The Downey Patriot



Ballet folklorico returns to DHS See Page 4



Jan Palen's life of travel See Page 8



It's true: Bacteria
is good for us
See Page 7

Friday, May 23, 2008

Vol. 7 No.

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

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"Hula Apples" is one of many offset lithographs by artist Scott Moore. A 1967 Downey High School graduate, Moore will be inducted into the school's hall of fame at ceremonies today. Image courtesy www.scottmooreart.com

Downey High inducting five into hall of fame

DOWNEY – Five Downey High School graduates, each distinguished in their respective field of work, will be inducted into the school's hall of fame in a campus ceremony at 10 a.m. today.

The inductees were chosen by a panel of DHS administrators and alumni from six categories, including Arts; Athletics; Business; Education; Civic, Community and Government; and Professional. Except under special circumstances, inductees are graduates of Downey High School.

The following is a brief biography of this year's inductees, as provided by the school.

James P. Ball (1952), Outstanding Track Athlete - James Ball graduated from Downey High School in 1952. He attended UCLA, graduating with a BS in Physical Education in 1957. He then served his country in the United States Air Force in the field of Operations and Intelligence from 1957 – 1979 and was a track coach and instructor at the United States Air Force Academy from 1964 – 1967. He retired from the Air Force as a lieutenant colonel.

Ball's athletic record is as equally impressive as his academic accomplishments. He was an alternate for the 1960 U.S. Olympic track team in the 110-meter high hurdles, a member of the UCLA NCAA championship track team, had the fastest time in the world high hurdles, holds a black belt in judo and aikido, was an All-American in volleyball between 1983 – 1985 and again from 1994 – 1995, was an advisor and track coach for high-altitude training for the Philippine track and field team for the 1968 Olympics, and was only the second American to be named Adopted Son by the Baguio City, Philippine City Council.

Ball has also held numerous posts on many community organizations, including the August Rotary Club, Kiwanis, Olympic

2008 DHS Inductees

James P. Ball
David R. Gafin
Jack Kyser
Shari McMahan
Scott Moore

Torch Relay Taskforce, Greater Augusta Sports Council, Augusta Volleyball Association, and currently chairs the Evans High School Career/Tech Ed Advisory Board.

David R. Gafin (1972), Mayor, City of Downey - David Gafin's community involvement includes being past president of the Downey Chamber of Commerce, Gangs Out of Downey and the Downey Los Amigos Kiwanis Club. He was also chairman of the Downey City Planning Commission, Downey Holiday Lane Parade and the Downey Street Faire.

He was vice president of the Downey Coordinating Council and is a member of Citizens for Downey and the Downey Rose Float Association.

Currently the mayor of Downey, Gafin's responsibilities include being the city representative to the Downey Chamber of Commerce Board of Directors, the Chamber's City Affairs the Committee, Columbia Memorial Space Science Learning Center Foundation, Gangs Out of Downey, the Gateway Cities 91/105 Needs Assessment Study Corridor Cities Committee, I-5 Consortium Cities Policy Board, L.A. County Sanitation Districts 2 and 18, the Budget Subcommittee and the Lakewood Subcommittee.

He is also an elected regional council member for District 25 representing Downey and South Gate

See HALL, page 3

Rancho's savior: Tom Hale hailed for innovative patient devices

By Henry Veneracion, Staff Writer

he paths of Tom Hale and the world-famous Rancho Los Amigos National Rehabilitation Center were meant to converge.

After spending his entire 57-year work career designing components of aircraft, rockets, missiles, and systems, including the Apollo and the GPS, for Downey-based North American Aviation (Rockwell and Boeing), Hale answered an ad for Rancho volunteers two years out from his retirement in 1978, with momentous consequences.

Sensing a good catch when they saw one, the officials at Rancho promptly took him on. To everyone's delight and edification, Hale's contributions were to prove exactly what the doctor ordered.

As a volunteer, Hale initially put in four hours a day, three days a week at Rancho's Head Trauma Unit, now called the Brain Injury Department. He was soon involved in repairing basic therapy equipment for the patients.

In 1978, newly-retired Downey resident Tom Hale answered an ad in a Downey newspaper seeking volunteers at Rancho Los Amigos National Rehabilitation Center. His contributions to the hospital since then have been immeasurable. Photo courtesy Rancho Los Amigos

With him playing a principal role at the annual sports festival held on the grounds, he was also called upon to repair, and build, appropriate equipment participants used for the event. Followed were requests from therapists, patients, and other departments (who by this time had heard of his ability to build unique devices for a variety of purposes) to build special equipment for patients who had suffered spinal injuries, stroke, and so on. The patients included children and seniors — the ambulatory as well as the wheelchair-bound — each equipment built according to each patient's special requirements.

With the coming of the computer, Hale took advantage of its capabilities to enable patients to use their mouthsticks with the aid, say, of "hold-downs," and craft patient-specific wheelchair lapboards as well as special electronic communication devices on wheelchairs, equipment modifications for muscular dystrophy patients, etc.

Staggering amount of money raised by Downey High kids

By Brooke Karli, Staff Writer

DOWNEY – Sitting amongst thousands upon thousands of pennies, nickels, dimes, and quarters (with the occasional dollar bill here and there), Downey High School's ASB officers precisely count the money raised by their student body for the Olive Garden's Pasta for Pennies fundraiser, which benefits the Leukemia & Lymphoma

Society.

For those who haven't seen the billboard on Brookshire Avenue in previous years, Downey High has been one of the top fundraising schools in the nation for this particular program since 2004. And this year was no different – the school raised \$29,551.63, ranking fourth in the nation and first in the Greater Los Angeles region.

Since 1999, when Gordon Weisenburger took the reins as ASB advisor, the school has raised a total of \$194,086.70 for the Leukemia & Lymphoma Society. During that time, Downey High also placed first in the nation in 2006, raising \$50,046.30.

"The students have just been incredible," said Weisenburger, who has been at Downey High for 23 years. "They see a need and they give – no questions asked."

Part of what Downey High did this year to promote the fundraiser was host an opening ceremony before the three-week campaign began. The assembly welcomed three-year-old Nicholas Lee Wynn, who has been diagnosed with acute myeloid leukemia, and the family of 11-year-old Victor Alvarez, who recently passed away after battling acute lymphoblastic leukemia.

According to Weisenburger, Victor, who attended Old River Elementary School, told his mom one day that he needed to take \$500 to school. She asked why and he explained he wanted to donate to Pasta for Pennies to help kids his age with leukemia. Two months later, Victor himself was diagnosed with the disease. Following six months of chemotherapy and preparation for a bone marrow transplant, he died.

Both Nicholas and Victor have been designated as Downey High's sponsors, essentially "putting a face to the cause," even though the money raised by the school helps patients throughout the nation.

"We raise money in honor of pand in memory of leukemia Batients," Weisenburger said. "Nicholas and Victor are visual reminders as to

See FUNDRAISER, page 2

Some of the devices are made from plastic, some from metal, but most are made of wood.

"I've designed hundreds and hundreds of devices requested by therapists, by all the other departments at Rancho," Hale says, "including innumerable special adaptive devices, so patients for example can stretch unaided, paint, or do whatever they are instructed/advised to do for physical therapy and otherwise rehab purposes."

For these and other stellar contributions, Hale has received many honors, among them the Distinguished Volunteer of Los Angeles County award in 1986, the Los Angeles County Department of Health Services Volunteer of the Year award in 1998, the Volunteer of the Year Marge Saunders Memorial Award twice (in 1985 and 1998), and the Lifetime

See HALE, page 10



Dr. Gary P. McCaughan, a Downey Cemetery Board Trustee, will lead this year's Memorial Day program. Photo courtesy city of Downey

Memorial Day program at Downey Cemetery

DOWNEY – Downey Cemetery will commemorate Memorial Day with a wreath laying ceremony and rifle salute by American Legion Post 270 this Monday.

The ceremony is open to the public and will begin at 11 a.m.

A free shuttle service will transport visitors from the Green Line parking lot on Lakewood Boulevard to Downey Cemetery and back. No parking will be permitted at the cemetery.

The ceremony will take place at

the Veteran's Memorial Wall and garden and will last about one hour.

The historic Downey Cemetery traces its history back to the 1870's and serves the cities of Downey, Bellflower, Paramount and parts of South Gate.

The cemetery is governed by a three-member Board of Trustees appointed by Los Angeles County Supervisor Don Knabe.

For more information on the Memorial Day program, call Stephanie Shorthill at (562) 904-

Page 2 Friday, May 23, 2008 Community.

Warren students honored with Hispanic Youth Award

DOWNEY – The Hispanic Heritage Foundation (HHF) recently announced Natalie Renay Bertinelli and Trent Jared Fuenmayor of Warren High School as recipients of the Los Angeles Regional Hispanic Heritage Youth Awards (HHYA).

Bertinelli and Fuenmayor are two of the 21 local high school students to be honored at UCLA this Thursday. The 2008 Los Angeles Youth Awardees will each receive educational grants in the amounts of \$3,000 (Gold Medallion); \$2,000 (Silver Medallion); and \$1,000 (Bronze Medallion). The Teacher Award, presented by Staples Foundation for Learning, will recognize a teacher that has made a significant impact on the lives of their students.

In 12 regions across the country, 252 Youth Awardees will receive more than \$500,000 in total grants after being selected from an original pool of thousands of applications.

Bertinelli, a recipient of the Gold Medallion in Academic Excellence, currently holds a 4.0 GPA at Warren and is an AP Scholar, a California Scholarship Federation Seal Bearer, Girls State participant, member of the Columbia Scholastic Publishing Association, and a recipient of NCTE Achievement in Writing and the Kodak Young Leaders Award. She also runs the school's coffee shop as the Coffee Shop Chair for the Girls' League. While volunteering at Downey Regional Medical Center, she found her calling in the field of medicine and plans to major in English and minor in biology at UCLA.

Fuenmayor, a recipient of the Silver Medallion in Academic Excellence, also holds a 4.0 GPA at

Warren and is a National Merit Scholar and National Merit Hispanic Scholar. He has received the CalTech Signature Award; Dr. Stauffer 3.5 Varsity Athlete Award; Golden, Silver, and Bronze Bears; and is a participant in the National Council of Teachers of English Writing. An aspiring political advisor or analyst, Fuenmayor will be attending Princeton this fall, studying history and anthropology.

"The Los Angeles Awardees are role models and leaders who excel inside and outside of the classroom," said José Antonio Tijerino, president and CEO of HHF. "They and their fellow regional honorees represent the next generation of emerging Hispanic professionals, and we are committed to providing them with opportunity and support."

For more information on the Hispanic Heritage Foundation, visit www.hispanicheritage.org.



Downey High School ASB students count loose change the campus collected over a three-week period to benefit the Leukemia & Lymphoma Society. The students did a lot of counting: the final tally was \$29,551.63, good enough for fourth in the nation. Photo courtesy Downey High School

Kindergarten enrollment ongoing at various elementary schools

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

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

In addition, parents must bring evidence their child has received a physical examination, which must be completed after March 1, 2008. Parents must also bring their child's immunization record and ensure that their child is current on

their immunizations which include five DTP (four doses meet requirement if at least one was given on or after the fourth birthday); four Polio (three doses meet requirement if at least one was given on or after the fourth birthday); three Hepatitis B; and two MMR (the first dose of MMR must be given on or after the first birthday).

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

A new requirement by the California Department of Education is that parents must provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or other

licensed or registered dental health professional. Oral Assessments that have happened within the 12 months before your child enters school meet this requirement (examination must be completed after Sept. 1, 2007).

Kindergarten Round-Up locations and dates are as follows: Lewis Elementary, May 23; Ward Elementary, May 27; Unsworth Elementary, May 28; Rio Hondo Elementary, May 30; Alameda Elementary, June 2; and Rio San Gabriel Elementary, June 3

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

Fundraiser: Other DUSD schools raise more than \$66,000.

Continued from page 1

why this is so important to us."

Downey High's ASB held numerous fundraisers throughout the year, selling popcorn, snow cones, and churros; going door-todoor in local neighborhoods asking for donations; and raising money through "Couples for a Cure," a friendly competition between two couples on campus to see who can raise the most money.

"I thought it was really important for us to help as much as we could," said Devi Khoday, Downey High's ASB commissioner of campus and community. "All I could think about were Nicholas and Victor and how so many kids need our help."

Downey High wasn't the only local school to raise money. Numerous schools throughout Downey, both public and private, also participated in the campaign this year, raising more than \$66,000.

"Downey is our best city – we are really fortunate to work with such a great group of schools," said Clare Cameron, director of School & Youth Programs for the Greater Los Angeles Chapter of the Leukemia & Lymphoma Society.

"And I'm so proud of Downey [High]. They have been the top school for a very long time and have the most respectful and dedicated students. They are so easy to work with - they just get everything right."

Once again, a billboard will go up on Brookshire Avenue sometime this summer or fall, honoring Downey High and their fundraising efforts.

According to Cameron, there are currently 888 schools in the Greater Los Angeles Chapter and for the past year, the region has been ranked first in the nation

"Our goal this year is to (raise) \$990,000, but I think we will reach \$1 million," Cameron said. "It would be incredible if we did and with Downey's help, we are that much closer."

Pasta for Pennies is a yearly nationwide fundraiser that collects loose change from elementary, middle school, and high school students during a three-week period. Since the program's launch in 1994, more than \$36 million has been raised for the Leukemia & Lymphoma Society by more than 10 million students. Classes that

Pasta for Pennies

Below is a look at how much money Downey schools raised in the Pasta for Pennies fundraiser in 2007, the last year for which numbers are available.

Downey High School: \$33,375.77 **Rio San Gabriel:** \$8,128.18 Lewis Elementary: \$6,132.33 Warren High School: \$6,118.16 St. Matthias High: \$5,024.98 Rio Hondo Elementary: \$4,562.05 **Sussman Middle:** \$3,797.79 Old River Elementary: \$3,352.97 Williams Elementary: \$3,255.72 Gallatin Elementary: \$2,724.69 Montessori's Children's Academy: \$2,012.84

Maude Price Elementary: \$1,188.10

Imperial Elementary: \$1,081.96 Columbus High School: \$497.74 **Good Shepherd Lutheran School:**

Source: Greater Los Angeles Chapter of the Leukemia & Lymphoma Society

their respective schools are

rewarded with a pasta party deliv-

ered and served by their local

DRMC testing itself with mock disaster drill

DOWNEY Downey Regional Medical Center (DRMC) is seeking volunteers to participate in a disaster drill on June 4 from 7 a.m. to 2 p.m. The drill will take place at DRMC's campus, 11500 Brookshire Ave. in Downey.

Hospitals must be prepared to respond to natural and manmade mass casualty incidents that may cause sudden demands on services. Disaster drills help train employees and test aspects of a hospital's

response in the event of a disaster. By conducting an annual disaster drill, DRMC is able to identify specific areas for improvement and promote continuing efforts to strengthen hospital disaster preparedness.

Approximately 75 volunteers are needed to portray disaster victims who may be severely ill or injured. Volunteers are asked to wear old clothing and will be asked to sign a consent form acknowledging their permission to participate and to take their picture for training purposes. Parental consent forms are required for any minors participating. A continental breakfast and lunch will also be provid-

To participate, call DRMC's Education Department at (562) 904-5580.

raise the most amount of money at SAT preparation classes for Downey students

planned this summer

DOWNEY – The Assistance League of Downey is offering SAT I/PSAT preparation classes the weeks of June 30 and July 7 at Downey High School for sophomores and juniors in the Downey

Unified School District. Prerequisites for those wanting to participate include successful completion of Algebra I, with a recommended completion of Geometry. In addition to the two sessions taking place June 30 -July 3, and July 7 – 10, students may also participate in a follow-up

ProNetworkers of Downey

Join us each Friday at 7:15am

Mimi's Cafe, Downey

8455 Firestone Blvd www.ProNetworkers.com session on Oct. 11 from 8:30 a.m. to noon. Regular sessions will take place from 8 to 10:30 a.m.

All sessions meet prior to SAT I administration on Nov. 1 and PSAT administration on Oct. 18.

Cost is \$35, which includes materials. However, if registration is received on or after June 7, cost is \$50. Students are asked to bring a photocopy of a report card that indicates his/her first semester or third quarter course grade in their most recent math class.

Enrollment is limited and registration will be accepted in the order received.

For more information, or to register, call Alice Yamada at (562) 861-2318.

Cancer Society prepares for Relay

DOWNEY – The Downey Rio Hondo Unit of the American Cancer Society (ACS) is hosting their annual Relay for Life, June 7 - 8, at Columbus High School.

The event will begin with an opening ceremony that will honor all cancer survivors, as they complete the first lap around the track. A luminaria ceremony will take place in the evening.

Relay for Life is a 24-hour team event designed to increase cancer awareness throughout the community, while also raising funds for ACS. Teams that sign up to participate camp out on the track and have team members walk, run, jog, and even skip around the track for 24 hours.

The public is invited to attend all ceremonies and festivities.

For those interested in participating or volunteering, call Larry Sandoval at (562) 776-0201, or visit www.cancer.org.







Community Page 3 Friday, May 23, 2008

5K run/walk benefits hurricane victims

DOWNEY – The Moravian Church of Downey is organizing a 5K Run/Walk on June 14 at 8:30 a.m. with proceeds benefiting reconstruction efforts in Central America caused by Hurricane Felix.

The community is invited to participate, which will begin and end in the church's parking lot located on the corner of Old River School Road and Irwingrove Drive.

For more information about the 5K Run/Walk and registration, call (562) 927-0718, or visit www.downeymoravian.org.

Federal employees meeting Wednesday

DOWNEY - The Downey chapter of the National Association of Active and Retired Federal Employees will hold their regular monthly meeting this Wednesday at noon at Furman Park.

The group will also be accepting sign-ups to attend their June 25 luncheon at the Downey Woman's Club. Cost of the luncheon is \$6.50, which includes cordon bleu chicken or roast beef, salad, potatoes, beverage and dessert.

New members are welcome to Wednesday's meeting, and are encouraged to take a sack lunch. Beverages and cake will be served.

For more information, call chapter president Robert Knerr at (562) 943-5513.

CalMet picking up extra green waste

DOWNEY – During the month of June, CalMet Services will be picking up extra bags of clean green waste from Downey residents.

Items such as bags of leaves or bundles of branches (up to 4 feet in length and under 50 pounds) will be accepted. Residents may place up to five bundles or bags out at the curb.

Residents can schedule a pick-up by calling 24 hours in advance of their regular service day. The special service will be available June 2-30 for Downey residents.

For more information, call CalMet customer service at (562) 259-

West Point admission process explained

DOWNEY - All area high school students are invited to an informational talk Tuesday on life at and admission into West Point Military Academy.

Cadet Mathew J. Archuleta, class vice president at the United States Military Academy, will be the guest speaker.

The meeting starts at 6:30 p.m. at American Legion Post 723, located at 11269 S. Garfield Ave. in Downey. For more information, call (562)

Christian club sending gifts to troops

DOWNEY - "Flag Day" is the theme of the Downey Christian Women's Club June 11 lunch meeting at the Los Amigos Country Club.

Led by Mary Ann Cordova, the club will discuss "Packages of Gratitude" and their shipment of gifts to troops in Iraq and Afghanistan.

Hermina Vink will provide the meeting's music and Mary Nixon will be the guest speaker. Her topic is "How to step on a crack without crack-

Men are invited to the 11:45 meeting. Price is \$12 and includes a buffet lunch. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

Hall: Inductees range from economist, to mayor of this city, to nationally recognized artist.

Continued from page 1

in the Southern California Association of Governments.

Gafin has won awards as Kiwanian of the Year, Downey Chamber of Commerce Director and Committee Person of the Year, Outstanding Community Service Volunteer for the Downey Coordinating Council, and Small Business of the Year by the Downey Chamber of Commerce.

He lives in Downey with his wife, Brenda, who also graduated from Downey High School, and has a son, Brent Gable, who graduated from Downey High School as

Jack Kyser (1951), Chief Economist - Jack Kyser is the chief economist on staff at the Los Angeles County Economic Corporation Development (LAEDC). Called the "guru of the Los Angeles economy" by the "Los Angeles Business Journal," Kyser is responsible for interpreting and forecasting economic trends in the Los Angeles region (Los Angeles, Riverside, Orange, Bernardino, San Diego and Ventura counties), and for his close analysis of the major industries of the region. Utilizing this information, he helps develop job retention and creation strategies for Los Angeles County. Kyser's insight is frequently sought by business, government and the media.

The LAEDC is a private, notfor-profit membership organization whose mission is leadership in the retention and creation of jobs and

economic base in the Los Angeles area. Kyser's analytical research work and insightful knowledge of the regional economy has helped to elevate the LAEDC to recognition as the pre-eminent source of economic information and forecasts on Southern California. In late 2007, the LAEDC named its research function "the Kyser Center for Economic Research.'

Prior to joining the LAEDC, Kyser was chief economist for the Los Angeles Area Chamber of Commerce. He has also worked for Security Pacific National Bank, First Interstate Bank, and the Union Pacific Railroad in Omaha, Neb., where he was transportation economist. He has taught economics at the University of Nebraska -Omaha, and served as a business reporter and commentator for radio station KVNO, also in Omaha.

A native of California, Kyser was born in Huntington Park. He resides in Downey where he graduated from Downey (Union) High School. He holds a Bachelors of Science degree in Industrial Design and an MBA from the University of Southern California. He has also pursued additional course work at UCLA.

Shari McMahan (1981), **Nationally Recognized Educator** - Dr. Shari McMahan is professor and chair of the Department of Health Science at California State University, Fullerton. She received her B.A. and Ph.D. degrees in Social Ecology from the University of California, Irvine and her M.S.

degree in Health Science from State University California Northridge.

She was included in 1998 as a special advisor for the California Governor's Council on Physical Fitness and Sports. She has served as VP Research and VP Health for the Southwest District of the American Alliance for Health, Physical Education, Recreation and Dance. In 2005, she won the Distinguished Faculty Member Award for the College of Health and Human Development.

McMahan is a reviewer for the "American Journal of Health Promotion," "American Journal of Health Behavior" and "American Journal of Health Studies." She is co-editor of the "California Journal of Health Promotion."

McMahan also directs the Center for the Promotion of Healthy Lifestyles and Obesity Prevention and is very active in the community preventing obesity, promoting health in aging workers, and reducing the risk of cardiovascular disease in young women. In her spare time she teaches group fitness classes in Orange County.

Moore Nationally Recognized Artist - In 1970, while in his senior year at

California State University, Long Beach, Scott Moore joined the U.S. Marine Corps where he worked as an artist on the island of Oahu, Hawaii. At 20 years old, he was responsible for designing and building oversized backdrops that would adorn the main ballroom of the Hawaiian Hilton for the Pacific Fleet's Marine Corp Ball, not to mention any other art-related project that came across his desk.

Returning to civilian life in 1972, Moore continued his art studies at Long Beach State and in 1973 married Carol LaGette, his childhood sweetheart (a Downey High School 1971 graduate). They moved to Laguna Beach in 1980 where Moore pursued his full-time artist career, exhibiting at the summer festivals and raising their two children, Brady and Hayley.

Moore is past president of the Festival of Arts and Pageant of the Sawdust Festival Benevolence Fund. He holds prestigious memberships in the American Watercolor Society, New York and the National Watercolor Society, Los Angeles. His watercolor and oil paintings are collected around the world and are in numerous private and corporate collections.





www.5ktoRWFD.com or call (562) 927-0718

Hosted by Moravian Church of Downey For hurricane relief in Central America

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The Poet's Corner

Memorial Day To all those who've served so gallantly

To preserve our land and liberty,

We thank and commemorate you

For the battles fought for our Red, White and Blue.

Oh that these past wars would forever ensure

That peace and happiness might endure.

But, regrettably, this isn't so,

And the victories won a long time ago

Are still threatened by terrorists all around -

Their destruction and killing still abound.

What a wonderful world this would be

If all could look back in history

And realize that hatred has to cease

And be replaced by love to achieve a peace.

To all those in service and in combat today,

We honor you this Memorial Day,

And thank you for keeping America strong

And fighting injustices so very wrong.

- Martha J. Morrissy,

Downey

Don't Be Led Astray Some people will lie, and lead you astray

> for Money or some material gain. Thinking that is what they must do.

Some people will lie, and lead you astray.

To get a better position of Power, or Fame.

Without a second thought about you.

Some people will lie, and lead you astray,

for they haven't got nothing to do.

They Gossip all Day.

Making up Stories about their Neighbors, and Friends.

The Stories get bigger and the lies never end.

Some people will lie, and lead you astray.

Thinking they are clever when they do.

They will make up a Story, to get you to believe.

Then tell all your Friends, that you are a fool,

but who is the fool in the end.

Some people will lie, and lead you astray,

not knowing what they say is a lie.

They heard it from Joe, they heard it from Mike,

they heard it from a guy down the Street.

Not looking for truth.

Claiming they though it was a reliable source.

They will do it time after time.

Don't listen to lies, or Gossip,

for you may be led astray.

Let Truth be your guide in all your endeavors,

as you go from Day, to Day.

If you follow Truth, the Truth will set you free,

and when your Life is over you can face Eternity.

- James E. Jones,

Downey

Page 4 Friday, May 23, 2008 Community



Ballet folklorico was a popular attraction at last year's Family Fun Night at Downey High School. The performance returns at this year's event, this Thursday from 4 to 9 p.m. Photo courtesy Downey High School

Downey High hosting Family Fun Night

DOWNEY – Downey High School will be hosting their 10th Annual Family Fun Night this Thursday from 4 to 9 p.m.

The evening will include a variety of ethnic foods, games and activities. Families can also enjoy a petting zoo, which will include camels, zebras and ponies.

Entertainment for the evening will include dance performances in Native American dance, Polynesian dance, African dance, and ballet folklorico; as well as performances by Downey High students and DW3. The evening will conclude with Mariachi Santa Cecilia, comprised of Downey High graduates from the 1993 and 1999 classes.

The evening will also feature free karate classes and demonstrations, and pet adoptions, sponsored by SEAACA.

For more information, call Karen Dabney-Lieras at (562) 869-7301, ext. 5579, or email kdabney@dusd.net.



Credit union celebrates character in students

DOWNEY - Downey Federal Credit Union (DFCU) recently recognized 34 students from Lewis Elementary School, the credit union's Adopt-A-School, who best exemplify the Character Counts program.

The students, grades K - 5, were nominated by each of their teachers and include the following:

- Kindergarten: Julieta Meillon, Jesus Casas, Carla Donlucas, and Aubriana Lopez;
- Grade 1: Lindsay Adams, Chiamaka Ikejiofor, Tiphanie Carrillo, Jocelynn Cuevas, Christine Navarro, Jason Sosa, and Gabby Fernandez;
- Grade 2: Carlos Quiñonez, Arturo Vega, Christopher Tapia, Hector Palma, Jaelyn Gutierrez, Isabel Castillo, Giselle Rodriguez, Jaime Casas, and Jasmine Moyado;
- Grade 3: Nathan Fisher, Oscar Serrano, Natalie Morataya, Valerie Cortez, Alicia Garcia, Jessica Garcia, Zackary Hardin, and Martin Garcia;
- Grade 4: Byron Solis, Dezirae Walker, and Maricela Navarro; and
- Grade 5: Isaac Varela, Areli Dominguez, and Gabriel Martin.

Lunch and educational gifts were provided by the credit union and given to each winner.

"The credit union has been very supportive of our school, particularly our Character Counts program," said Robin Martin, principal of Lewis Elementary School. "We are pleased that DFCU has adopted Lewis Elementary to participate in their programs. Both students and staff have benefited from our partnership."

To find out more about Downey Federal Credit Union, call (562) 862-

Brotherhood visits Hollywood Bowl

DOWNEY – The Brotherhood of Temple Ner Tamid of Downey invites the community to travel with them to the Hollywood Bowl on July 12.

The Hollywood Bowl's feature that night will be "Some Enchanted Evening" and will include a fireworks display.

Tickets are \$70 per person, which includes transportation, dinner at Steven's Steak House in Commerce, and the show.

The bus will depart from the back parking lot of Temple Ner Tamid at 5 p.m. For more information, call the Temple office at (562) 861-9276.

Grad Night committee seeks donations

DOWNEY – The Warren High School Grad Night Committee is soliciting donations for their 20th annual Grad Night, this year scheduled to take place June 19.

Gift certificates, merchandise and/or monetary gifts will help provide Warren students with a supervised outlet to celebrate their graduation. Their theme this year is "A Magical Night."

Gift can be sent directly to Warren High School in care of Grad Night 2008. The Grad Night Committee is a non-profit organization. Their tax I.D. number is 95-6006586.

For more information call Reggie Donahue at (562) 756-2427.

CRTA meeting in Whittier

WHITTIER - Current and retired teachers and educators are invited to a "wine and cheese afternoon soiree" this afternoon hosted by the California Retired Teachers Association Greater Whittier Area at the East Whittier Women's Improvement Club, 14148 E. 2nd St., in Whittier.

Members and officers of CRTA, Division 31, will answer questions and tell of the role of CRTA within the state. For information, call (562) 696-4474.

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

Basketball game pits dwarfs versus DUSD

DOWNEY – A team of Downey Unified School District employees will take on the Los Angeles Breakers, the nation's topranking dwarf basketball team, May 30 at Downey High School.

The Breakers are comprised of male and female athletes. They are 10-time National Champions and

three-time World Champions of Dwarf Basketball.

A special set of rules are used to make the game as fair as possible. The last time the Breakers played DUSD, the game ended in a 65-65 tie after two overtimes.

Proceeds from the event will benefit the TLC Family Resource Center, which provides a variety of health and counseling services to low-income Downey families.

Pre-sale game tickets are \$5. Tickets at the door will be \$8. Doors will open at 6:30 p.m. while tip-off is at 7.

To purchase tickets, call TLC at (562) 904-3577.

11531 Downey Avenue, Downey, CA 90241

Downey Family YMCA

Camp Whittle Summer Resident Camp July 26th—August 2nd 2008

\$350.00 All Others

Se Habla Español!



\$325.00 Facility Members

Contact person:

Camp Program Director

(562) 862-4201 ext. 1740

Cecilia Butler

Financial Assistance:

Sign-up Today!

the cost of camp. Financial Assistance (Camp Scholarship) applications can be

picked up at the main YMCA facility, and should be turned in to the Downey

Got Camp?

Join the Downey YMCA as the enjoy a week in the beautiful San Bernardino Mountains. Signup up by Saturday May 31st, 2008 and save \$25!

Activities include:

- Mountain Biking
- Banana Boats
- Rock Climbing
- Canoeing
- Camp Carnival
- Arts & Crafts
- Swimming
- Hiking
- Dances
- Media Center
- Campfire

The Downey Family YMCA has special funds available to assist families in managing . High/Low Ropes Course





Downey Federal Credit Union offers simple-interest auto loans, with no up-front interest and no hidden fees. NEW VEHICLES ONLY. If you live, work, attend school or worship in Downey, you can join and apply for auto financing right away. Apply now!



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Family YMCA Camp Program Director, Cecilia Butler.

Letters to the Editor:

Toying with denial

Dear Editor:

In your May 16 issue, three of your readers wrote critiques dismissive in one way or another of the current preoccupation with global warming. (Letters to the Editor, 5/16/08)

Paula Mayfield, following a valid history lesson in planetary climate change over the last 650,000 years, concludes that climate change has always been cyclical and that human-produced hydrocarbons are not the cause. Elsa Van Leuven is weary of the subject and wants the rest of the world, particularly those who preach global warming, to change their behavior first. And Maggie Allen underlines Mayfield's point that climate change has always been cyclical, and that too many people are doing too much to try to control it.

I believe all three of their arguments are flawed in ways that distract from a more fundamental issue of which climate change is only an indicator – namely, the sustainability of our planet's resources.

Global warming, like the canary in the coal mine, is one of a growing number of signs that we humans are both dangerously overusing the limited supplies our planet has provided us with, and that we are also cluttering up the globe with our toxic throw-aways.

Despite Mayfield's argument, the consensus of the world's scientific community is that human-produced hydrocarbons have in fact increased global warming.

Despite Van Leuven's ad hominem dismissal of Al Gore's message, just because he doesn't walk the talk does not mean that his or anyone else's message about the dangers of climate change and other environmental issues is untrue. Further, public waffling on "paper versus plastic" misses the point. Forty years ago in Paris, France, the most common grocery bag was a reusable net sack that every shopper brought with him or her to the market. The concept of reusable long-life grocery bags is not a new one, but that's what we should have been using all along and what we should be using today.

Finally, if, as Allen intimates, we wait to do something until scientists prove to everyone's complete satisfaction that atmospheric pollution and greenhouse gases have an adverse effect, we will have waited far too long.

While conversations can be entertaining and invigorating, on this topic action is ultimately necessary.

As citizens and stewards of our planet's resources, we each need to do all we can to waste less and reuse more. That means simple things, like recycling everything recyclable, sweeping instead of hosing our driveways, not leaving the faucet running, conservation in the use of fossil fuels, and proactive use of renewable resources.

We toy with denial and delay at the risk of our grandchildren's future.

Lars Clutterham,

Bible is no science book

Dear Editor:

One of the greatest threats pointed at the future of civilization is the refusal of religious conservatives to believe scientific facts. This was strongly exemplified in the letters attacking the idea of global warming that were printed last week, one of which mentioned the Bible ("Global Warming a Lot of Hot Air," 5/16/08).

However, the Bible is not a science book. Over the years, the church has viciously persecuted scientists who drew conclusions from their work that was contrary to the established beliefs of Christianity. We saw this illustrated most alarmingly with Galileo's house arrest after he openly supported the heliocentric theory, which was then thought to be false and anti-Biblical.

Proverbs 10:13 does claim that the sun stood still for a time, when in fact, it is the Earth that revolves around the sun, and not the sun around the Earth. The writers of this portion of the Bible were ignorant of this fact, but modern science has enlightened us. The church is following a similar pattern when it comes to issues like global warming or Darwinian evolution.

For instance, despite overwhelming scientific evidence that the theory of evolution is true (such as the fossil record, and our own imperfect bodies, which contain vestigial organs), the right wing of the Christian church still continues to deny this fact, and insists that it is "just a theory." (Much like the theory of gravity, it is just a theory).

We have seen the same trend when it comes to the issue of global warming. Despite the fact that the Intergovernmental Panel on Climate Change (IPCC) released a report that affirmed the fact that global warming is occurring and is contributed to by humans, right-wingers in this country have picked up their usual habit of covering their ears and pretending that all is well.

According to the Associated Press, "Climate scientists at seven government agencies say they have been subjected to political pressure aimed at downplaying the threat of global warming." According to the Government Accountability Office (GAO), the White House tried to conceal a report called "National Assessment of the Potential Consequences of Climate Variability and Change," produced by American climate scientists. They also tampered with a Center for Disease Control and Prevention (CDC) report issued to the Senate's Environmental and Public Works Committee that discussed global warming's threats to human health.

But lest anyone think this misinformation campaign is motivated solely by religious conservatism, there's another major source that funds global warming denial. That source? ExxonMobil and their pals at the American Petroleum Institute. ExxonMobil has given funds to groups such as the "Global Climate Science Team," whose members are active global warming deniers. Exxon was also instrumental in the creation of

All in all, it is plain that we should trust the word of the overwhelming majority of scientists rather than trust the word of anti-science religious zealots and greedy business interests.

—Julian E. Gutierrez,

Downey

The Downey Patriot



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www.TheDowneyPatriot.com

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It takes a village

Dear Editor:

As I began reading the first four paragraphs plus one sentence of your editorial ("We All Suffer," 5/9/08) I was under the impression that you were going to pay tribute to Christopher Hamilton. But the editorial went from describing an inconceivable killing to a direct attack on the residents that live in the area described as "The Boot." I am not denying or blinded by the problems in this area, but I am offended by your referring to us as a "seedy" area.

As for the description that a "few" of the residents portrayed of our area, no-one is forcing them to live in these neighborhoods. It is a sign of the times that no matter what area you live in, a woman should be afraid to be out alone at night. There are surveillance cameras in homes all over Downey, a sign of suspected drug homes maybe or maybe not. It is a wellknown fact that most crimes occur during the night.

We (the residents) should be thankful for the police raids, for every raid only helps clean-up and protect our neighborhood. Unfortunately, gang activity and drugs do exist in the area and that is a well-known fact to all of the residents. Drugs are not unique only to "The Boot."

There are also a lot of decent hard-working families with children participating in school sports of all types. The schedules of these children include maintaining their grades in order to stay on the team(s). Children who are in leagues such as baseball, basketball, football and soccer also have their homework, practice and games, not leaving a lot of time for gang activity. We also have college students in this rough "square area" you described so demeaning.

The point is that the majority of the people that live in "The Boot" are no different than those in other areas of the city. We work, shop, contribute to the community and provide the best foundation possible for our fami-

All of us that knew and loved Chris will miss him and are truly blessed to have been a part of his short journey on earth, but "mourn" was not a word in Chris's vocabulary.

— Mary Craft,

"The Boot" resident for 39 years

Dear Editor:

My family and I have lived in "The Boot" since we moved to Downey in 1969. I also had a family member that was a consumer at Arc for more than 20 years. I don't appreciate being known as living in the "seedy" area of Downey or the other side of the tracks as it was called when I went to Warren High School. I am a Downey citizen and I have called the Downey Police Department on many occasions over the years and they respond immediately.

I'm sorry that some people feel that they are forgotten but I know many people that live in "The Boot" that don't feel that way. I don't walk the streets in North Downey or anywhere else after dark. If anyone sees gang activity they need to call the police and if they feel they haven't been heard, then go to City Council and express your concerns, but never give up! When you give up, they win.

If I am correct, we still have a gang unit within our police department and I do see the police cruise through "The Boot" like they do the rest of the city. It takes everyone to get involved in our city to keep our city safe. Everyone should have the graffiti hotline (562-923-4484) programmed in their cell phone and call as soon as they see it.

It takes all of the Downey citizens, no matter what part of the city you live in, to do something. You can help by giving whatever information you have to our Downey Police Department so they can get the people responsible for Christopher Hamilton's senseless murder.

To the family of Christopher, I am sorry for your loss.

- Janice Scott,

Downey

Nation divided

Taken from Obama's book, "Dreams of my Father":

"I ceased to advertise my mother's race at the age of 12 or 13, when I began to suspect by doing so I was ingratiating myself to whites. I found a solace in nursing a pervasive sense of grievance and animosity against my mother's race.'

From his book, "Audacity of Hope": "I will stand with the Muslims should the political winds shift in an ugly direction."

This is from an obviously prejudiced man who thinks he can create harmony in the country if elected president.

James Hawkins, Downey

Bet on it

Dear Editor:

We need a specific way to increase money for our schools. We already have the lottery to help our schools. Let's go a large step further and allow Las Vegas-type of gambling in California. We should make 30 percent of the profits for schools only, and also create jobs at the same time.

Some Indian reservations have gambling already in California. Many Californians were against the reservations having gambling. But now Californians are benefiting from the taxes that they pay. We could also conserve gasoline by not having to drive to another state.

Let's keep our money in California. - Mike Sandoval,

Downey

Making a difference

Dear Editor:

Since 1999, students at Downey High School have participated in the Pennies for Patients fundraiser which benefits the Leukemia and Lymphoma Society. In 2006, DHS earned top honors raising more than \$50,000 and since they've started, have raised close to \$200,000 towards

The last four years, in addition to Pennies for Patients, Downey High teachers, students and families have combined their efforts in support of Relay for Life, the American Cancer Society's biggest fundraising effort. This year, Downey High plans to have over 100 team members participate in the Relay and raise between \$10,000 and \$16,000 in donations.

As captain for the Downey High School team for the Relay, I would like to extend my thanks to all who have participated, donated and made that difference towards finding a cure for cancer.

On behalf of my team, I would like to challenge other schools, teams, organizations, and individuals in our community to make a difference towards finding a cure. I'm confident that this year's Relay for Life on June 7-8 will be a big success, but we can't do it without every community member's help and support. If you would like to help out, join, donate, or get further information on this worthy event, please contact Larry Sandoval at the American Cancer Society Rio Hondo Unit at (562) 776-

— Marvin Manzanares, DHS Captain, Relay for Life



What we do

Dear Editor:

We are fortunate to have the *Patriot* and its excellent staff in Downey. Thank you for printing our information on the American Legion Post 723 bus trip to Pechanga Indian Resort and Casino on May 8. Everyone enjoyed themselves and it was a good time for all.

Again, thanks as we may have another trip in the fall and look forward to your help in getting the information out again.

- Wade T. Murdoch,

Commander, American Legion Post 723

License to wed

Dear Editor:

What is the public to think when our court system legalizes gay marriage and prosecutes pedophiles? Does immorality have a different definition for different age groups? Do two or more same sex people living together need a marriage license to practice immorality?

What a wonderful example our court has set for young people who need sex instructions as part of their maturing.

- Frank Myers,

Downey

Double entendre

I am a very concerned Downey resident who on a weekly basis looks forward to reading our "community and family" orientated newspaper. However, I was very disturbed when I read an advertisement on the lowerleft corner of Page 4 in last week's paper.

How can I explain to my children, who read the newspaper with me, what "\$10 discount for double girls" means? Is The Downey Patriot now advertising what has been left for the adult only magazines? What does "young and beautiful Asian masseuses" have to do with an individual soliciting a massage unless it is something else they are soliciting? I am sure that Dr. John Hunt, whose ad is within the same section, feels insulted by categorizing him within the same services offered as the other business.

The Downey Patriot has always been a great community and familyorientated newspaper. I would hate for the family-conscious individuals like myself to stop reading it because of the bad judgment in advertising displays.

- Mireya Ruiz,

Downey

Editor's note: The Downey Patriot remains committed to producing a family-friendly newspaper, and will never knowingly publish advertising from companies proved to be engaging in illegal or immoral business practices. These includes strip clubs, illicit massage parlors, puppy mills, etc.

Foreign affairs

I would like to share three incidents that occurred within just this past week

Incident No. 1: A family member changed cell phone service to Verizon Wireless. This family member was anxiously awaiting her first bill so that she could check to make sure that all of the services she had requested had actually been implemented.

The bill arrived in her mailbox, she opened it to check the charges, and found her entire bill has been sent to her in Spanish! There was not even an English translation on the back. When she called the Verizon store she had dealt with (in Downey) she was told that to have her bill sent to her in English, at the time she purchased the phone and signed the contract the Verizon employee would have had to manually change the language from Spanish to English. Question: Since when did Spanish become the default language of telephone bills to American citizens?

Incident No. 2: My neighborhood recently received notice that a citysanctioned service would be painting curb numbers. It also suggested the value of the service should we agree to have this done.

After the painting was complete, a man went to the houses that had been painted to collect the fee. Surprise! When one of my neighbors opened the door, he was automatically addressed in Spanish. This particular neighbor does not look Hispanic in any way, so I'm not sure what this individual hoped to accomplish by speaking in a foreign language. My neighbor told him if he couldn't speak to him in English, he shouldn't be knocking on his door. I know of one house for which that curb painting company did not receive payment. Perhaps a word of caution to businesses in the U.S.

Incident No. 3: An acquaintance who works for a California County of Public Health Department relayed an incident that occurred at her clinic site. A woman brought her mother here from Mexico. The mother had been treated for ovarian cancer in Mexico, but it was "too expensive" in Mexico, so there she was at a county clinic. This would involve many preliminary tests, MRIs, etc. before any treatment is actually dispensed. By the way, she had no insurance.

I do not know if this woman is actually going to get the medical services here in the U.S. (she very well may). The point is though that the woman's daughter just assumed she would. She was so sure that she would, that she had her mom make the trip.

- Paula Mayfield,

Downey

Page 6 Friday, May 23, 2008 Comics/Crossword ______ The Downey Patriot

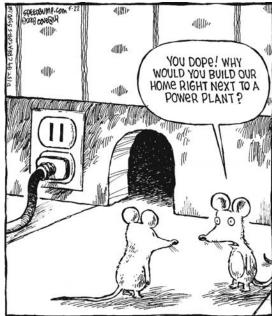
SPEED BUMP

DAVE COVERLY













n This Day.

May 23, 1430: Joan of Arc is captured by the Burgundians, and is later sold to the English.

1701: Captain William Kidd is hanged at "Execution Dock" in London after his conviction of piracy and murder following a voyage to the Indian Ocean.

1934: Notorious bank robbers Bonnie Parker and Clyde Barrow are shot to death in an ambush by Lousiana and Texas police. The pair were driving a stolen Ford in Bienville, La. at the time. **1937:** American industrialist John D. Rockefeller dies. He was 97.

2002: Hall of fame golfer Sam Snead dies from complications following a stroke. He was 89.

Downey Community Calendar

Events For May

Mon. May 26: Memorial Day ceremony. Downey Cemetery, 11 a.m. Wed. May 28: 10-20 Club golf tournament fundraiser, Rio Hondo Golf Club, noon Thurs. May 29: Family Fun Night. Downey High School, 4 p.m. Fri. May 30: <u>DUSD-dwarf basketball game</u>, Downey High School, 6:30 p.m.

City Meetings

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

Regularly Scheduled Meetings

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.

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

Thursdays

7:30 a.m.: Soroptimist Int'l of Downey, for information, call Pat Heineke, 904-3534.

7:30 a.m.: Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414.

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

12 p.m.: Downey Christian Businessmen's Committee, for information call 928-4153. 12 p.m.: Optimist Club of Downey, at Sambi's, for information call Steve Allen at 622-7655.

12:30 p.m.: Take off Pounds Sensibly, at First Christian Church, call (800) 932-8677.

6:30 p.m.: Downey United Masonic Lodge # **220**, 8244 3rd St., Call 862-4176.

7 p.m.: Troop 351, Boy Scouts of America, at First Baptist Church, for information call 776-3388. 4th Thurs., 7:30 p.m.: Downey Historical Society programs, at Community Center. Call 862-2777. 2nd Thurs., 7:30 p.m.: Beaming Rebel Foxes Collectors Club, for more information call Carl D. Jones at 923-2400.

Fridays

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

5/18/08

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) **END NOTES: A five-finger exercise** by Fred Piscop

ACROSS

- 1 Type choices 6 Hibachi residue
- Okra units 15 Get cleaned up 19 Impressionist's skill 20 Time on the job
- Blue-pencil Choral voice 23 Tenant of the Mertzes
- 25 Mexicali misses Show curiosity Featherbrained 29 Verdi masterpiece 31 [Horrors!]
- 32 Window adornment Meet segment 35 Set straight 38 Resistance unit
- 39 Dictionary name 42 Italian-hero ingredient 45 Like _ of bricks 46 DC fundraiser 49 Young fella
- Pitfall 52 Irene of Fame 53 Cupid counterpart 55 Brie coat 56 Illusory display

Alice's cat

50

- Shroud city One of two test choices Sudden outpouring Alphabetized
- 63 The Barber of Seville, 68 Seaport of Chile
- 70 It's the truth
- 71 Potato pancake 73 Help in a plot

- 74 Wed on the run 75 One-to-one learner Trident prong "No problem!" Roulette bets 83 Quaff with sushi
- Slip away from Chart shape Joint shape Apportion, with "out" Edison rival 89 Just sit there
 - Pa. neighbor Showy yellow insect Steamy spot 100 Those opposed
 - 102 Fight-card entry 103 Colorful ice cream 106 Roller-coaster supporters 108 Generation

separation

- Not taking no for an answer 112 Sherry in a Poe story 115 Pool-hall supply **Peace Nobelist**
- Wiesel 117 Crucifixes 118 Champing at the bit
- 119 Tiff 120 Goes bad 121 Unable to sit still 122 Was horrible
- DOWN FDR dog
- Major work **Guitar** part Take a shot **Clooney Oscar film**

6 Tunesmiths' org.

- 8 Ranch worker 9 Wind up 10 Showing no emotion 11 Mortar mate 12 German border river 13 Flintstone pet 14 Place for a pan 15 Order taker 16 Illinois city
- 17 Get going 18 Water carrier
- 24 Schools for engrs. 26 Lustrous black 30 Murphy has one 31 Prefix for centric 33 Austen novel 35 Make eyes at 36 Bring up 37
- 38 Actress Lena 40 42 gallons of oil 41 OR order 43 Parting word 44 Denny's competitor 46 Trilogy starter
- Sign of spring "No problem!" 51 Parting word 52 Do museum work Comic-page reading July birthstone 57 Do road work
- 58 Ran like heck 60 Hourly charge Fill beyond full 62 Kemo 63 For all to see Martinique erupter

65 Break down

66 Succeeded

accidentally

7 Lee of Marvel Comics -European

23

115 67 Lot in life 69 Game-show group 72 Sharp as a tack 76 Begins to grow 77

83 Check up on

25

- 91 Musses up
- French actor/director Object of adulation 79 Lhasa Delta, essentially Slangy approval
- 90 Garlicky sauce 92 911 responder
- 93 String player of yore 94 Coffee orders 95 Depend end Daybreak

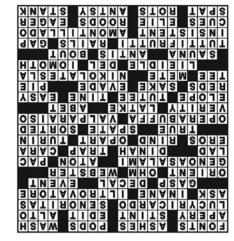
On the briny

101 Pageant topper

- for short 105 Troop group 107 Added stipulations 108 Starry-eyed
 - 109 Yemeni port Abbr.
- 104 Employee's move,
 - 110 Fried-rice option 113 Labor Day day:
 - 114 Long. crosser

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.

> Douglas debates in 1858. was the site of one of the Lincoln-Oscar, ALTON, Illinois (16 Down), ceived a Best Supporting Actor "SYRIANA," for which he reproducer of the 2005 film Clooney (5 Down) was also the to Calexico, California. George south of the US border, adjacent of Baja California, is located just Mexicali (25 Across), the capital



Health/Wellness Page 7 Friday, May 23, 2008

Paging Dr. Alan Frischer...

By Dr. Alan Frischer

re bacteria good for us? They most certainly are, and that's the concept behind the new field of probiotics. Your body contains billions of bacteria and other microorganisms. Probiotics refers to dietary supplements or foods that contain beneficial, or "good" bacteria.

Early in the last century, the Nobel Prize-winning biologist Dr. Eli Melchnikoff proposed the "intoxication theory" of disease. He believed that toxins released by

unfriendly bacteria in the intestines accelerated aging, and that helpful bacteria in fermented milk products explained the longevity of certain ethnic groups who favored breast feeding or dairy consumption.

Melchnikoff recommended consuming cultured foods like yogurt, which contain healthful bacteria. From there, the field of probiotics was born. He identified lactic-acid secreting bacteria as among the most beneficial ones, and that made lactobacilli the early focus. Dr. Henry Tissier from the Pasteur Institute then identified bifidobacteria. Today, probiotic microbes are routinely fed to livestock, and the widely accepted belief is that lactobacillus and bifidobacteria species hold great promise for enhancing human health.

What do probiotic microbes do in the human body? In our intestines, a constant battle is waged between good and bad bacteria. The more healthy bacteria we harbor, the less room there is for harmful bacteria. Probiotic microbes help the body fight infections that are caused by the bad bugs (pathogens) by competing with them for limited supplies of food and other nutrients.

The study of probiotics lends yet more scientific support to the practice of breast-feeding, since breast milk is rich in nutritional factors that foster the growth of bifidobacteria - one of the beneficial bacterial families that keep a baby's intestinal ecosystem healthy and disease-resistant. Though the field of probiotics is still in its infancy, preliminary research suggests that it prevents, treats, or reduces risk factors for many common conditions, including:

- •Vaginal bacterial and yeast infections
- •Inflammatory intestinal disease including inflammatory bowel dis-
- •Food allergies, asthma and eczema
- •Cardiovascular disease
- Intestinal cancers
- •The duration of gastroenteritis
- •The severity of traveler's diarrhea

Other possible benefits, including reducing cholesterol, blood pressure, and the incidence of colon cancer, are under investigation. Though it may be hard to swallow that intentionally eating bacteria is a good idea, scientists are in agreement that it has merit. Bacteria, both good and bad, are in absolutely everything we eat and drink. The GI tract is considered the body's largest immune organ because there is such a huge population of bacteria residing in it.

What kind of probiotic products should we add to our diets? Two good bacteria, lactobacillus and bifidobacteria, can be found in a number of foods that use beneficial bacteria for fermentation, including some yogurts (such as Dannon's Activa), cheeses and kefir, fermented and unfermented milk, miso, and some juices and soy drinks. Read food labels to see if they contain these good bacteria. Probiotics can also be taken in capsule form. On a personal note, my wife took Culturelle, one brand of probiotic capsules, prior to and during a recent international trip. I did not. Guess whose intestinal system was the happiest? There's nothing to lose and much to potentially gain by including these foods in your everyday diet.

As always, be a cautious health care consumer and do your own research. Talk to your doctor before starting any new medication or supplement. Bon appetit - to your health!

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

AARP meetings open to the public

DOWNEY - The American Association of Retired Persons (AARP) currently meets at the Barbara J. Riley Community & Senior Center every second and fourth Wednesday of each month at 11:30 a.m.

Upcoming meetings include a Mother's Day luncheon this Wednesday; Jessie James on June 11; and a Father's Day luncheon on June 25. Each meeting is followed by Bingo from 1 to 2:30 p.m.

For more information, call Lorene Frazier at (562) 861-6075.

Self-help group meets on Tuesdays

WHITTIER - Recovery International, a non-profit self-help mental health organization that "provides tools and practice in changing thinking habits so individuals can gain personal control over distressing emotions and improve general well-being," conducts weekly meetings every Tuesday at 7 p.m. at Merrill Gardens, 13250 E. Philadelphia St., in Whittier.

For more information, call (562) 929-2797.

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AfterCare Post Cancer Therapy Program

Cancer Support Group Meeting Every 1st & 3rd Wednesday at 7:00 pm

Call Today (562) 923-4800 We Can Help We Don't Treat Cancer... We Treat You!

8416 Florence Ave. #101, Downey, CA 90240



Twelve physicians and staff from Lakewood Regional Medical Center recently visited Costa Rica and donated over \$5,000 in medical supplies to the local Red Cross in Filadelfia. Pictured above are (far left) Ben Russo, director of business development, and hospital CEO Mark Korth (far right) delivering medical supplies to Red Cross representatives.



Representatives from Downey Regional Medical Center, Western University's College of Osteopathic Medicine, the Downey Chamber of Commerce and the city of Downey participated in a ribbon cutting ceremony two weeks ago for the Osteopathic Center for Well-Being, located in the Brookshire Medical Building across the street from Downey Regional.

Osteopathic Center officially opens

DOWNEY – Downey Regional Medical Center officially opened its Osteopathic Center for Well-Being on May 7.

The Center, also sponsored by Western University's College of Osteopathic Medicine, offers osteopathic manipulative treatment (OMT), a manipulative therapy which takes advantage of the body's ability to heal itself. Ailments that can be addressed using OMT include sinusitis, asthmas, neck and back pain, sciatica, joint pain and carpal tunnel syndrome, among others.

The Center is an outgrowth of the physician residency and teaching program at Downey Regional and works in conjunction with Western University's College of Osteopathic Medicine.

For more information on the Center, which is located in the Brookshire Medical Building across from Downey Regional, call (562) 869-6400.

Shah for Supervisor

Dr. Shah is not a politician.

he is a doctor and medical

expert. Dr. Shah's mission

is simple. Equality to all

with respect and dignity to

all citizens. Help me to help

you. Democracy means no

more than 8 years in office.

www.drshah4laco-supervisor.com

Committee to elect Dr Shah State ID # 1298002

Word of

MOUTH

Soheir S.

Azer, D.D.S.

Imagine if all it took to prevent

tooth decay in your children was to

'convince" them to eat lollipops? This

may not be as farfetched as it sounds

In fact, a professor with joint

appointments in UCLA's dental and

medical schools recently realized the benefits of diligent laboratory work

when he and his team identified the

natural ingredient found in licorice

that kills the primary bacterium (Streptococcus mutans) that causes

tooth decay. He then incorporated this

agent into sugar-free, orange-flavored

herbal lollipops that taste good enough

for kids to lick them willingly. By

eating the recommended two lollipops

a day for ten days four times per year,

the doctor hopes to greatly reduce

of better dental health. We believe in preventive dentistry. We know that you wish to receive your general dental care from a highly trained, caring

staff; therefore, professionalism is

very important to you. Our promise to

you is that our office will provide you

with dental care of the highest quality

available, utilizing the most modern

procedures and an extremely qualified staff. Please call (562) 923-3714 to

schedule an appointment. We're located at 10800 Paramount Blvd.,

Paid Advertising

children get a cavity by age 17.

P.S. Nearly four out of five

Suite 307.

This column about lollipops has been brought to you in the interest

tooth decay in children.

Wellness center offers holistic approach in battle against cancer

CONTRIBUTED BY DOWNEY NUTRITION & WELLNESS CENTER **DOWNEY** – Cancer and wellness are the same issue within the body. While one is the lack of health, the other is the abundance of health. Both of which affect the body and how we live our lives.

Downey Nutrition & Wellness Center, located at 8416 Florence Ave., specializes in a whole body nutritional approach for the revitalization of individuals who have underwent, are undergoing, or about to undergo conventional cancer treatment utilizing chemotherapy, radiation, immunother-

It has been well-documented that while these therapies are beneficial for the eradication of cancer cells, the side effects of such treatment can injure healthy cells in the process and places too much metabolic stress on the patient, which can slow down their recovery. The potential side effects can last many years, even after the treatment effects have worn off. The long term side effects from cancer treatment can increase one's chances significantly for other chronic diseases, such as diabetes, heart disease,

In cancer care there are two complementary goals of treatment. One, is the usual medical goal, which is to kill cancer cells and tumors, or reduce their numbers and their ability to grow, reproduce, and spread (metasta-

The other, perhaps best called the "Healing Goal," is to support the well-being and adaptive resistance of the patient. Adaptive resistance simply stated is the body's ability to withstand the external and internal stress placed upon it from conventional cancer treatment. This provides a means for the body's chemistry, known and unknown, to fully function to the best of its ability to protect the body and lead it into a balance of health and

A major problem with conventional treatment approach to cancer is while medicine aggressively attempts to eliminate cancer cells, it does little or nothing to promote health, vitality, and well-being of the person with cancer. A natural holistic and complementary approach, along with conventional cancer treatment, is now being recognized as a vital step towards long-term recovery and offsetting side effects.

In addition, cancer survivors who are better nourished, better supported, and better balanced emotionally will have a better balance of health and well-being with less chance of developing long-term side effects as a result of conventional treatment only.

Our mission at Downey Nutrition & Wellness Center and the AfterCare Post Cancer Therapy Program is not designed to treat cancer, but to help assist the primary oncology medical team in guiding you through and winning your battle with cancer.

All AfterCare therapy programs are designed to provide optimum health, vitality, and well-being for those individuals maintaining survivorship before, during and after conventional cancer treatment.

For more information about the AfterCare Program and the service at Downey Nutrition & Wellness Center, call (562) 923-4800.

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If you are hard of hearing you need hearing aids to help you hear better

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- Good hearing is good for your spirits

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Page 8 Friday, May 23, 2008 The Downey Patriot

Jan Palen is living a life of quiet delectation

BY HENRY VENERACION, STAFF WRITER

n avid traveler, Downey City Library Senior Librarian Jan Palen has just returned from a vacation in Peru. The trip took her to the old capital of Cusco (elev. 14,700 ft.), then to the ruins of fabled Machu Picchu, the legendary "lost city of the Incas" high up in the Andes.

After their strenuous trek along the steep trails that led to the top of the site, which provided a breathtaking view of the surrounding green forests, she was asked by one of the group: "You're a librarian. Can you think of one word, only one word, that would capture what we've just experi-

"Awesome?" Jan offered. The reply was, no. "Inspiring"? No. Jan tried "vast," "demanding," "spiritual," "magical," one after the other. It turned out that there was no satisfactory answer. The group agreed the experience was indescribable.

For Jan, her visit to Machu Picchu, which included rafting the nearby Urubamba River, was the realization of a lifelong goal.

She also visited a rural elementary school, where she met a class of third grade students who she says "loved receiving bookmarks from the Downey City Library." She enjoyed speaking Spanish in Peru so much that it whetted her appetite in learning, given the time, foreign languages.

In any case, a little known fact about her is that she originally wanted to become a teacher (she did in fact work two years in Fullerton schools as a substitute teacher), but circumstances redirected her energies to pursuing library science instead, obtaining her masters in the subject from the San Jose State University satellite campus in Fullerton, one among the first class of students in 1992 to do so. Prior to this, she had obtained a BA degree from UC-Irvine and an MA in theatre arts from Cal State Fullerton. She accomplished this while she worked as a librarian, from 1973-1994, at the Buena Park Library District.

Jan has already been to Italy, Greece, England, France, and Switzerland. In 2006, she traveled to the Czech Republic, Slovakia and Hungary ("I loved the cities of Prague and Budapest"). She said Budapest struck her as similar in many respects to Paris. Among her other favorite travel memories involve trips to Canada, New England's fall foliage, and Australia, which afforded her a chance to briefly visit Tasmania (she saw a few "horrendous-looking" Tasmanian devils—but only as road kill). Last summer, she traveled to Oregon to "enjoy the Ashland Theatre festi-



Jan Palen tried, but found the beauty from her recent trip to Peru to be indescribable. Photo courtesy Jan Palen

val, Crater Lake and the Columbia River Gorge."

The travel bug has her pointed in the future to such destinations as Spain, Portugal, Egypt, Holland, Belgium, and China.

Jan was born and raised in Fullerton. Her Dutch father (who worked for Shell Oil for 34 years) and German mother were both chemical engineers, and both were from Kansas City. She says they belonged to the "greatest generation" Tom Brokaw wrote about, and they "exemplified the virtues of personal responsibility, accountability, and a good work ethic." She adds: "To put the value I hold most dearly in a nutshell, I'd say 'personal integrity.'

Jan's 34-year professional library career (14 years here in Downey as Senior Librarian) has been a "good match," she says, "for my interest in literature and information." Early literary enthusiasms included the dramatic works of Henrik Ibsen, Arthur Miller, Tennessee Williams, and Thornton Wilder, along with the novels of Harper Lee ("To Kill a Mockingbird") and F. Scott Fitzgerald ("The Great Gatsby"), not to mention Dickens and John Steinbeck. She says Lorraine Hansberry's "A Raisin in the Sun" made a deep impression on her. She has also enjoyed Neil Simon's comedies. Her current favorite reading fare includes the literary fiction efforts of such contemporary authors as Sara Gruen ("Water for Elephants") and Jennifer Van Der Bees ("Easter Island"—a first novel).

"I find my work here in the library as a very active and interesting one, always involving change," Jan says, "mirroring the changes the community is undergoing. 'Librarianship' is a dynamic profession. We offer new services and programs. When we started 'One Book, One Community' last year, we enjoyed that because of the focus this brought on books and reading. It was an opportunity, too, to meet our local veterans, for them to tell their individual stories, and for us to document their contributions."

"I'm excited about this summer's activities," she goes on. "There's our young adults program and the Children's Series. This year, for the first time, there's going to be a program for adults as well, where we plan to see the parents as actively involved with learning and reading as everybody else. The resources we have here can compare to any library around, especially as each area library tries to tailor its programs and services to the special needs of the community. Thus Cerritos with its heavy Chinese/Asiatic component, Buena Park with its Korean/Vietnamese presence, and so on.

"Here in Downey, residents can log on to our Web site, search our catalog and our databases. Students can access anything, from literary criticism to bio data, etc. The bottom line is good resources are available to anyone who wishes to take advantage of them."

One of her favorite assignments, in addition to her usual functions as working the reference desk, supervising staff, or ordering many of the books in the library collection, is leading a monthly book discussion group. She has also been responsible, she says, for booking a series of author events at the library, featuring mystery writers Lawrence Block and Jan Burke, newscaster Kelly Lange, author/poet Luis Rodriguez and journalist Ruben Martinez. She also worked with professional staff to implement grants for Spanish language materials and services to small businesses in Downey.

She once served as president and program chair of the Downey Coordinating Council while representing the library from 1998-2003.

A resident of Cerritos, Jan finds photography a fun hobby, but not as much fun as spending time "with my family-my sisters (she has two, Lois and Linda, both teachers), my nieces and nephews." After Machu Picchu, she proceeded to College Station, Tex. to see a niece receive her medical degree from Texas A&M.

Jan's other passions are the theater and the opera. She says living near Los Angeles and Orange County has allowed her to enjoy many concerts and plays. Seeing performances at the L.A. Music Center, the O.C. Performing Arts, the South Coast Repertory, Laguna Beach Playhouse, and the Hollywood Bowl is practically routine. Seeing her favorite tenor, Placido Domingo, perform recently with the Pacific Symphony was "a treat."

She didn't contradict me when I ventured to remark her life seemed to be operating, bless her soul, on a high cultural ("alta cultura") and stimulating scale. Why should it be otherwise? Time flies really fast when you're having fun (because you enjoy what you're doing), doesn't it? These are her very words: "My 34 years as a librarian have gone by quickly and my 14-year association with Downey has been a most rewarding one."

Many Women with Facial Dark Spots Suffer From Dark Moods ... Dermatologists Offer Hope.

Dr. Douglas Blose knows just what he'll hear from some of his patients when they walk into his Downey office.

"A frustrated woman, typically in her 30s and beyond with dark patches on her face, will ask if I can help. It's amazing how common this is," said Dr. Blose, "and it's too bad that to see my patient's smile when patches."

can be caused by many things, including sun damage, acne control pills.

scarring, or inflammation. When those dark, grayishbrown patches occur on the cheeks, upper lip and forehead, the condition may be melasmaalso known as paño, mask of pregnancy or hypermelanosis. Whatever the name, the condition is most likely caused by skin cells producing more people don't go to their extra melanin - the chemical dermatologist for help. I love responsible for pigmentation. Many doctors link these cases I tell her there are treatments to a variety of triggers including available that can help reduce or sun exposure, hormone changes eliminate those unsightly brown in women, such as those caused by pregnancy, menopause, Dark patches on the face and even the hormonal shifts associated with use of birth

Millions of women in the United States face the dark patches in the mirror every day, and it's especially prevalent in women of Hispanic, Caribbean and Asian ancestry as well as African-American women. Approximately 80% of Latino women report having these types of darkened spots on their faces. It also tends to run in families.

These dark patches don't make people physically ill, but research shows that the psychological and emotional tolls are another story. Not only does the condition affect how many women feel about themselves, it changes how others see them. A report published in the journal

Evolution and Human Behavior showed that dark spots on a woman's face are one of the signs that people use to judge her age, and in fact, the presence of spots alone can influence how old a person looks.

"I felt like people thought I was dirty," said Rebecca Brown, 32, a patient diagnosed with melasma.

Ms. Brown's condition appeared after a beach vacation

"The longer the dark patches lasted, the more embarrassed I got," Ms. Brown said. "I covered them with makeup, and I tried some of the treatments I found at the supermarket."

Those treatments didn't work for her. Finally, she decided to call her doctor.

"Prescription treatments work differently and are often much more successful," Dr. Blose said.

Two months after she went to her dermatologist, Ms. Brown said her skin was clear.

"I had basically given up hope," she said. "I didn't realize how badly those spots made me feel until they were gone."

For more information about this condition, please go to www.darkpatches.com, or speak to your dermatologist.

Church hosting youth revival

Happiness Family Christian Fellowship's New Generation Youth Ministry would like to invite the community to attend "1,000 Youth for Christ Revival" this

The revival's guest speaker is

The weekend will kick off tonight at 7:30 p.m. and will conclude Sunday at the 10 a.m. worship service, followed by a celebra-

The church is located at 11022

For more information, call



Tri-Luma® Cream can lighten the dark patches of melasma.

A bright outlook dark for people with spots.

Artist's rendition of melasma. Please see Important Safety Information below

People allergic to sulfites should not use Tri-Luma® Cream. It contains hydroquinone, which may cause a gradual blue-black darkening of the skin. Safety and efficacy have not been established in pregnant or nursing women, or individuals with darker skin. Redness, peeling, burning, dryness, or itching may occur. Exposure to sunlight, sunlamps, or UV light and extreme heat, wind, or cold should be avoided www.triluma.com

Tri-Luma® Cream is the only topical product FDA approved to treat moderate to severe melasma. With results in as little as 4 weeks,¹ no other topical cream has been proven more effective than Tri-Luma® Cream. No wonder it's the #1 prescribed product for melasma.

You can also get a free list of dermatologists in your area who treat this condition. Simply go to www. triluma.com and click on the DermFinder® link to find the name of a dermatologist who can help you start treatment with Tri-Luma® Cream right now.

The sooner you start, the sooner you'll be able to get your melasma under control.

Ask your DermFinder® dermatologist about Tri-Luma® Cream.





PATIENT INFORMATION For External Use Only.

Not for Ophthalmic Use TRI-LUMA® Cream

tretinoin 0.05%)

Read this information carefully before you begin treatment. Read the information you get wheneve you get more medicine. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about TRI-LUMA® (try-LOOM-ah) Cream, In most patients treated with TRI-LUMA® Cream, ask your doctor. Only your doctor can dete TRI-LUMA® Cream is right for you.

What is the most important information I ld know about TRI-LUMA® Cream? Use of TRI-LUMA® Cream in pregna may carry the chance of having birth

defects in the baby. Tell your doctor if you are pregnant, may be pregnant, or plan to become pregnant. Your doctor will talk with you about the benefits and risks of using TRI-LUMA® Cream during pregnancy to help decide if the benefits for you are greater than the risks. You may decide to delay treatment until after your baby is born.

f you become pregnant while taking TRI-LUMA® Cream, tell your doctor right away. You should discuss the chances that your baby may be harmed. Using TRI-LUMA® Cream early in pregnancy may be more likely to produce birth defects than using it later in pregnancy

What is TRI-LUMA® Cream? TRI-LUMA® Cream is a medicine with three active components. You put TRI-LUMA® Cream on your face to treat a skin condition called melasma. Melasma consists of dark (hyperpigmented) spots on facial skin, espe cially on the cheeks and forehead. This condition usually happens with hormone changes. TRI-LUMA® Cream is for short-term and intermittent long-term treatment of moderate to severe melasma of the face, in the presence of

measures for sun avoidance, including the use of

able safety profile for the long-term treatment of melasma, up to 6 months. Milder forms of melasma may not need treatment with medicine Melasma can also be managed by staying out of the sun or by stopping the use of birth control In clinical studies, after 8 weeks of treatment

with TRI-LUMA® Cream, most patients had improvements, with 42 (26%) out of 161 patients experiencing complete clearing of their melasma. melasma came back after treatment was stopped If the underlying causes of melasma, such as the use of certain birth control pills or too much exposure to sunlight, are not removed, melasma will come back when you stop treatment. In the TRI-LUMA® Cream on and off, whenever their patients used TRI-LUMA® Cream intermittently (not continuously) for 180 days, and the majority of the side effects were mild in severity. TRI-

LUMA® Cream may improve your melasma but it is NOT a cure. Who should not use TRI-LUMA® Cream? Do not use TRI-LUMA® Cream if you are allergic to the medicine or any of its ingredients. See the end of this leaflet for a list of ingredients

What should I tell my doctor before using TRI-LUMA® Cream? If you are pregnant, think you are pregnant, plan to be pregnant or are nursing an infant, tell your doctor. Your doctor will decide with you whether the benefits in using TRI-LUMA® Cream will be greater than the risks. It possible, delay treatment with TRI-LUMA® Cream until after the baby is born. Tell your doctor about all the other medicines and skin care products you brin use, including prescription and non-prescription medicines, cosmetics, and supplements. They

may make your skin more sensitive to sunlight.

How should I use TRI-LUMA® Cream? TRI-LUMA® Cream should be used as instructed by your doctor. To help you use the medicine correctly, follow TRI-LUMA® Cream showed a significantly favor-

. Gently wash your face with a mild cleanser. Don't use a washcloth to apply the cleanser, ju

your fingers. Rinse and pat your skin dry. Apply TRI-LUMA® Cream at night, at least 30 minutes before bedtime. Put a small amount (pea sized or 1/2 inch or less) of TRI-LUMA® Cream on your fingertip.

Apply a thin coat onto the discolored spot(s). Include about 1/2 inch of normal skin surround ing the affected area. After you have used the medicine for a while, you may find that you need can make your skin more likely to get sunburn slightly less to do the job. Rub the medicine lightly and uniformly into your skin. The medicine should become invisible almost at once. If you can still see it, you are

using too much. · Keep the medicine away from the corners of your nose, your mouth, eyes and open wounds. Spread it away from those areas when

Do not use more TRI-LUMA® Cream or apply it more often than recommended by your doctor. Too much TRI-LUMA® Cream may irritate your skin, waste medicine, and won't give you faster or better results. Do not cover the treated area with anything after treated area from sunlight exposure

applying TRI-LUMA® Cream. If your skin gets too irritated, stop using TRI-LUMA® Cream, and let your doctor know. To help avoid skin dryness, you may use a mois-

during the day

turizer in the morning after you wash your face. You may also use a moisturizer and cosmetics Use a sunscreen of at least SPF 30 and a wide-

med hat over the treated areas. It requires

asma. Melasma can get worse even if you

only a small amount of sunlight to worsen

don't get sunburn

will give you the needed high level of protection. If you will be outside, wear protective clothing, including a hat.

replacement therapy, and for people who have had dark patches in the past. Use an effective sunscreen any time you are outside, even on hazy days. The sunscreen should have SPF (sun protection factor) of 30 or

Only your doctor knows which other medicines

If you get sunburned, stop using TRI-LUMA®

After stopping TRI-LUMA® Cream treatment,

continue to protect your skin from sunlight.

natural sunlight or artificial sunlight from a

Cream? Sunlight or ultraviolet light. Too much

sunlamp can cause sunburn. Dark skin patches

may become darker when the skin is exposed

to sunlight. You don't have to have a sunburn to

make your melasma worse. TRI-LUMA® Cream

or develop other unwanted effects from the sun.

Protect your skin from natural sunlight as much

as possible to help prevent further darkening of

existing dark patches and formation of new ones

Staying out of the sun is especially important for

women who take birth control pills or hormone

unless your doctor approves them

Cream until your skin is healed.

may be helpful during treatment, and will tell you

more. Use sunscreen year-round on areas of the skin that are regularly exposed to sunlight, such as your face and hands. If possible, protect the If you spend a lot of time outside, be especially careful of sunlight. Ask your doctor what SPF level

Do not use sunlamps while you use TRI-LUMA®

Heat, wind and cold. Heat and cold tend to dry or irritate normal skin. Skin treated with TRI-LUMA® Cream may be more likely to react to heat and cold. Your doctor can recommend ways to manage your melasma under these conditions.

Avoid products that may dry or irritate your skin.

about them if needed. Do not use other medicines These may include soaps and cleansers that are rough or cause drying; certain astringents, such as alcohol-containing products, soaps and toiletries containing alcohol, spices, or lime; or certain medicated soaps, shampoos, and hair permanent products. Do not use any other medicines with TRI-LUMA® Cream unless you have consulted your doctor. The medicines and products you have used in the past may cause redness or peeling when

used with TRI-LUMA® Cream.

What are the possible side effects of TRI-LUMA® Cream? A very few patients may get severe allergic reactions from TRI-LUMA® Cream. This includes people allergic to sulfites. They may have trouble breathing or severe asthma attacks, which can be life-threatening While you use TRI-LUMA® Cream, your skin may

develop mild-to-moderate redness, peeling, burning, dryness, or itching. TRI-LUMA® Cream contains a corticosteroid medicine as one of its active components. The following side effects have been reported with application of corticosteroid medicines to the skin: itching, irritation, dryness, infection of the hair follicles, acne, change in skin color, inflammation around the mouth, allergic skin reaction, skin infection, skin thinning, stretch marks, and sweat problems.

Stop using TRI-LUMA® Cream and co your doctor if you have

severe or continued irritation, blistering, oozing, scaling, or crusting; severe burning or swelling of your skin; irritation of your eyes, nose, and

Some patients using TRI-LUMA® Cream develop dark spots on their skin (hyperpigmentation), tingling, increased skin sensitivity, rash, acne, skin References: 1. Balkrishnan R, Kelly AP, redness caused by a condition called rosacea, skin bumps, blisters, or tiny red lines or blood ves- with effective therapy of facial melasma. J Drugs sels showing through the skin (telangiectasia). If you are concerned about how your skin is react- 1/6/2006

ing to the medicine, call your doctor General information about prescript

Medicines are sometimes prescribed for conditions that are not mentioned in patient informatio leaflets. Do not use TRI-LUMA® Cream for a condition for which it was not prescribed. Do not give TRI-LUMA® Cream to other people, even if they have the same symptoms you have. It may harm them. This leaflet summarizes the most important information about TRI-LUMA® Cream. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about TRI-LUMA® Cream that is written for health

Ingredients: TRI-LUMA® Cream contains fluocinolone acetonide, hydroquinone, and tretinoir as active ingredients, as well as the following in alcohol, citric acid, glycerin, glyceryl stearate magnesium aluminum silicate, methyl gluceth-10 methylparaben. PEG-100 stearate, propylparaben purified water, sodium metabisulfite, stearic acid, and stearyl alcohol.

Marketed by: Galderma Laboratories, L.P., Fort

Manufactured by: Hill Laboratories, Inc., , Sanford, FL 32773 USA, 20024-1203

Tri-Luma and Galderma are registered trade ©2007 Galderma Laboratories, L.P. TRI-351 03/07

www.triluma.com McMichael A, Torok H. Improved quality of life Dermatol. 2004;3:247-251. 2. PHAST Databas

this weekend **DOWNEY** – The Love, Peace,

weekend.

minister and recording artist Devo, who will discuss "Called and Chosen."

tion at 3 p.m.

Old River School Rd. in Downey.

(800) 752-6552 or (562) 806-9890, or visit www.lphfamily.org.

Women's Club invites residents to its luncheon

DOWNEY - The Woman's Club of Downey invites the community to its 110th anniversary luncheon June 8 at its clubhouse, 9813 Paramount Blvd., in "We are planning a very special

event," said Fran Smith, ways and means chairwoman, "[including] a gourmet luncheon amidst an elegant setting with entertainment by the very talented Fernando Ramirez who is a fabulous Elvis look-a-like.

"You can win a diamond pendant designed by Robert Rubio, gift baskets valued at \$500 and \$300, a pearl necklace and bracelet fashioned by Foskarino Jewelry, or a lot of other fabulous prizes.

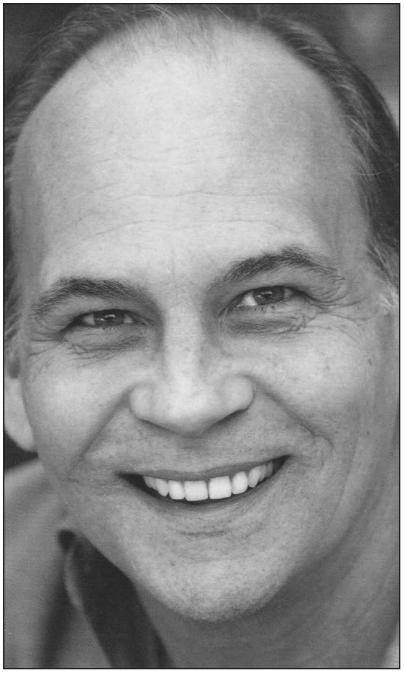
"Tickets for the opportunity drawings are available now from any of our members."

Luncheon tickets are \$30 each or \$300 for a table of 10. Opportunity drawing tickets are

Proceeds from the event will benefit The Woman's Club Foundation Scholarship Fund.

For more information, call Fran Smith at (562) 862-1446 or Doris Patterson at (562) 869-0377.

Dining/Entertainment Page 9 Friday, May 23, 2008



George Champion will make his third appearance with the Downey Civic Light Opera when he portrays Senex in "A Funny Thing Happened on the Way to the Forum" May 29 – June 15 at the Downey Theater. Champion previously portrayed Sky Masterson in "Guys and Dolls" and Ali Hakim in "Oklahoma!" last year. For tickets, call (562) 923-1714. Photo courtesy Marsha Moode

New & noteworthy titles at the Downey City Library

Fiction:

- •"Dead Heat" by Dick Francis and Felix Francis. As a master chef tries to rebuild his career, a bomb blast at an exclusive race track luncheon threatens to ruin his name.
- •"The Fall of Troy" by Peter Ackroyd. In this work of historical fiction, an anthropologist, who claims to have discovered the ruins of Troy, may be using his discovery to hide his past life.
- •"Life and Death Are Wearing Me Out" by Mo Yan. When a Chinese landowner passes away, he is reincarnated as various animals to view the progress of the family and friends he left behind.
- •"Wives Behaving Badly" by Elizabeth Buchan. In the sequel to the bestselling "*Revenge of the Middle-Aged Woman*." Minty Lloyd finds that her role as second wife to Nathan has not brought the joyful life she anticipat-
- •"The Web and the Stars" by Brian Herbert. Book two of the Timeweb Chronicles opens with the galaxy disintegrating while various battles and intrigues threaten to destroy the two remaining galactic races.

Non-Fiction:

- •"Sizwe's Test: A Young Man's Journey Through Africa's AIDS Epidemic" by Jonny Steinberg. When an AIDS treatment program is set up in Sizwe's district, he is torn between respect for traditional ways and Africa's battle against the epidemic.
- •"Women's Health Perfect Body Diet" by Cassandra Forsythe, M.S. Through a daily eating plan and detailed workouts, you will be able to shed unwanted pounds and achieve your perfect body.
- •"The Associates: Four Capitalists Who Created California" by Richard Rayner. Huntington, Stanford, Crocker and Hopkins; here are the stories
- behind these famous California men and the legacy they left behind. •"Head Cases: Stories of Brain Injury and Its Aftermath" by Michael Paul Mason. An illuminating and deeply emotional book looks at individual
- cases of brain injuries and the way in which the brain works to heal itself. •"Robin to the Rescue: Quick & Simple Recipes for Delicious Home Cooking" by Robin Miller. To accommodate your daily schedule, each of these 20 easy-to-prepare meals offers the option of cooking the meal by scratch, pre-cooking or slow cooker preparation.
- 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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BUSINESS CARDS SPECIAL

Lakewood author to speak, sign books

DOWNEY – Award-winning author D.J. Waldie will be the featured speaker at an upcoming luncheon and book signing sponsored by the Friends of the Downey City Library.

The luncheon is scheduled for June 7 from 11:30 a.m. to 2 p.m. at the Rio Hondo Event Center. Tickets for the event are \$15 and include the author talk and complete luncheon, with

entrée choices of filet mignon, scaloppini, macadamia nut chicken or

Reservation deadline is May 31. All proceeds will support library pro-

A recipient of the California Book Award and the Whiting Writers Award, Waldie is the author of "Holy Land: a Suburban Memoir," which includes personal recollections and history of life in Lakewood during the

Waldie is also the author of "Real City: Downtown Los Angeles Inside/Out" and "Where We Are Now: Notes from Los Angeles." Waldie's most recent book is "California Romantica," about mission-style architecture, which he co-authored with actress Diane Keaton.

Since 1978, Waldie has worked as the public information office for the city of Lakewood and currently serves as assistant to the city manager in the same city.

Copies of Waldie's books will be available for purchase and signing at the event. For more information, call (562) 904-7360, ext. 32, or visit the Friends' Shop located inside the library.

Children's classic coming to the stage

LA HABRA - The enduring children's classic, "Alice in Wonderland," will play at the La Hara Depot Theatre June 6-9. Tickets are \$18 for adults and \$15 for children, students and seniors.

The children's production follows the adventures of Alice, played by Heather Hopkins, as she falls down the rabbit hole into Wonderland and meets such strange characters as The Mad Hatter (Justice Smith), The March Hare (Jake Hopkins), The Knave of Hearts (Zack Hillman), The Red Queen (Danielle Palmer), and of course, Tweedledee (Lara Volski) and Tweedledum (Emma Ellis). The play is directed by Alfonso Neavez.

"This production of 'Alice' will offer the traditional telling that everyone is used to with a nice dose of laughs appropriate for the whole family," said Neavez, who will graduate from Cal State Fullerton in a few weeks with a BA in English.

Performances of "Alice in Wonderland" will be offered Friday and Saturday nights at 8 p.m. with Sunday matinees at 2:30 p.m. For tickets, call (562) 905-9625 or visit www.lhdepottheatre.org. The La Habra Depot Theatre is located at 311 S. Euclid St., in Long Beach.

'Mystical fairy tea parties' in Bellflower

BELLFLOWER - During the months of June, July and August, the Youth Cultural Arts Foundation of SoCal will host tea parties for Girl Scout troops, Red Hatters with grandchildren, church groups, and any other group looking to throw a tea party.

Parties are fairy-themed and include a live stage show starring the guest of honor. Guests can dress up in fairy costumes and enjoy finger sandwiches, muffins, fruit, and tea. The cost covers eight children and two adults; additional guests cost extra.

Parties must be booked three weeks in advance and are booked on a first-come, first-served basis. A non-refundable booking fee of \$50 will also be charged at the time of booking.

All parties take place at the Mystical Fairy Tea Theatre, located at 9831 Belmont St. in Bellflower. For more information, call (562) 867-3524.



Phone: (562) 630-SHOW (7469)

INDIANA JONES 4 PG-13 (10:00 1:00 4:00) 7:00 10:00 INDIANA JONES 4PG-13 INDIANA JONES 4 PG-13 (11:30 2:30) 5:30 8:30 (12:15 3:15) 6:15 9:15 INDIANA JONES 4 PG-13 (10:30 1:50) 5:10 8:30 THE CHRONICLES OF NARNIA 2 PG (11:30 2:50) 6:10 9:30 HOW THE GARCIA GIRLS SPENT THEIR SUMMER R (10:45 1:45 4:45) 7:45 10:45 (11:15 1:50 4:25) 7:00 9:35

IRON MAN PG13 (10:10 1:10 4:10) 7:10 10:10 IRON MAN PG13 (11:10 2:10) 5:10 8:10 SPEED RACER PG (10:15 1:20 4:25) 7:30 10:20

Even small ads like these work! Call the Patriot at (562) 904-3668



37 Homeowners To Buy An Air **Conditioner Or Heater With No Payment For 12 Months**

Twenty-Five Percent

By Jack Sorenson

program that will allow 37 homeowners to buy a new air conditioning or heating system and not make any payments for 12 months. Actually, with his program, you can probably get the entire first year FREE. In a moment, I'll tell you how this

My question for Mr. Farnik was... why would he make this offer?

"From what we've seen homeowners are investing in new air conditioning and heating systems at an increasing rate. This doesn't surprise me. You see, the new systems are reducing utility government standards. We want to help the people of this area to get one of these new systems by

"We have only reserved 37 systems for this special opportunity. This means that 37 homeowners can get a brand new system installed now, but not take a cent out of their pocket for at least twelve solid months."

After discussing the benefits available in this offer. I believe Mr. Farnik will wish he had more than just the 37 systems to sell. Many homeowen-

Here's How Homeowners Benefit:

- They get a new system at 2008 prices, but don't begin paying until 2009.
- · They start saving money on energy bills now • They climinate repair bills now (these new systems com with a 5 year parts AND labor warranty).

...Plus a Guaranteed Energy Reduction of • They enjoy comfort and peace of mind now. Plus one rather large advantage: at the end of 12 months, the homeowner gets a choice of either paying the system off, or making the small

> Here's another very impressive concept. Mr. Farnik said "If you're replacing an old system the money you save on energy and repair bills in the first year could be enough to make your first year's payments."

> This is like getting a new system in 2008, but not paying a penny until mid-2009.

> In fact, to help save even more energy dollars, Mr. Farnik is giving a FREE Electronic Programmable Thermostat with these systems. This is the type that you just "set and forget", and are so efficient, that they'll help homeowners who are replacing a central system, get a...Guaranteed Energy Reduction of twenty-five percent during the first year, or you'll get a check for the difference.

> My hat goes off to Mr. Farnik for creating this exciting program. But as I've said, there are only 37 TOTAL SYSTEMS AVAILABLE DURING THIS OFFER

- Just look at everything the homeowners get: No Payments for 12 months
- Guaranteed energy reduction of twenty-five percent.
- · A FREE Electronic Programmable Thern

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San Antonio Guild fashion show June 1

DOWNEY - The San Antonio Guild of Childrens Hospital Los Angeles is having their annual Fashion Show Luncheon on June 1 at the Rio Hondo Event Center.

The theme for the event is "Under the Tuscan Sun" and will include an Italian buffet, which begins at 11 a.m., followed by the program at 2 p.m. Entertainment will include an auction and fashion show, with fashions provided by Draper's & Damon's of Seal Beach.

Tickets are \$35. For more information, call Rosie Shelton at (562) 928-

Pancake breakfast benefits local troops

DOWNEY - The Old River Men's Club will have its annual Pancake Breakfast on June 1 from 8 a.m. to noon at Apollo Park.

The breakfast will include pancakes, eggs, sausage, and a beverage. Suggested donation is \$3, which will benefit Boy Scout Troop 441 and Cub Scout Pack 805C.

For more information, call (562) 533-1630 or (562) 920-6141, or visit www.downeyboyscouts.com.







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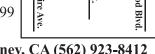
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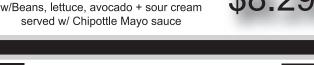
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Page 10 Friday, May 23, 2008 ___ ■ The Downey Patriot

Hale: Handmade tools built to Rancho patients' personal specifications.

Continued from page 1

Achievement Award from the Sacramento-based California Federation of Occupational Therapists in 2004.

His latest honor came last April 5 at the 22nd annual Amistad Gala. He was presented with Rancho's highest honor, the Amistad Award for Individual Achievement. His encomium, in part, read: "He is being honored for more than 27 years of extraordinary volunteer service to Rancho. He has become an indispensable part of the Rancho treatment team because of his unique and highly valued ability to design and build customized devices to fit the very special needs of the hospital's patients. He has created thousands of devices for patients that fit their highly specialized needs. These devices range from specialized wheelchair control pieces to accessible easels for artists with disabilities, to customized chairs, all created in Mr. Hale's [as he is affectionately called at Rancho] workshop in the basement of Rancho's Jacquelin Perry Institute.

"Without his generosity and genius, these many wonderful devices would not be possible, and several generations of Rancho patients would have found far less ability in their disabilities... His incredible creativity and enthusiasm have endured through the years as he has taken care of some of Rancho's most complex patient needs. He is a great volunteer, a great man, and a great American. His personal commitment to helping others is an inspiration to us all."

Born in 1922 in Ft. Collins, Colo., Hale and his family knew hard times. The Depression hit them hard. His family lived on two separate farms outside Ft. Collins. "When the bank foreclosed on our farms," he recalls bitterly, "it left us destitute."

Having no choice, he relates further, "My father and grandfather built a two-room shack covered only with tarpaper. The family did farm labor for other farmers. In 1933 the family moved to an uncle's farm in Eastern Wyoming. We didn't have running water for many, many years."

While still in high school, Hale joined the National Guard Cavalry in Torrington, Wyo. Training included Wyoming State maneuvers with remount horses. In 1939 maneuvers were held in the state of Washington, and the Western State National Guard Cavalry scored a rare victory over the U.S. Army. He graduated in 1940 at the age of 18. That summer he took a government-sponsored training course in basic machine shop operations. Finding employment with Remington Arms Co., he was assigned to its Denver Munitions Plant through April, 1942, when he joined the Marines with the rank of Technical Sergeant.

While with the Marines, he studied aircraft maintenance and aerial gunnery. He married his wife, Marjorie, who was to teach later for the Downey Unified School District, before shipping out in 1944 for overseas duty. He would serve in the South Pacific Theater till November 1945.

"I was with the 1st Division of the 4th Marine Air Wing, and was involved in the invasion and occupation of the Peleiu Islands," was his

After his discharge from the Marines, he and Marjorie moved to Iowa to attend college from 1946 to 1951, working summers and odd periods in construction and as a chemist with the Iowa State Highway Commission. He graduated from Iowa State College in Ames, Iowa with a BS in mechanical engineering degree.

His first, and only, fulltime job was with North American/Boeing. He would specialize in hydraulic, pneumatic, and mechanical design for aircraft and missiles. He had been serving as a supervisor in reliability engineering for 10 years when he retired in 1978.

He was to enjoy two years of unadulterated retirement before his fateful encounter with Rancho.

Another fateful encounter would occur in 2000, the year Hale was diagnosed with macular degeneration. It was clear some sort of a replacement was needed. That replacement turned out to be the equally remark-





Tom Hale was recently honored for his volunteer service at the 22nd annual Amistad Gala. Photo courtesy Rancho Los Amigos

able and likewise often-honored colleague, Karl Burger. "We've been doing these things (providing patients with therapeutic devices) together for the last six years. Karl, I tell you, is such a remarkable man and more than qualified to do the work. We work very well together. We're a great

A similar scare had happened to Hale before. "In 1975, I started having shoulder and arm problems," he relates. "In fact, the following year, I lost full control of both arms. Fortunately, 3-1/2 hours of daily physical therapy for three years led to a full recovery. From1977 to 1980, I remained at home as cook and bottle washer. While Marjorie taught school, I was at home all day, and went from 150 to 205 pounds. The whole situation made me a dull individual. What saved me from further [iniquity] was answering that call for volunteers at Rancho in the Downey paper."

"I feel that serving at Rancho has been more fulfilling than my tenure For more information, call (213) 593-1311. at North American/Boeing," he went on. "I found my niche here. Not only has my work with devices helped patients develop their full potential as human beings, it has provided opportunities for therapists to expand their [range of usefulness]. We continue to help identify, and improvise, solutions to special exercise devices, for both in-house and outpatients. Really, everybody is great to work with here—the people, the management, the therapists, and especially Karl."

"I have two strong desires," he says. "One, that Rancho continue the work Karl and I have been doing. And two, that steps are taken to have other rehabilitation centers throughout the U.S. adopt what we have pioneered here."

Finally, he says, "Rancho is a fabulous place to work. I wish more retired people will take advantage of the many volunteer opportunities available here. Really, Rancho gives more than it gets."

David J. Matthews served in Korean War

DOWNEY - David J. Matthews, a longtime Downey resident, passed away on May 12. He was

Matthews was born on April 26, 1934 in Springfield, Mass. to Harold and Helen Matthews. He served during the Korean War in the Army Special Services and was stationed in Japan Sky Patrol. He played baseball with the farm team for the Boston Red Sox and enjoyed camping, fishing and hunting.



Matthews is preceded in death by his sister, Betty Pessalano.

He is survived by his daughter, Laura; son, Garon (Nikoel) Matthews; siblings, Nancy Rapisarda, Harold "Sonny" Matthews Jr., Robert (Naomi) Matthews, Shirley (Gene) Streeter, and Edward (Florence) Matthews; and numerous nieces and nephews.

A memorial service will military honors will be today at 3 p.m. at Park Lawn Memorial Park in Commerce.

Senior center plans for busy summertime

DOWNEY – The Barbara J. Riley Community & Senior Center will host a Beach Party Bash for seniors on July 17 from 5 to 7:30 p.m. Reservations are required and each ticket is \$5 per person, which includes

•Registration continues for senior excursions to the Huntington Library and the Los Angeles County Fair. The trip to the Huntington Library in San Marino departs Sept. 3 at 9:30 a.m. Tickets are \$30 per person and includes a private group tour of the new Chinese Garden and time to visit the newly-renovated Huntington Mansion on your own.

The excursion to the Los Angeles County Fair will take place on Sept. 17 from 10 a.m. to 6 p.m. Tickets are \$15 per person and includes fair admission and lunch.

•The community center is taking registration for pre-school children and their parents to visit the circus at the Honda Center in Anaheim on Aug. 1 from 9 a.m. to 2 p.m. Tickets are \$15 for child and \$18 for adult.

•The city of Downey is accepting registration for its summer full-day care from June 23 - Aug. 29 for children in grades K-5th. Daycare will be provided at Imperial Elementary and Gallatin Elementary on Monday through Fridays. Cost is \$105 per child per week, plus a one-time registration fee of \$20 and \$6 for a T-shirt. The fees include daily snacks, all-day care between 6:30 a.m. and 6 p.m., arts and crafts, interactive activities, and a mid-week excursion.

To register, call Imperial Elementary at (562) 904-7234 or Gallatin Elementary at (562) 861-5052.

For more information on activities at the community/senior center, call (562) 904-7227.

Norwalk hosts free small business fair

NORWALK - Congresswoman Grace F. Napolitano (CA-38), Assemblyman Tony Mendoza, and Judy Chu, chair of the California State Board of Equalization, are sponsoring a free small business fair on June 3 from 9 a.m. to 2:30 p.m. at the Norwalk Marriott.

Admission is free and those interested in attending are asked to register at www.boe.ca.gov/sutax/tpsched.htm.

The Norwalk Marriott is located at 13111 Sycamore Dr. in Norwalk.

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 Wednesday 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

Tee sign sponsorships are also 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.

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Travel team plans meeting with parents

DOWNEY - SKO HOOPS, a travel basketball program, is having a parent information meeting this Wednesday from 6:30 to 8 p.m. at Apollo Park.

The program provides players with a chance to compete on a local and national level.

For more information, call Shari Lim at (562) 806-3258 or (562) 822-8753.

Senior lunches available at discount prices

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

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

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

Downey can't climb out of hole; season over

BY SCOTT COBOS, CONTRIBUTOR

DOWNEY - The Downey Vikings' baseball season came to an end with a 4-1 loss versus visiting Quartz Hill High School Tuesday afternoon

For a team who averaged over five runs a game in the regular season, the Vikings only had three hits and didn't scratch on the scoreboard until the final inning of the game.

Missed opportunities plagued the Vikings as they were able to get runners on base but were unable to move them over or hit them in.

"We couldn't come up with that big hit to score a run," said Downey manager Jess Gonzalez. "And being down 2-0 it was tough. And once you were down 4-0, it's difficult to come back in the playoffs in that situation."

Downey's offensive woes came in part from the pitching of Quartz Hill's Brian Morgan. Morgan pitched a complete game in what was his first start of the postseason. On the season, Morgan was 10-1 in games he

"He was throwing strikes and keeping them off balance," said Quartz Hill's manager Aaron Kavanagh. "Last week we heard that the success to keeping [Downey] down offensively was keeping them off balance. So a lot of fastballs and curveballs, anything for strikes. He's been money for us almost all year."

Downey ace Nate Coronado tried to do his best to keep up with Morgan but didn't have the same dominating arsenal that he has had all

Quartz Hill scored two early unearned runs off Coronado, who had 10 strikeouts, then broke the back of the Vikings in the fifth inning when outfielder Mike Massari hit a two-run double down the third baseline.

Gonzalez thought his ace lefty pitched well enough to win but acknowledged that Morgan figured out a way to get them out at the plate.

"They played a good game," he said. "Their lefty pitched a good game. [Morgan] made some big pitches in some big situations and got them back in the dugout and unfortunately we were down 2-0 early."

Morgan struck out four in his performance and enjoyed his time at Yanez Field on the Downey High School campus.

"It felt great," he said. "This is a good field to pitch on. I like the mound and I was really confident in my team."

Hitters No. 1 through 5 for Downey combined for only two hits. The Vikings' biggest offensive weapon, Ivory Thomas, was hitless in his two at-bats.

Things really started to unravel emotionally for the Vikings when starting second baseman Greg Hamrock was ejected from the game for arguing balls and strikes.

The Vikings finish their season one win short of 20 overall (19-11, 10-5). Next year, the Vikings will have all but four players returning, the list including Thomas who will be entering his senior year.

The season is over for the Vikings but the beat goes on for the Rebels who will have played yesterday.

According to Kavanagh, he feels as if his team needs to improve in situational hitting and suggested it may be a little bit more difficult because his team strategy changed from being an offensive force to playing small ball.

What are the odds?

DOWNEY—Using an 8-iron, Stan Carmichael, owner of a State Farm agency in Downey that bears his name and incumbent president of the Downey Rotary Club, scored his third hole-in-one on the fourth hole at Mile Square's more demanding Players' Course on May 15 while playing with friends, the same group he played with when he made his second hole-in-one on the same hole on June 23, 2005. The lucky ball he used bore the Arc/Rotary International (wheel) markings.

Note the juxtaposition of the dates and holes: Carmichael scored his first ace on June 23, 1990 (on the same day as his second) on a San Diego golf course. He sports an 89-handicap.

– Henry Veneracion



The Downey U16 girls soccer team overcame 100-degree weather to take first place in the Quartz Hill Shootout held at the Lancaster National Soccer Complex in Lancaster on Sunday. After three undefeated games, Downey beat Thousand Oaks 3-0 in the championship game. The team includes Coach Octavio Calvillo, Amanda Hernandez, Jackie Garcia, Brani Lee Neilan, Lorena Ruiz, Alexis Clavesilla, Vicky Correa, Vannessa Calvillo, Assistant Coach Robert Correa, Marysol Flores, Stephanie Angulo, Jessica Rauda, Robin Serpas, Rebecca Flores, Karen Castillo and Rocio Hernandez.

Bocce Club looking for new members

DOWNEY – The Downey Bocce Club invites the community to join their group throughout the week at the Barbara J. Riley Community & Senior Center.

Men meet on Tuesdays, Thursdays and Saturdays at 10 a.m. and women meet on Wednesdays at 1 p.m.

For more information, call Pat Rooney at (562) 923-5352.



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Page 12 Friday, May 23, 2008 Classified/Real Estate____ The Downey Patriot

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Line 2 Line 3

Line 4 Line 5

The Downey Patriot will publish a special section dedicated to commencement and graduation ceremonies. For only \$25.00, you can honor your graduate with a 1.986" by 3" announcement. They will be listed by school and by name.

Deadlines for High School announcements is June 6 and will be published on June 13, 2008.

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-- By Mail - photo must be 2" x 3" -- By EMail - photo must be 300 dpi (DowneyPatriot@yahoo.com) Check payable to The Downey Patriot

The Downey Patriot, 8301 E. Florence Avenue, Suite 100, Downey, CA 90240

ACTUAL SIZE

The Downey Patriot YOUR HOMETOWN COMMUNITY NEWSPAPER 11525 Downey Avenue, Suite A, Downey, CA 90241	
Line = approximately 20 to 23 characters including spaces and punctuation	
Line 1 (Graduate's Name)	
Line 2 (School)	_
Line 3 (Your message here)	
Line 4	_
Line 5	_
Billing Information	
Name:	
Address:	
City: State: Zip:	_
Phone	

Please call The Downey Patriot with any questions regarding your announcement. Phone (562)904-3668

Real Estate Page 13 Friday, May 23, 2008

Counsel's Corner: Avoiding foreclosure in these tough times

By Steve Lopez, the Law Offices of Steve Lopez

ardly a day goes by during this housing crisis that the media does not report on families in foreclosure proceedings, and/or in arrears in repayment on mortgages that, when purchased, had close to zero down payment requirements and/or low "teaser" interest

The main reason for these home plight is that the borrowers did not understand that these introductory interest rates might rise a lot after a few years, or that

they would have negative equity in their homes if housing prices stopped rising and began to fall.

This miscalculation has translated to millions of Americans losing or close to losing their homes. Foreclosures in the U.S. are hitting record numbers. If you're having trouble paying your mortgage, you must take quick action so you can save your home and help protect your credit rat-

Consider your options. Don't give up and let the lender foreclose on your home without considering your options. A foreclosure will hurt your credit rating and make it difficult, if not impossible, to buy another home anytime soon. In addition, if the profits from selling your home don't cover the unpaid portion of your loan, your lender might sue you for the rest. Your best options if you're having trouble making mortgage payments include:

Negotiating with your lender

Getting government help Filing for bankruptcy

Selling your home yourself, or Giving your home deed to the lender

As soon as you realize you'll have trouble paying your mortgage - ideally, before you've missed any payments – contact your lender. Now, more than ever, lenders are willing to negotiate with home loan borrowers, if only to reduce the number of foreclosures they're dealing with. If you call soon, you may be able to work out a solution with your lender. The lender may accept partial payments for a few months (although you may have to agree to make up the difference later), accept a late payment, or agree to redo the terms of your loan.

Determine if you need government help. The U.S. government currently has a program to help homeowners who are facing foreclosure. It is called the FHASecure and was recently expanded in April of this year. More information is available from the U.S. Department of Housing and Urban Development at www.hud.gov.

If you cannot work out a deal with your lender and the government is not able to assist, you can consider bankruptcy. When you file either a Chapter 13 or Chapter 7 bankruptcy, the court automatically issues an order (called the Order of Relief) that includes a beautiful thing known as the "automatic stay." The automatic stay directs your creditors to cease their collection activities immediately, no excuses. If your home is scheduled for a foreclosure sale, the sale will be legally postponed while the bankruptcy is pending – typically for three to four months. However, there are two exceptions to this general rule:

First, if the lender obtains the bankruptcy court's permission to proceed with the sale (by filing a "motion to lift the stay"), you may not get the full three to four months. But even then, the bankruptcy will typically postpone the sale by at least two months, and more if the lender is slow in pursuing the motion to lift the automatic stay.

Second, unfortunately a bankruptcy's automatic stay won't stop the clock on the advance notice that most states require before a foreclosure sale can be held (or a motion to lift the stay can be filed). For example, before selling a home in California, a lender has to give the owner at least three months' notice. If you receive a three-month notice of default, and then file for bankruptcy after two months have passed, the three-month period would elapse after you'd been in bankruptcy for only one month. At that time the lender could file a motion to lift the stay and ask the court for permission to schedule the foreclosure sale.

New bankruptcy law took effect in 2005 and it has become more difficult to qualify for Chapter 7 bankruptcy. You should consult a bankruptcy lawyer when this option is chosen.

If negotiating with your lender, obtaining government help and filing bankruptcy are not options for you, you can consider selling your home if your home has appreciated in value since you bought it. Again, contact your lender, who may let you stop making payments until the house is sold. Ideally, the proceeds from the sale will cover your mortgage and selling costs. But if they won't, ask your lender to consider what's called a "short sale." That means the lender accepts the sale proceeds even if they're less than the amount you owe.

If no one is interested in purchasing your home, ask your lender if they may agree to take the deed and cancel your debt. This is called a deed in lieu of foreclosure. The idea is that the bank can then sell your house (as with an actual foreclosure) but won't report it as a foreclosure to the credit rating agencies - in fact, you can negotiate with the bank about how it can help you preserve your credit rating.

Be cautious when selling your own home. Beware of scams related to mortgage problems and foreclosures. Solutions that sound too simple or too good to be true usually are. If you're selling your home without professional guidance, beware of buyers who try to rush you through the process. Unfortunately, there are people who may try to take advantage of your financial difficulty.

Protect yourself by not signing any papers you don't fully understand. Make sure you get all "promises" in writing. Beware of any contract or sale of loan assumption where you are not formally released from liability for your mortgage debt. Check with a lawyer or your mortgage company before entering into any deal involving your home. Further, if you're selling the house yourself to avoid foreclosure, check to see if there are any complaints against the prospective buyer. You can contact your state's attorney general, the State Real Estate Commission, or the local District Attorney's Consumer Fraud Unit for this type of information.

Hopefully this information has been helpful, and if nothing else, leave you with other options that are available to you other than foreclosure.

The purpose of this column is to provide general information on the law, which is subject to change. It is not legal advice. Consult a lawyer if you have a specific legal problem.

Seniors invited to join Rancho Owls

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

The group also worked at promoting improved healthcare to older persons through education and advocacy.

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

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

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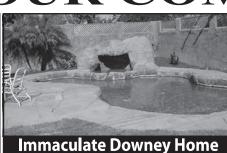
Nice Downey home on a corner lot. 2 bedrooms, 1 1/2 bath, 10,200 sq. ft. lot. 3 1/2 car garage, new carpet, fireplace, parking for large RV. Site for potential development. Price reduced to \$549,900. Call (562) 923-5507



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"Janet Baez did a great job. I really appreciate Janet going out of her way to Fresno to help me. I will definitely recommend others to her." - Elsa Zambrano

"Alicia Montenegro did a great job. We are very happy with the way Alicia handled the transaction." - Rene Romo



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TOP LISTING Marlene Rodriguez



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Page 14 Friday, May 23, 2008 Real Estate.



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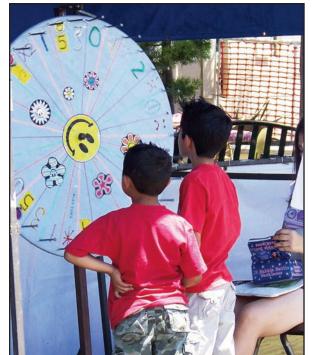
St. Raymond's Catholic Church All American Festival May 16 - 18

St. Raymond's Catholic Church hosted their annual All American Festival last weekend, featuring numerous performances by various musicians and dancers; a plethora of food ranging from snow cones to pizza; and an assortment of games and activities, from dunk tanks and craft tables, to inflatable jumpers and carnival games.

Photos by Brooke Karli



weekend, including the dancers pictured above, who danced vibrantly for the crowd despite the heat.





Kids participated in carnival games and craft tables at St. Raymond's All American Festival last weekend.



Festival-goers young and old raced up and down huge inflatable jumpers at St. Raymond's All American Festival last weekend.