to step out of my comfort zone and be ok with being away from home for six months and living with a different family," she said.

According to YFU, Dreher-Metts will become one of the more than 225,000 young people, from around the world, who have participated in an exchange program with the organization. YFU USA works with international partners in more than 60 countries and offers summer, semester and year-long educational programs to destinations in Asia, Africa, Europe, Australia, and Latin America.

2008 Physician Appreciation Day

Downey Regional Medical Center salutes the 400-plus physicians who comprise our skilled and accomplished medical staff.



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A tale of two cities: sister city of Ensenada visits

■ Downey Sister Cities Association hosts a tour for its guests from the city of Ensenada, Mexico.

By JACQUELINE MEJIA, CONTRIBUTOR

DOWNEY – On Tuesday, the Downey Sister Cities Association hosted a tour of historic landmarks in Downey for several foreign dignitaries from the city of Ensenada, Mexico. Members of the Downey Sister Cities Association were in attendance, along with Mayor Pro Tem Mario Guerra, Councilman Kirk Cartozian, Luis Marquez, Senior Field Deputy for Senator Alan Lowenthal, and Downey Rotary Club President Stan Carmichael.

A branch of Dwight D. Eisenhower's People to People Program, the Downey Sister Cities Association hosts exchanges with its three sister cities: Ensenada, Guadalajara, and San Quintin. Ensenada is the most recent sister city to Downey. It made its connection with the Downey Sister Cities Association three years ago.

The esteemed guests read like a who's who of the city of Ensenada: Dr. Jorge Alberto Saenz Flores, an international relations representative for the Mexican government; Nico Saad, the owner of the San Nicolas Hotel, also serving as a liaison between the mayor of Ensenada, who was not able to attend; two former city council women; Ing Jose Cosine Fabregas, an engineer and manager for La Torre Cannery Company; the fire captain of Ensenada, Jaime Nieto (who for 20 years was a foreign correspondent and news editor for Televisa station); and a fellow firefighter, Victor Parra.

Members of the Downey Sister Cities Association, including President Phil Bliss, Vice Presidents Betty Munroy and Michael Murray, and Treasurer Judge London Steverson, first welcomed the guests by having a small lunch at Mimi's Café in Downey. Gifts between the members of both associations were exchanged, as well as some presentations, one of which was a T-shirt from Fire Chief Nieto to Mayor Pro Tem Mario Guerra, and the other was a small flag from the Downey Rotary Club, presented by Carmichael to the Rotary Club of Ensenada.

Guerra then acted as an impromptu tour guide for the rest of the day, giving a tour of Downey on a new Dial-A-Ride public transportation bus.

The first stop was a tour of the Downey Studios. Guerra stated some interesting facts about the history of the land there such as, 3 million planes were made during World War II in Downey, a small part of Apollo 7 is in an enclosed location on the Downey Studios lot, and the Army constructed planes in Downey, which then were tested by a take off from Downey, and a landing in Long Beach.

Alex Valle, the facilities manager of Downey Studios, gave a tour of the present history that comprises the 80 acres of production space. Valle stated that in the original days of the NASA/Boeing site, 22,000 workers were on the site, making it a "small city." The visitors were impressed with how the mixture of past and present history were combined in such a vast amount of space. They were in awe of how one of the studios, Studio 290, went from being a high-security station where parts of shuttles were put together 50 years ago, to now, a movie studio where commercials and movies such as "The Italian Job" were filmed. Some of the guests exclaimed aloud that Valle must have had the facts wrong when he exclaimed that Downey Studios has the largest indoor water tank in North America -- after hearing that it can hold 50 million gallons of water, the visitors from Ensenada were astonished to hear that it was in fact bigger than the studio tank in Rosarito, Mexico. Valle then pointed out the



Dignitaries from Ensenada, Mexico, Downey's sister city, were recognized at Tuesday's City Council meeting. Ensenada is one of three cities the Downey Sister Cities Association hosts exchanges with.

Ensenada, Mexico: the 'Cinderella of the Pacific'

By BROOKE KARLI, STAFF WRITER

Although Ensenada, Mexico is known around the world as a popular tourist location, it is known in Mexico as "La Bella Cenicienta del Pacifico" (Cinderella of the Pacific), serving as the country's second most visited port-of-call for major cruise lines and personal watercraft.

Ensenada's history dates back to 1542, when Portuguese navigator Don Juan Rodriguez discovered the city. In 1602, Spanish explorer Sebastián Vizcaino sailed into the bay and was so taken by its beauty that he named it "Ensenada de Todos los Santos" (inlet of all the saints).

Located just 70 miles south of the U.S.-Mexico border, Ensenada is Baja California's third largest city and is known for its fishing, seafood, winemaking and canning industries. Residents of Ensenada, as well as

tourists, enjoy a variety of shops and restaurants, and participate in numerous activities including golf, tennis, hiking, horseback riding, swimming, sailing, surfing, scuba diving, kayaking, and more.

Famous attractions include "La Bufadora," one of three major marine geysers in the world, which spews ocean water up to 35 feet in the air; the Riviera del Pacifico, a former hotel and gambling casino built in 1930 now utilized as the city's social, cultural and convention center; and a variety of museums, including the Science Museum, Regional History Museum, and Estero Beach Museum.

Ensenada's calendar of annual events include the Baja 500 and 1,000 off-road races; Newport-Ensenada Regatta; Rosarito-Ensenada Bike Ride; Vendimia Festival; and Carnaval (Mexican Mardi Gras).

See ENSENADA, page 11

Starting April 19



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Highly-sought after economist Jack Kyser sees strength in economy

■ Downey resident Jack Kyser, chief economist for the Los Angeles Economic Development Center, shares his thoughts on a troubled - but diverse - California economy.

BY HENRY VENERACION, STAFF WRITER

The present troubled state of the U.S. economy and how the California economy, especially the Los Angeles area (Los Angeles, Ventura, Orange, Riverside, San Bernardino counties), is being affected, are particular concerns of economist Jack Kyser. And judging by his almost daily appearances in print and over the airwaves, he remains as eagerly sought as ever by business, government, and the media for his sharp but even-handed economic analyses and prognostications on these important issues.

Nor is the focus on the economy likely to diminish any time soon. In any poll on what matters most to Americans today, vying for the top of the list are the economy, the war in Iraq, and terrorism. Health care, education, immigration, and the environment round out the list. Kyser's invaluable role as economic guru is therefore likely to grow even further.

Armed with data gathered by the nonprofit, privately-endowed Los Angeles Economic Development Center (LAEDC), of which he is senior vice president and chief economist, Kyser sees the main "pillars" of the L.A. economy—including direct international trade, tourism, technology, and exports—as not only built on strong foundations but enjoying robust growth.

This of course flies in the face of the seemingly ever-developing gloom and doom precipitated by the credit crunch (despite the Fed's tinkering with its federal funds rate), the related financial crisis already being called in some quarters as "the worst financial crisis since the 1930s," the numbing rise in gas and food prices, and the worsening employment picture.

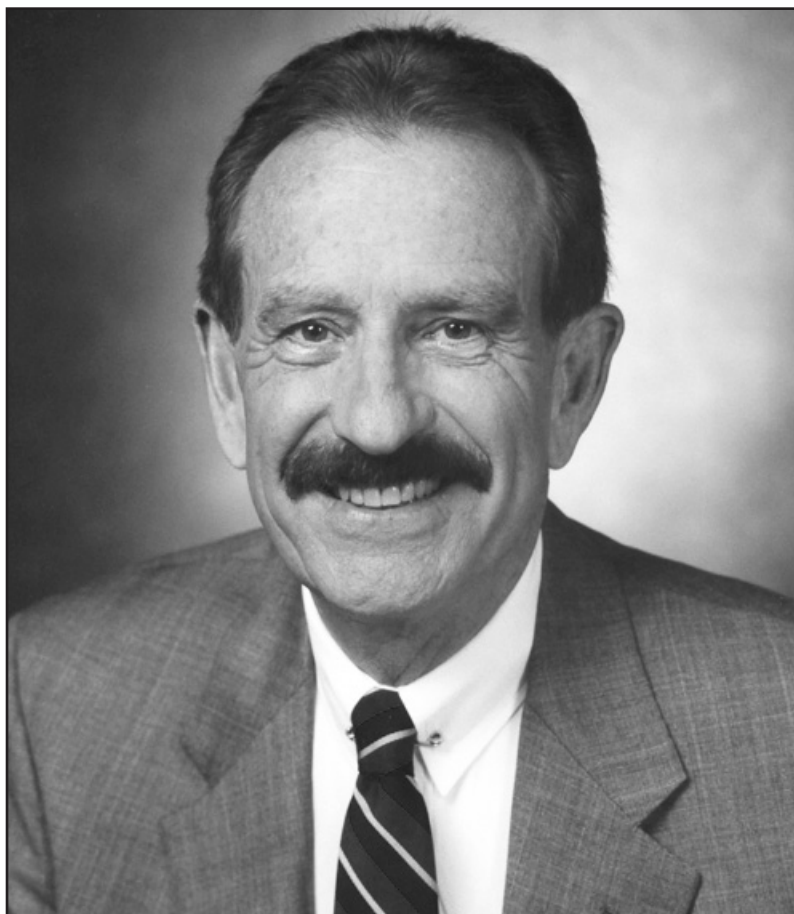
But Kyser, who holds a bachelor's in industrial design and an MBA from USC (with additional course work at UCLA) and whose unperturbed spirit is buoyed by years of well-received economic formulations, stands by his conviction that all cylinders of the L.A. economy are firing—with the exception of housing, a fissure it shares with practically the rest of the nation.

Kyser acknowledges that many homeowners were lured by manipulators in the real estate industry to purchase homes they very well couldn't afford (thus the heavy thud of foreclosures, especially in such heavily stricken areas as San Bernardino-Riverside, Bakersfield, North San Joaquin Valley, and Sacramento). It's good that the rate of inflation has remained under control, he said, otherwise a lot of people—especially those with fixed incomes—would really be in deep trouble.

These developments, especially if viewed myopically, have a lot of people nervous. Things are tough, he said, but not nearly as tough as some people think. There is definitely an economic slowdown, but he wouldn't call it a recession, certainly not in California. There are a lot of bright spots, he said. "Look, we have a very huge and diverse economy. Viewed as a separate nation, California would rank as the eighth largest economy (\$1.5 trillion) in the world, (after the U.S., Japan, Germany, France, UK, China, etc.) and, similarly viewed, Los Angeles County would rank 16th. L.A. is so big its population exceeds that of the state of Michigan. Thus a weakness in one area of the economy won't necessarily cripple the whole."

Not many people realize this, he said, but "We are the largest manufacturing center in the nation. We've got apparel and textiles, computers and electronics, furniture, metal products fabrication, aerospace, not to mention the movie/TV/entertainment industry [that has long gilded the local economy with a touch of glamour]." Kyser adds: "Agriculture is performing well. We have suffered setbacks, of course. We estimate a \$2.5 billion loss, for example, from the Writers Guild strike."

In addition to housing, Kyser mentioned as serious the state's \$15B budget deficit, which has already cost jobs and programs ("Our research shows these programs have no money, they're pretty much gutted") and



Jack Kyser is tapped regularly by media organizations for his insight on both the local and national economy.

services across-the-board; the water situation; congestion ("And I doubt if the idea of the bullet train will take hold"); and carbon dioxide emissions. The automobile and retail industries are undergoing restructuring. The book industry is in a heap of trouble (Borders, for one, is for sale). A lot of people are asking the question, "Will Sears survive?"

The Conference Board has just issued its consumer confidence index, saying it has plunged to 64.5 in March from a revised 76.4 rating in February. Investor's Business Daily reports that "the index has been weakening since July and is watched because lower consumer confidence tends to result in lower consumer buying, which is a drag on the economy." Budget shortfalls are the order of the day at all levels of government—federal, state, and local. What has thrived is lobbying by special interests—again at all levels. "They infest Sacramento, which in any case is a strange place," he said.

Referring to the turmoil in the financial sector, Kyser said some people have lost faith in a lot of financial instruments, but the Fed is nonetheless trying a lot of interesting and innovative solutions with which to stabilize the situation. It is doing something historic—the Bear Stearns bailout, for example. The economy, though, is expected to rebound by the end of the year, he said.

In the meantime, California, the nation's most populous state, is a "high-cost place," he said. Other states (e.g., New Mexico, Louisiana) are wooing significant players here with all sorts of incentives (tax breaks, government subsidies, etc.). Sony, according to Kyser, recently relocated its digital technology operation to Albuquerque.

Then there's the structural problem caused by the withdrawal of low-wage, illegal immigrants' services. This results when the Social Security numbers submitted by these illegals are found to be invalid. The issued,

See KYSER, page 8

The Poet's Corner

The Joys of Spring

The joys of spring are everywhere
With the scent of blossoms in the air,
And fresh new plantings -- many seen
In colorful array by grasses green!

After the rains, how awesome to see
The snow-capped mountains gloriously
Jutting up so very high
Into a bright blue sunny sky!

Some joyful hearts will pause and listen
To the story of Jesus, once dead, now risen
Into heaven with our Father above,
Leaving His spirit with hope and love!

— Martha J. Morrissy,
Downey

A Prayer for Music

Christopher Riley
Is saying his prayers
He brings us young talent
For all to share.

Christopher Riley
Is saying his prayers
Knowing their God-given talent
—in fruition—
Will beautify our world.

—yes—

Christopher Riley
Is saying his prayers
Hoping his soul
Will end
Upstairs.
— Lee Whalen,
Downey

Fairy Wonderland

Have you ever risen at midnight
And viewed the magic
Of moonlight on a crystal
Landscape, trees, fences,
Shrubs still in bloom
Covered with ice crystals
Illuminated by a silvery moon
Making a fairy wonderland?
Wonderful memories!

— Leona Swanson,
Downey

As You Predict

Someday those same notes will take the form
of a melody, they will bring crowds of millions
to a halt, along with old beliefs.

And that same day, since time is just an idea,
you will be dethroned and pushed to the debts of
forgetfulness.

And if there exist one cell that remembers your name,
then tomorrows explosion of the sun will surely rid
your works of vain.

— James Hernandez,
Downey

The Downey Symphonic Society presents...

The Downey Symphony

Sharon Lavery, Music Director

Saturday, April 5, 2008

8:00 pm

Downey Civic Theatre

8435 Firestone Blvd.

Downey, CA 90241-3843

With Violinist, Danielle Belen Nesmith

Please join us at 7:15 pm
for a free lecture by Ms.
Lavery explaining the
evenings program

Verdi - Overture to Nabucco

Mednelssohn - Violin Concerto

Mussorgsky - Pictures at an Exhibition

Tickets on sale at the Theatre Box Office
Wednesday afternoon, April 2 from

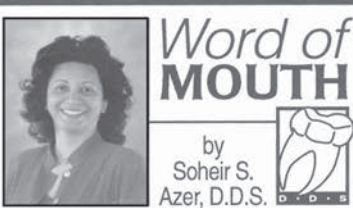
noon until 4:00 pm, and

the evening of the concert,

April 5 at 6:00 pm

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Among the many worries that diabetics must concern themselves with is their increased risk for gum disease. Periodontal (gum) disease tends to be far more common and severe in diabetics than in other people. The fact is that diabetics are much more prone to all types of infections. This also applies to gum disease, which is caused by bacteria lodged between the teeth and gums. As a result, diabetics are more likely to lose their teeth in the same way that they have more problems with their eyes, skin, feet, heart, and kidneys. It is recommended, therefore, that diabetics make a point of having regular dental checkups. Studies indicate that treating gum infection tends to improve glucose control.

It's important for your dentist to know if you have diabetes, and how you're controlling it. We are at the leading edge of dental technology. Your positive attitude towards your dental health is the key to successful dental care. Let us help you appreciate fine dentistry and make your dental visits enjoyable. We're located at 10800 Paramount Blvd., Suite 307, where we offer complete dental care for the entire family. When was the last time you had a professional dental evaluation? Call us today at (562) 923-3714 and schedule an appointment.

P.S. Diabetics with poor blood-sugar control get gum disease more often and more severely and lose more teeth than do persons with good control.

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Marching on

By Eric Pierce

Everybody has their favorite charity, that one non-profit organization that holds a special place in your heart because of the work they do to help make our world a better place.

Arc of Southeast Los Angeles County is near and dear to me. Not for any particular or personal reason; I was just awestruck by their extensive efforts to help people with mental disabilities.

And when I say "help," I don't mean helping them get dressed in the morning or go to the bathroom. They really help by finding them jobs in the "real world," and by helping eliminate the negative stigma that haunts mentally retarded people.

Even the word "retarded" is looked down upon, a depressing and helpless connotation that implies people with mental disabilities are incapable of doing anything with their lives except to be a burden.

Arc dropped "retarded" from their official name years ago. In anticipation of next Saturday's Arc Walk for Independence, the organization's executive director, Kevin MacDonald, compiled a list of why he will walk. It follows below.

Please don't forget to walk on April 5.

The Arc Walk for Independence Why I Walk?

By Kevin MacDonald

I walk because I believe every individual should be treated with dignity.

I walk because people with disabilities have traveled a road that I cannot relate to, but yet I appreciate what they have overcome.

I walk because for one morning a year, I can share time with my friends, family and people with disabilities and for this brief moment – they are the stars of the day.

I may be one in several thousand, but I want to show others that I care and more importantly to remind myself that we all have special gifts and talents regardless of our circumstances.

I walk for the thousands who spent most of their lives in large institutions, but who can now thrive in a warm and accepting community.

I walk to support that person who receives training, love and care on a daily basis at Arc.

I walk for the person who will get their first real job at the age of 40 through Arc's Employment Center.

I walk for the family in crisis who will receive help from Arc's Center for Human Rights.

I walk for the senior, who can retire and enjoy the later stages of life in Arc's Senior Services.

I walk for people with severe disabilities who celebrate even the smallest successes.

I walk for the children who can now attend after school programs that were never open to them before.

I walk for people with disabilities who have been the focus of ridicule, staring eyes, retarded jokes and who never received that warm smile and hello that I receive.

I walk not out of pity, but because I believe that everyone is worthy of dignity and respect.

I will focus this morning on the abilities of all mankind and not on their disabilities.

I believe that God created man in his own image and we may all be a little different, but we are all beautiful in our own way – disability or not.

The Walk toward Independence is a show of support for individuals who are edging closer toward independence – I pledge to support, encourage and cheer them on – every step of the way.

I am excited that my community comes together and puts aside differences for one special morning of hope.

The Arc Walk for Independence – a tradition – of walking arm in arm together. Arc's motto is "When you give help...you give hope." I will make that motto a reality.

A couple of hours on a Saturday morning – April 5 at Stonewood Center – let us come together.

Letters to the Editor:

Dream car

Dear Editor:

Last week on television, during the national news hour, the Ford Motor Company displayed a certain motor vehicle. The car they showed was a Ford Escort on a test run that could go 100 miles per gallon. It was a hybrid car with an extra battery in the rear area of the vehicle. The gas engine goes on when you floor the pedal.

Why don't they just produce this car and start selling them, instead of procrastinating all the time. If Ford could show us in person that it works, then sell it to us, don't lease it to us. If Ford could show us the car, then make the car and start selling this dream car.

Let us hope that Ford is brave enough to start selling us this Ford Escort this coming January 2009.

— Mike Sandoval,
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.

Freedom of speech

Dear Editor:

I am responding to all of Julian Gutierrez' detractors. The "love it or leave it" people whose letters reek of racism (*The Downey Patriot*, 3/14 – 3/21/08).

Why do some of you assume he is not a citizen? Why should he go back to his country? Why does he need to find another country? When did it become wrong and unpatriotic to voice your dissent?

I live in a country that encourages people to voice their opinion, even if it is not popular. I live in a country that allows people to protest against the government if they feel it is not acting in the best interest of the people. I live in a country that protects freedom of speech, even when it comes from members of racist organizations like the KKK. Can any of you guess what country I live in?

Ms. Leuven ("Wake Up, America," 3/21/08), are we blaming all members of a group of people for the actions of a few? You reference Muslims and the "havoc they have caused in Europe" as justification for not wanting them in this country. So do you now assume all Muslims are evil? Does that mean that anyone who looks like the Oklahoma City bombers is also evil?

The funniest part of the letter was the response given by Sen. John Kerry's office: "If you don't like it, perhaps you'd better start to look for another country to move to." Julian Gutierrez was also given that response from many letters to the editor. It is wrong in both cases.

Now I will wait with anxious anticipation for all the letters telling me to go back to Mexico. And I will laugh when people say that I am unpatriotic. How many people will say that I am really racist because I purposefully referenced the KKK and Anglo terrorists? I will leave you all in suspense as to whether I am an illegal.

— Michael Rios,
Downey

Flag salute

Dear Editor:

Has anyone paid any attention to the American flags that are flown in our city? Please drive down Downey Avenue just north of Firestone. The American flags that are on our light standards are filthy and an embarrassment to our community.

There are guidelines for flying our flag that are obviously being ignored. And we call ourselves patriots?

— Georgia McLean,
Downey

A beef with Boeing

Dear Editor:

Your March 14 paper asks, "Got a Beef?" I do. I would like to tell my beef to the people.

I am a Boeing retiree and they were misinformed and stopped my monthly check. It took Boeing three and a half months to get my money going again. After six weeks, I wrote to the Pension Manager. After three months and one week, I told them I was going to "sue." They finally sent money by UPS.

Any help would be appreciated.

—Thomas C. Schamp,
Downey

Patriotism and dissent

Dear Editor:

It's sad to see that so few people care about American liberty and the U.S. Constitution. Instead, they choose to give their affections to a piece of cloth and a jingoistic loyalty oath.

The simple face of the matter is that I am adamantly opposed to the pledge of allegiance, and its recitation. As a civil libertarian, I choose to opt out of capitulating to this form of repressive authoritarianism whenever possible, and it certainly is possible in school, as it has been ruled that mandating the recitation of the pledge of allegiance is unconstitutional, contrary to the erroneous beliefs of many school administrators (Frazier v. Alexandre).

Furthermore, the words of the pledge are simply a lie: we do not have anything near liberty and justice for all. The phrase "under God" is an egregious violation of the Establishment Clause. While others may enjoy reciting the pledge, or thanking Comrade Stalin for his happy life, or whatever it might be, I'll choose to honor the ideals of freedom and liberty by dissenting ever so slightly. As Thomas Jefferson noted, "Dissent is the highest form of patriotism." So while others may feel that mindless conformity is doubleplusgood, I believe otherwise.

True patriotism manifests itself in greater ways, as it did when I was privileged enough to attend several war protests last week, courtesy of World Can't Wait (WCW) and MoveOn.org.

Honestly, I wonder whether the zealous defenders of the pledge of allegiance are aware that the phrase "under God" was not added until 1954 by President Eisenhower in an effort to contrast the "theism" of the U.S. with the state atheism of the Soviet Union? Somehow, I doubt it. Just as I doubt that they stand up every day and recite the pledge of allegiance, or that they would appreciate someone attempting to force them to.

Now, let me say something as to the subject of searches in schools. I must respectfully inform all interested or concerned parties that the manner in which searches were conducted with dogs at my school was simply unconstitutional and illegal. As I stated before, an administrator and her assistant conducting mass, random searches of students' property violates the Fourth Amendment. Although the rights of students in schools are not as broad as in other settings, an administrator, as a school official, would be required to have reasonable suspicion to search students for contraband, as defined in the court case *New Jersey v. T.L.O.* Various state and federal courts have ruled that reasonable suspicion must be individualized, thereby making mass searches with dogs illegal.

As we are in California, I doubt that any court would rule that random searches with dogs are constitutional, and even if they did, are any of us in doubt that the 9th Circuit Court of Appeals would overturn that decision? It's a well-known fact that they're the most liberal court.

And of course, disciplinary actions taken against a student for merely questioning school policy are reprehensibly unconstitutional, of course. It should be obvious to even the most witless observer that such disciplinary actions violate the First Amendment.

So there we have two First Amendment violations by the school, one for suspending me for remaining respectfully seated during the recitation of the pledge of allegiance, and the other for questioning the efficacy and unconstitutionality of random, mass searches. We also have a Fourth Amendment violation for the search itself. I have reported these unconstitutional actions of the school administrators to the American Civil Liberties Union. It is time for school administrators to learn that their days of unchecked authoritarianism are coming to an end.

And last but not least, one final thing. I'm sick and tired of people who don't even know me claiming that I was "educated" by the public school system. Mark Twain counseled us to never let our schooling interfere with our education, and I have taken his words to heart. Despite the hindrances school has caused me, I am primarily self-educated.

— Julian E. Gutierrez,
Downey



The positive presence of teachers and teens

CONTRIBUTED BY STEPHEN WALLACE, SADD, INC.

While hurtling toward the homestretch of this academic year, we're already paying significant attention to the next. Perhaps that's no surprise in this most political of seasons when the state of our schools, and the teachers who teach in them, is plenty of fodder for debate. Such critical issues as class size, standardized testing, merit pay, and student behavior will compete for attention – as many of them do in a recent *Time* magazine cover story, "How to Make Great Teachers."

As with most questions involving subjective measurement, answers can be hard to come by. But one thing is certain: in our rush to build better teachers, bolster math and science scores, and improve American students' rank in the global community, we are well served to remember that great teachers transcend GPAs and SAT results – as evidenced by the *Time* story's author, Claudia Wallis, who credits two teachers with providing the inspiration that led to her writing career.

I can make exactly the same case about one of my teachers.

Great teachers possess an incredible capacity to inspire children, and thereby, to shape the future – perhaps in ways more significant than who ever becomes our next president.

While the presence of "formal" (or matched) mentors has already been shown to enhance school performance, improve relationships with parents and peers, reduce initiation of drug and alcohol use, and decrease incidents of youth violence, a *Teens Today* study conducted by SADD (Students Against Destructive Decisions) has found similarly encouraging results for young people with informal (or natural) mentors, such as teachers, coaches, and counselors. According to more than 3,000 middle and high school students, these adults are some of the most important, influential people in their lives. And that influence shows up in some pretty formidable ways.

For example, 46 percent of teens with a mentor reported a high sense of self versus 25 percent of teens without a mentor. High sense-of-self teens feel more positive about their own identity, growing independence, and relationships with peers than do teens with a low sense of self. They are also more likely to avoid alcohol and drug use. Teens struggling with those developmental areas, on the other hand, are more likely to drink, to use drugs such as ecstasy and cocaine, and to cite boredom and depression as reasons to have sex. They also note a greater susceptibility to peer pressure when making choices about personal behavior.

Notably, more than half of teens (56 percent) say the absence of a mentor would negatively affect them. And, after all, they would know best.

So, what does a mentor look like? The characteristics you people ascribe to them include trustworthy, caring, understanding, respectful, helpful, dependable, fun, compassionate, and responsible. Being a good listener and offering good advice were also seen as key skills of successful mentors.

That sounds like a tall order but, on second thought, maybe not.

According to a 14-year-old ninth-grader, "Being a mentor to someone does not mean you have to always know the right answer, just that you are always there when they need someone to lean on."

She may be on to something. As Woody Allen said, "Ninety percent of life is just showing up."

In her essay "The Power of Presence," which appears in *This I Believe: The Personal Philosophies of Remarkable Men and Women*, psychologist Debbie Hall writes, "Presence is a noun, not a verb; it is a state of being, not doing. States of being are not highly valued in a culture which places a high priority on doing. Yet, true presence or 'being with' another person carries with it a silent power – to bear witness to a passage, to help carry an emotional burden or to begin a healing process."

Pretty heady stuff – but well worth the effort, not only because of the direct impact of mentors on youth, but also because of the multiplier effect: Mentored teens may be predisposed to mentor others – transferring the positive value of presence to the life of others younger than oneself.

Such is the case with Stephen Winkler, SADD's incoming 2008-09 Student of the Year, who participates in a program sponsored by Big Brothers Big Sisters of America. As "Bigs," he and his friends meet weekly with their "Littles" to talk and have fun – building a bridge between natural and planned mentoring. Winkler says of the younger boys, "They never miss a Tuesday." Given the gain, it's no wonder.

And thus is the power of great teachers who teach not just to the test, but to the student, forging strong bonds of mentorship and, in the process, transforming young lives – perhaps more of them than they know. *Stephen Wallace is the national chairman and chief executive officer of SADD, Inc. For more information about SADD, visit www.sadd.org.*

Firefighters raising money for Rancho

DOWNEY – Teams of local firefighters will fan out across Los Angeles County next month with boots in hand as they kick off their annual Fill-the-Boot fundraising campaign for children and adults with muscle-wasting diseases.

Local clinics benefiting from Fill-the-Boot funds include Rancho Los Amigos National Rehabilitation Center, UCI, UCLA and USC.

Last year, firefighters in Los Angeles County raised over \$360,000. More than 2,000 firefighters are expected to take part in this year's drive, scheduled from April 26-28. Donations will be accepted between 9 a.m. and 4 p.m.

The Downey Patriot



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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For March/April

- Fri. March 28: "Guitar Hero" tournament, Epic Lounge, 4 p.m.
- Sun. March 30: The Liberated Walling Wall performs at First Baptist Church of Downey, 8 & 11 a.m.
- Thurs. April 3: "Make-It-and-Take-It" class, Barbara J. Riley Community & Senior Center, 1 p.m.
- Sat. April 5: Arc Walk, Stonewood Center, 8:30 a.m.
- Sat. April 5: Symphony concert, Downey Theatre, 8 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

- 6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.
- 6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.
- 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.
- 4th Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513.
- Wed. & Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

Thursdays

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

Fridays

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

Sundays

- 3rd Sun. Odd # Months 1:30 p.m.: Aerospace Legacy Foundation, at First Baptist Church Room 120.

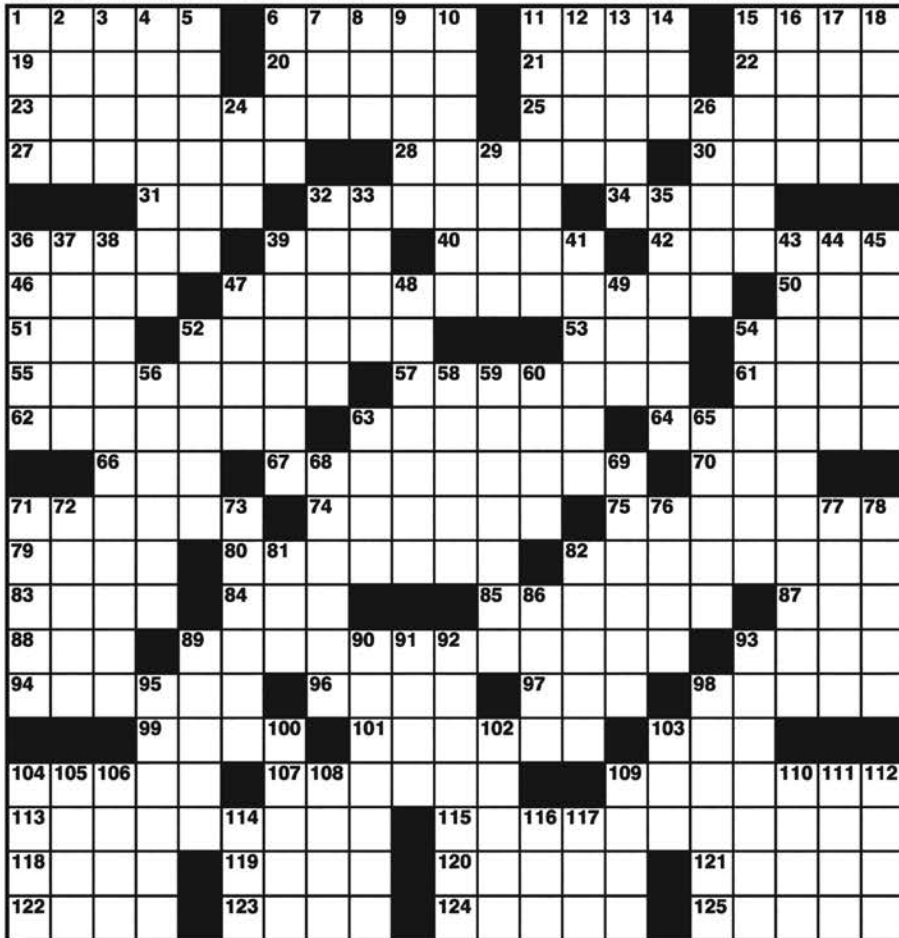
On This Day...

- March 28, 1834: President Andrew Jackson is censured by the U.S. Senate after he removes federal deposits from the Bank of the United States.
- 1898: An infant born in the United States to Chinese parents is ruled a U.S. citizen by the Supreme Court, protecting the child from deportation through the Chinese Exclusion Act.
- 1939: The Spanish Civil War comes to an end when Francisco Franco conquers Madrid.
- 1990: Jesse Owens is posthumously awarded the Congressional Gold Medal.
- 2005: An 8.7 magnitude earthquake strikes Sumatra, Indonesia killing approximately 1,300 people.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
 SPRING IS HERE: In nine places, to be exact
 by S.N.

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| 86 Oklahoma city | 103 "What was that?" | 116 401(k) kin |
| | | 117 Yellowish brown |

You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The NEA (8 Down), or National Endowment for the Arts, is an independent agency of the federal government, often seen as a sponsor of PBS programs. William Arthur and Walter Davidson founded their motorcycle manufacturing company in Milwaukee in 1903. Originally written in French, Oscar Wilde's 1891 play "Salome" (95 Down) inspired the Richard Strauss opera of the same name.

Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

What is the leading cause of visual impairment in people over 65? If you said age-related macular degeneration (AMD) you were correct.



An estimated 15 million people in the United States have it, with two million new cases diagnosed each year. Tragically, macular degeneration is currently an incurable disease.

The central portion of the retina in our eye is responsible for recording images and sending those images to our brain via the optic nerve. When one suffers from AMD, the light-sensing cells in the central area of vision (the macula) deteriorate and eventually die. Central vision is damaged, and it becomes difficult or impossible to read, drive, or even recognize faces. Peripheral vision is not affected, so AMD does not lead to total blindness.

Fewer than one in a hundred people under 60 develop AMD, but at 80, there is a 22 percent chance of getting the disease. If it already exists in one eye, there is a 39 percent chance of the other eye becoming affected. This is an age-related disease, and it gets progressively worse as time passes.

Why do we get AMD?

Apparently, both genetic as well as environmental factors are responsible. Genetic factors, which are not under our control, probably include being white, female, and having a family history of AMD.

Environmental factors likely include being a smoker and obese.

The "dry" form of macular degeneration is the most common. The retina develops yellow deposits called "drusen". In a healthy eye, these deposits would be carried away by the actions of blood vessels. "Wet" macular degeneration occurs in about 10-15 percent of cases. Immature blood vessels grow and leak. If caught early enough, there are various treatments that might help some of those suffering from wet AMD. These treatments are aimed at attacking these fragile, leaky new blood vessels. How would you discover that you or a loved one is getting AMD? There is no pain. For dry AMD, the most common early sign is blurred vision. Often the blurred vision will go away in bright light. For wet AMD, the classic early symptom is that straight lines appear crooked. This is caused by fluid from the leaky blood vessels lifting the macula and distorting vision. A small blind spot may also appear in wet AMD, resulting in the loss of central vision. An ophthalmologist would make the diagnosis using fluorescein angiography, which identifies problems

with blood vessels in the eye.

What can you do about AMD?

- If you have lost sight, especially in your central vision, see an ophthalmologist immediately. It is important that treatment for wet macular degeneration begin as early as possible.

- If you have AMD, don't be afraid to use your eyes. This will not lead to further deterioration.

- If you have AMD, seek low vision services and devices that make the most of your remaining vision. Such services are available in most communities. The Braille Institute is a good place to start.

- If you have dry AMD, get frequent eye exams, as it can turn into wet AMD at any time – and wet AMD may be treatable.

- If you have AMD, take a daily vitamin supplement which includes vitamin C 500 mg, vitamin E 400 iu, vitamin A 25,000 iu, zinc oxide 80 mg, cupric oxide 2 mg, and beta-carotene 15 mg. This combination is marketed in a vision formula called AREDS.

Promising research indicates that eating rich leafy green vegetables, wearing a hat and sunglasses to protect against UV rays, not smoking, controlling weight, and taking daily doses of antioxidants and zinc may make a difference.

May we all do our best to protect the precious gift of sight!

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

Non-surgical alternative treats cardiovascular disease

■ Lakewood Regional Medical Center cardiologist Kartik Thaker introduces External Counterpulsation therapy, an alternative to open-heart surgery.

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – A cardiologist at Lakewood Regional Medical Center (LRMC) is using a powerful tool to help patients suffering from heart-related illnesses, that until recently required surgical procedures to correct or left patients dependent on prescription drugs just to get by.

External Counterpulsation (ECP) therapy, is a non-surgical alternative to traditional but invasive and often risky treatments, such as angioplasty and open-heart surgery. With increasing frequency cardiologists are turning to it as a first option to combat acute cardiac problems like angina and heart failure.

Cardiovascular disease is the leading cause of death in the U.S., according to CDC statistics. Conventional treatment options typically include lifestyle modification, prescription drugs and surgery. While often effective at relieving symptoms such as chest pain or angina, these therapies have several drawbacks. They are frequently ineffective at extending life, are associated with numerous side effects and complications, and are expensive. Heart surgery carries a significant risk, and often leads to other morbid events.

Kartik Thaker, M.D., a board-certified cardiologist practicing at LRMC, recently brought the therapy to his practice, where the procedure has met with great success.

"The therapy is here," said Thaker. "It's a great therapy. I've seen the good it does."

He explained that problems arise when the heart is unable to pump enough oxygenated blood for the body's use. External counterpulsation is a fairly simple concept: venous, or deoxygenated blood, is forced toward the heart to maximize the amount of arterial, or oxygenated blood, the heart is then able to pump to the rest of the body.

A person may suffer from heart disease because his or her heart is unable to pump enough oxygen-rich blood through the bloodstream because there is a blockage within an artery delivering the blood to the heart. In these cases, reduced blood flow can result in serious, even life-threatening complications, such as angina pectoris (chest pain), heart attack, congestive heart failure or even death. ECP is used to treat anginal symptoms before the heart sustains severe or irreparable damage and to alleviate symptoms of heart failure.

The therapy consists of attaching cuffs, similar to those used to take blood pressure, around the patient's calves, thighs, and buttocks. Three electrodes are placed on the patient's chest and attached to a machine with an EKG to monitor heart rhythm.

Once a regular heartbeat is established, upon diastole – when the heart fills with blood – the machine forces air into the cuffs, inflating them sequentially from calves to thighs to buttocks. As the air pressure in the cuffs increases, blood in the veins of the leg is compressed and forced upward toward the heart. This increased pressure pushes a greater quantity of blood through the heart, thus increasing the resulting output of oxygenated blood flowing from the heart.

When systole – the contraction of the heart – begins, the cuffs instantly and simultaneously deflate, as the heart squeezes oxygenated blood out to the rest of the body. Diastole begins again, again the cuffs fill with air, and the cycle is repeated. This increased blood flow actually opens up other, smaller arteries, so if the heart problem is caused by an arterial blockage, these new vessels bypass that obstruction altogether, making it a viable procedure for some patients who would otherwise require angioplasty or surgery to bypass the blockage.

The typical course of ECP therapy requires 35 visits – five one-hour outpatient sessions per week for seven weeks. Thaker said many patients notice significant results within the first few sessions and tell him, "It feels like a good, strong massage."

Most patients with chest pain feel relief after the first 10 sessions and also report having more energy. Thaker stressed that part of the beauty of the therapy is that it requires no hospital visit or anesthesia and has very few side effects.

Some people have body aches, as the procedure simulates exercise," said Thaker. "It's essentially a cardio workout."

Otherwise, virtually the only other complaint he's heard is that some people have chafing caused by the cuffs. To minimize this problem, patients wear treatment tights to reduce leg abrasion.

ECP therapy is not new, though it is only in the past few years that doctors have begun using the technique in earnest. ECP research in the United States actually began in the late-1950's, but it wasn't until the mid-1960's that a device using the principle of counterpulsation became a means to alleviate the symptoms of angina.

After years of clinical studies, with results published in *The American Journal of Cardiology*, *Clinical Cardiology*, and other respected medical journals, the therapy has been proven effective and has since been reviewed and approved by the Food and Drug Administration.

Though not everyone suffering from heart disease is suitable for the procedure, ECP treatment may be a painless, effective way to relieve chest pain, shortness of breath, improve exercise tolerance, and decrease the need for cardiac medications. Insurance companies are taking notice; as most all insurance providers and Medicare pay for the procedure.

Because the cost of therapy is a fraction of that of surgery, Thaker said that he has never had Medicare or any other insurer deny coverage to a qualified patient.



April 5, 2008

Get Your Walking Team Together!

A one or three mile Walk to raise funds for people with intellectual and other developmental disabilities.

Stonewood Center – Downey

Acapulco Restaurant
(Corner of Firestone and Lakewood)

Opening Ceremonies 8:00 a.m. Walk Starts at 8:30 a.m.

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KYSER

Continued from page 4

so-called "I-9 letters" are disrupting lives especially in Arizona, he said: "We can't just sweep this problem under the rug. The government has to address this, too."

Headquartered at 444 S. Flower St., LAECD provides three main services: 1) economic research ("It's our job to know what's going on more than anybody in the area"); in November 2007, this department was named the Kyser Center for Economic Research, an honor he prizes highly; 2) business assistance program (business planning, permits, etc.—"at no charge"); and 3) consulting. On a daily basis, Kyser says he may be engaged in presentations before the L.A. City Council, and other business/industry and educational groups, as well as TV and other media interviews.

He holds annual briefings for the mayors of Los Angeles, Long Beach, and other cities as well, or he may be working on sundry projects. Right now, he says, he and staff are in the midst of preparing three reports: the annual international trade report, the annual manufacturing survey, and foreign direct investment in California.

These reports, and others like them, will be available free of charge via www.laecd.org. Also, one can keep track of weekly economic developments, again free of charge, through its web site, e-EDGE (Economic Data Global Express), their e-mail newsletter which is sent out the first business day of each week. Tel.: (213) 236-4820.

For all his fame and clout, Kyser said he isn't into pursuing fame as such. He'd rather visit his longtime 80-year-old friend who still paints outdoor scenes in the Monterey-Carmel area.

Kyser remains a relative unknown in Downey. He likes it this way. "I don't get bugged here," Kyser said. One time recently, he came to the intersection of Hollywood and Vine after one of his frequent appearances on K-CAL 9, and a guy walked up to him and asked, "Aren't you the guy I just saw on TV?" He said no.

Born in Huntington Park, Kyser has been a Downey resident since 1947. He is a '51 graduate of Downey High. Among his more well-known DHS co-alumni is Donna Boose.

Of Downey, which has been his home for 61 years, Kyser says, "We have a good school district here." He didn't elaborate on the "dysfunctional" downtown planning process that has left the downtown area "still undeveloped" with Downey Landing essentially usurping that role, but which is now saddled with the potentially desynchronized underutilization of the once-promising IRG-administered Downey Studios property.

Mild-mannered and soft-spoken but with a humorous dimension, Kyser nevertheless enlightened me on concepts such as a "pulse loan"—an obvious dig at the real estate "speculators" who employed loose lending practices and have since wrecked careers and lives: "If you have a pulse, you'll have a home loan."

Other advanced nations that expected the slowdown in the U.S. economy have "de-coupled" from it, he said. No longer overly dependent on the U.S. (devalued dollar, shriveled credit resources, etc.), their cheaper, offshore operational facilities have provided a haven to comparative advantage-seeking economies.

Otherwise, Kyser says Fed chairman Ben Bernanke is doing a good job. He also says former Fed chairman Alan Greenspan was warned about the housing downturn.

Paraphrasing an ancient Chinese saying pregnant with hope-tinged foreboding, 74-year-old Kyser, who is still undergoing physical therapy for a recent knee injury, said: "We are indeed living in interesting times."

Students learn smart financial management

■ Innovative program allows students to play the role of lender, examining credit histories and scores while learning the importance of proper fiscal responsibility.

DOWNEY – This spring, students at two area high schools are learning about credit from the lender's side of the desk.

Thanks to an innovative curriculum supplement that simulates loan interviews, students role-play the job of a lender, analyzing applications, reviewing credit reports, and calculating disposable income. At the end of the role-play, students compare their decisions with a lender's.

In this learn-by-doing exercise, young adults teach themselves the value of good credit, how to determine their own capacity to borrow and repay, and what they can do as young adults to build a good credit history.

Aptly named "Making the Right Money Moves," the curriculum supplement also allows students to practice checking account management, to develop savings strategies, and to create personal budgets.

Making the Right Moves is sponsored as a public service of Downey Federal Credit Union (DFCU) to area high schools.

"We feel that young adults have a chance to practice money management in the classroom, where mistakes won't cost real dollars," said DFCU President and CEO Barbara Lamberth. "Recent surveys indicate that 80 percent of high school students want instruction



Downey Federal Credit Union's Kari Johnson is coordinating Making the Right Money Moves, a new course for students that teaches smart money management.

in financial matters and that such education is among the top three subjects parents want taught to their children."

Education officials and businesses throughout the country agree on both the need for and the success of such a program.

"It is wonderful that these teachers have agreed to incorporate this course into their curriculum, as basic financial literacy is not a

requirement and many students do not learn these skills at home" said Kari Johnson, program coordinator for Making the Right Moves.

Local educators concur: faculty members volunteer to teach the program within their consumer economics, consumer science, business education, special education, or personal finances curriculum. At Downey and Warren High Schools, five teachers have already

volunteered to teach this program to more than 800 students.

"By sponsoring this program, we are reaching our young people as they enter the work force and need financial services," said Lamberth. "If we can raise their level of financial responsibility and help them learn good money habits right from the start, it will pay big dividends for them and the community alike."

Local student semifinalist in Geographic Bee

■ Eighth-grader Jeremy Rocha slated to compete in the state level of the California Geographic Bee.

DOWNEY – Jeremy Rocha, an eighth-grader at West Middle School, was recently announced as a semifinalist in the 2008 California Geographic Bee.

Bees were held in schools with fourth- through eighth-grade students throughout the state to determine each school's Geographic Bee winner. School-level winners then took a qualifying test, which they submitted to the National Geographic Society.

In each of the 50 states, as well as the District of Columbia, the Department of Defense Dependents Schools, and the U.S. territories, the

National Geographic Society invited the students with the top 100 scores to compete at the state level.

The 2008 California Geographic Bee will be held April 4 at Cosumnes River College.

The state winner will receive \$100, a globe, and a trip to Washington, D.C., where he/she will represent California in the national finals at the National Geographic Society headquarters, May 20-21. The national winner will receive a \$25,000 college scholarship.

Police sharing tips on senior safety at OASIS meeting

DOWNEY – Cpl. Garth Boggs of the Downey Police Department will be the guest speaker at Downey Adult School's OASIS meeting this Monday.

Boggs, a 23-year veteran of the Downey Police Department and a member of its Special Enforcement Team, will share advice and information on Downey crime as well as when and how to report suspicious activity.

Boggs will also speak on identity theft, telephone and mail fraud, parking lot safety (including purse snatching), and other crimes older adults can easily become victims of.

The OASIS program is designed for older adults and is located inside the Downey Adult School auditorium. Enrollment is free and begins at 3 p.m. The program begins at 3:45 and is followed by an option full-course dinner, which may be purchased for \$3.50 at the time of enrollment.

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

Newcomers' hat parade April 14

DOWNEY – The Downey Newcomers Club will host their annual hat parade at their monthly luncheon meeting at Los Amigos County Club on April 14 at 11 a.m.

Prizes will be given for prettiest, funniest, and most original hat creation. Reservations are also being taken for the club's annual fashion show at the Rio Hondo Even Center on May 19. Reservations can be made by calling Melba at (562) 862-2799.

Book club announces April selection

DOWNEY – Book lovers are invited to join "Booked for Lunch," the Downey City Library's book discussion group which meets on the second Thursday of each month from noon to 1 p.m. in the Cormack Room.

The selection for April 10 will be "Snow Flower and the Secret Fan," Lisa See's bestselling novel about the role of women in 19th century China.

The book club is a free program for adults. It includes a discussion of a different book each month.

"We often feature literary fiction," said Senior Librarian Jan Palen. "But we also include some classics, biography and popular nonfiction. I encourage everyone to read the book ahead of time, and the library often carries copies in multiple formats, such as large print and audio CD.

"If you haven't been able to read it, please join us anyway. Some people are intrigued by our discussion and read the book at a later time. Ours is a lively, thoughtful group and we hope everyone will come share their ideas."

Registration is available by calling (562) 904-7360, ext. 32.

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PEP BOYS

Casino Night Fundraiser expected to hit jackpot

BY BROOKE KARLI, STAFF WRITER

DOWNEY – Soroptimist International of Downey may not have been on strike, but they too felt the affects of the writer's strike. Not knowing whether or not the Academy Awards were going to take place last month, the club decided to bypass their annual Academy Awards Gala Fundraiser, an event they have held the past four years, and host a Monte Carlo Casino Night Fundraiser instead.

"It wouldn't have been fair to the community to plan the Gala when we weren't even sure there was going to be an Academy Awards," said Karina Madariaga, vice president of Downey Soroptimist. "So we thought it would be better to play it safe and go with Plan B."

The event, scheduled for April 18 at 6:30 p.m. at the Rio Hondo Event Center, will be just as fun and successful as the Academy Awards Gala, Madariaga said. Admission is either \$40 pre-sale or \$45 at the door, which provides participants with heavy hors d'oeuvres and \$100 in gaming script, as well as an opportunity to participate in a silent auction and 50/50 drawing. The evening will also include live entertainment.

"One hundred percent of the proceeds raised at the fundraiser will be donated to local charities and programs," Madariaga said. "We hope to raise more than \$10,000."

Although gambling is illegal in California, non-profit organizations such as Downey Soroptimist are allowed to host casino nights as long as they are in accordance with the State of California Business and Profession Code, according Lt. Greg Griffin of the Downey Police Department.

"There is absolutely nothing wrong with hosting a casino night as long as the organization hosting it is abiding by state, county and city laws," Griffin said.

The State of California Business and Profession Code states: "Notwithstanding any other provision of state law, a non-profit organization may conduct a fundraiser using controlled games as a funding mechanism to further the purposes and mission of the non-profit organization."

According to Madariaga, the Monte Carlo Casino Night Fundraiser will include poker, blackjack, roulette and more, but will not include the exchange, or winning, of money.

"Participants will receive \$100 in script to play at the tables and when they are finished, they can turn in their 'chips' to receive 'opportunity tickets,' which will be used in the drawings," she said.

Some of the prizes to be auctioned or given away include teeth whitening from Dr. Wayne Wilcox, lunch with Mayor David Gafin, and tickets to the Long Beach Playhouse, Laugh Factory, Universal Studios and a Dodge game.

"We depend heavily on the community for the items donated to be given away or auctioned off," said Madariaga, who also works at Downey Adult School. "Those items really make the event exciting."

Downey Soroptimist was founded by Dr. Elizabeth S. Wright in 1951. At the time, the club consisted of 25 members and met at the Downey Woman's Club. Currently, there are more than 35 members, which meet every Thursday at 7:30 a.m. at the Rio Hondo Event Center.

The organization supports many local charities including, but not limited to, Arc of Southeast Los Angeles County, Dentists Without Borders, Downey Symphony, Foley House, Heifer International GWAPA Project, Keep Downey Beautiful, Living Help Center, Los Padrinos, Pathfinders, Rancho Los Amigos National Rehabilitation Center, Soroptimist Village, Su Casa, 10/20 Club, Gangs Out Of Downey, True Lasting Connections, Rio Hondo Temporary Home, American Red Cross, Downey Council PTA



Soroptimist International of Downey celebrated their International Day of Service on March 1 by picking up litter on Downey Avenue. The club adopted Downey Avenue through the Keep Downey Beautiful adopt-a-street program. Pictured are, left to right, Carol Rowland, Keep Downey Beautiful coordinator; Jan Scott, Pacific Western Bank; Bonnie Barler, Farmer John; Sue Potter, Soroptimist president; and Bernice Madariaga, Downey Adult School. Karina Madariaga of Downey Adult School was also in attendance.

HELPS, Downey Museum of Art, Kid's Day, Adult Literacy Program at Downey City Library, Amigos Fund, Exchange Club Family Support Center and Downey Family YMCA.

The organization also provides several scholarships each year, including the Women of Opportunity Awards, which recognizes women who are improving their lives by attending school with plans to re-enter the workforce after overcoming adversity in their lives, and the Violet Richardson Award, which honors a teenage student for their volunteer community involvement. Scholarships are also given to local high school students as well as to an athletic organization supporting female athletes.

For more information on Downey Soroptimist, or to participate in their Monte Carlo Casino Night Fundraiser, call Madariaga at (562) 940-6236, or visit www.sidn.caminorealregion.org.

The Code also includes the following guidelines:

- A non-profit organization holding a fundraiser shall not conduct more than one fundraiser per calendar year, and each fundraiser shall not exceed five consecutive hours.
- No cash prizes or wagers may be awarded to participants, but the winner may be entitled to a prize from those donated to the fundraiser. An individual prize awarded to each winner shall not exceed a cash value of \$500. For each event, the total cash value of prizes awarded shall not exceed \$5,000.
- At least 90 percent of the gross revenue from the fundraiser shall go directly to a non-profit organization for the benefit of which the fundraiser is conducted and no more than 10 percent of the gross receipts of a fundraiser may be paid as compensation to the entity of persons conducting the fundraiser for the non-profit organization.
- An eligible non-profit organization shall not conduct a fundraiser unless it has been in existence and operation for at least three years and registers annually with the Department of Consumer Affairs.
- No person shall be permitted to participate in the fundraiser unless that person is at least 21 years of age.

New & noteworthy titles at the Downey City Library

Tax Titles

- **"IRAs, 401(k)s & Other Retirement Plans"** by Twila Slesnick. This book from popular legal publisher Nolo Press gives advice on minimizing taxes and penalties, taking required distributions and getting your money out early.
 - **"J.K. Lasser's Your Income Tax 2008"** by the J.K. Lasser Institute. From the basics of filing to strategies for saving taxes, this comprehensive book explains current tax laws in an easy-to-use format for preparing Federal returns.
 - **"Plan Your Estate"** by Denis Clifford. This popular self-help law book gives details on wills, trusts, avoiding probate and taxes.
 - **"The Procrastinator's Guide to Taxes Made Easy"** by Grace Weinstein. The author shows how to reduce stress and get organized during the tax season while paying the least amount of tax.
 - **"Self-Employed Tax Solutions"** by June Walker. Whether you are a sole proprietor, freelancer or subcontractor, this book will give you money-saving tips and recordkeeping advice for the tax season.
 - **"Small Business Taxes Made Easy"** by Eva Rosenberg. An expert shows you how to prepare a business plan that helps reduce taxes and explains the tax benefits of various forms of financing.
 - **"Stand Up to the IRS"** by Frederick W. Daily. An attorney shows you how to effectively deal with the Internal Revenue Service if you need to defend your deductions, file a late return or work out a long-term payment plan. This book helps you learn what to say when you face an auditor and how to appeal an auditor's decision.
 - **"Top Tax Savings Ideas"** by Thomas J. Stemmy. This small business tax survival kit gives year-round strategies for reducing taxes and working with your tax advisor.
- 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.

Half-price sale begins Monday

DOWNEY – The Friends of the Downey City Library Book Store will be selling selected titles for half-price beginning this Monday. New to the store are late-19th century and early-20th century titles priced at \$5 each. The Downey City Library is located at 11121 Brookshire Ave. in Downey.

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SHUTTER PG13	(11:00 12:30 3:40) 6:00 8:20 10:40
UNDER THE SAME MOON PG13	(11:00 1:45 4:30) 7:15 10:00
MEET THE BROWNS PG13	(11:10 1:45 4:20) 6:55 9:30
MEET THE BROWNS PG13	(12:10 2:45) 5:20 7:55 10:30
HORTON HEARS A WHO G	(10:15 12:40 3:05) 5:30 7:55 10:20
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10,000 B.C. PG13	(10:40 1:25 4:10) 6:55 9:40

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TYLER PERRY'S MEET THE BROWNS PG-13 (11:20, 1:50, 4:30), 7:10, 9:55
DR. SEUSS' HORTON HEARS A WHO G (11:45, 12:30, 2:05, 2:50, 4:35, 5:10), 6:45, 7:30, 9:05, 9:50
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Breaking down the Downey-Warren game

■ Warren may have to manufacture runs to get past a speedy Downey team. And that won't be easy if the Vikings send out pitching ace Nate Coronado.

By SCOTT COBOS, CONTRIBUTOR

DOWNEY – It's unfortunate that these teams will only play against each other once then will have to wait to face each other for three weeks. The gift and the curse about baseball is that one day the ball will bounce your way and then will bounce the other in future days.

With that said, it really is a roll of the dice of who will win this first match up. In an ideal world though, the best team will win. Here's the breakdown.

WARREN

Pitching: This is one of the weaker areas of the team. With a coach coming from a pitching heavy school, you would think that the most important aspect of the game (pitching) would improve.

I'm not talking about talent, but more mph on a fastball or even another inch or two of break on a curveball. I'm talking about pitching smart by using all areas of the plate, throwing a curveball in the dirt or coming up and in hard with a fastball.

These factors become most important because the Bears don't have a dominating right handed pitcher that throws 90 mph. Warren's best pitcher is Raymond Eidinger who has a sinking fastball and an average curveball. After that, there really isn't any other true pitcher.

I'd look for Eidinger to start the game and to go as many innings as possible. Warren doesn't have a stopper out of the bullpen and look like they do their best to patch up this area with a plethora of junk ball pitchers.

But if Eidinger starts off slow (assuming he's the starter), look for Downey to start running up the score a bit.

Offense: Simply put, the Bears have to score runs. In their nine losses this season, the Bears average three runs a game. But in their wins, Warren averages over nine runs a game.

With no true power hitter or legitimate run producer batting No. 4, No.5 or No. 6, the Bears have to manufacture runs.

It's always nice to win games by hitting the cover off the ball, but Warren will soon learn if they don't already know, their team is not going to average more than five runs a game. Every base runner is crucial and needs to score some how.

If they want to put up those runs, look for them to bunt runners over every chance they get, throw hit-and-runs in the mix, steal a couple bases and maybe even throw a squeeze play or two in there.

It could be an issue of confusion. As one Bear insider said, the kids have a ton of signs to remember and sometimes cross up signals looking at coaches with bewilderment.

Warren does continue to surprise teams with flashes of offensive brilliance though. But no one really knows which Warren is going to show up from day to day.

Defense: Warren is an average defensive team at best. The infield is relatively solid with Angel Garcia, Michael Montano, Mason Shelton and Greg Siqueiros cleaning up the infield.

Former Bears quarterback Alfonso Gonzalez leads the team on the field behind the plate with a strong arm. He'll try to contain the base running game of the Vikings.

The Bears have the most problems with their outfield. Communication seems to be the issue with many balls in the outfield dropping because of indecision and lack of aggressiveness.

Warren's field isn't exactly the easiest to play at though. Actually, it really is an outfielder's nightmare. The sun blinds you from seeing anything in the sky during the afternoon. There's a very short porch down both lines but then juts extremely deep out to center field.



DOWNEY

Pitching: Sometimes numbers don't necessarily reflect the successes or downfalls of a baseball player. This plays very true especially to pitchers. Hitting some bad luck here and there a pitcher can have a great earned run average but not win a game.

Such is the case with Downey pitcher Nate Coronado. Coronado leads the Vikings in innings pitched, strikeouts, batters faced and has a very good ERA at 3.27. Yet he has only won one game while losing three.

There is no doubt that he's the ace of the staff being the No. 1 of the one-two punch that is Coronado and his pitching mate Adrian Valladares (2-2, 3.11 ERA). And with a game like this rivalry game, he'll most likely be the pitcher of choice for Downey manager Jess Gonzalez.

Unlike any of the Warren pitchers, Coronado has a great fastball that jumps on batters faster than they expect. Coronado hides the ball well but sometimes will get the ball a little higher in the zone than he would like.

When he starts to get hit, he goes to his curveball which is only effective if it's thrown slowly. If thrown hard, it doesn't have enough break and looks like a flat slider. The key to Coronado's success is keeping the fastball down in the zone. If he manages that part of the game, don't look for many runners to get on base.

Offense: This team lives and dies by their leadoff man Ivory Thomas. Like any good team, a multi-tooled leadoff man helps jumpstart the offense every day. Thomas has lightning speed giving opposing catchers and pitchers fits when he gets on base.

This season, Thomas is a perfect 8 for 8 in the stolen base department. He also leads the team in at bats, hits and RBIs. Thomas is also in the top five in batting average, on base percentage, walks, runs scored and extra base hits.

If he gets on base, there's a good chance he'll score as Downey is batting a staggering .309 as a team. They don't have a power threat in the lineup but this team can hit.

Defense: Like the Bears, Downey has a solid infield and a solid catcher in Ray Ortega. But there are three words that can be heard echoing through Yanez Field during games and at practices to the outfielders. Hit your cut-off-men.

Thomas leads the team in errors with seven from the outfield. Marcelo Lopez comes in a close second with six errors from the areas beyond the infield.

This could pose a problem if Warren manages to string together a couple hits here and there. Knowing that the throwing arms from the outfield could be erratic at some times, Warren could turn a single into a double or possibly push a couple runners across the plate by forcing throws from the outfield.

PREDICTION

Downey 7, Warren 2

Strong pitching leads Downey past Lynwood

■ Nate Coronado strikes out 10 as Downey cruises past Lynwood, 11-1.

By SCOTT COBOS, CONTRIBUTOR

DOWNEY – Led by a stellar pitching performance, the Downey Vikings (2-1) cruised by visiting Lynwood Knights (0-3), winning 11-1 at Yanez Field last Thursday.

Downey pitcher Nate Coronado struck out 10 Knights over six innings of work. At one point of the game, Coronado had struck out five in a row. His dominating start also included him allowing only three hits and no runs against Lynwood.

Bryant De La Campa led the offense for the Vikings, going 2 for 3 with four RBIs and scoring two runs. The Vikings scored five of their 11 runs in their first at-bats and were never retired in order in any inning.

The only noise Lynwood made was in the last inning on a leadoff homerun over the left field wall off of Vikings pitcher Omar Chavez-nava. The Knights' bats were silenced through the game never sending more than four batters to the plate in any of the first six innings.

The Vikings will play Warren High School this Tuesday at Taylor Field at 3 p.m.

Warren bats wake up for offensive outburst

By SCOTT COBOS, CONTRIBUTOR

DOWNEY – In a rare display of offense, Warren High School (2-1) put up double-digit runs in a 10-6 win versus Gahr (2-1) last Thursday in Cerritos but lost two days later versus West High School in the Redondo Tournament, 2-1.

In Bear manager Paul Alvarez's first game versus his old school since his hiring at Warren, his team put up double-digit runs for only the second time this season beating a team who historically has given the Bears problems.

Gahr, normally known for their very strong pitching, weren't able to keep the Bears' bats at bay.

Two days later, the Bears lost a tough game on the road to West High School from Torrance.

The Bears don't play again until Tuesday when they take on Downey High School at home. Game time is 3 p.m.



The Downey Junior Athletics Association (DJAA) Blackhawks basketball team completed an undefeated 12 – 0 season with another win on March 6 at Apollo Park. This was the team's first season of play. Pictured are (bottom, left to right) Matt Mislant, Carlos Ruiz, Chris Diaz, Stephany Martinez and Moises Rosas; (top, left to right) Coach Rudy Mislant, Manny Gutierrez, Ozzy Zarate, Luis Mungaray, A.J. Saghbini and Coach David Garcia. Not pictured are Coach Ernesto Fuens and Yojan Brandt.



The Downey Hoopsters, also known as the Cerritos/Norwalk Hoopsters, recently went undefeated in the Championship Series of the National Junior Basketball Organization (NJB). After going 7-2 in league play at Long Beach Poly High School, the team beat Brea, 60-10, and Capistrano, 52-14, in playoffs. In a championship game against El Toro, the Hoopsters were titled league champions following a 53-27 win. Pictured are (top, left to right) Luis Medaris, David Arellano, Isaac Torres, Tedric (T.J.) Johnson, and Joshua Morrison; (bottom, left to right) Jordan Morinishi, Sean Diaz, Giovanni (Gio) Fernandez, and Anthony Rodriguez.

Inside pitching: a lost art in baseball

By SCOTT COBOS, CONTRIBUTOR

I've watched a few games of the Warren Bears now. I have evaluated the Downey Vikings through a couple games. Obviously, they aren't the only teams I watch. I also watch the opposing teams they play whether it be a league foe in Gahr or a tournament team in Laguna Hills.

But the more and more I watch high school baseball, the more I believe that a previous pitching art form is disappearing. After last week's games, I finally asked myself out loud while sitting in the stands "What happened to pitching on the inside part of the plate?"

It concerned me when I watched Paramount High School's Ivan Niebla come up to the plate with his back leg's knee practically bent over the inside corner. Then it surprised me even more that Bear's catcher Alfonso Gonzalez was still setting up on the outside part of the plate.

The next pitch by Ray Eidinger was, that's right, on the outside part of the plate. I practically tore my hair out watching his fastball sail a foot off the plate. While I point out just one example, this has been a torrid plague in high school baseball.

What happened to the good ol' days of chin music and brush back pitches? Are they not taught anymore on the varsity levels? If not, one of the most important pitches that a pitcher can have in his arsenal is missing.

The inside pitch is one of the most vital weapons a pitcher must have in order to be effective. Granted, pitchers can get away with living on the outside corner of the plate against weaker offensive teams, but the good hitting teams are going to make you pay.

By living on the outside corner of the plate, smart hitters are going to realize that you're scared to come inside and focus all of their attention away from the inner half.

In time, they'll start lining balls to the opposite field. Gapper after gapper will then become routine to watch as the pitcher starts to lose his poise and confidence in his pitches. Resulting consequences include overthrowing, over thinking and completely losing your cool.

You also lose half of the strike zone by pitching exclusively on the outside part of the plate. For all you little leaguers reading this article, let me point out the advantages and successes of those who come inside to opposing batters.

Let me first say that not being able to throw hard should not discourage you from throwing on the inner half of the plate. It is a complete myth that you need to throw 100 mph to be able to successfully throw inside.

My first example of this is Greg Maddux of the San Diego Padres. Maddux, previously of the Los Angeles Dodgers, Chicago Cubs and Atlanta Braves never threw very hard but has won over 300 games and multiple Cy Young awards.

Actually, many writers, announcers and analysts agree that Maddux hypothetically speaking couldn't throw hard enough to break a window. But Maddux being the future hall of fame pitcher mastered coming inside to many batters with his two-seam fastball.

Pitching inside opens up different options for the man on the mound. An inside pitch opens up a changeup on the outer half of the plate, a curveball outside, a fastball eye-level high or maybe a doubled-up fastball again on the inner half.

An inside pitch also backs off a batter from the plate and makes them think. Now the batter is wondering to himself if it's possible that he will get hit if he continues to stand too close, which is what Drysdale used his inside fastball for. No one likes to get hit by a pitch.

It may seem like a small thing, but in baseball it's always said that the small things are the difference between a win and a loss.

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ENSENADA

Continued from page 3

bunkers that are located behind Studio 290, which were used by the Army to protect important paperwork.

After traveling a few miles down the road, Valle let the visitors stop and walk around the suburban street back lot. He continued to explain that the houses are built as facades, with only two out of the 16 houses having actual floor plans. He listed movies that were filmed on the quaint suburban street, such as "Jackass 2," "Christmas with the Cranks," and "Fun with Dick and Jane."

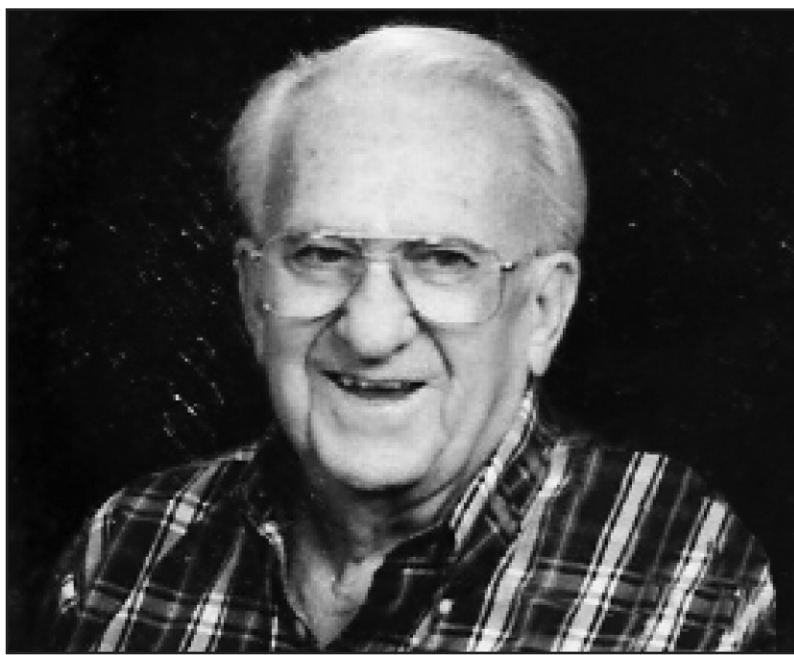
Following the glitz and glamour of Downey Studios, the guests were then taken to the heart and soul of Downey's public service stations - Downey Fire Station 1 on Paramount Blvd. and the Downey Police Department. Captain Rapp gave a tour of Fire Station 1, allowing the guests to enter into the emergency headquarters where 9-1-1 emergency calls are received from the cities of Downey, Compton, Montebello, and Santa Fe Springs. A tour of the gym, living quarters, and training center of the fire station was also given.

After the tour ended, the seven dignitaries were honored at the Downey City Council meeting. City pins were given to all of the visitors by Mayor David Gafin.

"I'm so proud to be the sister city of this beautiful city," stated Dr. Saenz during the pin ceremony.

In an interview conducted after the ceremony, Saenz Flores expressed a heartfelt appreciation for Downey, the Downey Sister Cities Association, and the Downey City Council members. "I loved the City of Downey. I feel so proud that Downey and Ensenada are sister cities." He then explained that the Mayor of Ensenada, Pablo Alejo Lopez, sends his warmest regards to Downey. When asked how the two associations could strengthen their connection even more, Saenz Flores explained he hoped, in the future, Downey and Ensenada could host social, cultural, sport, and educational exchanges for one another.

To sum up how he liked Downey and the excursion his group took that day, Saenz Flores used his trademark word - "excellent!"



Joseph Paul Shasha, Jr., known to many as "Papa Joe," passed away on Feb. 19. Shasha, 89, was a longtime Downey resident. Services were held on Feb. 25 at Our Lady of Perpetual Help Catholic Church.

Kelly Joanna Centanni passes away at home

DOWNEY - Kelly Joanna Centanni passed away peacefully at home surrounded by her husband and family on March 22 at 12:45 p.m.

Centanni graduated from Cal State Los Angeles and went on to teach at Franklin Middle School in the Long Beach Unified School District for 14 years.

She worshiped at Praise Chapel and later at Calvary Chapel of Downey, where she met her future husband, Steve.

She is survived by her parents, Roberto and Herminia Giron; brothers, Amilcar and Elvis; sisters, Ida and Connie; and her husband and other relatives and friends.

Visitation and services were held yesterday at Calvary Chapel. In lieu of flowers, the family has requested donations be made to the American Cancer Society.

Register for 'Make-It-and-Take-It' class

DOWNEY - Registration is underway for the four-week Make-It-and-Take-It class scheduled for April 3 from 1 to 3 p.m. at the Barbara J. Riley Community and Senior Center. The cost is \$10 and includes the cost of supplies.

The class is designed for adults over the age of 50.

Discounted senior lunches available

DOWNEY - The Human Services Association provides a nutritious lunch for seniors over the age of 60 Monday through Friday starting at 11:30 a.m. at the Barbara J. Riley Community & Senior Center.

The cost of the congregate meal is \$2 per person. Bingo is played each Wednesday and Friday from 10:15 to 11:15 a.m. before lunch.

Lunch reservations are required by calling (562) 862-8800.

Seniors invited to join Rancho Owls

DOWNEY - In 1983, the Older Adult Health Services at Rancho Los Amigos National Rehabilitation Center in Downey began the Rancho Owls, a group for older individuals with the purpose of improving communication between healthcare providers and older adults.

Over the years, Rancho Owls has expanded to become a social/educational group for its members. The group meets every Tuesday at Rancho Los Amigos from 9:30 a.m. to 12:30 p.m. for peer support, education relating to aging, field trips, and other recreational activities.

Active and alert persons between the ages of 65 and 100 are invited to attend. For more information, call Jan Brady at (562) 401-7402.

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Mother's Day is May 11!!!
Send a message in **The Downey Patriot!**

The Downey Patriot will publish a special section dedicated to Mother's Day. For only \$25.00, you can honor your mother, grandmother or that someone special with a 1.986" by 3" announcement. **Deadlines for announcements is May 1 and will be published on May 9, 2008.**

Include the following information:
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 Photo
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 -- By EMail - photo must be 300 dpi (DowneyPatriot@yahoo.com)
 Check payable to The Downey Patriot

Send to:
The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240

Photo Here

Mother's Name
Line 2
Line 3
Line 4
Line 5

ACTUAL SIZE

The Downey Patriot
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8301 E. Florence Avenue, Suite 100, Downey, CA 90240
Line = approximately 20 to 23 characters including spaces and punctuation

Line 1 (Mother's Name) _____
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