



The Downey Patriot



Orchestra plays spring concert
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The talented Linda Haines
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Graduation fashion advice
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Friday, May 9, 2008

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



“Boy in Blue,” a digital photograph by Downey Adult School student and Rancho Los Amigos National Rehabilitation Center patient Anna Dunham, is one of over 300 images that will be on display next week inside Downey Adult School’s cafeteria.

Exhibit seeks out the best in digital imagery

DOWNEY – A digital photo exhibit entitled “The World as I See It” will be held next week on the Downey Adult School campus.

The exhibit is Downey Adult School’s first campus-wide photo contest and is sponsored by the California Council for Adult Education (CCAE) and Rancho Los Amigos National Rehabilitation Center. All contest entry fees are being used for CCAE student scholarships.

Virginia Rooney, the digital photography and Photoshop Elements teacher for both Downey Adult School and Columbus High School, coordinated the event.

“The photo contest is a huge success,” said Rooney. “We have over 300 entries that will be on display next week. The photos represent the world as seen through the eyes of both teenagers and senior citizens, employees and students.”

In all, the exhibit will display over 300 images: over 100 photos from Columbus students, approximately 100 entries from Downey Adult School and Rancho Los Amigos students, and over 100 photos from the schools’ employees. The contest will be judged by professional photographers Michael Ziegler, Avis Ruelweller, Val Flores, and Marisa Klug-Morataya.

Students and staff of Columbus High School, Downey Adult School and Rancho Los Amigos can view the exhibit, located inside Downey Adult School’s cafeteria, between 8 a.m. and 8 p.m. May 12-15, and between 8 a.m. and noon on May 16. The general public can view the photos between 3 and 8 p.m. May 12-15.

A photographers reception, catered by Rancho Los Amigos, will be held this Wednesday from 5 to 7:30 p.m. Awards will be announced at 7 p.m. Winners in all categories will receive a digital camera and trophy. Downey Adult School principal Roger Brossmer, Columbus principal Kathy Succa, and CCAE president Kathy Cooper will also present awards for their favorite entries.

The public is invited to the exhibit and reception.

Football registration at Kid’s Day

DOWNEY – Downey Youth Football will be conducting registration for its upcoming season at Kids Day tomorrow at Furman Park.

Downey Youth Football is open to boys and girls ages 5 to 14 that meet the age and weight requirements. The league is open to children living in Downey, Bellflower, Bell Gardens, Norwalk and South Gate.

Cost for players is \$185 (tackle), \$130 (flag), and \$100 (cheerleaders). The first day of practice is July 28 and the first game is Sept. 6. There are no tryouts and everybody plays.

Teams represent Downey against other Southern California cities with a chance to qualify for the postseason. Cheerleaders compete against other cities in a local cheer competition with a chance to qualify for a national competition in Las Vegas.

For more information on registration or coaching opportunities, call president Louis Morales at (562) 928-6081. Downey Youth Football is a member of the Character Counts sports coalition.

‘Wrong place, at the wrong time’

■ Christopher Hamilton, well-liked by virtually all who knew him, is mourned after becoming the victim of an apparent gang-related drive-by shooting in south Downey.

By ERIC PIERCE, CITY EDITOR

DOWNEY – By all indications, life was going just right for Christopher Lee Hamilton.

He was adored by his co-workers at the Food 4 Less in Downey, who loved his smile and penchant to always say hello; he was in love with his longtime sweetheart, Karina, and was planning to marry her this summer; and to top it off, his beloved Lakers were playing like champions and in the midst of a hopefully deep playoff run.

Hamilton, who suffered from cerebral palsy and was a consumer at Arc of Southeast Los Angeles County, was having the time of his life.

But that all came to a tragic and violent end Friday night, when Hamilton was gunned down in what police are calling a gang-related shooting on a narrow street in south Downey.

Hamilton, 33, was standing in the driveway of a neighbor’s home on the 13400 block of Verdura Avenue when he was struck in the head in an apparent drive-by shooting, said Sgt. Jeff Calhoun of the Downey Police Department. Responding paramedics found Hamilton heaped on the driveway. They transported him to a local hospital where he died.

According to family members, Hamilton had just returned home from a closing shift at Food 4 Less, where he worked as a customer service clerk. Hamilton reportedly went inside his house, told his mom he was home, and headed across the street where his neighbors were gathered in a driveway.

The neighbors, according to police officials, were known gang members.

“Chris was very innocent. He never saw bad in anybody and would talk to everybody he saw,” said Jennifer Apricio, Hamilton’s sister. “My mom would say, ‘Chris, come in!’ but he always wanted to be outside. When he went to the neighbor’s house [Friday night] he wanted to talk about the Lakers. Chris had two favorite things: people and the Lakers.”

A motive for the attack remains unclear, said Calhoun.

It was, according to family members and police officials, a case of being at the wrong place at the wrong time.

This week, Hamilton’s friends and family struggled to cope with the sudden loss. Counselors were made available at Arc, where Hamilton made many friends over the course of 15 years.

“He was Mr. Popular,” said Kevin MacDonald, executive director of Arc. “He said hello to everybody, and still visited the campus even though he had a job. He was a friend to all of us.”



Funeral services for Christopher Hamilton will take place tomorrow at 11 a.m. at Funeraria del Angel, 10333 E. Alondra Blvd., in Bellflower. Photo courtesy Hamilton Family

Hamilton started in Arc’s food service training program, eventually landing a job at the Nordic Fox restaurant in Downey. But he quit that, and started working at the Food 4 Less on Lakewood Boulevard about seven months ago.

Employees at the supermarket this week said they were stunned to hear of Hamilton’s death. Leticia Trinidad, the supermarket’s new store director, said Hamilton made a quick impression on her.

“I only worked with him for two days but in those two days he stole my heart,” said Trinidad. “Boy, what a kid. What ethics. He had the best smile I’ve seen in any of my members. And he was always on time and gave the best customer service.”

Trinidad said Hamilton would write down his lunch time in a journal he carried and always took his breaks on time.

“In all the stores I’ve managed he has to be one of the best (employee-”

See HAMILTON, page 10



Warren High School’s art club will again be offering face painting for children and adults at tomorrow’s Kids Day. Photo by R.D. Salyer

10-20 Club annual golf tournament

DOWNEY – The 10-20 Club, in conjunction with Gangs Out of Downey, will present its fourth annual golf tournament fundraiser May 28 at the Rio Hondo Golf Club.

The price to participate is \$125, a decrease of \$25 from last year. The price includes green fees, golfing, golf cart, lunch and dinner. Money raised will benefit the 10-20 Club, which works to keep Downey kids out of gangs. Tee sign sponsorships are available for \$100. Raffle prizes are also being accepted.

The tournament will begin with a shotgun start at noon. To register, call Robert Buckley at (562) 923-3494 or Darrell Jackson at (562) 618-2550.

Reports of crime down for month of April

By ERIC PIERCE, CITY EDITOR

DOWNEY – Reports of graffiti increased slightly in the month of April – attributable partly to the influx of kids on the streets during spring break – but overall crime was down, according to information revealed at this week’s Gangs Out of Downey (GOOD) meeting.

GOOD meets the first Tuesday of every month at 7:30 a.m. at the Manuel Gallegos Administration Building on Brookshire Avenue. Meetings are jointly attended by community leaders, law enforcement personnel and school officials

who work collaboratively to reduce gang activity in Downey.

Graffiti

Sgt. Jeff Calhoun of the Downey Police Department said he was one of two off-duty detectives who caught taggers in the act of defacing public property last month. Calhoun said he was driving home from work when he saw a person vandalizing the sidewalk at Florence and Woodruff Avenues.

The suspect, who was allegedly carrying tubes of paint and other graffiti paraphernalia, was arrested, Calhoun said.

Another Downey detective, also driving home from work, apprehended a tagger at Lakewood Boulevard and Rose Avenue. Calhoun, noting recent media reports of Good Samaritans being gunned down by taggers, stressed that residents should never confront a tagger, and instead call police.

Lisa Fox, a city employee who works out of the Public Works Department in conjunction with Keep Downey Beautiful, said reports of graffiti have decreased the past two weeks, although overall

numbers for the month of April are up from two months ago. She also said a new fence erected by All-American Home Center was preventing city workers from reaching a wall regularly prone to graffiti. (With help from resident John Lacy, the problem was expected to be eradicated by the end of this week.)

Aiding the city in its effort to keep the community clean, Fox said, is increased awareness of the Graffiti Hotline – (562) 923-4484 –

See GOOD, page 3

DUSD navigating budget uncertainties

■ DUSD budget needs to be set in place by June 30, regardless of whenever the state budget is complete.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY—With the state budget shortfall readjusted to a depressing \$20 billion, instead of the initial estimate of \$14 billion announced earlier by the governor, and the consequent injunction to slash education budgets across-the-board by 10 percent, which translates to about a \$6-\$8 million dent to its budget, Downey Unified School District Superintendent Wendy Doty said the district is determined more than ever to navigate through the rough waters ahead.

“Going for us,” she said at Tuesday’s Downey Rotary meeting, “is our maintenance of a sound fiscal program,” which, up to this point, has kept instruction and classified staff levels intact, where other districts have had to let go of many of theirs. This, despite declining enrollment (especially in the elementary division), and thus leading to possible class size reduction, and a zero to a possible negative COLA (cost of living allowance), and so on.

“Because of these factors, we may have to close one elementary school. It costs about \$400,000 to run one,” Doty said. “Otherwise,

we’re committed to a rigorous curriculum throughout. We’ve got one of the highest educational standards in the nation. For example, we’re running six Calculus courses at Warren High School alone. We’re trying our best to pursue a carefully thought out program of fair and responsible cuts without causing painful and needless sacrifices to an array of programs and services.”

In elucidating the district’s situation Tuesday before the Rotary Club (of which she is a member), Doty said a DUSD budget has to be in place by June 30 (with 45 days within which to make adjustments), regardless of when a state budget eventually gets hammered out. Observers feel, however, that because of intense political infighting in Sacramento, chances of a finalized state budget surfacing by July or even August are slim, indeed.

DUSD’s proposed 2008-09 budget totals \$180 million, of which 90 percent is allocated to “people.” The proposed cuts have caused a lot of anxiety to not a few in the school community, especially as they speculate their favorite programs have been imperiled.

Warren performing at Downey Theatre

DOWNEY – The Warren High School Band and Color Guard will conclude the 2007-08 school year with the Warren Instrumental Music Spring Concert this Thursday at 7 p.m. at the Downey Theatre.

Tickets are \$10 at the door and the evening will include performances by the Wind Ensemble, Concert Band, Jazz I and Jazz II, as well as senior spotlight performances.

Following the concert, the Warren Band and Color Guard will host a new student meeting on May 21 at 7:30 p.m. in the band room. The meeting is geared towards incoming students and/or new students interested in participating in band or color guard.

For more information, call Band Director Dave Niemeyer at (562) 869-7306.

Warren announces band camp dates

DOWNEY – The Warren High School Band and Color Guard will be hosting band camp Aug. 11 – 15; Aug. 18 – 22; and Aug. 25 – 29.

The camp is mandatory for all students participating in band or color guard. The camp will take place at Warren.

The Warren Band and Color Guard will also host a preview concert on Aug. 29 at 7 p.m. at Justice Stadium. The community is invited to attend and will get a preview of the 2008 field show, “Winter Sketches.”

For more information, call Dave Niemeyer at (562) 869-7306.



Gallatin Elementary School’s Room 28 got a chance to sit on a red motorcycle honoring their classmate Jose “Joey” Luis Vergara, Jr., who passed away on March 13 following a five-year battle with brain cancer. Art Bennett, pictured left of the motorcycle, recently participated in the Pediatric Brain Tumor Foundation’s Ride for Kids, a motorcycleist’s program that strives to raise funds in order to find a cause and cure for pediatric brain tumors. Also pictured is Vergara’s teacher, Sandi Cox, and principal, Steven Means. Photo by Brooke Karli

Biker hits the pavement in honor of fallen Gallatin fifth-grader

BY BROOKE KARLI, STAFF WRITER

DOWNEY – Art Bennett, president of Downey’s California School Employees Association (CSEA) Chapter 248, recently participated in the Pediatric Brain Tumor Foundation’s Ride for Kids program, riding his red motorcycle in honor of 11-year-old Jose “Joey” Luis Vergara, Jr., a Gallatin Elementary School student who passed away from brain cancer on March 13.



According to Gallatin Principal Steven Means, Vergara battled brain cancer for approximately five years. His fifth-grade teacher, Sandi Cox, said his classmates struggled with his passing at first but were able to get through it by talking about it.

“When we still had Joey, the class would write him letters and I would take them to his house,” she said. “He wrote back once and the kids were excited to hear from him.”

Bennett, who has participated in Ride for Kids before, heard of

Vergara’s passing and decided to dedicate his ride to Vergara and his family, even attaching a picture of him to his bike. Bennett also raised more than \$2,000 for the Pediatric Brain Tumor Foundation and asked Vergara’s family and teacher to participate in the ride, making sure they had their own bikes to drive.

“Art has been wonderful in terms of reaching out to the family and making sure they could participate in any way possible,” Means said.

The students of Room 28 – Vergara’s classmates – got to meet Bennett and see his motorcycle on Wednesday when Bennett made a visit to the school to give the class the picture of Vergara from his bike.

“I wanted to do whatever I could to honor Joey,” Bennett told the class. “And I knew riding my bike would be one way to do that.”

Ride for Kids is a motorcycleist’s program that strives to find the cause and cure of pediatric brain tumors. The program also serves as an educational support program for patients, their families, and the medical community.

On the Web: www.pbtfus.org.

Mother's Day Messages



Mom
Happy Mother's Day!
I love you!
Love,
Scott



Mom
Happy Mother's Day!
I love you!
Love,
Boog



Mom
Happy Mother's Day!
I love you!
Love,
Eric



Dearest Mom
This Mother's Day
I just wanted the
world to know
I LOVE YOU!
Your Son, Jonathan



To My Loving Aunt
I love and cherish
everything you do!
You are incredible
Your nephew, Jonathan



Patty Logan
AKA Grandma
Happy Mother's Day!
We Love You
Love, Ricky & AJ



Feliz Dia de Las Madres
Noni, te queremos
mucho. Esperamos que
tenga un dia muy feliz
y que tengamos
muchisimos mas.



Larene Burton
Dear Mom,
Happy Mother's Day!
God Bless You Today!
Love, Mary Sue Brandi



Janet Smith
Amazing
Mom & Grandma.
Appreciate all u do.
Love, Stacie & Skyler
and Tiffany & Evan



Mama Cheryl
You're better then
Kraft Macaroni & Cheese
Love
Jen



I Love You, Mom!
I'm so confused, but I
think it's Mother's Day!
Happy Mother's Day!
Love, Elmo

GOOD: More than 45 residents sign up for block captain training as part of Neighborhood Watch.

Continued from page 1

and a link on the city's Web site that allows residents to electronically submit reports of graffiti.

Carol Rowland, coordinator of Keep Downey Beautiful, laid out the city's "hot spots" for graffiti, including Lakewood Boulevard and Rose Avenue, Apollo Park, and the railroad tracks behind the Transit Depot on Nance Street, among several other areas.

Crime

Meanwhile, Downey Unified School District administrator Dr. Robert Jagielski said the District is working closely with the city to discourage vandalism on the city's new fleet of buses, which have already fallen victim to graffiti and window etchings. Jagielski said video cameras mounted inside the buses, just put into service last month, have already led to at least one arrest.

After a short vehicle and foot pursuit in Fullerton, a man was also arrested last month on suspicion of twice robbing the City of Downey Federal Credit Union on Lakewood Boulevard, said Calhoun. The suspect was also linked by police to several other bank heists in Los Angeles and Orange counties.

Calhoun also announced the murder of 33-year-old resident Christopher Hamilton in an apparent gang-related shooting in south

Downey.

According to Calhoun, Hamilton was a consumer at Arc of Southeast Los Angeles County who had made friends with known gang members living near his home.

Hamilton was standing in a driveway on the 13400 block of Verdura Avenue late Friday night when he was gunned down in an apparent drive-by shooting, Calhoun said. Hamilton was shot in the head and later died at a hospital.

Calhoun said detectives were asking the public's help for information on the shooting.

Positive news

City of Downey Public Information Officer Juddy Cineceros said approximately 45 residents attended Neighborhood Watch block captain training last week, and the program was receiving tremendous support from the community.

GOOD president Darrell Jackson said the organization raised thousands of dollars from last month's luncheon, which was attended by more than 1,000 people and featured guest speaker Dr. Michael Josephson of the Josephson Institute of Ethics and founder of Character Counts.

Jackson also said the GOOD booth at last Saturday's Downey

Street Faire was popular with kids, who were scrambling for the free magnets and stickers. Jackson said GOOD would also have a presence at tomorrow's Kids Day at Furman Park, with more free magnets and stickers ready to be handed out.

Jackson said he was expecting up to 100 golfers at the annual 10-20 Club golf tournament May 28, which will feature former major leaguer Darryl Strawberry. The price to participate in the tournament is \$125 (down \$50 from last year) and includes lunch and dinner at the Rio Hondo Event Center.

Ernest Caldwell, a regular lecturer at Los Padrinos Juvenile Hall and a surrogate parent to scores of troubled kids, said some of the teenagers he works with are asking for jobs. Caldwell asked local business owners to consider giving the kids - who are mostly looking for ways to help out at home - an opportunity.

Finally, GOOD elected its new slate of officers for the 2008-09 year. Rowland was elected president, and Downey Adult School principal Roger Brossmer vice president.

Together, they said, they would continue to work towards the goal of getting gangs out of Downey.



Members of the Brass Ensemble, pictured above, will perform with the Los Angeles County High School of the Arts Orchestra at their annual May concert this Sunday at the Downey Theatre.

L.A. orchestra playing Tchaikovsky at Downey Theatre this Sunday

DOWNEY - The Los Angeles County High School of the Arts (LACHSA) Symphony Orchestra, conducted by Alan Mautner, will present their annual May concert at the Downey Theatre tomorrow at 7:30 p.m. General admission will be \$10.

In addition to "March Slav" by Tchaikovsky, the orchestra will perform the "Berlioz Symphonie Fantastique" in its entirety. They will also present Megan Shung, concertmaster, performing the first movement of the "Mendelssohn Violin Concerto" and Michael

Matsuno, principal flutist, performing the first movement of the "Neilsen Concerto."

Two of the LACHSA ensemble groups will also be presented. The Brass Ensemble, directed by Danielle Ondarza, and the Percussion Ensemble, directed by Bill Wysaske, will be featured on the program.

Mautner, who grew up in Downey and graduated from Warren High School where he was a three-year member of the Warren band, has been the conductor of the LACHSA Symphony Orchestra

and String Chamber Music the last 17 years. He is principal cellist of the La Mirada Symphony, the Mozart Classical Symphony, and the Valley Cultural Chamber Orchestra, as well as being director of the Wildwood Summer Music Institute Senior High Orchestra.

He teaches cello at Concordia University in Irvine, ensembles and string classes at Cal Poly Pomona, and conducting and theory at Cal State Los Angeles. He performs in many ensemble groups, including the trio, Vio-fonik, founded and led by Harry Scorzo, also of Downey.

Free immunizations at Alameda Elementary School

DOWNEY - Downey Unified School District, in partnership with St. Francis Medical Center, will be providing free immunizations at Alameda Elementary School on May 14 from 3 to 7 p.m.

Children ages 4 to 18 can be immunized for Chicken Pox,

Hepatitis A & B, DPT/Tdap, MMR, Polio, Meningococcal, Human Papilloma Virus, and also receive a TB Skin Test.

All immunizations are free and an appointment is not necessary. Parents or guardians are asked to accompany children, as well as

bring the child's official immunization card with immunization history.

For more information, call (562) 904-3589.

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We wish to thank all of the generous sponsors, committee members and volunteers for making the 15th Annual Downey Street Faire successful.



The congregation of Downey-Florence Seventh-day Adventist Church, shown above, will celebrate their 50th anniversary with a special mass tonight and an open house tomorrow.

Two congregations celebrate 50 years

BY BROOKE KARLL,
STAFF WRITER

DOWNEY – Two of Downey's most established churches – Downey Memorial Christian Church and Downey-Florence Seventh-day Adventist Church – will celebrate their 50th anniversaries this month.

Downey Memorial Christian Church, located near the corner of Florence and Brookshire Avenues, held its first worship service on May 18, 1958.

The church is affiliated with the Christian Church (Disciples of Christ) denomination and currently has more than 50 people attending an average Sunday morning service.

The church has hosted a Jubilee Celebration throughout the year, which will conclude on May 18 with a special 50th anniversary service. The service will take place under large tents in the church's parking lot and will honor the five remaining charter members.

The Downey-Florence Seventh-day Adventist Church also opened its doors in Downey 50 years ago. The church was originally founded

in the early 1900's in Vernon. The congregation moved in and out of numerous locations throughout the years until finally settling into their current building on Lakewood Boulevard in 1958, hosting their first service on May 10.

Currently, Downey-Florence Seventh-day Adventist Church has 240 members, with an average Saturday morning attendance of 125. The church is part of the Seventh-day Adventist denomination, which also has one of the largest Protestant parochial school systems.

The church will celebrate their 50th anniversary this weekend with an evening service tonight at 7 p.m., followed by Sabbath school, worship, lunch, and an open house tomorrow, beginning at 9:30 a.m.

For more information on Downey Memorial Christian Church, call (562) 869-7291, and for information on Downey-Florence Seventh-day Adventist Church, visit their Web site at www.downeychurch.org.

Author luncheon scheduled June 7 to benefit the library

DOWNEY – The public is invited to the Friends of the Downey City Library's annual meeting and author luncheon on June 7 at the Rio Hondo Event Center, where guest author D.J. Waldie will discuss his highly-acclaimed book, "Holy Land: a Suburban Memoir," which tells about living in Lakewood.

The dean of the Harvard School of Architecture used "Holy Land" as a textbook in his classes on the history of American cities. Waldie will have copies of his book available for purchase and signing at the event.

Tickets are \$15 each, which include choice of several menu options. Reservations can be made at the Friends' Store inside the Downey City Library; reservation deadline is May 31.

For more information, call the Adult Information Desk at (562) 904-7360, ext. 3.



Zach T.M. Cowie, a graduate of Calvary Chapel Christian School in Downey, will marry Tasia L. Cross this June. Zach is the son of Donny and Stacy McFarland of Downey and currently works as a foreman for D & D Installations. Tasia is the daughter of Mike and Carrie Cross of La Habra and is currently studying kinesiology at California State University, Fullerton.

Class of '58 reunion Oct. 11

DOWNEY – Downey High School's class of 1958 will celebrate their 50-year reunion Oct. 11 at the Long Beach Yacht Club.

A Downey Sports Reunion will be held the previous night, Oct. 10, at the Embassy Suites in Downey. For more information on the sports reunion, e-mail lshrrffox@mac.com.

Sisterhood meeting on May 14

DOWNEY – The Sisterhood of Temple Ner Tamid of Downey will have their next meeting this Wednesday at 11 a.m.

The community is invited and is asked to bring their own brown-bag lunch. Beverages and dessert will be provided.

Temple Ner Tamid is located at 10629 Lakewood Blvd. in Downey. For more information, call (562) 861-9276.

Rancho doctor discusses insomnia

DOWNEY – The Ezra Center for Mature Adults will feature Jan Brady of Rancho Los Amigos National Rehabilitation Center's gerontology program at their meeting on May 20 at Temple Ner Tamid of Downey.

Brady is a staff physician and will discuss, "How Well Do You Sleep at Night? Could You Be Suffering From Insomnia?"

Registration and refreshments begin at 9:45 a.m., followed by the program at 10 a.m. A catered Kosher luncheon will be served after the program. Cost of lunch is \$6 for Ezra members and \$7 for non-members. For more information, call Miriam Brookfield at (562) 943-3170.

Shabbat services every Friday at Temple

DOWNEY – Temple Ner Tamid invites the community to attend Shabbat services every Friday evening at 7:30 p.m.

The first Friday service of the month is a learning/teaching service; the second Friday is a traditional service; the third Friday is a family and celebrations service; and the fourth Friday is a music service.

Services are conducted by Rabbi Len Muroff and Cantor Ellen Jaffe-Gill, with Norberto Guinaldo at the organ.

Following the services, Kiddush is held (wine and challah are included). Oneg Shabbat follows in the Fellowship Hall, with refreshments provided by the Temple's Sisterhood.

Temple Ner Tamid is located at 10629 Lakewood Blvd. in Downey. For information, call the Temple office at (562) 861-9276.

The Poet's Corner

Mother

Mother tender and true
What have your children
Done to you
You washed their hands
And cleaned their face
And removed the hurt
From the hidden place
You fed them, clothed them
Walked them too
It is because of you
They grew.
You were the nurse
Who watched at night
You were the counselor
Who showed them right
You were the baker, the mender too
For all the things
Children can't do
You taught them to speak
You guided little feet
You were the love
That your children knew
For no other, was more beautiful
Than you.
You were the blanket
in the cold.
Now you are old
But wait, your work was
Not in vain.
For they will have children
And know the same pain.
No one cares, if you cry.
No one cares, if you die
You are no longer needed
You planted, seeds
And you were there for harvest
And the job you did
Mother
was marvelous
– Sylvia Halcomb,
Downey

Mother's Day

My mother was a special mother
She was like no other

She taught us how to get along in life
Getting by in times of strife

My wife was a real cool mom
Teaching our children right from wrong

She taught my girls it's not always easy
But it can be oh so pleasing.
– Don Davis,
Downey

Christian Club celebrating 40 years

DOWNEY – The Downey Christian Women's Club will celebrate their 40th anniversary at their Wednesday meeting at the Los Amigos Country Club. Men are invited to the buffet luncheon, which starts at 11:45 a.m.

The meeting will feature all past chairpersons, as well as the installation of officers. Music will be provided by Neomi Hall and the speaker will be Yvonne Karlin, who will speak on "How God Makes Every Day like a Love Song."

Cost to attend the meeting is \$12. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

Daughters Day Brunch set tomorrow

DOWNEY – The 10th Annual Daughters Day Brunch at Downey United Methodist Church will be held tomorrow 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.



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We All Suffer

By Eric Pierce

Have you ever read somebody's obituary, in this newspaper or another, and thought to yourself, "Wow, what a remarkable life that person led"?

I write this column with a heavy heart.

Have you ever read a newspaper clipping, or watched a 30-second TV news segment, and shaken your head at the story of a young life cut tragically short?

Another innocent life. Another innocent bystander. Another senseless killing.

The adjectives to describe the murder last week of 33-year-old Christopher Hamilton are many: chilling, thoughtless, shameful and cowardly.

Hamilton, who suffered from cerebral palsy and had limited to no use of the entire left side of his body, was gunned down last Friday night in a drive-by shooting in a seedy area of Downey locals like to call "The Boot": roughly, a square area of land south of the 105 Freeway bordered by Downey Avenue to the west, Rosecrans Avenue to the south, and Lakewood Boulevard to the east.

Residents of "The Boot" I spoke to this week were too scared to go on the record, but they quietly spoke of gang members terrorizing the community. One lady said she had witnessed two police raids on a house on the 13400 block of Earnshaw Avenue since October (Hamilton was killed on the 13400 block of Verdura Avenue) but nothing good came of it. She also said she noticed suspected drug houses equipped with video surveillance cameras.

Another woman said gang members regularly congregate on the streets and in the driveways, intimidating local residents with hard stares and catcalls.

"It's gotten to the point where I have to be home before nighttime, and then I won't go out again until morning," the woman said. "I don't mean to be racist, because I'm not, but they're all Hispanic. They're out their every night, just sitting out in the driveway. I call them roaches because they seem to only come out at night."

I asked the woman if she had contacted the police. She said she had, with mixed results.

"I've called Downey Police but they take forever to get over here," she said. "And sometimes, especially if it's a gang problem, they tell me it's the Sheriff's Department jurisdiction. And the Sheriff's Department never comes over here. I give up.

"Sometimes I feel like the rest of the city – the rest of the world – forgets about us. But we're a part of Downey too."

Hamilton had a girlfriend, a job, and hundreds of family members and friends who mourn his loss.

With his murder, we all suffer.

The 'ABCs' of global warming

By Henry Veneracion

There are two sides to every issue, goes the well-worn adage. I'll go ahead and revise that. Given the many intelligences in society, nay, given the many smart and smart-alecky educated and half-educated residents in Downey who think they can invoke the First Amendment to cloak their inanities, I say 'There are (now) multitudinous sides to every issue'.

You can take any one subject but 10 people will present 10 different opinions. This is fine, as long as they're carefully thought out and articulated just as clearly (as a matter of courtesy, at the minimum) and presented constructively. Proposed district budget cuts are one such fodder, the mayoral/mayoral pro tem issue is another. It is hoped discussion of global warming and earnest efforts to offset it while there's still time merits a serious and sincere attention on everybody's part and doesn't degenerate into an exercise in fatuous argumentation.

The outlines of the topic are well-known. The burning of fossil fuels, e.g., coal, oil, gas, etc., (which at present accounts for 80 percent of the world's energy supply), as well as other ('dirty') energy use sends carbon dioxide emissions into the atmosphere, with carbon dioxide trapping heat, leading to the gradual rise in global temperature.

A lot of alternatives have been studied and proposed to halt this disturbing trend—accelerate the development of 'clean' energy: solar, PV, wind, wave, nuclear (?) energy, biofuels (ethanol, etc.), raise energy efficiency, and so on. But these alternatives exact a price, some heavy (reduced GNP, say), some light. Political wrangling among developed and developing nations (a few, like China and India, developing more rapidly than most and thus fiercely energy-hungry) has stalled potentially meaningful talks about putting caps on carbon emissions (rf. the Kyoto protocol). California is said to be a leader in some of these positive steps, which at least says something commendable about the state and its governor.

So far as we know, there is no lack of incentives to people and firms who seriously join the bandwagon on this, monetarily and otherwise. The biggest 'otherwise' is clearly saving this planet for generations, centuries, millennia, to come.

We'll present more information about the plays and players in this unfolding drama next time. Meanwhile, remember, 'It's better to light one candle than to curse the darkness'.

Letters to the Editor:

Symphony strikes a chord

Dear Editor:

I enjoyed the article in last week's *Patriot* regarding the District's fifth graders attending a symphony performance at the Downey Theatre ("Students Get Intimate Look at Symphony," 5/6/08). Through the generosity of the Downey Kiwanis Foundation and the Downey Symphony, our students were introduced to many orchestral instruments as well as entertained by a variety of musical selections.

The music from "Pirates of the Caribbean" was mentioned as a favorite by many of our students, including Andrew Lopez, whose letter I have included. And as you can see from the following letter written by Sabrina Claros, some children may also have been inspired to pursue musical experiences in the future!

— **Theresa Ford,**
Principal, Rio San Gabriel Elementary School

Dear Downey Symphony:

Thank you for letting us watch the Downey Symphony. I could imagine all the pictures in my head. My favorite instrument was the sliding trombone. My favorite part of the whole thing was when the conductor dressed up as the pirate and the orchestra played a song from "Pirates of the Caribbean." Thank you!

— **Andrew Lopez,**
Rio San Gabriel Elementary School

Dear Downey Symphony:

I really enjoyed listening to the music you played. It was amazing. I wanted to thank you for playing that wonderful music for us. I enjoyed the witch song and the chick song. Also the piece that Beethoven wrote, the first song you played, was absolutely wonderful. It is one of my favorite songs.

Seeing the violinists playing the violin amazed me. I think that I might play the violin next year in the school orchestra. I hope that I get the chance to go back and listen to the Downey Orchestra again!

— **Sabrina Claros,**
Rio San Gabriel Elementary School

May gray

Dear Editor:

I was thinking on my drive to work this morning how much fun May Day was in the good old days. Before May Day was turned into Immigrants Rights Day, it was a celebration of the arrival of spring.

In elementary school, the children all wore their Sunday best to school to participate in the May Day festivities which included dancing around the maypole. The maypole was really the tether ball pole decorated with streamers and while music played from the record player, we would dance around the maypole weaving the streamers. I remember making May baskets and taking them home to share with the family.

Fortunately, in my neighborhood in Downey, the children from Rio Hondo Elementary School still make baskets with paper flowers and take a walk with their teachers through my neighborhood leaving baskets and notes on the doors of neighbors. In many ways I look forward to May Day and the basket and note that I know will be on my door when I return from work.

Unfortunately, all of the above will not make the news; what will make the news is the Immigrants Rights Rally.

— **Lynda S. Kriss,**
Downey

A 'green' opportunity

Dear Editor:

I want to commend the *Patriot* for bringing up another subject truly worthy of discussion within our community. This time, for starting a dialog within the community on the subject of our responsibility for addressing energy conservation and the attendant reduction in greenhouse emissions with its article on "Businesses Getting Serious About Energy Efficiency" (*The Downey Patriot*, 5/2/08).

The motivators cited in the article, of "rebates," "incentives," and "services" which the Gas Company offers to businesses to induce them to conserve energy (in this case gas consumption) are also available to building owners, both public and private – public and commercial buildings and homes – albeit in different forms. Though the cash incentives available to commercial buildings and homeowners from the utility companies and government may be modest by comparison, the savings in operating costs to the building and home owners from energy conservation are substantial indeed. It has been demonstrated that a 20 percent reduction in utilities consumption can be realized effortlessly and with practically no additional cost to either existing or new buildings, while the savings in utility bills are substantial. When we realize that 40 percent of the total energy we use goes into operating buildings (in heating, air conditioning and lighting), 20 percent reduction in fuel costs and the attendant reduction in greenhouse gases, in itself, provide a compelling incentive by the impact on national energy independence. As for services, our utilities, both, the Gas Company and Edison, make specialists available at no cost to provide valuable professional advice on how to achieve reduction in energy use and the attendant costs savings. All it takes is a telephone call to their offices.

We have begun hearing from the city about plans to promote energy conservation and conservation of the environment with the recent announcement of the adoption of the Demolition Material Recycling Ordinance. We expect to hear soon about another ordinance, a long time in development, promoting energy conservation in buildings. We hear that a new commercial building, soon to start construction in the city, is designed to the higher energy and environmental standards, LEED Gold. Also houses in the city are installing PV systems. We have also been promised that new city buildings will employ high energy efficiency designs and environmental standards. Downey is the home of the first-building to set the path forward for what is now referred to as "green" building technology. The Gas Company Energy Center on Firestone Boulevard occupies the same pioneering position in the field of sustainable building practices as the Apollo space vehicle occupies in space exploration vehicles, and deserves equal recognition and celebration. It was the first LEED building.

The above give the *Patriot* and citizens of Downey a lot to talk about and engage in the serious dialogue started by the *Patriot* on the vital subjects of energy efficiency and conservation, the environment and global warming, and help the city join other cities in promoting actions which the federal government appears incapable of addressing. Let's face it: ultimately, meaningful action is local.

— **Harold Tseklenis,**
Downey

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



April fooled

Dear Editor:

It doesn't surprise me to read in the May 2 edition of *The Downey Patriot* that its "journalists," and I use that term generously, were so easily fooled by the phony Wiley-Burke story published in the previous week's paper. ("Historical Society Apologizes Over Fictional Wiley-Burke Story Published Last Week," 5/2/08)

During the spirited campaign over Measure G, the failed effort to end term limits in Downey, the *Patriot* published an endorsement of the measure supposedly made by Los Angeles County Sheriff Lee Baca, along with a photo opportunity-type picture of Baca with the proponents of the measure, council members Kirk Cartozian and Mario Guerra.

The endorsement had all of the trappings of a plant by the Yes of Measure G campaign and should have been treated as an advertisement, not news. The editor did not verify the authenticity of the endorsement nor question its source, which is what any cub reporter having completed a high school journalism class would have done.

While I greatly appreciate the voice our hometown newspaper has given the citizens of Downey through its letters to the editor section, I've come to realize that *The Downey Patriot* is first and foremost an advertising medium, with occasional forays into hard news reporting.

I'll still read your paper to glean as much news as I can from it, but I think the publisher of *The Downey Patriot* should take a close look at its mission and strive to improve the professionalism of its staff and journalistic standards.

The motto of the *New York Times* is "all the news that's fit to print." *The Downey Patriot's* motto may just as well be "we'll print anything," given the latest faux pas.

— **Brian Heyman,**
Downey

Dear Editor:

John Vincent is to be congratulated for such a fine literary piece about Wiley-Burke's service to Gen. Patton – even if it was fiction intended as April-Foolery. Washington Irving and Agatha Christie would have been proud.

I'm sure that much of history (and even some about "Old Blood and Guts" himself) has been written with similar content, and so especially are the political presentations, evaluations, policies, promises, speeches, and their accompanying media commentaries with which we are bombarded so heavily these days.

And "Bravo" to the *Patriot* for clearing the air about the matter, rather than attempting to spin it into something which it wasn't.

— **Hugh T. Hoskins,**
Downey

Rock and roll is dead

Dear Editor:

Why did Brooke Karli bash on us, Hyperbola, so badly? ("Local Bands Rock Out at Trinity," 5/2/08) What did we ever do to her?

"Lack of originality and fluidity"? We played one cover song that show. If we can be imitated so easily why doesn't Brooke Karli do it? Why wasn't she playing the show instead of us? What is her problem with us?

We had great reviews from all of our friends who appreciate our music, unlike Brooke, and when that article came out we got phone calls telling us that that article made no sense. Nobody seemed to dislike us more than her.

We just don't appreciate that kind of publicity, so next time we would appreciate it if you would just leave us out of your "paper."

— **Ernest Barrios,**
Band member, Hyperbola

Lesterford eyesore

Dear Editor:

Just wanted to say "Thank you" for providing a weekly update of what's happening in the community and for having a great newspaper.

Also wanted to ask about the property on the corner of Florence Avenue and Lesterford? (10225 Lesterford Ave.) It's been an eye-sore for the last year and a half. What's the hold-up on the construction? I guess you can say the neighbors are wondering.

— **J. Navarro,**
Downey

Out of order

Dear Editor:


I received my Official Sample Ballot for the June 3 Primary Election. I'm again concerned when I review the Superior Court Judge section because I have no or very little information about any of the candidates. This lack of information has been a constant in previous official sample ballots. Information on these judges must be improved.

I am contacting my legislators and suggesting that each judicial candidate must provide background information in the official sample ballot. It is not a perfect solution of stating the candidate's positions, but it is a step in the direction of providing the voter with more candidate background and transparency.

If someone has a better idea, share it and contact your legislators. We need more knowledge about judicial candidates when we vote.

— **John Lacey,**
Downey

The Downey Patriot

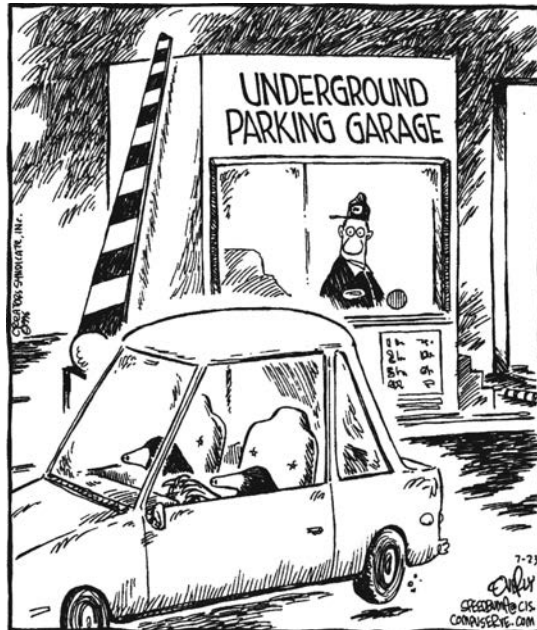
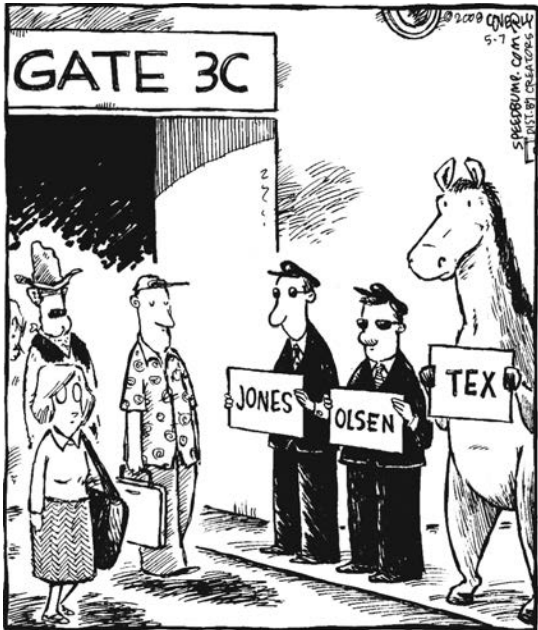
	<p>Jennifer DeKay-Givens..... Publisher/Adv. Director John Adams..... Editor Emeritus Eric Pierce..... City Editor Henry Veneracion..... Staff Writer Brooke Karli..... Staff Writer Dorothy Michael..... Display Advertising Mary Forney..... Display Advertising Linda Larson..... Classified Advertising Jonathan Fox..... Production Gibran Latif..... Webmaster</p>
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SPEED BUMP



DAVE COVERLY



On This Day...

- May 9, 1502: Christopher Columbus departs from Cadiz, Spain on his final voyage to the west.
- 1936: Italy annexes Ethiopia.
- 1949: Hall of fame musician Billy Joel is born. Also born May 9: Mike Wallace (90), James L. Brooks (68), John Ashcroft (66), Candice Bergen (62) and Rosario Dawson (29).
- 1960: A birth control pill is approved by the FDA.
- 1961: FCC chairman Newton N. Minnow condemns TV programming as a "vast wasteland."
- 1994: The South Africa parliament chooses Nelson Mandela as president.

Downey Community Calendar

Events For May

- Sat. May 10: **Kids Day**, Furman Park, 10 a.m.
- Sat. May 10: **Downey Symphony Ice Cream Social**, Barbara J. Riley Community & Senior Center, 1:30 p.m.
- Sat. May 10: **LACHSA Symphony Orchestra performs at Downey Theatre**, 7:30 p.m.
- Wed. May 14: **"The World as I See It" photo exhibit reception and awards ceremony**, Downey Adult School, 5 p.m.
- Wed. May 14: **Free immunizations**, Alameda Elementary School, 3 p.m.
- Thurs. May 15: **Warren Instrumental Music Spring Concert**, Downey Theatre, 7 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

- 6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner, mtg.**, for information call 426-6786.
- 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 3rd Mon., 7 p.m.: **American Legion Post 270**, Los Amigos Country Club, call 869-1053.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Vince Zoida at (714) 761-4439.
- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 9:30 a.m.: **Adventure with the Bible**, at the First Baptist Church call 928-4153.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Darren Dunaway at 806-5400.
- 12 p.m.: **Exchange Club of Downey**, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call 928-2658.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 7 p.m.: **Boy Scout Troop 441**, at Apollo Park Activities Room, for information call 923-3659.
- 7:30 p.m.: **Southland Harmony Chorus of Sweet Adelines**, at Downey's Woman's Club, for information call 947-6802.
- 2nd and 4th Tues., 7:30 a.m.: **Chamber "Rise&Shine" Networkers**, at Nordic Fox. for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Bakers Square. for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
- Last Tues., 11:00 a.m.: **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, for information call 869-8782.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 1st Weds., 7:30 p.m.: **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd Weds., 7:30 p.m.: **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.
- 2nd Weds., 11:45 a.m. - **Downey Christian Women's Club**, at Los Amigos CC, Call 927-8488.
- 2nd & 4th Weds., 11:00 a.m. - **AARP**, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

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

Fridays

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

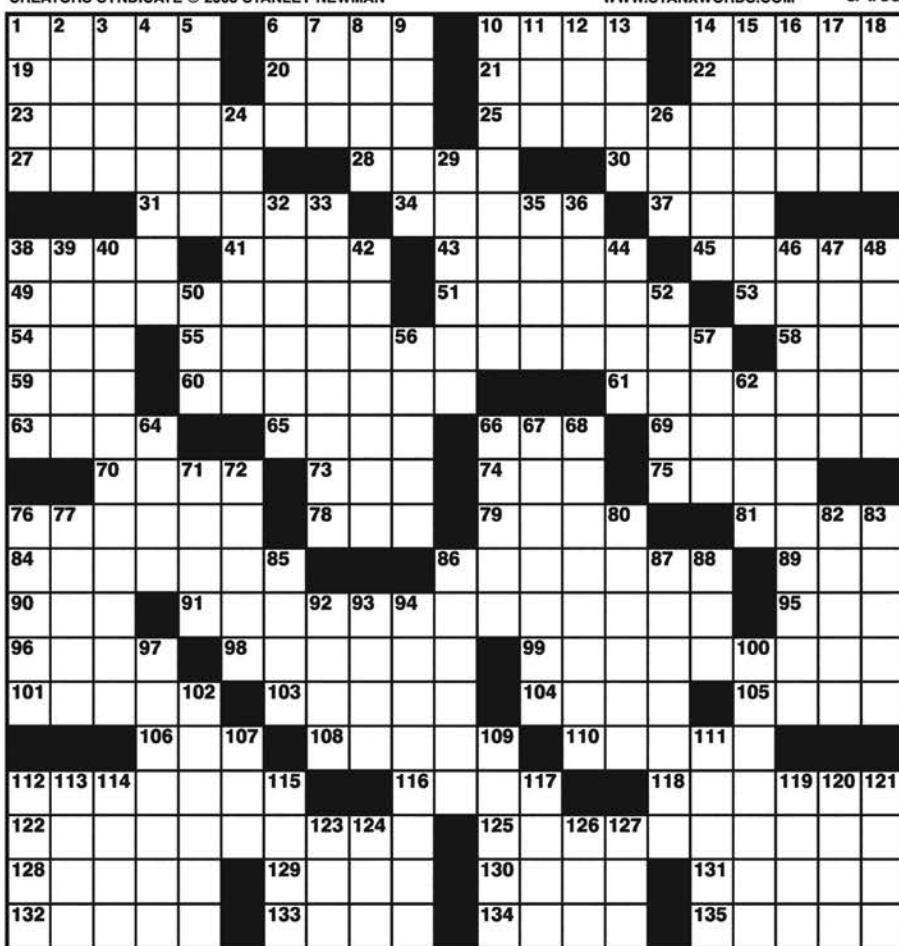
Sundays

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WHEELING AND DEALING: How to get around
 by S.N.

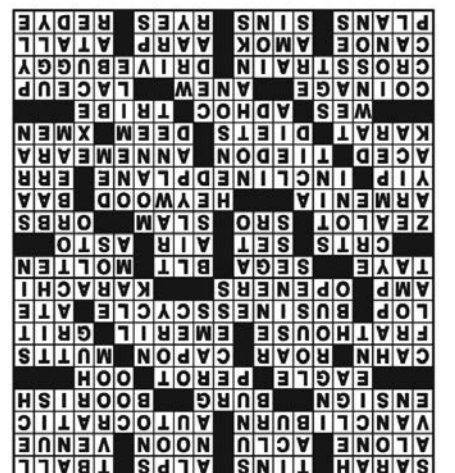
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

In physics, the six simple machines (9) across) are the lever, wheel and axle, pulley, screw, wedge and inclined plane. Sir Alan Ayckbourn (2) Down) is considered to be England's most successful living playwright. Discovered in 1898, the asteroid EROS (57 Down) will pass within 17 million miles of the Earth in 2012.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

As a marathon runner, I simply had to find a way to work Buster Martin into a column. Buster is a 101-year-old Englishman. He is not only that country's oldest workingman, but is the world's oldest marathon runner. Just last month, he completed the 2008 London Marathon in approximately 10 hours. Martin promised to celebrate with a pint of beer and a cigarette. When asked what his secret is, he stated that he "hasn't got one".



letter from the president of Ireland. In Japan, they receive a silver cup and a certificate from the Prime Minister.

What can we each do to enhance our chances of living, like Buster Martin, a long and healthy life?

- Be active, both mentally and physically. You don't have to be an exercise fanatic; just keep moving.
- Limit processed foods and eat natural whole foods such as fruit, vegetables, nuts, beans, and grains.
- Stay married. Many studies confirm that married people live longer than single people.
- Maintain your ideal weight. Being overweight will definitely limit your chances of becoming a centenarian.

• Drink alcohol moderately and don't smoke cigarettes at all. Are there exceptions to this rule, like Buster? You bet. But as many of us have learned in Las Vegas, it is always better to stack the odds in your favor.

• Eliminate unnecessary stress – it shortens your life. According to Thomas Perls, Director of the New England Centenarian Study, one thing centenarians have in common is the ability to shed stress in a way that doesn't let it get to them. "They don't seem to internalize stuff".

• Develop close and respectful relationships with your friends and loved ones.

• The most important factor of all? Have good genes. Extreme long life seems to run in families and may be based on common genetic and environmental factors. If you have had a centenarian grandparent, parent, or sibling, your chances of living past the century mark increase dramatically.

I wish you good health and long life! See you at the next marathon...

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.

Back here in the United States, average life expectancy has been continuously on the rise. This is the result of drops in infant mortality, effective public health policies, vaccinations, cleaner water supplies, improvements in the treatment of various diseases, and more healthful lifestyles. The increase in longevity has favored women: 100 years ago, women outlived men by only two years, and in 2001 they outlived us by five years. One thousand years ago, a newborn's life expectancy was 24 years. A baby born 100 years ago had a life expectancy of 51 years. By 1953, that life expectancy rose to 66 years for baby boys and 72 years for baby girls. And finally, if that baby boy was born in 2001, he could be expected to live to 74, and a baby girl to 79.

Centenarians observe interesting traditions around the world. Here in the United States, President Bush will send a greeting on their 100th birthday. *The Today Show* might announce their name on the air (a nice touch for someone who was 40 years old before even two percent of American households owned a television set!). In the United Kingdom, the Queen sends greetings on the 100th birthday and then on every birthday starting with the 105th. The Irish receive a 2,540 Euro "Centenarians Bounty" (that's over \$4,000) along with a

LRMC doctor stresses the importance of sleep

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – With all our advances in medicine and technology, with millions of dollars invested in numerous research studies, science still has not been able to definitively understand the purposes behind the natural, inevitable act of sleep. Sleep researchers can say for certain that sleep overcomes sleepiness. But, beyond that, researchers disagree. Some even argue that we shouldn't be asking why we sleep, but why we wake. Most evidence, however, suggests that there is a biological function for sleep.

Like refueling a car or taking a drink of water, it's thought that sleep refreshes your body and helps to restore the energy that you've used up during the day, said Dr. Arthur Gelb, a pulmonologist at Lakewood Regional Medical Center (LRMC). Sleep is the time when your body is able to do repair work. Additionally, when we sleep, muscle tissue is rebuilt and restored; growth hormone is secreted (this is important for kids but also for rebuilding tissue in adults); and mental energy is restored.

"Because sleep is your body's time to repair, not getting enough of it can impair your immune system and leave you less able to fight off diseases," stressed Gelb.

This is a major concern, especially when you consider that 75 percent of Americans who responded to the National Sleep Foundation's 2005 Sleep in America poll said they experience symptoms of sleep problems including difficulty falling asleep, waking during the night, experiencing fatigue during waking hours, or snoring.

It was once thought that being awake was the natural state of the brain, and that during sleep the brain would take a rest and "shut down," so to speak. But now it's known that, according to Harvard Medical School, the brain is always in an active state whether the body is sleeping or awake (specific groups of brain structures control the body's functions at different times).

Gelb explained that a night's sleep consists of several cycles of different types of sleep – each type may serve a different function. There's evidence for enhanced tissue growth, repair of the immune system, memory consolidation, as well as brain restoration – especially in the cerebral cortex. But most of these things happen when we're awake as well.

One thing that no one is debating is that sleep is an absolute necessity, but there have even been studies done to prove it. According to the National Institutes of Health (NIH), while rats normally live for two to three years, those deprived of sleep only live about three weeks, and those deprived of REM sleep (the stage of sleep when we dream and during which it's thought brain regions used in learning are stimulated) survive only about five weeks on average.

At the same time, the rats developed abnormally low body temperatures and sores on their tails and paws. Researchers believe the sores indicate a sluggish immune system and suggest just how detrimental sleep deprivation can be to the immune system of humans.

Newborn screening act passes in Congress

CONTRIBUTED BY THE OFFICE OF

CONGRESSWOMAN LUCILLE ROYBAL-ALLARD

WASHINGTON, D.C. – Congresswoman Lucille Roybal-Allard (D-CA) recently announced the passage of legislation she authored to eliminate preventable newborn deaths and severe disabilities through the increased use of comprehensive and standardized newborn screening tests.

The Newborn Screening Saves Lives Act now heads to the president who is expected to sign the legislation into law.

The Newborn Screening Saves Lives Act (HR 3825) provides federal funding to educate parents and healthcare professionals about the importance of newborn screening, and improves the systems for follow-up care for infants detected with an illness through the newborn screening tests. In addition, the bill requires the Centers for Disease Control and Prevention to ensure the quality of laboratories involved in newborn screening, and establishes a system for collecting and analyzing data that will help researchers develop better detection, prevention and treatment strategies.

Approximately 5,000 babies are born each year in the United States with detectable and treatable diseases. Forty years ago, these infants' disorders would have gone undetected until symptoms appeared, leading to possible death or lifelong disability. Today, a simple blood test can detect life-threatening genetic illnesses before any symptoms begin, allowing crucial time for early treatment to prevent long-term damage.

Unfortunately, there is great disparity from state to state in the quality and number of newborn screening tests an infant may receive. In 2004, the American College of Medical Genetics recommended that every baby born in the United States be screened for a minimum of 29 metabolic and functional disorders that include Phenylketonuria (a rare disorder that prevents the normal metabolism of protein foods) and sickle cell disease (an

inherited blood disorder). However, only 19 states and the District of Columbia currently test for all 29 of the recommended disorders.

According to the March of Dimes, the lives of 500,000 newborns hang in the balance because they still are not being screened for the 29 core conditions. The tragic result is that hundreds of infants suffer lifelong disabling consequences or even death from otherwise treatable disorders.

"It is unacceptable that babies continue to be born in this country each year with diseases that can be detected by a simple blood test, and then treated to prevent serious complications," said Roybal-Allard. "Our legislation is a major step towards correcting these disparities by encouraging all states to uniformly test for all recommended disorders and by providing resources for states to expand and improve their newborn screening programs. This bill will empower parents and health care professionals with knowledge about the importance of newborn screening and follow-up care, and has the potential to save millions of dollars in health care costs."

California currently requires that all newborns receive screening for 28 of the 29 disorders recommended by the American College of Medical Genetics (ACMG) and endorsed by the March of Dimes and the American Academy of Pediatrics. In addition, California passed a state law adding the final condition, which is a hearing screening, to the state newborn screening panel. Efforts are currently underway to implement this law more fully to ensure that all newborns receive a hearing screening in the state.

"I thank my colleagues for supporting this critical legislation," said Roybal-Allard. "With the passage of the Newborn Screening Saves Lives Act, this Congress has taken a giant step towards ensuring that parents and health providers are knowledgeable about newborn screening, and that babies receive the comprehensive and consistent testing they need."

Lakewood Regional celebrates National Nurses Week

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – As we celebrate National Nurses Week and National Hospital and Healthcare Week (May 6-17), we would like to recognize the men and women who work hard every day to provide high-quality, compassionate care for our patients and their families.

"We see this dedication to the service of others throughout our hospital as our employees work together every day to provide high quality care to our patients and their families," said Mark Korth, CEO of Lakewood Regional Medical Center (LRMC). "We're very proud of each and every member of our staff and the contributions they make throughout the year."

Since 1921, hospitals across the country have been celebrating National Hospital and Healthcare Week and inviting their communities to say "thank you" to the nurses, technicians and many other healthcare workers who provide quality care throughout the year. National Nurses Week honors the work and dedication of nurses and begins on the birth date of Florence Nightingale, the founder of modern nursing.

"You often hear our employees talk about their role as being a calling," said Korth. "That feeling is shown in every caring touch and the time they spend listening to our patients and families. I'm frequently touched by the compassion and sensitivity they show. National Nurses Week and National Hospital and Healthcare Week allow each of us the chance to say 'thank you' to these extraordinary individuals who care for our family and friends."

As part of the annual celebration, the Tenet Healthcare Foundation will honor an employee at LRMC by donating to the charitable organization of the employee's choice. The Foundation will distribute nearly \$30,000 at Tenet hospitals as part of this year's National Nurses Week and National Hospital and Healthcare Week celebrations.



The mouth is teeming with bacteria, some good, some bad. The harmful bacteria are contained in the sticky film called "plaque" that builds up on teeth daily and can irritate gums. Gingivitis, or inflammation of the gums, is the beginning phase of what could become a more serious case of periodontitis (gum inflammation). Left unchecked, the supporting structures of the teeth can degenerate to the point where teeth become loose or lost. According to the American Academy of Periodontology, periodontal disease, also known as gum disease, is a "chronic bacterial infection that affects the gums and bone supporting the teeth." Periodontal disease will affect up to 90% of adults at some point in their lives.

Our recommendations for dental treatment are always in the best interest of the patient. Good oral health is important to your overall well-being. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and are less painful, expensive, and worrisome than treating conditions that have been allowed to progress. Knowledge about gum disease is, therefore, imperative to dental health. If you need answers to questions about gum disease, or any other dental health care, don't hesitate to contact us at (562) 923-3714. We're located at 10800 Paramount Blvd., Suite 307.

P.S. Nearly 30% of the U.S. population may be genetically susceptible to gum disease.
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Fuad Alshamiyeh, Owner

Vikings can't capitalize on impressive pitching

■ Nate Coronado pitches strong, but bats fall silent in 1-0 loss to Gahr.

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – An unearned run and a very questionable call from the third base umpire were the decisive factors that snapped Downey's nine-game-win streak in a 1-0 loss to visiting Gahr High School on Tuesday afternoon.

The game was anything but an offensive slugfest watching Downey's ace Nate Coronado go pitch for pitch with Gahr's Chris Devinski. Between the two pitchers, one run crossed the plate and only five batters had hits through the 12 combined innings they tossed.

Coronado pitched a complete game striking out eight hitters, but committed the game-deciding error in the second inning.

After a leadoff walk to Gahr catcher Brandon Krause, Michael Lugo tried to sacrifice him over to second but bunted the ball a little too hard to Downey second baseman Chris Munoz.

Munoz barehanded the ball but

was unable to maintain a grip and couldn't make a play.

On the very next pitch, Gahr's Broderick Van Wjngaerde bunted the ball along the first base foul line. Coronado fielded the ball but threw it into right field, allowing Krause to score from second base. But the most eye-opening situation came in the bottom half of the third inning with the bases loaded.

With two outs and Downey cleanup hitter Michael Mazzarra at bat, manager Jess Gonzalez chose to send Greg Hamrock from third base. Hamrock was caught stealing at the plate ending the threat.

After the game, Gonzalez didn't have anything to say about the play. He held missed opportunities responsible for the loss.

"We had our chances and we didn't capitalize and we didn't come up with the big hit," Gonzalez said. "They found a way to get a run. Nate pitched good enough to win, that's for darn sure."

Claiming his team never talked about the nine-game win streak, Gonzalez after the game reminded his players that they can't give games away and to continue playing good baseball.

"We always feel like we have a chance to win," he said. "We just have to play baseball and not give up any free runs and hopefully we come up with some timely hitting." Coronado was frustrated with the turnout of the game after pitching all seven innings and practically shutting down the Gladiators.

"We could have won today but we didn't hit at all," Coronado said. "We couldn't find a way to score. We had a lot of situations when we could have scored from third base but we didn't do our jobs."

Downey threatened in the bottom half of the seventh inning, loading the bases with one out. Gahr's Anthony Nunes struggled with his command giving up a leadoff walk, then two consecutive base hits after a strike out.

But Nunes recovered and was able to get Downey pinch hitter Matt Stephenson to ground in to a 6-4-3 double play, ending Downey's comeback efforts.

Gahr manager Geraldo Perez was very impressed and proud of Devinski's effort and praised Nunes ability to close out games.

"I can't say enough about [Devinski] at a work ethic stand-

point," he said. "He's a grinder and he deserves all the successes he gets. He's overcome obstacles and worked hard."

The season series now split, second place is up for grabs pending yesterday's game (results were not available at press time). To Perez, second place is very important considering the implications of playoff seeding and pride.

"Second place is important from a lot of different aspects," he said. "No. 1, you're Gahr High School with 23 championships in 35 years. There's a pride factor that goes into the preparation to try to win even though we didn't do it this year and Paramount was clearly the better team."

"No. 1 we have the pride factor and No. 2 you're going [into the playoffs] with a win then you have an opportunity to get a home game which means a team has to come in and play at a park you're comfortable with."

Both teams are playoff bound but seeding will be determined with the results of yesterday's game.



This picture by Bonnie Bowater is one of more than 300 images to be featured in a photo exhibit at Downey Adult School next week.

Downey sweeps Warren

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY – Downey High School continued their winning ways and took the season series from Warren, beating them 8-2 at Taylor Field last Friday.

The win was Downey's ninth straight while the loss was Warren's ninth straight. With the win, Downey now can finish no lower than third place and guarantees themselves a spot in the CIF playoffs.

After starting off hot in league

play, Warren came apart at the seams in what is turning out to be a tumultuous first season for Bears manager Paul Alvarez. After the loss to Downey, Alvarez's team is now 12 games under .500 and fourth place in league.

The Bears will have an opportunity to finish their season on a high note when they face the lowly Dominguez Dons today. Dominguez has won only two games in San Gabriel Valley league play all year.

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May Fashion Tips



Brianna – “Flashy but Classy” – Graduation Day is a very special day. So under your graduation robe be Flashy but Classy with this colorful dress by the House of Dere’on. You can find this dress at Macy’s for \$54 in Stonewood, Lakewood or Cerritos Centers. So be Flashy but Classy on Graduation Day.

Matt – “The ‘Sole’ Stoppers” – So you say you got invited to



Brianna, left, Carlee, center right, and Matt, right, show off hot graduation fashions.

some of those graduation parties coming up; now tell me this, you are going to show up stealin’ the night, right? Well, if you want to go out for a quick buy then hit up Finish Line at the Stonewood, Lakewood and Cerritos Centers for these fresh kicks. Ed Hardy’s are still in and loaded with new styles. Most are unisex and run from \$60



and up. This particular look goes for \$75 and features a low-rise chain that absorbs that eye-candy we all love. Treat yourself to a lil’ graduation gift. After all, you deserve it.

Carlee – “The Perfect Dress” – Graduation is an exciting time for most high school seniors, and with that excitement comes tons of par-

ties and graduation events! This fun floral dress is perfect for every occasion. It’s short for summer, bright for the setting, and with a wrap around the waist is flattering on almost every body! Pair it up with a cute pair of white or brown wedges and you’re set. There is no better way to graduate than in style, and this dress will do the trick. Available at Macy’s in the Stonewood Center for \$69.



Christina Putrelo returns to the Downey Civic Light Opera (DCLO) for a third appearance as Tintinabula in “A Funny Thing Happened on the Way to the Forum,” which opens May 29 – June 15 at the Downey Theatre. She also appeared in “Sweet Charity” and “Oklahoma!” for DCLO. To purchase tickets, or for more information, call (562) 923-1714. The box office is open from 1 to 5 p.m. on Tuesdays and Wednesdays.

Avoid the crowd at ice cream social

Residents invited to ice cream social tomorrow at the Barbara J. Riley Community & Senior Center.

By Joyce Sherwin, Downey Symphony

DOWNEY – Downey’s a pretty lively town if you’re out and about on a springtime Saturday, and there are lots of juicy events on the calendar for tomorrow, May 10.

One of those is a bit out of the ordinary. You won’t struggle for a parking space, you won’t deal with ear-crunching noise or frantic crowds or bad manners or surly waiters or hair-raising prices.

None of that, when you come to the Ice Cream Social with Ragtime Piano at our Community Center. Instead you’ll experience kind of a laid-back, old-time-y afternoon that’ll make you feel refreshed. After all, isn’t that why ragtime music and ice cream were invented?

Our ragtime pianist is the wondrous Nan Bostick, whose appearances across the country as performer, lecturer, historian, and composer invariably excite rave reviews. Do you remember “You Tell Me Your Dream, I’ll Tell You Mine”? That was written by Nan’s great-uncle Charlie, the first publisher of ragtime music anywhere. Uncle Charlie helped launch Scott Joplin, who is credited with beginning the singular-style and rhythms that came to be known as ragtime. Clearly, Nan has the lineage and the chops!

She also has three CDs, the latest one just out, and chances are good you could get her to autograph one for you.

This enjoyable afternoon is brought to you by your friendly Downey Symphony as a fundraising event during this year of celebrating the orchestra’s 50th anniversary in our community. A free-will offering in support of the performance will be taken, but mostly we want the pleasure of your company and to give you a totally cool time.

So bring your friends, your family, your mom to the Center, 7810 Quill Dr., at the corner of Rives Avenue. That’s just north of Imperial Boulevard. Doors open at 1:30 p.m., the program begins at 2, but seating is limited, so come a little early. Tickets, sold at the door for good old-fashioned cash, are just \$5, and kids under age 10 get in for \$3. See you there!

New & noteworthy titles at the Downey City Library

Young Adult Fiction:

• **“Cross My Heart and Hope to Spy”** by Ally Carter. Spy-girl intrigue and romance, and trouble once again for Cammie Morgan, a CIA legacy-student at Gallagher Academy, the world’s premier academy for spies.

• **“The Chicken Dance”** by Jacques Couvillon. A laugh-out-loud journey to the place where comedy and tragedy meet, as a young boy who raises chickens discovers his family’s secrets.

• **“I’m Exploding Now”** by Sid Hite. A coming-of-age story about an ordinary boy becoming an extraordinary person and writer, told through a series of diary entries.

• **“Jeremy Fink and the Meaning of Life”** by Wendy Mass. Everything changes when the box arrives - a posthumous gift from Jeremy’s father who died five years ago.

• **“Gender Blender”** by Blake Nelson. In a novel reminiscent of “Freaky Friday,” teenagers Emma and Tom switch bodies, and soon learn what it’s like to walk in each others’ shoes.

• **“Something to Blog About”** by Shana Norris. Boys, bullies, and blogs come together in a book that brings the popular online diary format to print.

• **“Once Upon a Time in the North”** by Phillip Pullman. A prequel to the “His Dark Materials” trilogy offers a glimpse into the friendship of two of the characters - Texan aeronaut Lee Scoresby and armored bear Lorek Byrnison.

• **“Test”** by William Sleator. Pass the test and your dreams come true. Fail and you might as well be dead. Which side will Ann end up on?

• **“Gem X”** by Nicky Singer. Sixteen-year-old Maxo Strang, the most perfect humanever made, suddenly discovers a “crack” in his face, which leads him to expose his community’s dark underworld of secret scientific research and the city’s corrupt supreme leader.

• **“Flipped”** by Wendelin Van Draanen. In alternating chapters, two teenagers describe how their feelings about themselves, each other, and their families have changed over the years.

• **“Total Constant Order”** by Crissa-Jean Chappell. The story of Fin’s experience with obsessive compulsive disorder, meeting a doodling, rule-bending skater who buzzes to his own beat, and her remarkable resolve to find her own inner strength.

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

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WHAT HAPPENS IN VEGAS PG-13 (11:35, 12:10, 2:10, 2:55, 4:45, 5:30, 7:20, 8:05, 9:55, 10:40)

★ **IRON MAN PG-13** *Fri to Sun:* (10:00, 10:45, 11:30, 1:00, 1:45, 2:30, 4:00, 4:45, 5:30, 7:00, 7:45, 8:30, 10:00, 10:45; *Mon to Thur:* (10:45, 11:30, 1:00, 1:45, 2:30, 4:00, 4:45, 5:30, 7:00, 7:45, 8:30, 10:00, 10:45)

★ **MADE OF HONOR PG-13** (11:40, 2:15, 4:40, 7:25, 10:05)

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY R (12:00, 2:35, 5:15), 7:50, 10:30

BABY MAMA PG-13 (11:25, 2:00, 4:35), 7:15, 9:50 (35MM)

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Rancho honors its many volunteers

BY HENRY VENERACION, STAFF WRITER

DOWNEY—Honored as Adult Volunteers of the Year for 2007 at last Friday's Rancho Los Amigos Volunteer Recognition Luncheon were the husband-and-wife team of Karl and Adele Burger, while Joyce Co received Junior Volunteer of the Year honors. This is the second time Karl Burger has garnered the award, also winning the prized honor in 2003. He is known for his "excellent woodworking skills."

The three winners of the major award, also known as the Marge Saunders Memorial Award, were among 311 volunteers, 18 community organizations, and 70 Special Friends who, according to the Volunteer & Support Services supervisory team of Debbie Tomlinson (who emceed the affair) and Debbie Loera, donated a total of 37,605 hours performing a variety of services to the staff and patients at the renowned national rehab center.

Also receiving special recognition plaques were Elida Arrivilaga, Pablo Lopez and Edgar Monroy, who were given Distinguished Service Awards, while the first ever 'Spirit' (Special) Award went to another husband-and-wife team, Sam and Beverly Mathis. Accepting the '1,000 Hour Brass Bar' award were Jocelyn DeBord, Evangelina Guzman, Jose Torres and Hortencia Zepeda.

Community organizations cited for their multiple years of valued service at the hospital—a vital part of the annual recognition ritual—include the Woman's Club of Downey (89 years), N.A.L.C. — Downey Post Office (52 years), the Assistance League of Downey (37 years), the Optimist Club of Downey (24 years), the Downey Kiwanis Club (20 years; Asst. City Manager Lee Powell accepted the certificate for the club), the Assists of Downey (19 years), and the Italian Catholic Federation Branch 362 at St. Raymond's and Kirk Paper (16 years).

Numerous volunteers also received recognition certificates for their accumulated hours of service, starting at under 100 hours, with one, Sharon Riggs, logging a staggering total of 36,600. A few familiar names cited in this category included Richard Daggett (9,300 hours), Doris Patterson (7,200), the late Paul Yokota (3,500 hours), and Mary Stauffer (200 hours).

Rancho Los Amigos CEO Jorge Orozco welcomed the volunteers and guests, and urged everybody to enjoy the moment. In a printed message, he said: "Your dedication to helping others has always been an invaluable part of Rancho Los Amigos. Each person you touch leaves an imprint of the spirit of who we are — a rehabilitation hospital dedicated to making life better... Thank you for taking the time to love, give, help, and support our patients, their families, and the Rancho team."

Tomlinson's and Loera's message also said as much: "We are so grateful to have each of you as part of the Rancho team. The services you provide to the staff and patients are very much appreciated. Rancho would not be what it is without you. We look forward to working with you during 2008 and wish you the best throughout the year." In her live role as emcee, Tomlinson repeated the compliments: "We really, really appreciate all your help."

Buddy Brunch outreach May 17

DOWNEY — Pastor Garnett Simpson-Grier and the Breath of God Christian Fellowship will host their 16th annual Buddy Brunch outreach event May 17 at the Holiday Inn Select in La Mirada.

The event provides a buffet breakfast for men and women "less fortunate than us" from local missions and shelters.

The community can support the event by sponsoring a table of 10 for \$500, half a table for \$250, or an individual for \$50.

For more information, call (310) 767-9620.

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Shooting: Police seek public's help in finding Hamilton's killer.

Continued from page 1

ees) I've ever encountered," said Trinidad.

Another store manager, Robert Ayer, called Hamilton "a great kid."

"He always said hi, and was just happy to do his job," said Ayer. "He was never really down... We're all just in shock."

Employees at the Food 4 Less were collecting money this week to present to Hamilton's family to help offset funeral costs.

Also in mourning was Hamilton's girlfriend, Karina Lujan. The two met at Arc and family members said they hoped to get married soon.

"They were sweethearts," said Apricio. "He even gave her a ring. He really wanted to marry her. And her family loved him."

Meanwhile, as friends and family mourn, police are looking for Hamilton's killer. Detectives said they have no description of the



gunman, but one witness reported seeing a black SUV leaving the scene. Anyone with information on the case is asked to call Detective Raul Salazar at (562) 904-2332 or Detective Sam Gatfield at (562) 904-2391.

Funeral services for Hamilton will be held tomorrow at Funeraria del Angel, 10333 E. Alondra Blvd. in Bellflower, at 11 a.m.

Bernadette Marzo worked for DUSD

DOWNEY — Bernadette Marzo, Downey resident for 35 years, passed away on May 2. She was 76.

Marzo was born on Aug. 19, 1931. She lived in Downey for 35 years and worked as a payroll clerk for Downey Unified School District. After retiring, she moved to Mission Viejo.

She is survived by her husband, James Marzo; daughters, Nancy (David) Coulter and Mary (Mark) Doyle; son, John (Marlene) Marzo; brother, Roy Ficara; sister, Anna Reyna; and grandchildren Chris, Lauren, Amanda and Matt.

A vigil was held yesterday at St. Kilian Catholic Church in Mission Viejo. The funeral Mass is today at 11 a.m., also at St. Kilian Catholic Church.

Aurora Apodaca Valencia survived by family

DOWNEY — Aurora Apodaca Valencia, born July 4, 1918 in Los Angeles, has died. She was 89.

Apodaca Valencia died April 22 in Downey, where she resided for 56 years.

She is survived by her three children, Bob Apodaca, Olivia Apodaca Curry and Pauline Apodaca Welsch; seven grandchildren; and 12 great-grandchildren.

Services were held April 23 at Chapel of Memories Funeral Home in Norwalk. Burial services were at Rose Hills Memorial Park in Whittier.



Watercolor artist is guest demonstrator

PARAMOUNT — Watercolor artist and oil painter Douglas Castleman will be the guest demonstrator at the May 18 joint meeting of Downey Art League and the Traditional Artist's Guild of Paramount. The meeting starts at 2 p.m. at Progress Park, 15530 Downey Ave., in Paramount.

In addition to painting, Castleman, 49, is also a freelance illustrator and graphic designer. He is a member of several art associations, including the Los Angeles Society of Illustrators and the American Society of Aviation Artists.

The meeting is free and open to the public. For more information, call Ryo Terasaki at (562) 803-5857.

Janette L. Fisher August 6, 1933 - April 30, 2008

Janette L. Fisher was born Aug. 6, 1933 to John and Grace Dawson in Wayne, NE, and died April 30, 2008 at the age of 74; preceded in death by her parents, Wayne, NE and brother Milton, Valley Center, KS. Survived by sisters Fay Tyler, Lakewood, CA, Mildred Titgemier, Chesterland, OH, June Campbell, Kearney, NE, and twin sister Jeanette Lewis, Sioux City, IA.; brothers Edwin Dawson, San Mateo, CA and John Dawson, Denver, CO.

After graduating from Wayne Prep in 1951, she married Ronald Fisher of Concord NE, living in Nebraska, Iowa, Minnesota and finally for over 43 years in Calif. In 1960 Ron and wife Jan succeeded his parents as proprietors of Fisher's Market in Concord, NE and Jan became quite a butcher. In 1964 the family moved to Calif, and eventually settled in Downey.

Jan was a professional Seamstress for many years, specializing in bridesmaid, prom and wedding gowns. She was a lyric soprano, sang in several church choirs, the Los Angeles Women's Chorus, the Bellflower Civic Chorus, several Downey Theatre productions and many other musical events.

Survivors include: husband Ron, daughters Cyndee and Tracy, sons Dan and Kurt, 7 grandchildren and 2 great grandchildren. Memorial services will be held at Messiah Lutheran Church, 10711 Paramount Blvd, Downey, CA on May 10, 2008 at 12:00 noon and again at Concordia Lutheran Church in Concord, NE (date to be determined later) interment will be at Concord Cemetery.

PAID OBITUARY

Lorraine Kissell worked for McDonald Douglas

DOWNEY — Longtime Downey resident Lorraine Kissell passed away on March 28. She was 86.

Kissell was born on Jan. 5, 1922 in Lynwood, where she also graduated from high school. She worked for McDonald Douglas during World War II and married Carson Kissell on Aug. 25, 1950. She was a member of Tops-Kops and the Woman's Club of Downey.

She was preceded in death by her husband in 1975.

She is survived by her sons, Paul and Jeff; daughter-in-laws, Karen and Lucy; grandchildren, Troy, Justin and Brennan; granddaughter-in-law, Casey; and great-grandson, Kingston.



Virginia Eva Guynn Cluff was a longtime resident

DOWNEY — Virginia Eva Guynn Cluff, Downey resident since 1963, passed away on April 30. She was 81.

Cluff was born on March 7, 1927 in Salt Lake City, Utah. Her family moved to California when she was an infant. She later spent 13 years in Arizona after marrying her husband Fred, and then moved to Downey in 1963, where she resided until her death.

She is survived by her husband; two brothers; six children; 36 grandchildren; and 22 great-grandchildren.

Services will be held tomorrow at the Church of Jesus Christ of Latter-day Saints, located at 10511 Paramount Blvd. in Downey, at 11 a.m., with a viewing at 9:30 a.m.



Terrance Joseph Faulkner graduated from Warren

DOWNEY — Terrance Joseph Faulkner, a longtime Downey resident and graduate of Warren High School, passed away on April 28. He was 50.

Faulkner was born on Dec. 9, 1957 in Pittsburg, Pa.

He is survived by his parents, Joseph and Janet Faulkner; brother, Sam Faulkner; sisters, Sharon and Linda Faulkner; nephews, Scott Faulkner and Randy Courtney; and nieces, Mekenna Faulkner, and Brittney and Marné Chiccarelli.

Services are still pending.



Kathleen L. Yoder was school nurse

DOWNEY — Kathleen L. Yoder, a former school nurse for the Downey Unified School District, died April 28. She was 57.

A native of Hudson, Ohio, Yoder graduated from Downey High School, Cerritos College (where she met her husband, Cletus), and San Diego State University. She was a school nurse for the Downey Unified School District and a public health nurse for Los Angeles County. Since 1994 she had been working at Hillcrest Hospital in Cleveland as a childbirth educator, and most recently was the manager of Childbirth Education.

She is survived by her husband, Cletus D; children, Stephanie (Chris) Hottel, Sherry Yoder, and Mary Yoder, all of Ohio; father, Dr. Eric Lewis, of Downey; and other family, including Shirley (Dan) Marshman of Downey, Nancy (Tom) Jewell of Fountain Valley, Dr. Eric A. Lewis of Tarzana, and many nieces of nephews.

Memorial services were held in Ohio.

Newcomers' fashion show May 19

DOWNEY — The Downey Newcomers Club will present their "Hats Off to Fashion" on May 19 at the Rio Hondo Event Center. Doors open at 10:30 a.m.

The fashion show is the club's major fundraising event of the year. The club receives contributions from local merchants to raffle as door prizes, and all proceeds go to the club's scholarships for three local high schools.

The fashions will be from Stein Mart and the models are the club's own members of Karen Davis, Barbara Emry, June Ferguson, Ellie Harrington, Melvelene Martin, Estella Mendoza and Jeanne Henson.

For tickets, call Melba Willbanks at (562) 862-2799.



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City building and housing department sees 'green'

By Henry Veneracion, Staff Writer

City Building and Housing Director Linda Haines, who possesses a business management degree and boasts tons of years (18) and experience as a Permit Technician, Building Inspector and Plan Checker for the city of Fullerton where she grew up and spent her formative years—from kindergarten to post-high school—has functioned as Downey's Building Official for 10 years now and unequivocally says, "I love it here. I truly enjoy working here." She was born in Santa Monica.

She has also served as the Building Official for Cypress for seven years, immediately prior to coming to Downey. She says she would never have left the city of Fullerton had she not encountered a ceiling on her career advancement, as the Building Official there was not ready to retire. "But in coming to Downey, I felt like I was coming home."

Her title till the recent city staff reorganization was Development Services Director. With its Planning function subsumed by the Economic Development Department, her department has been streamlined to consist of Building & Safety and Housing. Building & Housing encompasses everything from Plan Checks to Building Inspection to Safety issues to (Building) Permit Issuance to Records Management. Her Housing Division is concerned with Federal Grant Management (CDBG grants), Affordable Housing Assistance (HOME Investment Partnership Program grants), and Property Improvement Assistance with its Senior Paint/Fix Up program.

Understandably, both the quantity and dollar volume of building permits is down this year, she says. "But this doesn't mean we haven't been busy. A lot of new home construction applications are coming in. In the last week alone, we received 27 new plans. There's a lot of remodels, too."

The estimates for FY2006-07 were 18,757 persons served at the counter, or 76 per day, vs. 18,177 customers served the previous fiscal year, or 79 per day.

There has also been a definite shift in thinking, she says—a shift in energy efficiency consciousness in the construction industry, as a result of the state-mandated Construction & Demolition Recycling program, whereby state law requires every city and county to recycle 50 percent of its waste materials (to comply with Downey's 50 percent landfill diversion goal). Recyclable waste materials are such inert materials as asphalt, brick, concrete, gravel, rock, sand, stone, and tile. Others are wood, cardboard, paper, and carpet. So-called 'deconstruction/reusable' materials include cabinets, fixtures, wood flooring and paneling, doors, hardware, and appliances.

"With the abundance of these recyclables," she says, "it's not hard for a builder or contractor to reach the 50 percent goal." (The C&D Planning and Information Packet, including the project guidelines along with the Waste Management Plan [WMP] and other requirements, explaining this more fully, is available at Downey City Hall, Building & Safety Division or Engineering Division, 11111 Brookshire Ave., Downey, CA 90241 or online at www.downeyca.org).

Indeed, a grading permit has just been approved for one Downey developer, Tony Abboud, who Haines says is developing 17 condominiums on the south side of Florence, east of Lakewood, using, for the first time ever in Downey, LEED GOLD guidelines. (The LEED program hews to environment-friendly building construction standards.) In addition, he's building three homes along Lexington, as well as two other projects.

Haines says she's in the midst of developing a checklist of green building measures that will "help people be more energy conservation conscious." Downey-based The Gas Company has shown the way on this, she says. "Their building on Firestone Blvd. was the first building built entirely of 100 percent recycled materials."

In all this, there is necessarily close coordination between Building and Housing and Public Works ("They deal with 'offsite' construction, Building and Housing with 'onsite' stuff" is how Haines differentiates between the two departments), the Fire Department, and the Economic Development Department, and constant reference to the relevant provisions of the State Building, Fire, Electrical, Mechanical, Plumbing, Energy, and Disabled Access



Linda Haines was a top-tier badminton player before she became the Building and Housing Director for the city of Downey. She's shown above holding plans for the Downey Landing retail center.

Codes—bundled as ordinances in the Downey Municipal Code.

Haines, whose father was German and whose mother had English-Irish-French ancestry, was a softball coach and served as a customer service clerk with the Parks & Recreation Department at Fullerton. She was into athletics in high school, was on the tennis team, and was the Girls Athletic Association No.1 badminton player. "I also used to play racquetball and volleyball. I was into swimming as well," she says, adding: "I also played the accordion, and taught it for two years."

With two married sons, one of whom is in the Air Force, leading lives of their own, she and husband, Rick (who works as a Senior Scheduler for the C-17 program), try to go to their other home in Lake Havasu and tool around aboard their 26-ft. boat looking for bass or crappie, or otherwise engaging in watersports. The boat is ocean-going, too, but cruising around the Oil Islands in Long Beach Harbor suits the adventurous couple just fine.

She has been active with the California Building Officials (CABO) organization, been president of the Orange Empire Chapter of ICBO, now known as ICC (International Code Council) and based in Washington, D.C., and the Home Builders Council, which sponsors the annual Design/Build Competition, in which she has served as Building Inspector. She has also been an active member of Soroptimist International of Downey since 1998, as well as the Downey Chamber of Commerce.

Her certifications include: ICBO Certified Building Inspector (1985), ICBO Certified Combination Dwelling Inspector (1990), CABO Certified Building Official (1993), and PC832 Certified.

In addition to the above qualifications and experiences, she also took over a period of time the Construction Management B.S. Program at CSU-Long Beach.



Lois Buchanan was named "Woman of the Year" for Downey by Assemblyman Hector De La Torre.

Buchanan honored as 'Woman of the Year'

DOWNEY – Assemblyman Hector De La Torre has selected Lois Buchanan "Woman of the Year" for Downey.

Buchanan is current president of the Downey Second Century Foundation and has been an off-and-on member of the Downey Coordinating Council since 1967.

A member of The Church of Jesus Christ of Latter-day Saints Downey Stake, she has served as chief historian for 19 years and as public affairs director for 17 years. Through the church's public affairs position she helped coordinate major service projects within Downey, including the planting of over 445 trees and other beautification efforts.

Buchanan has also directed and produced the Interfaith Multi-Cultural Songfest for 13 years. The Songfest is free and open to the public.

Buchanan has also volunteered with the city of Downey, helping coordinate its 25th, 30th, 35th, 40th, 45th, and 50th anniversaries. She has been a member of the Downey Rose Float Association since 1964, serving as pageant director and chaperone. Buchanan has also produced five Floral Headdress Balls to help raise money for Downey's float.

As a member of the Second Century Foundation, Buchanan helped organize the July 26, 1984 Olympic torch run through Downey.

Buchanan also belongs to the Downey Historical Society, Aerospace Legacy Foundation, Assistance League of Downey and Needleworkers Guild of America, which she continued after the death of her mother.

Buchanan was a member of the now-defunct Downey Jr. Women's Club which helped produce, in conjunction with the Downey Police Department, educational booklets warning children not to talk to strangers. The pamphlets were distributed to all Downey elementary schools.

Retired after 23 years in the optometry and ophthalmology business, Buchanan has been recognized numerous times for her community service. She has twice received the Rockwell Outstanding Service Award to the Community, and was also a two-time recipient of the Service to Youth Award from the Downey Coordinating Council.

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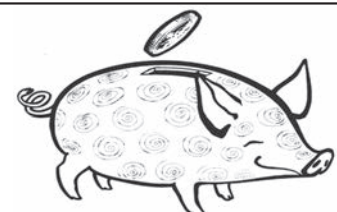
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Limited oil supply clashes with growing demand

BY MARK HERTSGAARD, BLUE RIDGE PRESS

Never underestimate a politician's ability to pander. With gasoline prices nearing \$4 a gallon and the summer driving season approaching, presidential candidates John McCain and Hillary Clinton have responded by calling for a consumer holiday from the federal gasoline tax. But both McCain and Clinton must know that blaming taxes for soaring gasoline prices is absurd. The tax hasn't changed. What has changed is the price of crude oil, which hit a record \$119 a barrel in April.

Get used to it. Contrary to McCain and Clinton's feel-good simplifications, there's no easy answer to this problem. Gasoline prices are rising – and will continue to rise – because global demand is outstripping supply. Combine America's gas-guzzling ways with millions of new middle class consumers in China and India, and global demand is bound to increase for years to come (absent a global economic depression). Meanwhile, global oil supplies are essentially flat. This mismatch pushes up prices.

The real issue that McCain, Clinton and anyone truly serious about gas prices must confront is peak oil. Peak oil theorists do not suggest that the earth will surrender its last drop of oil anytime soon. Rather, they contend that the world's oil supply has, or soon will, hit its upper limit, and then shrink. This, the end of abundant oil, spells the end of cheap oil. As limited supply confronts growing demand, the result will be volatile higher prices and shortages that could bring back gas lines of the 1970s. And that's just for starters. The modern world needs cheap oil like the human body needs oxygen; remove it, and we could be headed for economic decline, resource wars, and social chaos.

Conventional wisdom says the market will solve the problem" higher prices will call forth more supply. But a growing number of oil industry insiders are disputing that and instead backing the peak oil thesis. Though largely unnoticed by the media, a decisive moment in the debate came last

September, when James Schlesinger declared that the "peakists" were right. You don't get closer to the American establishment than Schlesinger, who served as head of the CIA, Secretary of Energy, and advisor to oil companies. In a speech to a conference sponsored by the Association for the Study of Peak Oil, Schlesinger said, "It's no longer the case that we have a few voices crying in the wilderness. The battle is over. The peakist have won."

Schlesinger added that many oil company CEOs privately agree that peak oil is imminent, but don't say so publicly.

One who does is Royal Dutch Shell CEO Jeroen van der Veer. Without using the term peak oil, he warned this year that, "After 2015, easily accessible supplies of oil and gas probably will no longer keep up with demand."

The United States, with its two-hour commutes, three-car families, atrophied mass transit, and petroleum-based food system, is most vulnerable to an oil shock. But similar vulnerabilities exist in most industrial societies, not to mention China and other emerging economies that are only now getting a taste of oil-fueled modernity.

Ironically, peak oil could actually harm the environment, making climate change worse. One might think that less oil would mean less consumption and lower carbon dioxide emissions. But the modern world is addicted to oil. If peak oil arrives before the addiction is broken, societies will likely do whatever is necessary to keep their addictions fed. That is already happening in Canada, where Exxon-Mobil and others are mining so-called tar sands – a very dirty fuel that carries a much greater carbon footprint than conventional oil.

Luckily, there are smarter ways to fight both peak oil and climate change. The first step is a massive investment in energy efficiency – by far the quickest, cheapest way to reduce consumption. This will buy us time

to deploy alternative fuels, reduce demand via better mass transit and less sprawl, and green our economies. Plug-in hybrids rely on electricity generated by solar, wind or other green energy sources, they will fight both climate change and peak oil.

More encouraging news: some top government officials understand what needs to be done. For example, David Paterson, the new governor of New York state, has spoken in detail about peak oil and the necessity of investing in energy efficiency and alternative energy sources.

Peak oil seems poised to become the next big idea commanding the attention of governments, businesses, and citizens the world over.

Mark Hertsgaard is the environment correspondent for The Nation and the author of many books, including "Earth Odyssey: Around the World in Search of Our Environmental Future." Visit www.markhertsgaard.com for more information. © Blue Ridge Press

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Snapshots from the Downey Street Faire

May 3, 2008
 Produced by the Downey Chamber of Commerce
 Photos by Art Montoya and Eric Pierce