



The Downey Patriot



Author sheds light on abuse
See Page 9



Library honors its volunteers
See Page 11



Character counts to Kiwanis
See Page 3

Friday, April 25, 2008

Vol. 7 No. 1

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



Downey celebrated the opening of its new farmers market last Saturday, and the event was such a success vendors reported selling out of their products by noon. The market will be held every Saturday from 9 a.m. to 1 p.m. on 2nd Street in Downtown Downey. Aerial photo courtesy Downey Fire Department

'Cancer never sleeps, so we don't sleep'

BY BROOKE KARLI, STAFF WRITER

Sitting in a classroom after school on Tuesday, the Bears of Hope board members discussed the success of their last fundraiser, "Shoot for a Cure," hosted by Power 106 FM on April 17.

Bears of Hope, an on-campus club that works to raise awareness and funds for the American Cancer Society (ACS), decided there would be no better way to raise money than to do it on the basketball court.

The club contacted Power 106 regarding the "Power 106 at Your School" program, hoping they would agree to participate. Little did they know, Power 106 not only agreed, but also hosted the event for free.

"Power 106 is really big about giving back to the community," said Club Advisor Connie Quintero. "So everything they did and brought cost Warren nothing – the players, the DJs, the giveaways, the sound system, even the halftime performance by Frankie J. – all free."

Power 106 also came out that same day during lunchtime to promote the event and passed out T-shirts, stickers, key chains and CDs.

More than 1,000 parents, students and faculty members attended the event, raising more than \$8,500 for ACS. The club in turn added the money to what they have already raised throughout the school year thus far, which is currently totaled between \$11,000 and \$12,000. The club's goal for the 2007-08 school year however is to raise more than \$20,000 by the time Relay for Life hits on June 7 and 8.

This is the second year Bears of Hope has been at Warren and the sec-
See HOPE, page 8

Abstract statue planned for Firestone Boulevard

BY ERIC PIERCE, CITY EDITOR
DOWNEY – Firestone Boulevard will soon become a bit more...artsy.

The City Council approved plans this week for an abstract steel and zinc sculpture for placement on Firestone Boulevard, just east of Wiley-Burke Avenue. The statue, "Descending Sphere," will be the first art piece erected in Downey as part of the city's Art in Public Places ordinance.

"Descending Sphere" is 87 inches tall by 44 inches wide, and was constructed using welded steel and metallized zinc. It was designed by Laguna Beach artist Jon Seeman.

According to Seeman, the "abstract work is about developing an expressive play between elements that create a sense of motion, tension and balance. The sculpture is complete when all works in harmony."

The sculpture is being donated by Derorah and Eitan Sharaf. The couple also owns Unique Auto Spa at 7624 Firestone Blvd. in Downey, where the sculpture will be located.

The Art in Public Places ordinance was adopted in 2005 as an amendment to the Downey Municipal Code. Its funding comes from a 1 percent fee levied on the building evaluation on constructing or reconstructing a commercial building valued at \$500,000 or more, or a residential project consisting of more than four units with a building valuation of \$500,000 or higher.

At Tuesday's City Council meeting, some said the abstract sculpture was a little too abstract.

"We need to set up criteria for the future," said Councilman Rick Trejo, adding that he would like to see future art pieces incorporate Downey's history. "Some won't understand abstract art...I would like to see art with an underlying meaning to the city."

Most of the council agreed, although Councilman Kirk Cartozian emphasized a committee is in place to screen potential art pieces.

Mayor David Gafin said the council was probably being too critical of the sculpture. Besides, he said, "it's hard to regulate taste."

The art piece was eventually approved on a unanimous vote.



Family offers \$50K reward in 2003 unsolved murder

■ Maria Rodriguez, 42, was preparing lunch for her two young children when an intruder made it inside her house and brutally murdered her. Family offers a \$50,000 reward.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Esther Corral knew something was wrong when her older sister, Maria Rodriguez, didn't pick up her phone.

"I called and called," said Corral, teary-eyed at the memory. "I called the house phone and her cell, and she didn't pick up. It wasn't like her at all. I felt in my heart that something was very wrong."

Corral's instinct was right. On Nov. 3, 2003, an unidentified intruder broke into Rodriguez's home on the 11800 block of Haro Avenue in Downey and brutally murdered the 42-year-old mother of two.

Rodriguez, a housewife, was home alone preparing lunch for her two school-age children when the attack occurred, police said.

The case has remained unsolved and police said they have no suspects.

Rodriguez's family gathered at the Downey Police Department Tuesday to announce a \$50,000 reward for information leading to the arrest and conviction of the person who committed the murder.

Family members said they hoped the money would spur people to offer new information that might help crack the case.

No family members are suspects in the murder, said Lt. Carl Charles of the Downey Police Department.

A witness reported seeing a man described as tall with a medium build, shaved or close-cut hair and light-skinned, possibly white or Hispanic, exit the front door of the residence at about the time the murder occurred, said Sgt. Gil Toledo. The probable suspect appeared startled and re-entered the home.

Police released a sketch of the



Lt. Carl Charles of the Downey Police Department holds a sketch of a "person of interest" in the case of a woman murdered in her Downey home in 2003. Police said they have no suspects. Photo by Eric Pierce

man, who authorities are calling a "person of interest."

Family members said Rodriguez was well-regarded in her community, and was active at church and her children's school. Police said Rodriguez, originally of Durango, Mexico, had no known criminal record.

"She was the type of person who would give her heart to you," said Corral, Rodriguez's sister. "If you ever needed something, you went to her. Family was very important. Her kids were her life."

Corral said her sister's loss is especially felt on Sundays, when the family gathers to be together.

"That's when it really hits us," said Corral, a Yorba Linda resident. "Especially my mom, who is always asking, 'Why did they take her? Why did they take my baby?'" It's true that no parent wants to outlive their child. She still expects her daughter to call home.

Family members pleaded for the public's help in solving the murder.

"I'm asking the public to please call in any information they may have," said Corral. "Please don't let my sister die in vain."

Anyone with information is asked to call the Downey Police Department at (562) 904-2308.



A composite sketch of a man seen at Rodriguez's home at the time of her murder was released by police.

Vasquez will seek District 5 council seat

■ Real estate developer Fernando Vasquez hopes to take the place of Councilman Kirk Cartozian in the November election, when Cartozian will be termed out of office.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – The city of Downey has pressing redevelopment issues in the years ahead – the remaking of the south campus of Rancho Los Amigos National Rehabilitation Center and Downey Studios chief among them – and real estate developer Fernando Vasquez thinks he's just the right person to lead the city during that time.

Vasquez formally announced this week his intention to run for a seat on the Downey City Council in November's election. Vasquez will seek the District 5 city-wide seat, which will be vacated by termed-out council member Kirk Cartozian.

"Kirk did his eight years with a commitment to preserve the Downey we all know and cherish," said Vasquez, a project manager with the affordable housing developer National Community Renaissance. "What I represent is taking Downey to the next level; preserving the best of Downey's past and embracing the best for Downey's future."

Vasquez has already had a taste of working for the public sector, according to his resume. As a legislative intern for the Riverside County Board of Supervisors, he facilitated community relations meetings for regional housing, land use and transportation matters, and also worked on compliance issue involving CEQA (California Environmental Quality Act).

Vasquez also completed internships with the San Diego County Board of Supervisors and San Diego Department of Development Services.

"Having worked for elected officials, I'm aware that citizens may not have the time to attend council meetings, don't know where to start or feel government doesn't understand them," Vasquez said. "All elected officials must take proactive outreach efforts and not wait for the community to come to them. As representatives of the people it is incumbent upon the city council members to seek input from members of the community."

"I believe I have the right qualities to provide strategic leadership that will advance Downey over the next decade."

—City Council candidate
Fernando Vasquez

A 2003 graduate of UC-Riverside with a bachelor's in Spanish Language and a minor in Political Science, Vasquez also holds a master's in City Planning from San Diego State University.

Fluent in English and Spanish, Vasquez spent time overseas, studying at the Universita per Stranieri di Siena, Italy, where he picked up "conversational Italian." Vasquez returned to Downey following college, and immediately began working in the real estate development industry. As a project manager, he currently oversees "several projects cumulatively valued at \$90 million in neighborhood



Fernando Vasquez will be a candidate in November's city council election.

revitalization efforts for high-quality affordable senior and family low-income housing.

"It's a great feeling when you watch our residents move in, knowing that frail or elderly seniors can live in our homes without fear of being alone," Vasquez said. "It's an awesome feeling to know that something I helped build could

See VASQUEZ, page 3

Filmmaker to share stories from Morocco

■ Travelogue will be shown Sunday at Downey Theatre.

CONTRIBUTED BY THE
DOWNEY THEATRE

DOWNEY – When opportunity knocks, filmmaker Rick Ray is the kind of person who makes sure he is ready to answer. It was Ray's ability to make the most of an opportunity that led to the creation of his latest travel film, "The Soul of Morocco," presented this Sunday at 2:30 p.m. at the Downey Theatre.

It is the final film of the 2007/08 "Armchair Adventure Series."

A former "Lonely Planet" backpacker turned cinematographer, writer and director, Ray has produced 12 films in regions as diverse as Israel, Bali, Borneo, Lebanon, Ethiopia, Syria, Iceland and India. He teaches documentary filmmaking at the Brooks Institute of Photography in Ventura.

The genesis of "The Soul of Morocco" came a few years ago when Ray was finishing work on his acclaimed 2006 opus, "10 Questions for the Dalai Lama." In search of his next project, Ray began looking at the map – and looking for plane tickets.

"I began looking for available flights around Christmas," said Ray, who is an intrepid traveler. "The only place that I was interested in that I could get a ticket to at that time was Morocco. I had always thought of Morocco as an exotic land combining a lot of flavors."

With a ticket in hand, Ray was soon on his way to Morocco. Located in North Africa, Morocco borders both the Atlantic Ocean and the Mediterranean Sea. At 172,402 square miles, it is similar in size to Iraq and is slightly larger than the state of California. Most of its people live west of the Atlas Mountains, a range that insulates



Writer and director Rick Ray traveled to the romanticized land of Morocco, spending six weeks capturing on film the distinguished culture of the North African country. His film, "The Soul of Morocco," will be presented Sunday at the Downey Theatre. Photo courtesy Lewis Williams Agency

the country from the Sahara Desert.

Having rented a car, Ray immersed himself in Moroccan culture and spent six weeks traveling around the country capturing footage for what would become "The Soul of Morocco."

"It was very rewarding and refreshing to go to what is primarily an Islamic country and find a peaceful, delightful society," Ray said. "The Moroccans are highly aware of the (outside) world, but they also value their traditions. I would liken Morocco somewhat to Turkey and Jordan."

Ray began his journey in the best-known of Moroccan cities: Casablanca, made famous in part by a namesake 1942 film starring Humphrey Bogart and Ingrid Bergmann. Today, Casablanca is Morocco's center of commerce and industry and its leading port.

"If you have ever seen the movie 'Casablanca,' you have this romantic image of Morocco," Ray said. "Morocco is like that – but Casablanca itself is not a very exciting city. While Casablanca has

a beautiful mosque, a city like Fez is much more interesting."

In his travels, Ray discovered a "peaceful, progressive, well-educated, forward-looking society." He attributes this, in part, to Morocco's young monarch, King Mohammed VI. Now age 44, Mohammed VI came to power in 1999.

"People love him," Ray said of Mohammed VI. "They call him the 'Cool King.'"

Under Mohammed VI, Ray said there has been an increase in freedom for women and the Berber culture has been integrated into the Moroccan school system. Morocco has a population of more than 33 million – about 75 percent of which is of Berber descent. The Berbers are an indigenous people of North Africa in the area west of the Nile Valley. It is estimated there are 40 million Berbers throughout the world, more than half of whom live in Morocco.

As a travel filmmaker, Ray has endured his share of hardships – such as a 48-hour ride through

India without using the restroom once. Things weren't quite as difficult in Morocco, but there were a few harrowing moments.

"We were driving through the desert and came across a destroyed mosque surrounded with damaged tanks," Ray said. "There were no cars or people in the area. I thought we had somehow ended up in Iraq. It turned out to be a movie set."

There were many other notable moments during the journey through Morocco, which Ray said he will share with the "Armchair Adventure" audience at the Downey Theatre.

Tickets to Sunday's show can be purchased on the day of performance only beginning at 1:30 p.m. at the theater's box office. Adult tickets are \$7 and senior/student tickets are \$6 (cash or check only). The film begins at 2:30 p.m.

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

SEAACA finds good homes for pets at O.C. Pet Fair

DOWNEY – Staff and volunteers from the Southeast Area Animal Control Authority (SEAACA) in Downey recently took nearly two dozen adoptable shelter pets to the O.C. Pet Fair, held at the Orange County Fairgrounds in Costa Mesa.

"It was an amazing experience to be surrounded by so many animal welfare people and some very sweet dogs and cats looking for good homes," said Vicky Hernandez, adoptions manager for SEAACA. "Everyone that visited our booth was an animal lover, and they hung out and talked with us or played with the pets we brought to the show."

SEAACA adopted 17 animals into new homes, bringing a sense of relief to staff and volunteers who worked 10-hour days at the fair.

"I wish they'd hold these pet fairs a few times a year, since we had such good adoption results," Hernandez said. "Sometimes the right formula for increasing pet adoptions is to take the animals to the community, just like we did at the fair."

If interested in adopting a pet, call SEAACA at (562) 803-3301.

Apartment complex fetches \$4 million

DOWNEY – A 45-unit apartment complex on Lakewood Boulevard has been sold for a little more than \$4 million, a real estate brokerage firm announced this week.

Morgan Skenderian Investment Real Estate Group reported the sale of the Downey Villa Apartments, located at 11801-11823 Lakewood Blvd., to Melcar Investments of Downey. The complex was previously owned by P.L. Properties of Arcadia.

Doug Rodermund of Morgan Skenderian's Newport Beach office represented the buyer and seller.

Daughters Day Brunch set for May 10

DOWNEY – The 10th Annual Daughters Day Brunch at Downey United Methodist Church will be held on May 10 at 11 a.m.

Rev. Gwen Ehrenborg will present "The Drama of God's Promises." Cost of lunch is \$5.

For more information, call (562) 861-9777.

American Legion takes bus to Pachanga

DOWNEY – The American Legion Post 723 will be taking a casino day bus trip to Pachanga on May 8.

The bus will leave the Post's parking lot, located at 11269 S. Garfield Ave., at 8:30 a.m. and return around 5 p.m. Bingo will be played to and from the casino.

Cost is \$11 and all proceeds will benefit the Veterans Rehab and Youth programs.

For more information, call Wade Murdoch at (562) 928-0712, or Nancy Watson at (562) 413-6414.

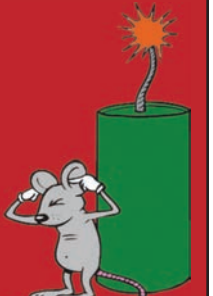
Lewis collects a hefty chunk of change

DOWNEY – Lewis Elementary School recently raised more than \$5,000 for the Leukemia and Lymphoma Society during the Pasta for Pennies fundraiser.

This is the fourth year that the school has participated in the program, finishing in the Top 10 Southern California Schools in monies raised.

Winning classes were treated to an Olive Garden lunch and the school will be visited by Radio Disney in May to celebrate their accomplishment.

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Roy Beard, right, president of Downey Los Amigos Kiwanis, presented a \$5,000 check to Tod Corrin, president of the Downey Unified School District Board of Education. The donation will be used to support Character Counts activities during the 2008-09 school year.

Vasquez: Age should not be a factor in November election.

Continued from page 1

provide a child with their first opportunity to have their own bedroom, walk through a safe neighborhood, or have access to good schools.

"These types of projects are so difficult to put together financially, but doing public service work that provides such tangible results is the reason I wake up in the morning."

A young man of 27, Vasquez said he doesn't expect his age to become a topic among voters. He pointed out that Cartozian was initially elected to council at the age of 27.

"My family and I have lived in Downey for a long time," Vasquez, who is single with no children, said. "I look forward to raising my own family here. I am excited about this opportunity as I believe I have the right personal and professional qualities to provide strategic leadership that will advance Downey over the next decade."

Vasquez was born in the United States to immigrant parents and raised in the Los Angeles area. He has two sisters: Carmen, an attorney; and Stephanie, a junior at Warren High School. The family moved to Downey, Vasquez said, to open a Mexican restaurant, Taqueria Los Altos, Inc., which still operates on Florence Avenue in South Gate.

Vasquez, a resident of Downey's District 3, recently hosted a Neighborhood Watch meeting at his home. He also attended block

captain training this week.

"I want to ensure that my mother and my two sisters have every precaution available to them in the event of an emergency," Vasquez said. "It's also really important to get to know our neighbors so that we can help each other and be aware of what is going on in our community."

Vasquez is also a member of Gangs Out of Downey, Friends of the Downey City Library, Downey Sister Cities Association, and the Downey Historical Society. He recently joined the Downey Kiwanis.

In addition, he said he has worked with the National Bone Marrow Donor Program and an orphanage program in Tijuana, Mexico.

"Not everyone is as fortunate to live in such a great city with good schools and safe streets," said Vasquez.

With the November elections months away – but getting closer by the day – Vasquez said he is already planning campaign fundraisers.

"I'm excited to get this campaign going," said Vasquez. "I've already spent a lot of time talking to residents, listening to their concerns and coming up with solutions in ways to make our neighborhood, and the larger community of Downey, even better."

Vasquez's campaign can be reached by calling (562) 261-7601 or by e-mailing fernando@votevasquez2008.com.

Woman's Club of Downey celebrates more than a century of good deeds

■ The Woman's Club of Downey assembled for the first time on a December afternoon in 1898. Nearly 110 years later, the club continues in its belief that "the noblest motive is the public good."

BY BROOKE KARLL,
STAFF WRITER

DOWNEY – Founded in 1898 as The Friday Afternoon Club, seven charter members met in each other's homes every Friday from 3 to 4 p.m., stating their motive was to "promote the social, moral and intellectual interests of the community and to establish a public library."

Now, 110 years later, the Woman's Club of Downey continues in that very same motive, noting "the noblest motive is the public good."

The club, now more than 70 members strong, will celebrate 110 years of philanthropic work throughout Downey this year. Currently, their building located on Paramount Boulevard plays host to numerous activities such as monthly club meetings and board meetings, and is rented out for weddings, receptions, and parties, as well as to various organizations looking to utilize the space.

Bingo is played at the club every Thursday at noon, in which half of the proceeds are donated to Rancho Los Amigos National Rehabilitation Center. The Woman's Club of Downey has donated to Rancho Los Amigos since 1918, serving as one of the hospital's major contributors.

Club members also participate in occasional bus trips to Pechanga, in which proceeds benefit local charities and scholarships.

"We donate to almost every charity in Downey," said Cheryl Olson, Woman's Club of Downey president. "We try to give of ourselves and stretch ourselves as much as possible."

Some of the local charities Woman's Club donates to include Amigos Fund, American Red Cross, Assistance League of



The Woman's Club of Downey hosts Bingo sessions every Thursday at noon. Half of the proceeds are donated to Rancho Los Amigos National Rehabilitation Center. Photo by Eric Pierce

Downey, Arc of Southeast Los Angeles County, Downey Museum of Art, Downey City Library, Downey Civic Light Opera, Downey Historical Society, Downey Police Officers Association, Downey Regional Medical Center, Downey Rose Float Association, Downey Symphony, Gangs Out of Downey, Keep Downey Beautiful, Living Help Center, Metropolitan Hospital, PTA HELPS, Rancho Los Amigos, Rio Hondo Temporary Home, Su Casa,

Downey Family YMCA, and more.

"The women in our club are just wonderful," said Olson, who has been a member of the club since 1986. "They have such heart for the community. It's touching to see how much they give of themselves."

To celebrate more than a century's worth of donations and volunteer work, the club will be hosting a Downey Chamber of Commerce mixer on May 15 and club celebration on June 8, which will include lunch and live entertainment. The

club will also participate in this year's Holiday Lane Parade, hoping to appear in period clothing and old-fashioned cars.

The history of the Woman's Club includes numerous milestones and an abundance of donations to local organizations and charities. The club's Web site, www.womansclubofdowney.org, chronicles the following highlights:

- 1900 – The club federated and

See WOMAN'S CLUB, page 11

The Downey Chamber of Commerce Presents...

15th Annual Downey Street Faire

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Saturday May 3rd, 2008

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 - 11:15 - 12:20 p.m. Sebastian Sidi
 - 12:45 - 1:45 p.m. Onstage Dance Center
 - 2:00 - 3:15 p.m. Jaguar
 - 3:30 - 4:00 p.m. Downey Bachelors 'N Bachelorettes
 - 4:15 - 5:00 p.m. Class 6 Band

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Mayor makes presentation, declares May 5-11 'Building Safety Week' in Downey

■ In other news, City Council debates the merits - and history - of a regular mayoral rotation.

By HENRY VENERACION,
STAFF WRITER

DOWNEY—To raise awareness of the vital service provided to all by local and state building departments and federal agencies in protecting lives and property, Mayor David Gafin proclaimed the week of May 5-11 as Building Safety Week 2008.

Sponsoring the week and its theme, "Building Safety: Where You Live, Work and Play," is the International Code Council, whose dedicated members, said Gafin, "develop and implement the highest-quality codes to improve building safety at home and in the community and thus protect Americans from countless fires and accidents."

These vigilant guardians, said Gafin, include building safety and fire prevention officials, architects, engineers, builders and others in the construction industry, who work year-round to ensure the safe construction of buildings on the one hand, while on the other hand ensuring that the safety codes include safeguards to protect the public from natural disasters such as hurricanes, snowstorms, tornadoes, wild land fire and earthquakes.

In other action, the Council:

- Authorized staff to contract with HF&H (a municipal solid waste consultant) for a cost analysis of Calmet's operation vis-à-vis the city's requirements, and meanwhile approved a 3.3 percent adjustment in solid waste fees based on the L.A. metropolitan area CPI as of December each year;

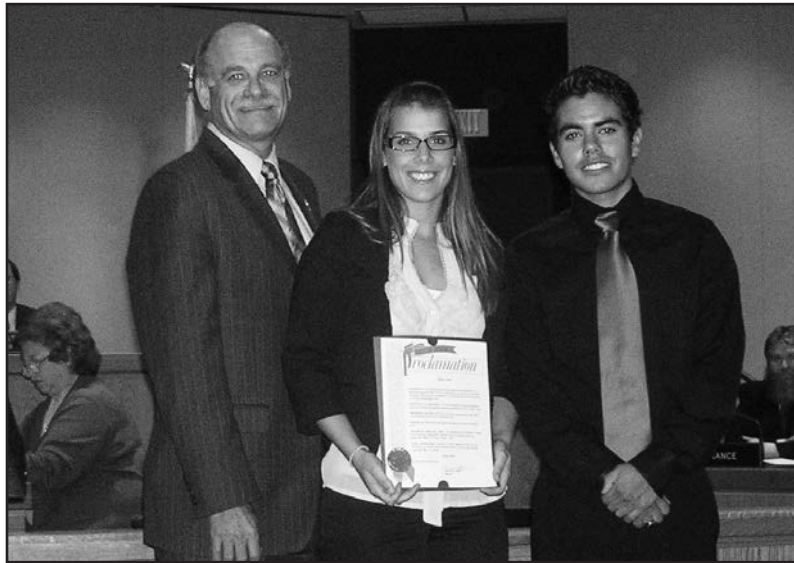
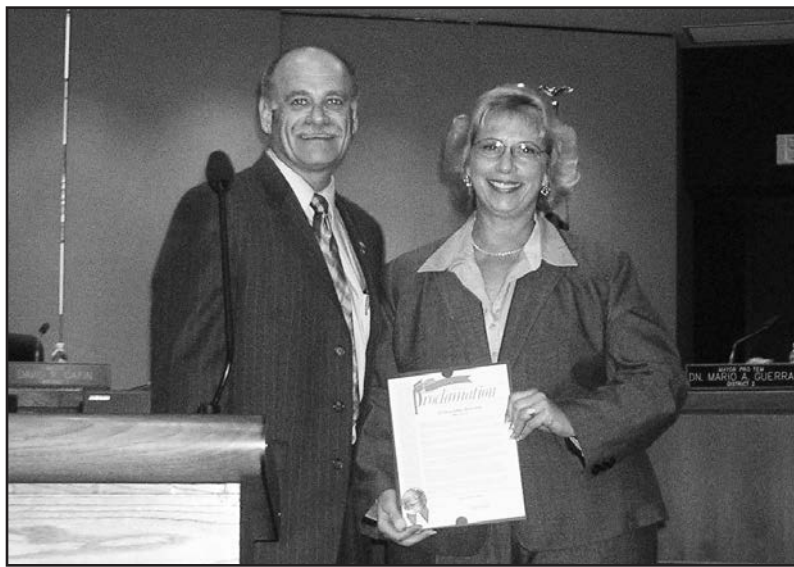
- Approved the plans and specifications for the construction of sewer improvements, i.e., 176 line

al feet of new 8-inch vitrified clay pipe (VCP) sewer main between existing manholes located at the southwest corner of Old River School Rd. and Quill Dr. and the driveway entrance to the Park Meadows Condominiums, and granted authority to advertise for bids thereon;

- Approved the agreement with Infrastructure Management Services, Inc. in the amount of \$15,600 to update the city's Pavement Management Information System, in conformance with State Transportation Improvement Program (STIP) and L.A. Metro-administered Prop. C Local Return Transportation sales tax revenue program criteria and parameters;

- Awarded a contract to Pacific Systems Electric, Inc., and appropriated \$67,805 from the Equipment Fund for the installation of Phase II Enhanced Vapor Recovery System upgrades to the unleaded fuel dispensing systems at the city's Corporate Maintenance Yard located at 12324 Bellflower Blvd. and at Fire Station #1 located at 12222 Paramount Blvd.;

- Adopted a resolution approving the Engineer's Report for assessments within Assessment District No. 121 for FY2008-09, as well as a resolution declaring its intention to levy and collect lighting and landscaping assessments within the district for FY2008-09; and set a public hearing for June 10 to consider setting assessments for street lighting (there are 6,227 street lights in the entire city) and landscaping (tree trimming, tree removals, other landscaping maintenance along the parkways and medians of city public streets)



Mayor David Gafin presented city of Downey Building Director Linda Haines with a proclamation declaring May 5-11 "Building Safety Week" in Downey. The week is designed to promote the advancement of building and safety codes "that protect Americans from countless fires and accidents." Below, Gafin proclaimed May 10 as Kids Day. The event will take place at Furman Park. Photos by Eric Pierce

operations and maintenance;

- Approved the "Descending Sphere" art in public places sculpture, the city's first public art application submitted by Eitan Sharaf, owner and developer of Unique Auto Spa at 7624 Firestone Blvd., as it met the criteria set forth in the city's Art in Public Places program

adopted on Nov. 22, 2005;

- Discussed the proposed written policy prepared by the City Attorney on the mayor rotation, and tabled it for further discussion at some future date; and

- Heard Mayor David Gafin proclaim May 10 as Kids Day.

The next regular public meeting of the Council will be at 7:30 p.m. on Tuesday, May 13 at City Hall, 11111 Brookshire Ave.

The Poet's Corner

My Claim to Fame

Sure, now, I'm just little old me,
But soon I'll be living off royalty;
I'll be a famous movie star,
I'll be known everywhere, near or far.

Or maybe a singer would be quite nice,
But I'll have to think about it twice,
Perhaps a voyager would do for me,
And I'll be sailing across the sea.

How about a fortune-teller or a wistful psychic?
But will I enjoy the future or hardly like it?
I could probably be the best author of all time,
But where'd I find the words to create lovely rhymes?

Or how about a helpful vet or nurse?
But what cure would I give when someone's kidney's burst?
Well, how about a champ swimmer first rate?
Will life get worse or a whole lot great?

Maybe a wealthy toy maker,
Or how about the world's best baker?
Well, whatever it is, everyone will know my name!
It will be my claim to fame!

— Shaina Marie C. Sta. Cruz,
Downey

Sorrow Sans Tears

I did not shed a single tear.
They said how brave of me.
I never hinted it was Fear.

One lonely tear let fall a Flood.
One sigh a Symphony.
And all of my Revered Aplomb.

Turned to Un-Dignity.
And since with smile.
I've learned to wear.

My griefs with due restraint.

My Courage, Reputation,
Seem I still to bear,
Unblemished as a saint.

— Audrey Stafford,
Downey

The Wonders & Joys of the Sea

Baking in the sun while I swim in the warm Pacific waters,
drops trickle down my freckled face as I come up for a quick, but
lasting breath,

Unknown sea creatures brush softly across my feet,
I carefully reach down and pick up a shell,
So wondrous,

The smooth texture soothes me,
A seagull calls as it flies gracefully overhead,
These are the wonders and joys of the sea.

— Shelby Vharrick,
Georgia (submitted by Terese Akins Anthony)

No Break for Less

Night draws near a house up-town
No mercy for rent but a blouse and
crown Poor girl Isabel who wore a
frown Who cried for hunger of cries
unheard I'd share my third if I could
thirst But I bury the cries inside my
head Wondering why I dread my daily
bread While some have none and some
have less.

— James Hernandez,
Downey

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9AM-1PM

Downtown Downey
On Second St. at New St.



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will be speaking
on 5-1-08
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Call for information (562) 869-1414



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thedowneypatriot.com

St. Mark's Episcopal School

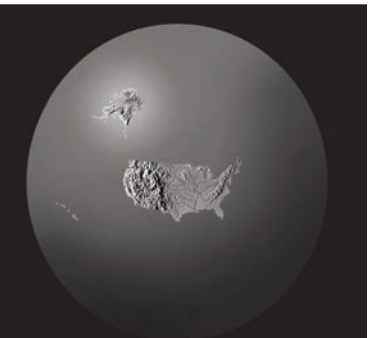
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E-mail: info@stmarkschooldowney.com



We are not alone.

There's a wonderful world around us. Full of fascinating places. Interesting people. Amazing cultures. Important challenges. But sadly, our kids are not getting the chance to learn about their world. When surveys show that half of America's youth cannot locate India or Iraq on a map, then we have to wonder what they do know about their world. That's why we created MyWonderfulWorld.org. It's part of a free National Geographic-led campaign to give your kids the power of global knowledge. Go there today and help them succeed tomorrow. Start with our free parent and teacher action kits. And let your kids begin the adventure of a lifetime.

It's a wonderful world. Explore!



SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For April

Fri. April 25: **Sebastian Sidi in concert**, Orange County Pavilion, 8 p.m.
 Sat. April 26: **Ride to the Festival of Books**, Downey City Library, 8 a.m.
 Sun. April 27: **"The Soul of Morocco" travelogue**, Downey Theatre, 2:30 p.m.
 Tues. April 29: **Energy Efficiency Expo**, Energy Resource Center, 8 a.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 Compañeros 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-Bear 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 Sambis, 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...

April 25, 1507: German cartographer Martin Waldseemüller names America in honor of Italian navigator Amerigo Vespucci, who extensively explored the east coast of South America.
1898: The United States declares war on Spain.
1901: New York becomes the first state to mandate automobile license plates.
1969: Actress Renee Zellweger ("Bridget Jones's Diary") is born. Also born on April 25: Al Pacino (68), Hank Azaria (39), Jason Lee (38) and Tim Duncan (32).
1990: The Hubble Space Telescope is launched from the space shuttle Discovery.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

FOWL PLAY: Just watch your pencil fly
by Shirley Soloway

ACROSS

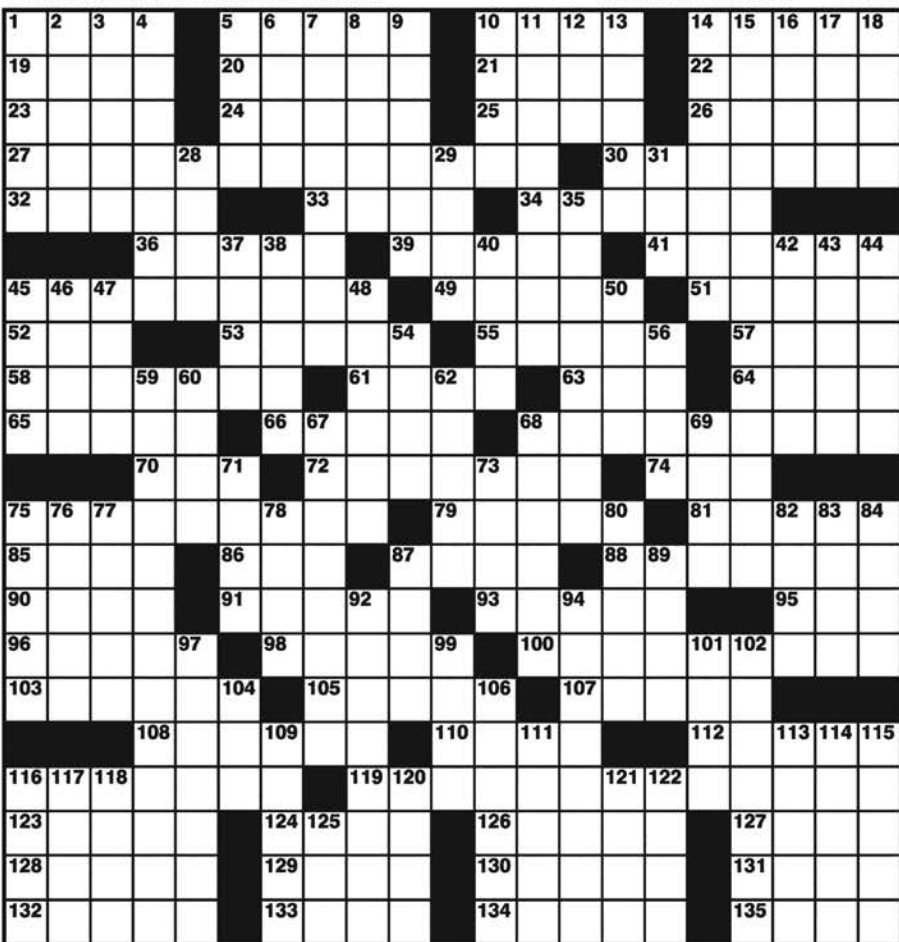
- 1 Gardener, at times
- 5 Painter John La ___
- 10 Moisturizer ingredient
- 14 Proficient
- 19 Part of AD
- 20 Use, as a bed
- 21 Downfall
- 22 Movie mogul Adolph
- 23 Most born in August
- 24 Append
- 25 Spot in the sea
- 26 Amtrak train
- 27 Get a load of
- 30 Timid type
- 32 Craftsperson
- 33 Key opening
- 34 Mother Goose output
- 36 Parting words
- 39 Crusoe creator
- 41 Touched on the head
- 45 Had words
- 49 Thrown
- 51 Out-and-out
- 52 "Gloomy" guy
- 53 Tortoise-and-hare name
- 55 Have ___ of tea
- 57 Architect Saarinen
- 58 First of all
- 61 Beef cut
- 63 Atlys' org.
- 64 Poker declaration
- 65 Valuable violin
- 66 Nimble
- 68 Stewed chicken dish
- 70 Family dog
- 72 Water-repellent accessory
- 74 Ft. Benning prog.
- 75 Cantaloupe
- 79 Mediterranean land
- 81 Coin for Karpov
- 85 Against
- 86 Dobbs of CNN
- 87 Afrikaner
- 88 Make more vertical
- 90 Flabbergast
- 91 Personal preference
- 93 Super Bowl winner as a player and coach
- 95 Bizarre
- 96 High pair
- 98 Unbroken
- 100 Salad-bar item
- 103 Small sofa
- 105 Bit of dirt
- 107 Evenly split
- 108 Foolhardy
- 110 Overdo in the oven
- 112 Bits
- 116 More incensed
- 119 Dorm-room accessory
- 123 Movado alternative
- 124 *The King and I* star
- 126 Silents actress Bara
- 127 Jamaica neighbor
- 128 Clip-on device
- 129 Grand tale
- 130 T-shirt size
- 131 Troop group
- 132 Sojourns
- 133 Bank deposit?
- 134 Jed Clampett portrayer
- 135 Leather ender

DOWN

- 1 Doesn't go on
- 2 Latish bedtime
- 3 Japanese mushroom
- 4 Where a famous stone was found
- 5 Get tired
- 6 Radames' love
- 7 Clown features
- 8 Merchandise
- 9 Group of nine
- 10 6 Down solo
- 11 Shining
- 12 Part of EVOO
- 13 Mongoose, to a snake
- 14 Funnel-shaped flowers
- 15 Answers evasively
- 16 Barely makes (out)
- 17 Ponies sport
- 18 Catch
- 28 Obsessive sailor
- 29 Some potent potables
- 31 Mischief-maker
- 35 Stag's opposite
- 37 Chairlift alternative
- 38 Valiant's queen
- 40 To-do
- 42 Is overflowing
- 43 Unsettling
- 44 Go on and on
- 45 Cpls.' superiors
- 46 It's sometimes anon.
- 47 WWII ally
- 48 Wilde character
- 50 Mongolian desert
- 54 Hungarian sheepdog
- 56 Folded food
- 59 Getting down to brass tacks
- 60 First of all
- 62 ___ Park, NJ
- 67 Ones who complain
- 68 Cloth
- 69 Part of the back forty
- 71 Orion has one
- 84 Extremities
- 87 Headlight light
- 89 Diplomacy
- 92 Oscar winner for Wayne
- 94 Turpentine and the like
- 97 AARP members
- 99 Timber wolf
- 101 Fast, in store names
- 102 Chaik target
- 104 Farm female
- 106 Flutter softly
- 109 Exasperated
- 111 Back-to-health regimen
- 113 Poke fun at
- 114 Circumference
- 115 Sudden outpouring
- 116 Venomous snakes
- 117 Without ice
- 118 Prefix meaning "billion"
- 120 Whale relative
- 121 Advantage
- 122 French city
- 125 MPG org.

CREATORS SYNDICATE © 2008 STANLEY NEWMAN

WWW.STANXWORDS.COM 4/20/08



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.

Former Manhattan furrer Adolph Zukor (22 Across) founded Paramount Pictures in 1912. Mike Ditka (93 Across) was on the Dallas Cowboys team that won Super Bowl VI in 1972, and coached the Chicago Bears in their Super Bowl victory in 1986. EVOO (12 Down) is an acronym for "extra virgin olive oil" popularized by Rachael Ray on her TV cooking shows.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

One of my daughters is on the verge of making a monumental decision about where to attend college, and an important factor under discussion is the weather. Here in Southern California, we certainly enjoy an abundance of sunshine. We're all well aware that winters are far longer, colder and darker just about everywhere else. During the winter months, and especially in more severe climates, doctors observe a type of depression referred to as Seasonal Affective Disorder, or (appropriately) SAD.



Also known as "seasonality," or the "winter blues," SAD is a type of depression that tends to recur year after year as the days grow shorter and colder. There is most definitely a statistical increase in the occurrence of depression during the winter season. In psychiatric circles, it is still under discussion as to whether this is a separate distinct disorder, or if people who are already prone to one of the depressive disorders simply have flare-ups during winter months. It is also unclear whether the depression is caused by decreased sunlight, colder weather, or by the increased isolation and stress that comes with winter months. There is some indication that sunlight, entering through the retina, stimulates the production of chemicals in the brain that have an antidepressant effect.

The primary sign of seasonal affective disorder is a pattern of depressive episodes that occurs with the onset of winter. Sufferers may eat more, crave carbohydrates, sleep excessively, experience chronic fatigue, have crying spells, irritability, body aches, loss of sex drive, gain weight, or exhibit significant social withdrawal.

The second sign of the disorder is the tendency for these symptoms to abate once the days become longer and warmer in the spring. For a doctor to make the diagnosis, the pattern of seasonal depression must be present for at least two consecutive years, without any occurrence of non-seasonal depression.

Who gets SAD? There are clearly more cases among those who live farther north, where there is less daylight and less warm weather. Younger people tend to be diagnosed more frequently with SAD. Women are far more likely to be diagnosed than men (in general, women are diagnosed at higher rates for major depression than are men).

Light therapy, while unproven, is often recommended. Daily exposure to a full spectrum fluorescent light appears to significantly improve depression in those with a tendency to SAD. These lamps are easy to find (try the Internet) and cost roughly \$200.00.

Traditional treatments for depression are also recommended, including both therapy and antidepressant medication. Spend time outdoors when possible, and take vacations in warm, sunny places.

Fortunately for my local readers, we live in paradise. (Just ask my daughter, who was delighted to come home from that college visit and exchange her down jacket for flip-flops.) Most of us, however, have loved ones who live in colder, darker climates and may suffer from SAD. Or, you may be considering moving to colder climates for a job, finances...or college. Consider the weather when making your decision, as it may play a significant role in your seasonal happiness.

As always, I wish you the best of health.

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.

Center offers 'manipulative therapy' for various ailments

■ The Osteopathic Center for Well-Being touts itself as a treatment center for long list of ailments.

DOWNEY – The Osteopathic Center for Well-Being, located in the Brookshire Medical Building across the street from Downey Regional Medical Center (DRMC), recently opened its doors, offering Osteopathic Manipulative Treatment (OMT).

OMT is manipulative therapy for a vast array of ailments as well as for overall wellness, treating sinusitis and asthma, neck and back pain, sciatica, joint pain and carpal tunnel syndrome, to name a few. OMT takes advantage of the body's natural ability to heal itself, hospital officials said. Health problems are addressed with passive, non-invasive "hands-on" procedures that do not involve tools or break the skin.

Officials said OMT can speed recovery, serving as an effective companion or alternative to physical therapy following illness, injury and/or surgery. The Center works with the patient's primary physician to achieve results. The Center also provides instruction on body mechanics, nutrition and exercise.

The result of a collaboration between DRMC and Western University of Health Sciences, the Center staffed by doctors of osteopathy (DO), including faculty from Western University as well as DRMC's osteopathic residency program.

"This is not a new treatment option," said Dr. Mark Schneider, the Center's senior medical director. "OMT has been a recognized medical protocol since the 1800s."

The first school of osteopathic medicine was founded in 1892. Treatment centers currently exist throughout the U.S. and several other countries. Doctors of osteopathy are fully licensed physicians and may practice in all medical specialties and sub-specialties.

For more information on OMT, call (562) 869-6400.



The Los Angeles County Medical Association Alliance, District 10, hosted its annual philanthropy luncheon on April 9 at the Rio Hondo Event Center. Featured speaker Peter Small entertained guests with a portrayal of Harry S. Truman. Pictured are, left to right, Gloria Crum, co-president; Heather Conwell, R.N., Henderson Goergen Foundation; Harold Tsklenis, School Music Program; Martha Sodetani, PTA HELPS; Ruth Hillecke, co-president; and Dr. Patricia Isely, Physicians Aid.

The types and treatments of urinary incontinence explained by LRMC

■ Dr. Miriam Mackovic of Lakewood Regional Medical Center will prevent a free lecture on the affliction May 6. Doctor stresses that treatment is available.

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER
LAKWOOD – Urinary Incontinence (UI) is the sudden, uncontrolled release of urine from the bladder. It affects 13 million people in the United States, with 85 percent of those being women. An estimated 35 percent of women over the age 50 suffer from some degree of incontinence, and 15 percent report leaking at least once daily. If these numbers come as a surprise, it's probably because UI is one of those things that no one finds particularly easy to talk about.

This embarrassing condition can significantly inhibit a woman's quality of life, often causing her to avoid an active lifestyle or to shy away from social situations. Only five percent of the women with UI receive treatment. Embarrassment keeps 50 to 70 percent of women who leak from ever seeking treatment. Patients often cope with this condition for six to nine years before asking for help. Many women who leak are not only embarrassed by their problem, but also may have the mistaken belief that their problem can't be bettered. Nothing could be further from the truth as current treatments are highly successful.

Types of Incontinence
"There are several types of incontinence, each with different causes and treatments. The two most common are stress and urge incontinence and they can occur separately or together," explained Miriam Mackovic, M.D., a board certified OB/GYN practicing at Lakewood Regional Medical Center (LRMC). "Defining the type of leakage greatly improves the success of treatment. We accomplish this with an interview

and examination of the patient, along with a simple bladder test. Approximately 60 percent of women who leak urine have stress incontinence."

Stress Urinary Incontinence

Stress Urinary Incontinence (SUI) is the uncontrolled leak of urine with coughing, laughing, lifting, sneezing, exercise or any activity that raises abdominal pressure. Though it can occur at any change, this is often seen in women who have multiple children. Gravity, time, pregnancies, deliveries and prior pelvic surgery (hysterectomy, etc.) all weaken the pelvic floor and urethral sphincter muscle, both of which are needed to stay dry. The decrease in estrogen that occurs with menopause magnifies the effect of these factors.

Mackovic explains that SUI is best treated surgically. Non-surgical pelvic floor exercises, such as Kegel exercises, can strengthen muscles of the sphincter area and

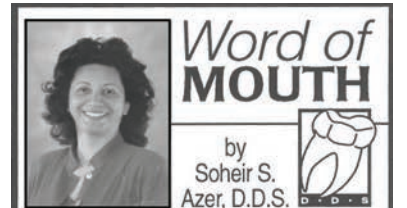
help those who's leakage is minimal. Only surgery can secure long lasting favorable results in more significant cases of SUI. Over the years, many surgical approaches have been tried, with various successes. To officially clarify which did work for the public, the American Urologic Association, in 2001, stated that only two types of "bladder suspension" procedures for SUI have effective long term cure rates. These procedures are: the open abdominal anterior urethropexy (Burch or MMK procedure), and the "sling procedure," which is done completely vaginally.

Tension-Free Vaginal Tape

The TVT procedure is a simple, quick (usually less than 30 minutes), minimally invasive treatment for women with SUI. The TVT is a doctor-applied, ribbon-like strip that stops urine leakage the way your body was designed to – by supporting the urethra (the short channel your bladder empties through). The TVT device uses a

mesh sling to give support to the middle of the urethra, the section that is strained during physical activities. This positioning of the device provides support only when needed, and so creates a "tension-free" support.

See INCONTINENCE, page 10



Many of the beautiful smiles that you see on the faces of award-winning actors and actresses are the result of porcelain veneers. Veneers are thin, custom-fabricated shells made of tooth-colored materials that are used to resurface stained, pitted, and worn enamel. They also provide very satisfactory results when used to close overly large spaces and correct minor irregularities and crookedness of the front teeth. Materials used for veneers include acrylic plastic and composite, but porcelain is often preferred for its durability, stain resistance, and natural look. The big advantage that veneers provide over crowning is that they require very little alteration of the natural tooth, although removal of sufficient enamel to accept the thickness of the veneer is necessary.

May is "National Smile Month." Virtually all Americans say an attractive smile is an important social asset. People seek cosmetic dentistry for a variety of reasons. Some people simply want to look younger, and cosmetic dentistry is like a dental facelift that can quickly "reverse" the natural aging process of the teeth. In fact, a smile makeover is probably the fastest, safest, and most noticeable ways to improve your appearance. If you are looking for a dentist who understands your needs, we hope you will consider us. We want to make the most of your smile. Please call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307.

P.S. Because porcelain veneers are translucent, they closely mimic the light-reflecting characteristics of natural teeth.

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www.universalyoga.org

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May-June, 2008

For additional information or to register for any class (unless otherwise noted), please call 562-904-5580.

FOR EXPECTANT PARENTS
The Stork Tour:
Expectant Parent Family Birth Center Tour
Wednesday, May 7 or Wednesday, June 4
4 to 6 p.m. – DRMC Conference Room A

Childbirth Education Classes (Series of 4)
Tuesdays, June 9, 16, 23, 30
7 to 10 p.m. – DRMC Conference Room A or B
\$75 per couple
(To register for this particular class, please contact instructor Roselyn Smith 714-319-4267 or prep4baby@sbcglobal.net)

Breastfeeding Workshop
Tuesday, May 12 – 7 to 9:30 p.m.
DRMC Conference Room C – \$10 per person

SUPPORT GROUPS
Grief and Loss Program:
First Saturday of each month, 2 to 4 p.m.
Contact: Jim at 562-949-3399

Overeaters Anonymous:
Every Monday, 6:30 to 8 p.m.
Contact: Alice at 562-927-0887

Sarcoidosis:
Last Saturday of each month, 1 to 3 p.m.
Contact: Sarcoidosis Network at 562-809-8500

Restless Legs Syndrome of Southern California:
3 meetings held each year on Sundays from 1:30 to 3:30 p.m. – Contact: Janis at 714-633-0123

OTHER CLASSES
Healthy Heart Nutrition Class
Wednesday, May 14 or
Wednesday, June 11
3:30 to 4:30 p.m.
DRMC Conference Room A or B

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Downey Police Officer Kristopher Kroese and Detective Paul Koppes, left, were part of a team from the Downey Police Department that participated in the Baker to Vegas Challenge Cup Relay last week. Downey officers ran a grueling stretch that included a steep upwards incline - in fact, it was rated the toughest leg of the entire race. Relay results were not available as of press time. Photos by R.D. Salyer

Hope: Students have their sights set on June's Relay for Life.

Continued from page 1

and year the club has participated in Relay for Life. The club was started after Quintero and fellow colleague and Bears of Hope advisor Carrie White found out they had each been affected by cancer in a tremendous way. White lost her best friend to cancer and Quintero has lost numerous family members to cancer, including her mom.

Although it was difficult to move past the deaths of their family and friends, Quintero and White both knew they needed to use their own experiences to create awareness and raise funds in order to find a cure.

Two years later, the club is going strong, with more than 75 active general members and 17 active board members. The club works around the clock to shed light on cancer in a positive way - a way that provides hope and a reason to believe that cancer can be overcome.

One of the ways the club spotlights cancer is by highlighting a different type of cancer each month.

"Every month has its own cancer so we try to educate people on each of them," said Jessica Peña, a senior and Bears of Hope board member.

In November, Lung Cancer Awareness Month, the club travels to West and Griffiths Middle Schools to stress the health risk involved in smoking. During Breast Cancer Awareness Month in October, club members wear pink and pass out ribbons. And on, and on, and on.

The club also participates in Daffodil Days, a fundraiser hosted by ACS at the beginning of spring.

So far this year, the club has hosted numerous fundraisers, including a yard sale at Quintero's home and the selling of churros, caramel apples, and In-N-Out burgers at school events. They also

email sponsorship letters to family and friends to gain sponsorships for Relay for Life.

Currently, the club is focusing on Relay for Life and meeting their club goals, as well as the goals set by ACS. By 2015, ACS hopes to accomplish the following:

- Lower the number of people dying of cancer by half;
- Reduce occurrences of cancer by 25 percent; and
- Improve the quality of life of all those affected by the disease.

"We have all been affected by cancer in one way or another," said Petra Delgadillo, a senior and Bears of Hope board member. "So it's something important to all of us."

Bears of Hope, participating as the Warren Bears of Hope Team, are in charge of the Luminary Ceremony at this year's Relay for Life, which will take place at Columbus High School.

According to www.relayforlife.org, Relay for Life is ACS's signature event and offers individuals and communities the opportunity to participate in the fight against cancer. The Relay consists of teams of people that camp out at a local high school, park or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event, which is an overnight event, lasting up to 24 hours.

"Cancer never sleeps, so we don't sleep," said Brittany Forsythe, a senior and Bears of Hope board member.

To join the Warren Bears of Hope Team, or to make a donation, visit www.relayforlife.org.

For more information on the American Cancer Society, visit www.cancer.org, and if interested in Power 106's "Power 106 at Your School" program, visit www.power106.com.

Local church hosts book discussion

DOWNEY - The Downey Church for Spiritual Enrichment is hosting an evening service on April 30 at 6:30 p.m.

Rev. Linda Morris will discuss books "The Game of Life," "The Power Within You," and "A New Earth."

The Downey Church for Spiritual Enrichment is located at 10000 Paramount Blvd. in Downey.

For more information, call (562) 928-6469.

Tickets to Disneyland up for auction

DOWNEY - Downey United Methodist Church is hosting its annual silent auction on April 27 at 11 a.m.

Items to be auctioned include tickets to Downey Theatre, Disneyland, Magic Mountain and gift cards to local restaurants. Antiques and collectibles will also be auctioned off.

The event will begin at 11 a.m., followed by lunch at noon.

For more information, call (562) 861-9777.

Class of '78 planning reunion

DOWNEY - The Downey High School Class of 1978 will celebrate their 30th reunion on Sept. 20.

For more information, visit www.dhs1978reunion.com, call Mike Schroeder at (714) 597-9300, or email Marlene Puch Masone at mtmyl@msn.com.

Early kindergarten registration begins next month at schools

DOWNEY - Early registration for children who plan to enter kindergarten at a Downey Unified School in September will be held at the elementary schools during May and June.

To be eligible for kindergarten, children must be five years of age on or before Dec. 2, 2008. Proof of age must be presented at the time of registration. This may be done with a birth certificate, baptismal certificate, or other legal document. At the time of Kindergarten Round-Up, parents must also bring to the school proof of residence in the District.

In addition, parents must bring evidence their child has received a physical examination, which must be completed after March 1, 2008. Parents must also bring their child's immunization record and ensure that their child is current on their immunizations which include five DTP (four doses meet requirement if at least one was given on or after the fourth birthday); four Polio (three doses meet requirement if at least one was given on or after the fourth birthday); three Hepatitis B; and two MMR (the first dose of MMR must be given on or after the first birthday).

Parents must also verify that the child has received the varicella immunization or a statement from a doctor stating that the child had chicken pox. Parents must provide the results of a Mantoux test for tuberculosis; the test must be done after Sept. 1, 2007.

A new requirement by the California Department of Education is that parents must provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or other licensed or registered dental health professional. Oral Health Assessments that have happened within the 12 months before your child enters school meet this requirement (examination must be completed after Sept. 1, 2007).

Kindergarten Round-Up locations and dates are as follows: Imperial Elementary, May 13; Williams Elementary, May 15; Gaudin Elementary, May 19; Gallatin Elementary, May 21; Price Elementary, May 22; Lewis Elementary, May 23; Ward Elementary, May 27; Unsworth Elementary, May 28; Rio Hondo Elementary, May 30; Alameda Elementary, June 2; and Rio San Gabriel Elementary, June 3.

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

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Hall of Fame ceremonies April 30

DOWNEY - Outstanding children in grades 1-12 will be honored at the Kids Day Hall of Fame program scheduled this year for April 30 at 7 p.m. at the Downey Theatre.

For more information, call the city of Downey Community Services Department at (562) 904-7238.

Discounted senior lunches available

DOWNEY - The Human Services Association provides nutritious meals 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. Reservations are required by calling (562) 862-8800.

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Downey author draws from personal experiences to shed light on abuse

■ After 13 years, Brenda Youngerman finally found the strength to escape the nightmares of an abusive relationship. Now a single mother of three, she knows she made the right decision.

BY BROOKE KARLI,
STAFF WRITER

DOWNEY – While growing up, Brenda Youngerman's idea of marriage was similar to that of other young girls – she wanted to marry Prince Charming.

But what Youngerman didn't know, and wasn't prepared for, was when her Prince Charming became her worst nightmare – and the subject of her books, "Private Scars" and "Public Lies."

Youngerman, 48, has lived in Downey since she was 2 years old, graduating from Downey High School in 1978, the first graduating class to attend Downey all four years. She did, however, live in Santa Barbara for 15 years following high school, receiving her bachelor's degree in history from the University of California, Santa Barbara, and attending the Santa Barbara College of Law.

Her writing career dates back to high school, when she wrote 12 short stories.

"I was always taught to think and write outside the box," Youngerman said of the instruction she received in high school. "So I wrote poetry and short stories."

Although she majored in history while in college, her passion to write never dwindled.

"I have always been really creative and writing is my creative outlet," said Youngerman, a system analyst for Panasonic.

"Private Scars," a novel about a battered woman who struggles to overcome spousal abuse and create a new life for her and her children, was released in 2006 and was Youngerman's first novel. It took her only three months to complete, but as she would say, it really took 13 years of her own experiences to write the book.

Youngerman was married to a man that was abusive, and she knew the best thing for her and her children was to get out of the relationship. She has been a single parent for nearly 15 years, taking care of her three children, ages 17, 18 and 19.

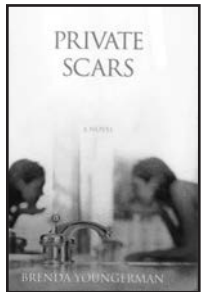
Her second novel, "Public Lies," was released last year and is the follow-up to "Private Scars." The novel tells of a woman who chooses to take her children and flee her marriage to start a new life. She realizes she cannot continue to hide from her past as her children begin to question their father's whereabouts. She then decides to return home and face her problems, which include dealing with her abusive husband, still angry for her leaving him and disappearing with their children.

"Public Lies" is about courage, the depth of love and the strength of a mother," Youngerman said. "But most of all, it's about the millions of victims who feel trapped, confused, hurt and alone. These men and women need to know they have options and that help is available."

Youngerman went on to say that only one in four abuse victims leave a domestic situation, so she writes for the other three – two of which aren't even aware of the abusive situation, which may include physical, sexual, verbal, child and parent abuse, amongst others.

"A lot of times victims feel they are to blame for the way they are being treated, but I want them to know that it's not their fault and that they're not alone," she said. "And that's why I try to write from a victim's point of view."

Youngerman's biggest hope is that her own experiences help those around her.



Brenda Youngerman: Her Prince Charming soon became her worst nightmare.

"If we don't learn from the events of our past, we are doomed to repeat them," she said. "I would love to speak to high school students about domestic abuse because they are never taught how to look for those who lie and mistreat people. And more importantly, nobody teaches girls about what might happen after the fairytale wedding."

Youngerman said her biggest mistake was not living with her husband before marriage. If they would have lived together beforehand, she believes she would have been able to detect the type of person he was and would have run from the relationship.

"Red flags are red flags – nobody changes after marriage," she explained. "I married the master manipulator but didn't know it until we were married. At that point, I was afraid to come home at night and afraid to speak my mind in fear of retribution."

Youngerman is expected to release her third novel, "Hidden Truths," a novel about children hiding their parents' abuse, this summer. "Sorrowed Souls," a novel dealing with homelessness, is projected to be released next year.

For more information on Brenda Youngerman, or to purchase one of her books, visit www.brendayoungerman.com.

Father-son relationship rekindled in memoir

■ Literally typing with only two fingers, John Camilleri successfully publishes his maiden work, an autobiography detailing his deep-rooted love for a father who gave so much.

NORWALK – Cerritos College has announced that OWL (Older Wiser Learner) Program student John Camilleri recently published "Dad and Me: Our Loving Relationship," an autobiography about an inseparable, deeply loving relationship between father and son.

Camilleri depicts the roller-coaster life and the invincible spirit of his father with the vividness as if he had seen it all.

"I had a very close relationship with my father, and he's taught me many valuable lessons," said the soft-spoken Camilleri, with his wife Marion at his side. "I decided to write a book about my father as my way of saying 'thank you' to him and to keep his memory alive."

"Dad and Me" was his very maiden work. Literally typing with two fingers, Camilleri finished his book in an amazingly short period of 10 months, suffering and overcoming cancer in between. "I knew exactly what I was going to write about, because the stories my dad used to tell me were so rich and powerful."

"The only thing I did was to encourage John and some editing," said Dr. Elijah Levy, a professor in the OWL Program and a close friend of Camilleri.

It is true that fully-committed Camilleri did not need much help writing the book, however Levy's support and Camilleri's experience from Levy's Veteran History Project, which helps veteran students to record or write about their military experiences, pushed his back.

Levy also helped Camilleri work with the printer, and there is one touching story behind this. Levy ordered one proof copy prior to mass printing. When he received the package of the copy, he thought of a nice surprise. Instead of opening the package himself, he brought it to Camilleri and had him open it and gave him the honor of opening the very first copy of his book himself. Levy videotaped Camilleri opening the package.

The intense memory of his father and the process of writing the book made Camilleri choke on his words as he tried to tell his

father that this book was dedicated to him. The touching video was inserted into the hardcover special editions and given to his family and friends.

"I just added a nice final touch to make it special," said Levy.

"Love is a lost art in the current society," said Sally Greer, Emeritus Assistant who is integral to the OWL Program at Cerritos College. "John's book teaches that love is the most powerful force of parenting."

The book also sends a strong message to older adults – age is not a matter, illness is not an excuse, everything is possible if one has a strong will to achieve a goal.

Camilleri's dedication to leave a legacy of his hero, even with illness in between, surely inspired his fellow classmates.

"It conveyed to them in a powerful way that regardless of age they can achieve something if they are motivated," acknowledged Levy

Most importantly, Camilleri's book passes down an important but lost art of parenting and storytelling to a young generation. To purchase a copy of "Dad and Me," contact Dr. Elijah Levy at crazyhorse825@yahoo.com.

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88 MINUTES R Fri to Wed: (11:10, 2:05, 4:50), 7:35, 10:15
THE FORBIDDEN KINGDOM PG-13
Fri to Wed: (11:45, 2:25, 5:10), 7:10, 7:55, 9:50, 10:35
PROM NIGHT PG-13 Fri to Wed: (12:20, 2:40, 5:05), 7:45, 10:10
STREET KINGS R Fri to Wed: (11:50, 2:30, 5:20), 8:00, 10:45
NIM'S ISLAND PG Fri to Wed: (11:20, 1:45, 4:15)
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FORBIDDEN KINGDOM PG13	(10:45 1:25 4:05) 6:45 9:25
FORBIDDEN KINGDOM PG13	(11:45 2:25) 5:05 7:45 10:25
FORGETTING SARAH MARSHALL R	(11:00 1:40 4:20) 7:10 9:40
88 MINUTES R	(10:55 1:40 4:25) 7:10 9:55
STREET KINGS R	(11:35 2:20) 5:10 7:50 10:35
PROM NIGHT PG13	(10:50 1:15 3:40) 6:05 8:30 10:55
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New & noteworthy titles at the Downey City Library

Fiction:

- "The Good Thief's Guide to Amsterdam" by Chris Ewan. Charlie Howard writes suspense novels about a career thief -- he also happens to be one.
- "Heroines" by Eileen FAVORITE. Imaginative novel about a retreat where literary heroines find temporary respite from their woes but must eventually return to their books to suffer their fate.
- "The Killing Room" by Peter May. When the bodies of 18 women are discovered in a mass grave in Shanghai, Li must discover the connection to an unsolved murder in Beijing.
- "The Quiet Girl" by Peter Hoeg. In this philosophical thriller set in Denmark, a man must safeguard a group of children with mystical abilities until one of them goes missing.
- "Seduction of the Crimson Rose" by Lauren Willig. By the author of "The Secret History of the Pink Carnation," this is the fourth book in a series filled with passion, adventure and flower-named spies during the Napoleonic Wars.

Non-Fiction:

- "The Courage to Survive" by Dennis Kucinich. This inspiring book is the autobiography of a young man who went from stock boy to mayor, congressman and Presidential candidate.
- "Dark Victory: the Life of Bette Davis" by Ed Sikov. Film critic Sikov gives a detailed portrait of the actress once described as "one of the major events of the twentieth century."
- "Mind, Life and Universe: Conversations with Great Scientists of Our Time" edited by Lynn Margulis and Eduardo Punset. Forty of today's most prominent scientists discuss the big questions that drive their careers.
- "Sit, Ubu, Sit: How I Went from Brooklyn to Hollywood with the Same Woman, the Same Dog and a Lot Less Hair" by Gary David Goldberg. A sports-crazed kid from New York follows the love of his life to California to become the creator of successful TV sitcoms and UBU Productions.

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Cleo Latimer, center, accepts a certificate on behalf of the Friends of the Downey City Library, one of the 2007 major donors and the underwriters of the 24th annual Volunteer and Major Donor Recognition Breakfast. Shown with Latimer are, from left, Councilman Kirk Cartozian, Mayor Pro Tem Mario Guerra, and Mayor David Gafin. Photo courtesy Downey City Library

Library volunteers, donors recognized at annual breakfast

■ Downey City Library thanks volunteers and financial supporters at the 24th annual Volunteer and Major Donor Recognition Breakfast.

BY HENRY VENERACION, STAFF WRITER

DOWNEY—The Downey City Library paid tribute to the 115-odd volunteers who, in the words of City Librarian Nancy Messineo, “give so much not only to the library but also work at other worthy projects around the city,” as well as to its many generous donors led by Dr. Mary Stauffer, at its 24th annual Volunteer and Major Donor Recognition Breakfast last Saturday.

These volunteers, said Messineo, representing such groups as the Assistance League of Downey, the Library Advisory Board, the Friends of the Library (who footed the bill), the Oral History (“One Book, One Community”) Project, the many teenagers who sit on the Teen Advisory Committee and who help with the library’s “Read to Me” program and process books, those who volunteer at the Friends Bookstore, and those who perform little-noticed but important work throughout the library, accumulated some 9,842 hours of service during the year. “For which,” she said, “the library and the whole staff are extremely grateful.”

The donors not only come up big with their monetary donations, said Messineo, but supply the various programs with such incentive items as medals and prizes.

Emcee Mayor David Gafin, who also served as door greeter, likewise praised and thanked everybody for their unselfish contributions and involvement in library activities, and enjoined everybody to “keep up the good work.” Especially cited for her rare expertise in “mending” books was longtime volunteer Dona Swanson of Materials Processing.

Introduced by Literacy Administrator Claudia Dailey, each honored volunteer received a certificate and an attractive complimentary, commemorative canvas bag, which were handed out by Gafin, Mayor Pro Tem Mario Guerra and Councilman Kirk Cartozian. They all posed for pictures with each honoree.



Over 100 Kiwanis members from the 13th District gathered at the Rio Hondo Event Center to welcome Kiwanis International Gov. Oscar Knight. From left: Ron Childers, Roy Beard, John Casillas, Betty Monroy, Knight, Mark MacKenzie, Robert Reiley and Jeremy Eshnoz.

Kiwanis governor visits Downey as part of international trip

■ Over 100 Kiwanians representing seven clubs in the 13th District converge at Rio Hondo Event Center to welcome Oscar Knight.

CONTRIBUTED BY GWYNN GUSTAFSON, KIWANIS CLUB OF DOWNEY

DOWNEY – Kiwanis Club of Downey hosted the annual Kiwanis International Governor’s visit at the Rio Hondo Event Center on Feb. 21.

Seven clubs and over 100 members of the 13th District, which includes Downey, Downey-Los Amigos, Bellflower, Huntington Park, Long Beach, Santa Fe Springs-Heritage, Seal Beach, Cerritos, and Bixby Knolls-North Long Beach, welcomed Kiwanis Governor Oscar Knight, who oversees 44 Kiwanis clubs in California, Nevada and Hawaii.

Three-time Kiwanis Lt. Gov. Claudia Parra opened the event commenting, “I love coming to these meetings, to see so many people who care [about their community].”

The opening ceremony included Lt. Gov. Raleigh McCormack, President John Casillas and Past President Ed Schneeberger of Downey, Roy Beard of Downey-Los Amigos, Elva Brown of Huntington Park, Ian Stone serving as District 13 Key Club lieutenant governor, and Don Howard, District 13 Service Leadership Program chairman.

Gladys Knight, wife of Oscar Knight and voted Kiwanian of the Year her first year in District 100, shared her passion for the health and welfare of children, especially those at Children’s Hospital. Following a video presentation, she urged those in attendance to channel their time and resources to Children’s Hospital projects, helping children who come to the hospital for last-hope care.

“This is why we do what we do. We make a difference in each and every community we serve,” Oscar Knight, a 29-year Kiwanis member, told the audience. “Kiwanis operates with one mantra: Look at your community, decide what it needs and focus on that need. Imagine what your community would look like if people didn’t join Kiwanis.”

Residents interested in joining Kiwanis are invited to attend a meeting at the Rio Hondo Event Center on Wednesday at 7 a.m. or Thursday at noon. More information can be found at www.downeykiwanis.org.

Woman’s Club: History dates back to 1898, when their goal was the establishment of a library.

Continued from page 3

became affiliated with the California Federation of Women’s Clubs.

- 1901 – The club opened a small library in the McKellar home on Firestone Boulevard.
- 1901 – The club’s meeting day changed to Saturday, becoming the Saturday Afternoon Club of Downey.
- 1901 – Club purchased a lot at Firestone Boulevard and New Street.
- 1910 – A clubhouse was built for \$1,752.
- 1912 – Meetings were changed to meet twice a month on Wednesdays.
- 1915 – The Los Angeles Board of Supervisors agreed to contribute \$10 a month to establish a Los Angeles County Free Library at the club.
- 1919 – Club donated to L.A. County Farm (later known as Rancho Los Amigos).
- 1920 – Woman’s Club and Downey Board of Trade entered “Butterfly Float,” Downey’s first Rose Parade entry, and won Banner and Silver Cup.
- 1924 – Club changed its name to Woman’s Club of Downey.
- 1926 – The library outgrew the Woman’s Club and was moved to Masonic Building on Downey Avenue.
- 1928 – An addition to house a better-baby clinic was built onto the clubhouse. The clinic was attended by Los Angeles County doctors and nurses.
- 1939 – A lot was purchased on Church Street for a new clubhouse, but was later sold.
- 1945 – The Junior Women’s Club was formed.
- 1946 – The club’s juniors and seniors purchased a resuscitator for the city.
- 1947 – The clubhouse was sold for \$28,000, with its last meeting on Dec. 3, 1947. Meetings were moved to First Presbyterian Church of Downey.
- 1949 – Club purchased a lot at Paramount Boulevard and Lubec Street for \$11,000.
- 1950 – The new clubhouse was completed for a cost of \$55,000.
- 1956 – Club donated to new Downey YMCA.
- 1959 – Club donated to new Downey City Library.
- 1960 – Membership reached 500, with prospective members placed on a waiting list.
- 1968 – Club donated to new Downey Community Hospital.
- 1970 – Club donated to new Downey Theatre.
- 1986 – Storage expansion area added to clubhouse.
- 1987 – Club met goal of \$3,000 to donate “seeing eye dog.”
- 1989 – Received Service Award from Rancho Los Amigos National Rehabilitation Center.
- 1990 – Received Service Award from Metropolitan State Hospital in Norwalk.
- 1997 – Club donated \$500 to Adopt-A-Bell project.
- 1997 – Refurbished clubhouse at cost of \$75,000.
- 1998 – 100th Anniversary.

According to “*The History of Downey, California*,” by Charles Russell Quinn, some of the club’s early presidents include notable names of the pioneer days – DeNure, Golden, Kendrick, Sublins, Bagley, Kinney, McKellar, Darby, Stout, Hatch, Rives, Rinker, and Tweedy.

As mentioned above, the Woman’s Club of Downey is affiliated with the California Federation of Women’s Clubs, which is part of the General Federation of Women’s Clubs (GFWC). GFWC’s mission is to “address the diverse needs of their communities and countries through times of social change and technological revolution, and of war and peace in an increasingly independent world” – a mission the Woman’s Club of Downey strives to accomplish in all that they do.

The GFWC’s annual contribution consists of more than 13 million hours and \$37 million donated by women’s clubs through 168,400 local club projects.

The Woman’s Club of Downey meets the first Wednesday every month at 11 a.m. at their clubhouse located at 9813 Paramount Blvd. Membership fees are \$40 a year.

For more information, or to join the Woman’s Club of Downey, call (562) 927-3000, or visit www.womanclubofdowney.org.



Speaker
Miriam Mackovic, MD

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1:00 pm

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Downey dominance on display over Lynwood

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – Cruising through the easiest part of their schedule, the Downey Vikings continued their dominance over the lowly Lynwood Knights, winning on the road Tuesday 10-4.

In their past three league games the Vikings have averaged over 15 runs a game and have waltzed through the two worst teams in the San Gabriel Valley League.

The Dominguez Dons and Lynwood Knights have won a total two games combined and have not been much of a factor for much of the season in league play.

Downey has won three straight in league play and five straight overall. The Vikings will look to sweep the season series versus the Knights today at home. Game time is 3:15 p.m.

The Vikings currently hold the third spot in the SGVL and go into a crucial series with the Warren Bears next week.

Warren can't stop slide, drop fifth straight game

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – Warren continued its slide down the league standings as they dropped their fourth straight league game and fifth straight game overall to the Gahr Gladiators on Tuesday, losing 8-1.

The Bears continue to struggle with their pitching. In the five straight losses, the pitching has given up an average of seven runs a game, putting heaps of pressure on their offense to get the job done.

While Warren has faced very tough teams, two of their games were against league-leading Paramount and the past game was against Gahr, and digging a seven-run hole per game is hard for any team to come back from.

The Bears, after starting league play 5-1, are now back at break even in San Gabriel Valley League play, and are eight games under .500 for the season.

Next week will make or break the Bears' season as they take on Downey High School, who is 6-4 in league play and currently hold on to the third spot in league standings.

But first they have to take care of business today. Warren travels to Cerritos to take on Gahr for their final regular season meeting. Game time is 3 p.m.

School open house schedule released

DOWNEY – The Downey Unified School District will be conducting open houses at local schools next month. The schedule is below:

Rio San Gabriel Elementary	May 20	6:30 p.m.
Alameda Elementary	May 22	6:30 p.m.
Gauldin Elementary	May 22	5:30 p.m.
Lewis Elementary	May 22	6 p.m.
Old River Elementary	May 22	6:30 p.m.
Unsworth Elementary	May 22	6 p.m.
Ward Elementary	May 22	6:30 p.m.
Williams Elementary	May 22	5:30 p.m.

Wiley-Burke: a brief history of the war hero and British patriot

BY JOHN VINCENT, DOWNEY HISTORICAL SOCIETY

Wiley-Burke Avenue was named for the British hero of World War II, Major General Sir Alan Grimsby Wiley-Burke V.C., D.S.C., K.G., who lived for a brief period in Downey following that war.

Alan Wiley-Burke was the only child of Lord Ashley Wiley-Burke and Lady Sylvia (Grimsby). He was born at Wembly Manor, Sussex, Sept. 7, 1906. After a rather sketchy education under various tutors, his parents sent him to Eaton in 1918, and it was there that he came under the influence of the famous naturalist Geoffrey James. James was sometime headmaster of the school, but had stepped down at the time of the First World War in order to enter His Majesty's service as a captain of infantry. James had returned to Eaton in the fall of 1918, and it was in his popular classes that the young Wiley-Burke got his first knowledge of military affairs. The interest which James aroused lasted Wiley-Burke for the rest of his life.

Wiley-Burke entered Oxford University in the fall of 1922 and took his degree in Military Tactics and Natural Sciences in the spring of 1926. In September of that year, after having spent a long summer vacation in the lake region of Scotland, he joined his infantry regiment which was on a practice bivouac in the Cotswold hills. Wiley-Burke had achieved the rank of reserve lieutenant during his college years. It seemed a foregone conclusion that the young man was destined for a military career.

Wiley-Burke's military service was begun in the doldrums (for the armed services at least) between the two wars. Promotion was slow even for the outstanding officer, and Wiley-Burke was still a lieutenant in 1933 when he was unexpectedly offered a captaincy and a chance to travel to Germany as a member of a British mission which had been invited to observe the progress of the German air force under Adolph Hitler.

It was in Berlin that Wiley-Burke was introduced to Charles Lindbergh, who was then in Germany on his famous fact-finding mission. Although they often disagreed on the strength and potential of the Luftwaffe, they did agree on the dangers inherent in the build-up. As the year progressed the two became friends. Such good friends in fact that in April of 1937 Wiley-Burke traveled to the United States and spent some time with the Lindberghs at their secluded New England estate.

Coincidentally, Wiley-Burke had a second cousin, grandson of an early yankee migrant to Spanish California, who had become wealthy as a rancher and orange grower in Los Angeles County. Wiley-Burke visited his cousin and was a guest in his home for several weeks. The mild climate and spectacular scenery made a strong impression on Wiley-Burke and he was toying with the idea of requesting an extension of leave when the German armies entered Poland. Wiley-Burke returned to England by Clipper immediately.

In England Wiley-Burke found preparations going on for the defense of the island and hope for counter offensive against the Germans. He joined his regiment as adjutant with the rank of major, and in a matter of a few days he and his men were moved from barracks near London to a commando training center near Croyden Airfield. The next few months were spent in a rigorous training program which included parachute experience.

In late September of 1942 the regiment joined British and American forces and shipped from Dover Landing at the Vichy French controlled port of Oran in North Africa. Wiley-Burke saw first combat in some of the early battles for

"By God, if I had two more officers like him I'd be in Rome now kissing the Pope's ring. Wiley-Burke is a real man. I love his guts!"

—Purported quotes by Gen. George S. Patton

that region which pitted the English forces against a motley combination of German, Italian and sometimes French troops.

In the crucial battle for the Kasserine Pass, Wiley-Burke was serving as liaison officer to a brigade of infantry attached to the British Third Army. In the early morning hours of the second day of the battle orders came to regimental headquarters to fall back from a line of low hills in order to straighten the battle line. Wiley-Burke, in a forward position along with a company of his own commandos, was not notified of the withdrawal. Realizing too late that his unit was in a precarious position, he sent scouts into the hill region at the front. Returning scouts indicated that a German tank park was just beyond the hills, and Wiley-Burke elected to attack it with his meager forces.

Under cover of darkness, the attack took the Germans completely by surprise. Early dawn found Wiley-Burke's detachment in complete control of the area; some 70 tanks along with their crews, supplies and auxiliary vehicles had been captured. The advancing armies were then able to capture the pass that same afternoon.

Since this action was instrumental in turning the tide of battle in a crucial sector – Wiley-Burke was mentioned in dispatches and from then on until the end of the North African campaign – he was attached to the staff of General Sir Kenneth Anderson. He was advanced in rank to lieutenant colonel. Later Montgomery himself presented Wiley-Burke with the Distinguished Service Cross.

In the Sicilian invasion of July 1943, Wiley-Burke was loaned to the American army. He accompanied the field headquarters of General George Patton's Seventh Army.

In the battle for Palermo, Wiley-Burke was wounded by a fragment of a mortar shell. Although his shoulder wound was not serious, he had lost considerable blood. Medical personnel ordered him evacuated but he scorned all but rudimentary first aid and returned to the battle.

At the outskirts of the city, Wiley-Burke took command of an artillery battery which had lost all of its officers in a premature shell explosion, and directed the battery's fire so effectively that enemy troops defending the heights at the entrance to the city fled in panic. The city fell within a few hours.

Patton is said to have remarked, "By God, if I had two more officers like him I'd be in Rome now kissing the Pope's ring. Wiley-Burke is a real man. I love his guts!"

Wiley-Burke accompanied Patton into Rome, but he did not get to meet Pius XII; instead he was called back to England and an immediate assignment in the invasion of the continent. With a new rank of brigadier, Wiley-Burke was placed in command of a group of special forces who accompanied the 101st Airborne Division.

The group's orders were to attack a German prisoner of war enclosure near the French city of Amiens, and parachutists of the 101st began dropping into the area in the pre-dawn hours of June 6, 1944. The action to release the British and American prisoners began at about 10 a.m. on the morning of the sixth and continued well into the seventh.



Gen. George S. Patton, above, took Sir Alan Grimsby Wiley-Burke, after whom Downey's Wiley-Burke Avenue is named after, on loan from the British military during the Sicilian invasion of 1943.

Wiley-Burke led the attacking party and carried out the attack with such finesse that the camp was captured with little loss of life and with the Nazi commander turning over his sword to Wiley-Burke himself. Ten-thousand allied prisoners were liberated in the action. Wiley-Burke was again mentioned in dispatches and a grateful British prime minister recommended him for the Victoria Cross.

Sniper fire put an end to Wiley-Burke's military career as his unit neared Paris. The brigadier, traveling in an American jeep, was severely wounded by a chance shot from a church bell tower. He was invalidated back to Portsmouth where he spent the month of August 1944 in a naval hospital. When it was possible to move him he was sent to a rehabilitation center in Wales where he regained a measure of his strength.

In late November he was summoned to London where he was presented at court. The king conferred knighthood upon him and thanked him profusely for his heroic service.

Wiley-Burke was retired from active service in May of 1945 at the rank of major general.

As the months progressed, Wiley-Burke's health continued to fail. The wound that he had received near Paris never healed properly, and a lung ailment contracted in the Sicilian campaign grew progressively worse.

In May of 1946 Wiley-Burke left England for America. In the back of his mind, no doubt, was the thought that he might regain his health in the salubrious climate of Southern California. He was particularly intrigued with the absence of cold weather in the winter time.

Landing at La Guardia Field in New York City, Wiley-Burke was met by the Lindberghs. He spent a few weeks thereafter renewing the friendship of more than a decade

before. His health was uppermost in his mind, however, and in July 1946 he boarded an airliner which eventually took him to Los Angeles.

His cousin had retired from his various enterprises and was residing in Long Beach. Wiley-Burke visited him there at his apartment, but only briefly. He spent his days examining properties in neighboring communities. It was his intention to purchase a sizeable tract of land upon which to build a modest home, and perhaps to raise oranges or some other orchard crop. As the weeks progressed he settled upon the purchase of a parcel of land on the west side of the small unincorporated city of Downey.

With the purchase of the Downey property he began the construction of a ranch-style house. Since there were already numerous orange and walnut trees on the property, Wiley-Burke felt that he already had a nucleus for his dream project. He expected to fence his boundaries and plant additional trees in the spring of 1947. Unfortunately it was not to be.

Wiley-Burke's health worsened and on a dreary day in February of 1947 he was admitted to the tiny community hospital in Downey, where he passed away in the early hours of February 9th. After legal matters were settled, Wiley-Burke's body was transported to his native Sussex, where he was interred with his ancestors in the family crypt.

Back in California, Wiley-Burke's heirs sold the property which he had intended to be his country home to land developers. In 1950 the property was subdivided and individual ranch-style houses were built along a major north-south street.

Fittingly, the street bears the name of its most distinguished resident.

AAUW party welcomes new members

LONG BEACH – The Long Beach branch of the American Association of University Women (AAUW) is hosting a Membership Garden Party for college or university graduates at a private home on May 3 from 2 to 4 p.m.

Those in attendance will have the opportunity to meet other members and learn about the branch.

For more information, call (562) 673-6909 or (562) 429-6923, or visit www.aauw-longbeach.org.

Woman's Club luncheon June 8

DOWNEY – The Woman's Club of Downey will host their 110th Anniversary Celebration Luncheon on June 8.

Tickets are \$30 each; a table of 10 is \$300.

The reception starts at 1 p.m. followed by lunch at 2. The luncheon will include entertainment and prizes.

To attend, send in your payment to Woman's Club of Downey, 9813 Paramount Blvd., Downey, 90241.

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Ice cream social promises to jazz up a dreary afternoon

BY JOYCE SHERWIN,
DOWNEY SYMPHONY

Have your Saturday afternoons become ho-hum? Want an easy-going, spirit-lifting variation on the same old same old?

Then mark your calendar for May 10th and come on down to the Community/Senior Center near Apollo Park for an Ice Cream Social with Ragtime Piano. Guaranteed good therapy for everyone.

The Ragtime part features one of this country's authentic performers, Nan Bostick of Menlo Park, Calif. She is also a historian of the Ragtime Era, and the grandniece of the first publisher of Ragtime music.

The Ice Cream part we leave to your imagination, but (hint) think scrumptious with nifty toppings.

But be warned: this treat-stuffed event will be enjoyed only by the first 168 people at the door with cash in hand. That's the maximum the auditorium can hold. So herewith, the facts: Saturday afternoon, May 10, Barbara J. Riley Community and Senior Center, 7810 Quill Dr., at the corner of Rives, in Downey. Doors open at 1:30 p.m., program begins at 2, concludes about 4:30. Price: \$5 per person, \$3 for kids up to age 10, with donations gratefully accepted by the sponsoring organization, the Downey Symphony, in appreciation of our wonderful, genial Ragtime performer, Nan Bostick.

For information, (562) 928-4122.

Physical therapy unit celebrates grand opening

DOWNEY – Talbert Medical Group celebrated the grand opening of the Talbert Fitness & Physical Therapy Center with city officials last Thursday. Members of the public attended the event as well, touring the facilities and trying out the fitness machines.

One of the first fitness centers in the country to be located within a medical facility, the center combines the latest advances in fitness equipment with physical therapy activities to improve strength, balance and health.

The center is a partnership with Healthways SilverSneakers and



SilverSneakers exercise classes for mature adults are also offered at the center.

"Talbert Medical Group is proud to open its first Fitness & Physical Therapy Center in the city of Downey, a city that's growing and evolving" said Talbert President

and CEO Dr. Keith Wilson. The Fitness & Physical Therapy Center is free to Talbert patients, SilverSneakers members and seniors over the age of 65. To make an appointment, call the center at (866) 917-1689.

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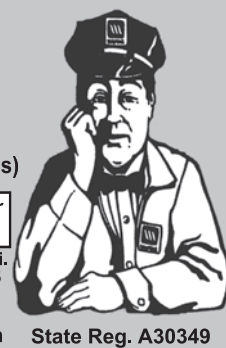
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The truth is, you're not likely to find a real estate professional who knows the intricacies of the local market like Dale. When you're looking not only for the right home, but the right neighborhood to fit your needs, Dale has the knowledge to make it happen. When you add the fact that he's been in the business since 1983, it seems only fitting that he's considered the local expert. Put simply, when it comes to your next move, there's no better professional to turn to than Dale. Give him a call today. You'll be glad you did!

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Mother's Day is May 11!!!
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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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 Line = approximately 20 to 23 characters including spaces and punctuation

Line 1 (Mother's Name) _____
 Line 2 (Your message here) _____
 Line 3 _____
 Line 4 _____
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 Name: _____
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Please call The Downey Patriot with any questions regarding your announcement. Phone (562)904-3668

Rising foreclosure rates can easily translate into investment opportunities

■ Despite a lagging economy, today's unique market of defaulted mortgages can be prime moments for investors. Here are five basic tips you should understand.

By ROBERT LEE, CEO OF FORECLOSURE TRACKERS, INC.

Despite aggressive rate cuts by the Federal Reserve, weakening economic conditions and falling home values in California and throughout the country are continuing to cause more homeowners to default on their mortgages and lose properties. In fact, a record number of homes in the United States are facing foreclosure – a number that's not likely to improve very soon. California and Florida comprise approximately 30 percent of new home foreclosures nationwide, and many homeowners with sub-prime adjustable rate mortgages may be entering into a stage of foreclosure before year's end.

Unfortunately, this is just the beginning of a tidal wave that is going to hit in 2008, continue through 2009, and splash into 2010. With approximately \$1.7 trillion worth of adjustable rate mortgages (ARMs) adjusting in the beginning of 2008, it will be more like a tsunami than a tidal wave. In addition to these ARMs, there are pay-option ARMs defaulting in record numbers; and even more surprisingly, prime borrowers are also defaulting in record numbers. Despite the downward spiraling state of the foreclosure industry, there is a liver lining – one that offers an opportunity for investors to turn defaulted mortgages into income.

Not everyone was born an expert at foreclosure investing. In fact, most people aren't. The good news is that right now even new investors can gain a basic understanding of today's unique market of defaulted mortgages by following five tips. Here are the top five secrets to successfully investing in defaulted mortgages:

Attend an Educational Workshop: The best way to learn about investing is to hear from those who have been successfully doing it themselves. There are foreclosure investment workshops available free of charge that can offer, in just two hours, a basic overview of the foreclosure industry and coaching strategies for the entire investment process.

Ask the DMV: Can my driver's license be revoked or suspended for points?

By GEORGE VALVERDE, DIRECTOR, CALIFORNIA DMV

Q: I have had really bad driving luck the last two years and have been involved in four accidents, but I believe that only one of them was my fault. I have heard that the DMV has a points system and that you get points applied to your driving record for accidents. Is it true that if you have a certain number of points, your license can be suspended?

A: Once you are licensed to drive in California it is important that you continue to follow all the laws and practice safe driving habits. If you start accumulating tickets for moving violations, which as one or two points on your driving record depending on the nature of the violation, you may be considered a negligent operator and may lose your privilege to drive.

Most driving offenses, such as hit and run, reckless driving, and driving under the influence, are designated as two points and will remain on your record for seven to 10 years from the date you received the violation. Most other offenses are designated as one point and will remain on your record for three years from the violation date. Any "at fault" accident is normally counted as one point. You will be considered a negligent operator if your driving record shows any of the following point count totals:

Four points in 12 months, or; six points in 24 months, or; eight points in 36 months.

Q: I took my driver license picture a few weeks ago and just received it in the mail. The picture on my new license is extremely dark and every time I show my license to someone, there are doubts to whether or not it is authentic. Is there any way I can retake the picture without waiting for it to expire?

A: If you are having trouble using your driver license for proper identification purposes, you may file for a duplicate license or ID card. To do that, you will need to complete application form DL-44. The department does not provide the DL-44 or DL-44C online because original signatures are required on the form, and each form contains a unique barcode which must be scanned or keyed by the DMV employee.

Make an appointment at www.dmv.ca.gov to visit a DMV field office

Understand Defaulted Mortgage Terminology: The defaulted mortgage arena, like any industry, has a language all its own. Even those versed in real estate and mortgage lending terminology will find that there are terms specific to this part of the business that require familiarity.

Connect with the Right Person, in the Right Department: There is no universal department amongst lending institutions that governs defaulted mortgage sales. Educating the operator on the stages of foreclosure helps most calls get directed to the appropriate person. This is especially helpful to operators who are not familiar with every person and department in the organization and are often trained to simply transfer calls only when a department is asked for by name.

Learn to Ask the Right Questions: Much of the communication that takes place during a foreclosure investment transaction involves the bank. The transactions that evolve quickly and easily are those where the communicating parties are speaking the same language. This also decreases the risk of misunderstanding and unmet expectations.

Know what to do with Defaulted Mortgage Tapes: Obtaining spreadsheets of portfolios and individual mortgages for sale is just the first hurdle in the process. After that, it's imperative for investors to know how to use the tapes to calculate competitive bids and negotiate with the bank, as well as complete the required due diligence to exact a successful transaction.

Not only will these top five tips provide even novice investors with a basic understanding of the unique state of the foreclosure industry, they will also guide them to learn more about defaulted mortgages as investment opportunities. For more information about defaulted mortgages, visit www.foreclosuretrackers.com.

Robert Lee is the founder and CEO of Foreclosure Trackers, Inc., a one-stop foreclosure resource for investors of all skill levels.

where you can pay the application fee, submit the application, give a thumb print, and have your picture taken again. To ensure your identity is secure, the DMV will validate your photograph, social security number, and your personal information. You will be issued an interim license valid for 60 days until you receive your new photo license in the mail.

Q: I recently saw a car that has a firefighter on the license plate. Can you tell me how you get these and what they mean?

A: The plate that you saw is the California Firefighter license plate and can only be issued to a vehicle currently owned and registered to an active or retired California firefighter. Upon applying for the plates, you will be asked for proof of eligibility, which you can provide by presenting a fire department ID card, an IAFF membership card, or CFF Call Back Association membership card.

Q: My son just turned 15 ½ and got his learner permit. He left his wallet in his pants pocket and his permit was ruined in the wash. Is there a way for him to get a replacement?

A: Yes, but the process is a little more involved than just going to get his permit printed again. Since your son's learner permit was ruined, he must apply for a duplicate. First, he needs to complete a driver license and/or identification card application (DL-44) form and since he is under 18, both parent or guardian must sign the application form.

Q: While driving yesterday I saw a car that had black covers on its tail lights and I'd like to do the same to my car. Is there any problem covering my tail lights with covers?

A: Unfortunately, the blacked out or "smoked" tail lights you saw on that car are not legal. It is not legal to drive with your tail lights not fully visible at all times and if you do, you will likely be issued a ticket.

www.downeyrealestate.com



Realty World Capero in Downey celebrated their grand opening with a ribbon cutting ceremony on Feb. 21. The Miss Downey Court and various city officials, including representatives from the Downey Chamber of Commerce, celebrated the opening, along with owner George Caceres and his partners, Sergio Pena and Carlos Rossil. "The location and appeal of the office has already attracted top notch agents," a company official said. The office is located at 10927 La Reina Ave. Their phone number is (562) 231-3700.

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