



St. Raymond's stellar athletes
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Fashion tips
just for teens
See Page 9



Dunkin' donuts with dad See Page 8

Friday, June 13, 2008

Vol. 7 No. 8

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

Downey Dental, though small, will create "good-paying jobs" and drive traffic to the downtown area, city officials said. It will be located at 3rd and Myrtle streets. *Rendering courtesy city of Downey*

Medical office gets parking lot exemption

By Eric Pierce, City Editor

DOWNEY – Showing a degree of flexibility and a willingness to slightly bend the rules for the sake of spurring new development, city officials this week waived a parking lot requirement for a new medical complex slated to be constructed in the Downtown Downey district.

Downey Dental plans to build a 4,264-sq. ft. multi-tenant medical office building at 8102 3rd St. According to city ordinances, the building would have required at least 13 parking spaces.

But the City Council this week followed the advice of staff and agreed to waive the requirement.

"The Downey Dental project, while being a very small development, is consistent with the type of new development and redevelopment that staff is trying to encourage and facilitate in the downtown area," Economic Development Director John Perfitt said in a staff report. "Absent the ability of allowing Downey Dental to entitle its project using public parking resources, Downey Dental's architect would have designed a much smaller building sitting next to a field of asphalt or concrete parking."

Perfitt said Downey Dental recently acquired the land and approached the city regarding the property's limited parking.

"Because of its location in the Downtown Plan area and its proximity to several public parking resources...staff strongly encouraged the property owner to direct his architect to design a high-quality building and let good design principles create the building instead of onsite parking

requirements driving the process," Perfitt said.

As part of the deal, Downey Dental will pay the city about \$2,600 per year, which the city has earmarked for maintenance of downtown public positing lets.

"Community Development staff members are committed to facilitating high-quality buildings and more intense land uses in the downtown area,"

Perfitt added

The Downey Dental complex is expected to create "good-paying jobs' and increase daytime traffic to downtown.

A dangerously vivid reminder to practice safe poolside habits

By Brooke Karli, Staff Writer

elaxing at a pool party a couple weeks ago, Downey resident Liz Ramirez had no idea the birthday celebration she was attending would soon turn into a near-death experience.

Ramirez's daughters, 7-year-old Sophia and 4-year-old Samantha, have taken swim lessons in the past and are quite comfortable in and around water. But on this particular Sunday afternoon, Samantha allowed her fear to overcome her swimming abilities.

The home that hosted the party had a "slippery slide" attached to the edge of the pool. Sophia, like many of the other kids, had no problem sliding down the slide, which spouted water down its slippery surface. Samantha, seeing her sister do this, thought she would like to slide down as well.

But after climbing to the top and releasing herself, she became scared, flipped onto her stomach, and tried to climb back up the slide. Unable to resist the flowing charge of water, she let go and fell into the pool below.

Ramirez watched all this happen. She didn't become alarmed until she realized her daughter was trapped underneath the slide.

As Samantha's panic increased, so did Ramirez's.

Without any hesitation, Ramirez, who can't swim, jumped into the pool to save her daughter.

"I didn't care what would happen to me," Ramirez said, "I just wanted to save my daughter."

As Ramirez fought to keep her daughter's head above water, she kept swallowing water and struggled to stay above the pool's surface.

"I was wearing a long, 100 percent cotton dress that day and it kept getting tangled in my feet," she said. "I just couldn't get myself untangled long enough to paddle."

With her eyes on the situation, Bianca Dovarre, 10, a resident of the home, jumped in to help.

See POOL SAFETY, page 10

Special Olympics torch passes through streets of Downey

By Eric Pierce, City Editor

DOWNEY – Mile by mile, step by step, the Olympic torch has been making its way throughout Southern California this month on its way to this weekend's Special Olympics Southern California in Long Beach.

The torch passed through Downey yesterday, carried nearly two miles by members of the Downey Police Department.

"From the chief to the commanders right down to the support staff, the police department wants to show that we're committed to the community," said Downey police Cpl. Kevin McCaster, who has been running with the torch for nearly a decade. "From the business community to citizens, we have to be in partnership with the people we serve. This is part of what we do."

The Special Olympics will be held this weekend at Cal State Long Beach. More than 1,500 athletes are expected to compete for gold, silver and bronze medals in a myriad of sports, including track and field, aquatics, basketball, bocce, golf, gymnastics and tennis.

An Olympic-style torch relay originated in Chula Vista on June 3. It has been making its way through Southern California since, with members of different law enforcement agencies carrying the torch on different legs.

The Downey Police Department took hold of the torch Thursday afternoon, receiving the hand-off from the Sheriff's Department at Lakewood Boulevard and Telegraph Road.

A team of five runners and



A team of five law enforcement members from the Downey Police Department and three Olympians helped carry the Special Olympics torch through Downey yesterday, as it traveled on its way to the Summer Games in Long Beach this weekend. *Photo by Art Montoya*

three Olympians, protected by a Downey police motorcade, carried the torch east on Telegraph to Jersey Avenue in Santa Fe Springs, where they handed the torch off to members of the California Highway Patrol.

"We do this on our own time, because we believe in it," McCaster said.

The torch run is also a fundraiser for the Special Olympics. Last

year, more than \$800,000 was raised by police officers.

"Law enforcement officers have long been good friends to Special Olympics," said Bill Shumard, president and CEO for Special Olympics Southern California. "They are champions of our Special Olympics athletes, encouraging them to aspire to their highest potential and compete against their personal best."

Opening ceremonies for the Special Olympics begin tonight at 7 p.m. The competitions will continue all weekend, with closing ceremonies scheduled for Sunday at 2 p.m.

"Summer Games is clearly our showcase event," said Shumard. "Spectators will see some great sporting events and be impressed by how much our athletes love to compete."

Young musician, utility worker saluted by DUSD for talents and contributions

By Henry Veneracion, Staff Writer

DOWNEY—Although the two honorees at last Thursday's meeting of the Downey Unified School District Board of Education represented two

different generations, they were both recognized for one thing they shared in common: accomplishment.

Emmanuel Rojas, 16, a Warren High School sophomore, was presented by principal John Harris, who said he was proud and pleased to recognize Rojas' "outstanding achievement." Rojas, he said, auditioned in early April in Monterey for the Bass Trombone position in the Next Generation Jazz Orchestra, regarded as "one of the top 21 high school jazz orchestras in the world."

Early next month this talented group, including a chosen Rojas, assembles in Boston to meet each other and rehearse, and to perform "up and down the East Coast." They will then fly to the Netherlands to begin their summer European

Harris said they will then perform for a final event in late September at the Monterey Jazz Festival. They are the only non-professional group playing at the festival.

Rojas' band director at Warren, David Niemeyer, meanwhile spoke of the youngster's "incredible talent" and "extraordinary capacity for hard work" in honing his skill.

Jacob Flores, who has worked as a utility

worker at Carpenter Elementary for the past five years, received this year's DUSD Vision Award for Environment. Carpenter principal Paula Barnes called him "our Mr. Wonderful" for "enriching the environment at Carpenter," and for making the school one that "everyone loves to come to on a daily basis and no one wants to leave."

The reasons are many, she said. "He has done many wonderful things in sprucing up both the outside and the inside of the school, while acting as a mentor for students and staff alike." There is a third factor, she said, "invisible but evident... [he has created] an environment of attitude. He is

always positive and truly a team member and an asset to our staff."

She thanked Flores "for making my job easier and always making me look good."

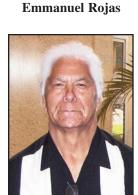
Carpenter was also recognized this year by Keep Downey Beautiful. In other action, the Board:

•Accepted with gratitude donations in cash and in kind from various donors, ranging from \$100 to a few hundreds contributed by individuals and firms/institutions alike to a \$1,526.93 cash contribution from the

See DUSD, page 4

City Council filing

period opens July 14



Jacob Flores

DOWNEY – The City Council this week approved the parameters for the Nov. 4 municipal election, when three council seats will be up for grabs.

Mayor David Gafin is facing reelection in District 1, while council

Mayor David Gafin is facing reelection in District 1, while council members Rick Trejo (District 3) and Kirk Cartozian (District 5) will be termed out of office.

Candidates for office will have between July 14 and Aug. 8 to nominate themselves for a seat on the City Council. The deadline will be extended to Aug. 13 if Gafin decides not to seek reelection, although that's considered unlikely.

Downey Adult School principal and planning commissioner Roger Brossmer has already announced his intention to run for the District 3 seat. Announced candidates for the District 5 chair include real estate developer Fernando Vasquez, realtor Maria Larkin and Downey Rose Float Association president Gary De Remer.

Candidates will be allowed to submit an official statement totaling no more than 200 words. Candidates will be responsible for an advanced deposit for the estimated cost for printing the statement, while the city will bear the costs for translating them into Spanish.

The city has budgeted \$92,000 for the election.

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Ann Peck McBride can be seen at the Downey Theatre as Domina in "A Funny Thing Happened on the Way to the Forum," which ends this weekend. This is her 15th appearance with the Downey Civic Light Opera. For tickets to the musical, call (562) 923-1714.

Students can eat for free at schools

call the Department of Nutrition Services at (562) 469-6672.

DOWNEY – The Downey Unified School District will be offering free meals to students at various schools and parks throughout the summer. All children ages 3 to 18 are eligible for the meals, which is part of the district's Seamless and Simplified Summer Food Service Program. Meal service is provided Mondays through Thursdays. For more information,

12:30 - 1:15 p.m. •Golden Park •Imperial Elementary 9:40 – 9:55 a.m. 9:45 - 10 a.m.•Lewis Elementary •Rio Hondo Elementary 9:30 - 9:45 a.m. •Unsworth Elementary 9:30 – 9:45 a.m. •East Middle School 10:15 - 10:45 a.m. •West Middle School 10:15 – 10:45 a.m. Sussman Middle School 10:15 – 10:40 a.m. Downey High School 10:30 - 11 a.m.•Warren High School 10:30 – 11 a.m.

Students set to graduate next week

DOWNEY – The Downey Unified School District has announced the dates and times for high school graduations.

The Columbus High School graduation will be held this Wednesday in the school's quad area at 6:30 p.m. Downey High School's graduation will take place Thursday at 7:30 p.m. at Allen Layne Stadium on the school's campus. Warren High School will also celebrate their graduation on Thursday, at 7 p.m. at Justice Stadium on the school's campus.

Downey Adult School graduates will receive their diplomas at a ceremony in the school cafeteria on July 31 at 5 p.m.



St. Raymond's Catholic School recently announced this year's "Athletes of the Year." Pictured are, left to right, Julie Cobian, athletic director; Jessica Ortega-Gonzalez, scholar athlete of the year; Scott Ragusa, athlete of the year; Kathleen O'Connor, principal; and Allison Martinez, athlete of the year.

Congratulations, Graduates Class of 2008



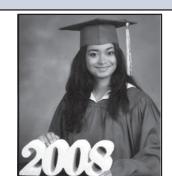
Christopher Dodge CA State Unv., LB **BA** History Maana Cum Laude You ROCK! Love, Mom



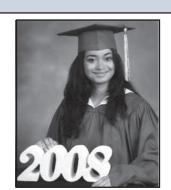
Creative Beginnings Love, Kisses & Hugs. We are proud. 20 years to Pet Dr.



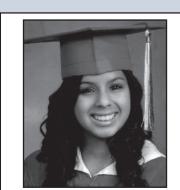
Carissa Rae Alvarez Downey High School 4.0 GPA Viking Award(2) Pechana Scholarship Stauffer Scholarship



Vileana De La Rosa Downey High School We are so proud of you! Reach for the stars and follow your dreams. We love you and God bless. The De La Rosa Family



Vileana De La Rosa Downey High School We are so proud of you! We are so happy & excited for your future at UCI! Love, The Orihuela Family



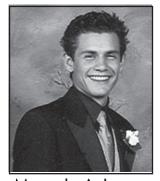
Melissa Escobar Downey High School Congratulations Melissa We wish you all the best with love Dad, Mom, Brian, Grandpa & Grandma



UCLA Medical School Christopher Steven English, a resident of Downey, has graduated from UCLA Medical School. Chris, who attended Gallatin Elementary and Griffiths Middle School, graduated from Warren High School in June 1995, receiving scholarships from Dr. Mary Stauffer and the Rotary Club.

Christopher Steven English

After attending Cerritos College for one year, he answered the call to serve as a missionary in Santiago, Chile for the Church of Jesus Christ of Latter-day Saints. His mission instilled in him a desire to help improve the lives of those around him. Returning home, he again attended Cerritos College for two years, married Jennifer Thompson of Bellflower, and graduated summa cum laude from UC San Diego in Bioengineering. He was accepted to UCLA Medical School in 2004 and graduated in May of 2008. Chris, his wife Jen and their three children will move to Rochester, NY, where he begins a five-year Orthopaedic Surgery residency at the University of Rochester.



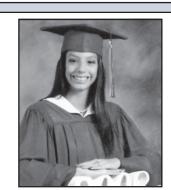
Marcelo A. Lopez Downey High School Treasure all the memories & friendships. Good luck! God Bless & love you! Nina, Peter, Liz & Kristina



Danielle V. Mosier Downey High School You did it sweetheart! The sky is the limit! Your family is very proud of you! Love you



Megan Poland Downey High School Congratulations! May all your dreams come true! Love, Scott & Jen



Bianca Torrico Downey High School Congratulations Bianca on your many accomplishments. We are so proud of you! Love Dad, Mom, Tony



Michelle Pantoja



Johnny Pantoja



Griffiths Middle School Maude Price Elementary

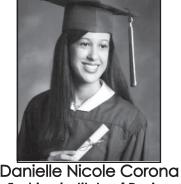
You guys are amazing! You both have made it through school without missing one day all these years of school, you're both Honor Roll and a 5 Semester Scholar. We are beyond proud, thanks for who you are and eventually listening to your crazy mother!

May God continue to watch over you at Warren and Griffiths, continue your high standards and remember your little brother is looking up at both of you.

> Love you with all our hearts, Dad, Mom & Garrett



Bobby Getino East Middle School Bobby, you've come a long way. We're so proud of you. Love Mom, Dad, Brandon & Matthew



Fashion Institute of Design and Merchandising Dreams do come true...so whatever the future holds, hope it brings happiness to



Immaculate Heart High School Congratulations Zulmy! We love you & good luck at UCI! Nelson, Zulma & Matthew



|Matthew James Guerra St. John Bosco High School We're so proud of you! We wish you success with your engineering future at Cal Poly. Love your Family



Brenda Palafox St. Raymond School Good luck at St. Joseph's High School. Love Mom and Dad



Jennifer Nancie Lopez Warren High School The proud family of a Warren High School Graduate Jennifer Nancie Lopez. We Love you.



Michael Montano Warren High School Congratulations! We're so proud of you! Love Mom, Vincent and Philly



Raquel Perez Warren High School May you obtain all of your goals & dreams. Have fun at Fresno State. Go Bulldogs!! We love you so much. Love Dad, Mom, Jen & Jon

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Council OK's lighting and landscaping district

■ City also approves upgrades to Civic Center's north parking lot.

BY HENRY VENERACION, STAFF WRITER

DOWNEY—After a mandated public hearing, the City Council Tuesday approved the Engineer's Report for Lighting and Landscaping District 121, along with the city's intent to levy and collect lighting and landscaping assessments.

Of the 6,235 street lights that provide illumination for traffic and pedestrian safety in the city of Downey, 1,436 are owned by the city, 57 are owed by the State, 67 are shared with other cities, and 4,667 are owned by the Southern California Edison Company (SCE).

The cost of maintaining and servicing the street lights and traffic signals is paid from a combination of assessments on individual parcels under the Landscaping and Lighting Act, as well as revenues from general property taxes.

Funding for on-street landscaping maintenance is also paid from direct assessments under the same Act. This assessment provides funds for tree trimming, tree removals and other landscaping maintenance along the parkways and medians of public streets in the city of Downey. For purposes of calculating assessments, the district is divided into seven zones. Estimated cost for the above, in all seven zones, is \$1,488,914.

In other action, the Council:

•Approved the addendum to the State of California Purchase Card Program (Cal Card) Master Services Agreement; the city of Downey has been a participant in the Cal Card program since 2000, but was unaware that the State of California in 2006 entered into a separate master services agreement with U.S. Bank to handle the fiscal responsibilities of billing and collecting from each participating agency; this proviso will thus be incorporated in the agreement;

•Approved the renewal of towing agreements with United Towing Service and Doug's Tug for a one-year period ending June 30, 2009;

•Approved the renewal of the weapons firing range contract with the Rio Hondo Community College District, for the Downey Police Department weapons training purposes; cost of the contract is same as last year, approximately \$5,400;

•Approved the plans and specifications for the Civic Center North Parking Lot upgrade, and gave the go-ahead signal to advertise for bids; the project will create a secure parking area within the existing north parking lot for Police Department and City Hall personnel use (45 stalls), and to maintain a section of the lot for public and employee parking (16 stalls); improvements will include: an 8-ft.- high fence enclosing the westerly 3/4 of the existing parking lot, electrical upgrades (surveillance cameras, entry controls, etc.), landscaping, etc.;

•Accepted the improvements constructed and the maintenance responsibility for the work completed under the Imperial Highway Traffic Safety Improvements Project between Paramount Blvd. and Bellflower Blvd., and approved the final construction contract amount of \$2,427,816.52;

•Recognized the Downey High School students who took part in Congresswoman Roybal-Allard's 34th District Student Art Competition, while giving a Certificate of Appreciation to first place winner Alex Hernandez, whose winning artwork will hang with the works of winners in other districts in the Capitol Building in Washington, D.C.; and

•Likewise gave a Certificate of Appreciation to the West Downey Little League on the occasion of its 50th anniversary.

The next regular public meeting of the City Council will be at 7:30 p.m. on Tuesday, June 24 at City Hall, 11111 Brookshire Ave., Downey.



The City Council Tuesday recognized students who participated in Congresswoman Lucille Roybal-Allard's 34th District Student Art Competition.



Downey High School student Alex Hernandez, second from left, took first place in the art competition. His artwork now hangs in the Capitol in Washington, D.C. Joining him at the presentation was his art teacher and representatives from Roybal-Allard's office.

Members of the Downey Association of Realtors traveled to Sacramento to lobby with state legislators last week regarding homeownership, loan limits and "foreclosure forgiveness" legislation. From left: Association executive vice president Jeanette Baumann, president Nubia Aguirre, state liaison Maria Larkin, Assemblyman Hector De La Torre, president-elect Anthony Mendez, and realtor Vicki Spearman. Photo courtesy Downey Association of Realtors

'Let's Go Play' offers summer activities

DOWNEY – The city of Downey Department of Community Services is offering free activities to kids ages 6-12 from June 23 to Aug. 15 at parks located throughout Downey.

"Let's Go Play" will be offered Monday through Friday from 11 a.m. to 5 p.m. at Apollo, Dennis the Menace, Furman, Golden and Rio San Gabriel Parks. Programs will also be offered at Brookshire and Crawford Parks Monday through Friday from 12:30 p.m. to 4:30 p.m.

There are approximately eight activities per day and a daily schedule of activities is available at the Community Services Department. For more information, call (562) 904-7238.

Karaoke nights at Nordic Fox

DOWNEY - Accomplished karaoke artist and longtime Downey resident Robin Deming will be performing Wednesday nights at the Nordic Fox restaurant from 6 to 10 p.m.

Deming, who has been performing karaoke the past 17 years, attended Downey High School and is a former Miss Downey. Her catalog of songs stands at over 35,000, including oldies, country, rock, pop, hip-hop, Spanish, gospel and Disney.

Shows are intended for the entire family and children are welcome. The Nordic Fox is located at 10924 Paramount Blvd.

Deming also plays at Granata's Italian Villa on Downey Avenue on Thursday nights, starting at 8:30 p.m.

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Other community partners include City of Downey, Keep Downey Beautiful and Downey Family YMCA.

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The City of Downey's Housing Division offers an opportunity for eligible Downey homeowners to participate in the OTHER ELIGIBLE TASKS INCLUDE

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If you're a Downey homeowner at least 62 years young, you've not yet participated, and your income does not exceed the limits listed below, you're eligible for the Senior Paint & Fix-Up Program.

OF PERSONS IN HOUSEHOLD: ANNUAL GROSS INCOME LIMIT: \$42,450 \$48,500 \$54,600 \$60,650 \$65,500 \$70,350 If you qualify and would like an application mailed to you, call

THE CITY OF DOWNEY'S HOUSING DIVISION AT (562) 904-7167.

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DUSD: Adult school extends agreement with medical clinics for student experience.

Continued from page 1

Carpenter Elementary School staff, as well as a \$7,000 cash contribution from an unnamed source, to benefit the TLC Family Resource Center;

•Authorized the payment of expenses for convention and conference attendance;

•Ratified the general agreement with the Speech and Development Center for FY2007-08;

•Ratified payments for Special Education services;

•Approved the revisions to Board Policy 3112, Length of School Day;

•Approved the deletion of AR 8510, the 2007-08 Schedule of Regular Board Meetings, from Board Policy; and approved the new 2008-09 Schedule of Regular Board Meetings;

•Authorized Ixchel Sanchez, Vice Principal, as a signatory to the Downey High School imprest account, effective Aug. 1, 2007;

•Approved the roll of District memberships for FY2008-09;

•Approved the Adult School memberships for FY2008-09;

•Ratified purchase orders by the Purchasing Department;

•Approved the amendment to the ROP Health Science Education Agreement with the Downey Regional Medical Center, extending through Nov. 1, 2011;

•Ratified a Learning Activity Placement agreement with CSU-Fullerton, effective March 6, 2008;

•Ratified the agreement with Cerritos College to provide field experience to students of their Speech-Language Pathology Program, beginning April 17, 2008 until terminated by either party, subject to certain terms and

•Ratified the individual agreements made between Downey Adult School Career and Education Center and the following parties: CareMore Medical Group, Clinica Medica San Miguel, Consultorio Medico Latino Center, Eduardo J. Guzman Obstetrics/Gynecology/Infertility, Deanna Y. Khan (M.D.) Pediatrics, for them to furnish practical experience to students in the Medical Assistant program, and Sure Careland Medical;

•Approved the agreement with School Wise Press for School Accountability Report Card (SARC) services for the 2007-08 school years, published in 2008-09;

•Approved the Student Teaching Agreement with Biola University beginning Sept. 1, 2008 through Sept. 1, 2010;

•Authorized the participation in the U.S. Communities Cooperative

Avon rep rewarded with Spain trip

DOWNEY – Downey resident Maria Barillas has been recognized by Avon as one of the "best sales managers" in the United States and inducted into the beauty giant's "Circle of Excellence."

As part of the recognition, Barillas was awarded a trip to Madrid, Spain with other Avon sales associates who were in the top 10 percent of their district.

"We are so proud of Maria," said Tom Kelly, Avon's senior vice president of U.S. Direct Selling. "Maria has worked hard to achieve this honor, leading and supporting the individual districts of Avon representatives and helping them to achieve their dreams. This trip to Madrid is our way of thanking [the] Circle of Excellence achievers for the amazing job they do every day.'

During the trip, Barillas toured the city's famous sights, including the Gran Via, the Plaza Mayor, the Royal Palace, and the nearby town of

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 &

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.

Purchasing Alliance to procure items as needed by DUSD with the same advantages, terms and conditions;

•Authorized the advertisement for bids for electrical supplies, to be charged to General, Deferred Maintenance, and/or Bond funds;

•Approved the change orders involving vendors Clearbrook Farms of Downey (dairy products), Ms. Jane Haddad of Long Beach (speech-language pathology services), Gold Star Foods of Vernon (bread products), CALMET Services, Inc. of Paramount (trash/recycling services), Royal Construction Co. of Fullerton (new library, classroom building and modernization program at Warren High), and PW Construction of Glendora (for Downey High's new classroom building);

•Accepted as complete concrete, electrical, fencing, backhoe, and paving work performed by various vendors;

•Approved the adjustments to the restricted and unrestricted budgets of the 2007-08 General, Adult School, Cafeteria, and Deferred Maintenance Funds, as well as to the unrestricted budgets of the 2007-08 County School Facilities, Capital Outlay, and the Self Insurance, Self Insurance Workers Compensation and Self Insurance Health and Welfare Funds;

•Ratified the purchase of equipment by the Purchasing Department in accordance with established purchasing policies and regulations;

•Acknowledged receipt of a claim dated April 25, 2008 submitted by Julie Sosky, and denied same in compliance with Government Code Section 911-15 and 945;

•Approved routine Personnel items until subsequent action is taken by the Board of Education;

•Adopted a resolution authorizing the annual delegation of administrative authority to process routine budget revisions, adjustments, and trans-

•Adopted a resolution authorizing federal revenues for child nutrition to be expended initially on classified salaries and benefits subject to PERS;

•Declared that as a result of financial uncertainties, negotiations, legislation, and other factors, all management including Superintendent and Asst. Superintendents, confidential, and other unrepresented employee salaries are indefinite for 2008-09; and

•Endorsed the actions taken by the Superintendent on student cases.

The next meeting of the Board of Education will be an all-day meeting held on Thursday, June 26 starting at 8:30 a.m. at the Manuel Gallegos Administration Center, 11627 Brookshire Ave.

Overcome the multigenerational gap

DOWNEY – Dr. Annika Hylma will speak on "Overcoming the Crisis of the Multigenerational American Family" at Monday's OASIS meeting at Downey Adult School.

Hylma will talk about the difficulties multigenerational families face by changing communications and technologies. She will provide tips and strategies to help bridge a family's wisdom elders and its younger genera-

Upcoming OASIS meetings include:

June 23 – Chris Squires and his "Musical Variety Show Just for Us." June 30 – Dr. Robert Flynn's "Vocal Class Solo Singers in Concert."

Registration for all meetings start at 3 p.m. and programs start at 3:45. An optional dinner will be served following the programs and can be purchased for \$3.50 at the time of registration.

OASIS will be dark in July and August. For more information on any of the programs, call (562) 940-6200.

Class of '58 reunion Oct. 11

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

A Downey Sports Reunion will be held the previous night, Oct. 10, at the Embassy Suites in Downey.

For more information on the sports reunion, e-mail lashrffox@mac.com.

The Poet's Corner

F-A-T-H-E-R

F is for the Faith in God he taught me. A is for the Answer to my prayer. T is for the Thoughtful things he brought me. H is for the Happiness we'd share. E is for his Ever growing kindness. R is for Responsibility. Thank You, Father, for my earthly Father. He always meant the world to me. - Bill Milburn,

Delusion

Downey

Quaking fear like the leaves of aspen In autumn's first chilling blast, Changing quickly to peaceful ponder Meandering thoughts that do not last.

Fleeing from nightmare and from phantom Fearing fear everywhere. Laughing, crying, thoughts of dying Exuberation and despair.

Whirling vortex like shifting currents Of a wind bedeviled sea. Seeing phantoms non-existant Hearing sounds that cannot be.

Dreaming dreams of joyous splendor While shines the sun with all its might Wierdly wonder why there is sunshine In the wee hours of the night.

Hate and Love, Joy and Sorrow, Dark defeat and blaze of glory, Blending, shifting, ever swirling Into one great potpourri.

Half formed thoughts, madly dashing, Spinning to some forgotten time. Wispy, uncorrelated patterns Without reason, without rhyme.

Then out of nowhere glows an ember, Shining through the fog and rain. Bringing connected thought and reason Back into my mind again. - Tom Conner, **Downey**

Group gets rare look at Bowers Museum

DOWNEY – The Ezra Center for Mature Adults at Temple Ner Tamid of Downey will hear take a behind-the-scenes look at the Bowers Museum of Santa Ana when they meet this Tuesday from 10 a.m. to noon.

Registrar/collections manager Jennifer Ring will discuss the museum's inner-workings, as well as discuss the functions of a registrar, curator, collections manager, exhibit designer, and more.

She will also talk about the museum's permanent collections, exhibits, and acquisitions.

The program will also include "Terra Cotta Warriors: Guardians of China's First Emperor," the background work involved in bringing this current exhibit to the Bowers Museum.

The community is invited to the meeting. A catered kosher lunch will be served after the program at a cost of \$6 for Ezra members and \$7 for non-members.

For more information, call Miriam Brookfield at (562) 943-3170.

For display advertising, call Dorothy or Mary at

(562) 904-3668

Real estate office publishes magazine

DOWNEY - Premium Homes and Investments, which opened in November of last year, recently launched its own magazine, distributing more than 5,000 copies to more than 300 locations throughout Downey.

"We are in a tough market and this magazine has been created to give our sellers' properties the maximum amount of exposure and to get them sold at the highest price and as quickly as possible," said Jose Garcia-Yanez, broker and owner.

For more information, call (562) 261-5377.

DOWNEY NISSAN

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WEEKEND



Hablamos Español

*2008 EPA fuel economy estimates of 23 city/32 highway for Altima 2.5-L with manual transmission. Actual mileage may vary with driving conditions – use for comparison only. **2008 EPA fuel economy estimates of 25 city/33 highway for Sentra equipped with Xtronic CVT transmission. Actual mileage may vary with driving conditions – use for comparison only. ***2008 EPA fuel economy estimates of 27 mpg city/33 mpg highway or 2008 Versa equipped with Xtronic CVT (Continuously Variable Transmission) (24 mpg city/32 mpg highway with automatic transmission). Actual mileage may vary with driving conditions – use for comparison only



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Editorial Page 5 Friday, June 13, 2008

Is Downey boring?

By Eric Pierce

his week's news that Downey Dental will be erecting a 4,200-sq.-ft. medical complex at 3rd and Myrtle streets, just east of Paramount Boulevard, is another positive step towards redeveloping and reinvigorating the downtown area of Downey.

The most consistent complaint we hear from citizens, particularly from youth, is the need for more entertainment in the city.

"Downey is too boring," the kids usually tell us. And, well, it's difficult to argue with them.

Downey Dental isn't an entertainment venue by any stretch of the imagination (unless you find root canals to be pleasant afternoon activities), but the architecture will be aesthetically pleasing and it will bring at least some traffic into downtown.

The city should be commended for bending in their ways (e.g. compromising) and encouraging Downey Dental to construct an office complex to their liking and without the burden of conforming to hindersome parking lot restrictions. The new development, afterall, will be located near several public parkings lots and will better benefit the downtown area.

When city officials said they were serious about redeveloping downtown, it appears they were serious.

In the past month alone, the city has taken control of the old Avenue Theatre and Verizon building (at a tune of \$1 million apiece), two prime pieces of real estate and keys to the future of Downtown Downey.

Early word is that city officials would like to transform the two buildings into some type of housing development, although it's not entirely clear how they would do so. At least a handful of residents would like to see the Avenue brought back as a cultural center, featuring independent and/or foreign films.

I'm not a real estate developer, so I don't know what the right answer is. But I do know that driving through Downtown Downey on a weekend afternoon borders on eerie, with the quiet stillness of the neighborhood impossible to

I'm glad the city isn't just giving residents lip service when they say they plan to reinvigorate the area.

Their actions show they are taking the matter seriously.

Bill seeks to ban convicts from holding public office

SACRAMENTO -On a 66-0 vote, the Assembly recently passed Assembly Bill 2092, a legislative bill authored by Assemblyman Hector De La Torre (D-South Gate and Downey) that would prohibit persons convicted of corruption from holding elected office.

The bill, which aims at closing a loophole in current law that allows individuals convicted of various crimes involving corruption and fraudulence to hold political office after the conviction, now heads to the Senate.

Assembly Bill 2092, sponsored by Los Angeles County District Attorney Steve Cooley, provides that the dismissal of an accusation or information underlying a conviction that prohibits a person from holding office as a result of that conviction does not permit that person to hold

De La Torre cited his experience fighting corruption in South Gate, and said he "wants to ensure that protections be adopted to prevent corruption from being repeated in other communities in California."

Under current law, individuals can petition to have their convictions expunged in order to have some of their rights reinstated once they have fulfilled their probation conditions.

Crimes that currently prohibit a person from holding public office include bribery, misuse of public funds, conflict of interest, voter fraud by a public official, and embezzlement of public funds.

"An expungement is not a subsequent finding of innocence – it is merely a restoration of some rights to the offender after successful completion of probation," said De La Torre. "Current law is silent as to whether or not an expungement allows a person convicted of crimes involving bribery and/or voter fraud the right to hold public office."

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) 259-1239.

The Downey Patriot



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Letters to the Editor:

The flowery side of PVC pipe

I am writing to make people aware of this readily available material to use for craft work. It is available in 10-foot lengths for lawn sprinkler systems, and is a very remarkable material to work with.

I am a retired manufacturing engineer with experience in developing manufacturing processes for metal products. PVC, when heated to temperatures above 210 degrees, becomes quite soft and sufficiently ductile for forming it into complex shapes, same as you would for metals at room temperature. The big difference is that at this relatively low temperature it can be shaped with only your fingers if you are not concerned that it is a killer for fingernails. Toxic gasses could be emitted while the PVC is at an elevated temperature, so it is important that you do not work on your project indoors.

Dunk the hot work piece in cold water, and it instantly freezes into the shape you are confining it to. I advise wearing heavy rubber gloves (available for 99 cents at the local 99 Cent Only store) and using form blocks carved out of wood or casting them from tile grouting material. PVC in this temperature range can be deep drawn, impact extruded or formed into many complex shapes, same as you might do with metals, except that heavy equipment is not necessary.

My current interest in using the material has been making flower decorations. Here is the procedure I have used:

Buy 3/4" PVC pipe and saw it into short lengths that will fit into a toaster oven. Heat it to approximately 210 degrees F or more to soften it, and while handling with gloves, split it down one side with scissors (or metal cutting shears). A slightly higher temperature will give you more time to finish the cut before it cools and hardens again. Reheating it will permit finishing the cut. If you don't have an old toaster oven, you can soften it by heating it in boiling water, but a slightly higher temperature is preferable. If you chose to split it without heating, you can split it with a saw.

Reheat the split piece and quickly flatten it by holding it between two pieces of plywood until it becomes rigid again. Now you have a flat piece of material and you can cut it into whatever shape you want before hotforming it. I use my heat gun to heat the work piece while it is nested over the cavity in the block of wood. Wearing rubber gloves, I use my thumbs to form it into the concave shape in the block of wood, and quickly plunge it into a bucket of water. I have formed several hundred pieces in this manner. It would be better to use a male convex block that matches the contour instead of risking damage to your thumbnails.

If my experience with crafts of this type should attract any interest, I could set up a blog on MySpace to help people with their projects. -Raymond E. Gross,

Downey

Presidential qualifications

Dear Editor:

Don't send a boy to do a man's job.

Senator Barack Obama is an eloquent, charismatic young man with little else to qualify him to be president of the United States. Words are easy to come by and as it has been experienced in other societies they are the most often used tools by demagogues to gain power from the unsuspecting masses.

Although I am not interested in the job (I have my hands quite full already), I am certainly more qualified than Obama for the office that he so assiduously seeks. In fact, I would appreciate it very much if you would invite your readers to submit their qualifications for president of the United States, indicating why they are better qualified than Obama for this position. You will be surprised at the quality of the responses.

My qualifications are easily verified. I have never been to Washington, D.C. and hence I owe no allegiance to any group or party and I can come with a new broom and sweep the old systems out. If change is what is wanted, I am your man.

I served two years in the U.S. Army and I know firsthand what it feels like to have to go to combat. This experience can temper many decisions about any war.

To the best of my knowledge, Obama has never had P&L responsibility for anything. I am an entrepreneur who must meet a payroll and pay taxes. I must operate within budgets and cannot print money to fund my projects. I will be able to bring spending under control and demand fulfillment of commitments within budgets and on time.

I am a retired Registered Professional Engineer and as such I am armed with the right analytical tools to solve any problem in any field. Although I am an electrical engineer, I have solved problems in injection molding of plastics, paper flow in a financial department, parts traffic in a manufacturing facility, reducing production costs of consumer products, etc. In other words, I have proven that I can solve problems in completely unrelated fields, a skill that a future president would find quite useful.

I have managed large groups of engineers and technicians in complex aerospace projects and would have no trouble with the Washington bureaucracy.

I am an exporter and can vouch succinctly about the benefits of trade, both for our country and for our allies. I don't talk about the trade deficit, I do something about it.

I am old and experienced in many facets of life and I have no self-delusions about what I can do. Plus, I have nothing to prove to anybody and will act in the best interests of my country.

Finally, and paraphrasing the New Yorker, I can speak eloquently about the violent vagaries of Spanish Love Life.

Jorge Montero, **Downey**

Slippery slope

Dear Editor:

It was with great sadness, but without surprise, that two letters supporting same-sex marriage were submitted to your newspaper. ("Gay Marriage," 5/30/08) Many of our citizens are being fooled by the radical homosexual community. These groups want to perpetuate lies to force us to accept the homosexual lifestyle.

Do not be foolish and believe the lies which say that same-sex marriage is about love and legal rights. Same-sex marriage is a slippery slope

Please support marriage between a man and a woman. Where will same-sex marriage lead us to? For starters, look at Colorado SB 200 signed into law May 29.

Remember that we the people voted into law Proposition 22. We need to vote for the California Constitutional Amendment to keep marriage between a man and a woman.

— Marina Torres,

Downey



Push for independence

On June 4th our governor proclaimed a statewide drought warning that California water supply is dangerously low.

Our governor has been pushing to borrow \$11.9 billion for new water projects such as reservoirs, river restoration and water quality improvements. But neither he nor anyone else ever mentions desalination projects like Saudi Arabia or Kuwait has. Catalina Island is completely independent from the mainland with their desalination plant.

Let us copy Catalina Island's desalination plant for Southern California, so we won't need as much water from the north side of California, or from anyone else.

Let us be as independent as Catalina Island, Saudi Arabia and Kuwait. - Mike Sandoval,

Downey

Alarming trend

In the past three days I have had three high-pressure home alarm salesmen knock on my door. They tell me they are from G.E. or Honeywell and offer to replace the alarm system that is in my home free of charge. They don't have any business cards, but the name of the company they are working for is usually on their shirts or the card they have hanging around their necks.

They don't represent G.E. or Honeywell; they represent a home alarm system company. Their "free" system will end up costing you about

My advice is to avoid doing business with these people. One way to check them out is to do a search on the Web by entering the name of their company plus fraud. Just enter the name of the company, a plus sign, and "fraud."

- Russ Rankin,

Downey

Endorsement for Brossmer

I would like to respond to a letter, "Service Before Self," in the June 6 edition of your newspaper.

I have had the pleasure of working closely with Roger Brossmer the past four years, and the honor of serving with him on the board of directors of the Downey Rotary for the past two years. Let me give the readers a bit of insight into why the letter's statements were misleading:

Brossmer has been an active member of the Downey Rotary since 2005, long before he considered running for City Council.

Brossmer has taken time from work – unpaid – to clean rundown houses in the city for the sake of helping families who cannot help themselves. Again, long before he considered running for Council.

He volunteered to oversee the development of the Interact Club at Warren High School. Interact is a service club that was not in existence four years ago on the Warren campus. It is now prominent thanks to the efforts of the students, the advisor, and Brossmer. This, also, took place long before he considered running for Council.

Five years ago, Brossmer made the decision to spearhead the American Cancer Society's Relay for Life in Downey, raising more than \$400,000 for the fight against cancer. Annual donations have grown more than 100 percent during his leadership. This was also long before he considered running for City Council (and prior to his own mother's diagnosis and eventual passing from cancer).

When Brossmer took over as principal of Downey Adult School in 2004, the adult school was losing money, students and prestige. In four years under his command, Downey Adult School has amassed a substantial reserve, has more students than the state of California is willing to pay for, and trains members of this community and on career paths as nurses, medical coders, and court reporters (to name a few).

Brossmer was first and foremost a teacher, starting his career at Downey High School. He worked diligently at educating the children of his community and was a leader among his peers at the school. He should be thanked, as should all teachers, for just being a teacher.

In 2007, Brossmer was asked to join the Bond Oversight Committee at Cerritos College by Dr. Noelia Vela, president of the school. It was a reflection of his commitment to the improvement of adult education in Downey and the state of California. Once again, this was before he decided to run for City Council.

Three years ago, Brossmer made a plea to the City Council to do something about the graffiti problem in Downey. He helped spearhead efforts to overhaul the way in which vandals are being tracked and prosecuted. This was before he considered running for Council.

Brossmer's decision to run for City Council was based on his desire to have a positive impact and create positive results for the city in which he raises his family and the city in which his neighbors raise their families.

I will endorse Roger Brossmer for City Council in the next election. He has a prominent track record of Service Above Self (Rotary motto) and, most importantly, a track record of positive results,

- Matt Knox,

Downey

Page 6 Friday, June 13, 2008 Comics/Crossword ______ The Downey Patriot

SPEED BUMP

DAVE COVERLY













June 13, 1886: King Ludwig II of Bavaria dies in an apparent drowning in Lake Starnberg.

1888: The Department of Labor is created by Congress.

1966: The U.S. Supreme Court rules that criminal suspects must be informed of their constitutional rights prior to questioning by police.

1967: Thurgood Marshall is nominated by President Lyndon B. Johnson to become the first black justice on the U.S. Supreme Court.

2005: Pop singer Michael Jackson is acquitted by a Santa Maria jury of charges that he molested a 13-year-old boy.

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Downey Community Calendar

Events For June

Wed. June 18: Columbus High School graduation, 6:30 p.m.

Thurs. June 19: <u>Downey High School graduation</u>, Allen Layne Stadium, 7:30 p.m.

Thurs. June 19: Warren High School graduation, Justice Stadium, 7 p.m.

City Meetings

1st Tuesdays, 6:15 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library. 1st & 3rd Wednesday, 7:30 p.m.: Planning Commission, Council Chamber at City Hall. 1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall.

1st Thursday, 9 a.m.: Traffic Committee, Training Room, Second Floor of City Hall.

2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber. 2nd & 4 th Wednesday, 6 p.m.: Design Review Board, Council Chamber at City Hall.

3rd Thursday, 3:30 p.m.: Parking Place Commission, Second Floor Training Room at City Hall

Regularly Scheduled Meetings

Mondays

6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.

6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786. 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.

2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.

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

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

Tuesdays

9 a.m.: Downey Bocce Club, at Apollo Park, for information call Vince Zoida at (714) 761-4439.

9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.

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

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

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

7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.

7 p.m.: Boy Scout Troop 441, at Apollo Park Activities Room, for information call 923-3659.

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.

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

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

1st Weds., 10 a.m.: Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618.

1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.

1st Weds., 7:30 p.m.: Downey Emblem Club #309, at Downey's Elks Lodge, for information call 868-4386.

2nd Weds., 7:30 p.m.: Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132. 2nd Weds., 7:30 p.m.: Downey Sister Cities Ass'n, at Maude Price School, Call 862-7197.

2nd Weds., 11:45 a.m. - Downey Christian Women's Club, at Los Amigos CC, Call 927-8488.

2nd & 4th Weds., 11:00 a.m. - AARP, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.

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

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

Thursdays

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

7:30 a.m.: Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414. **12 p.m.: Kiwanis Club of Downey,** at Rio Hondo Events Center, call Roy Jimenez 923-0971.

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

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

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

7 p.m.: Troop 351, Boy Scouts of America, at First Baptist Church, for information call 776-3388.

4th Thurs., 7:30 p.m.: Downey Historical Society programs, at Community Center. Call 862-2777. 2nd Thurs., 7:30 p.m.: Beaming Rebel Foxes Collectors Club, for more information call Carl D. Jones at 923-2400.

Fridays

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

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.

6/8/08

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) **BROOKLYN DAY: With appropriate pronunciations** by Fred Piscop

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write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply. the Eastern Hemisphere. Alaskan mainland, it is actually in

You can contact puzzle editor Stanley Newman at his e-mail

address: StanXwords@aol.com. Or

Aleutian Islands relative to the Across) is the westernmost of the all time. Although ATTU (114 successful rock instrumentalist of ally acknowledged to be the most DUANE Eddy (51 Across) is generand Roll Hall of Fame guitarist a temple dedicated to him. Rock ammonium chloride deposits near Across); ancient Romans found from the Egyptian god AMON (46 The word "ammonia" is derived

Health/Wellness Page 7 Friday, June 13, 2008

Paging Dr. Alan Frischer...

By Dr. Alan Frischer

ur health care system has evolved into a huge, complicated monster. How do we, as consumers, best utilize it?

In the old days, we would select a local doctor, most likely a general practitioner. That doctor would deliver babies, take care of Mom and Dad, Grandma and Grandpa, and perhaps treat the family horse as well. The doctor might be paid in IOU's, homemade preserves, chickens, or cash. He (and a "he", it was) routinely made

house calls. There were no hospitals to speak of, no insurance companies, nor Medicare, PPO's, HMO's or IPA's. There were no CT scanners, PET scanners, ICU's, or drug formularies. When hospitals came along, they cost very little to stay in because there wasn't much that they actually did - they were basically a place to rest.

Along came more powerful drugs, sophisticated lab tests, and computers to assist in making diagnoses. Of course, people wanted the latest and greatest of what was available, and that started costing a lot of money. In 1965, President Johnson, realizing that health care costs were rising, signed Medicare into law, a guaranteed insurance to cover health care costs for all citizens over the age of 65. (Ex-President Truman, who first asked Congress for a national health insurance plan 20 years earlier, was the very first to enroll.) Government estimates for health care costs, however, were far too low. The system was set up as an open checkbook: exams, tests, X-rays, and surgeries were simply paid for by the government. This new government system made spending and utilizing too easy, and led to skyrocketing costs.

The first HMO's (Health Maintenance Organizations, better described as group prepayment plans) were started in 1929, decades before Medicare, in response to the Depression. Kaiser Permanente and Ross Loos were among the early pioneers of this cheaper vehicle for health care delivery. After the government realized that the new Medicare system was far more expensive than predicted, they started encouraging HMO plans as an alternative to the pay-as-you-go system for seniors. In the Medicare HMO system, the government gives an insurance company a fixed amount of money each month to pay for all of the enrollee's health care costs.

For those under age 65, HMO insurance works in a similar manner, but it's generally the employer, rather then the government, who pays the fixed monthly fee. Note the sharp contrast to the original system of the open checkbook, where costs were anything but fixed. Soon, most health insurance companies began offering their own version of HMO coverage for non-seniors as well as for seniors. Here in our own community, IPA's (Independent Practice Associations) such as Applecare, Caremore, Pioneer, and Alliance Physicians offer HMO-type plans where each individual selects their own private practice physician

Let's take a look at how each type of insurance works. Whether over or under the age of 65, there are a number of options, including HMO, PPO, Medicare and Medi-Cal, depending on your particular situation.

Those 65 and older, or permanently disabled, who paid into the Medicare system, may choose one of the following:

- 1. Keep your Medicare and buy supplemental insurance (from companies such as Blue Cross, Blue Shield, and AARP) that cover the roughly 20% balance not paid by Medicare,
- 2. Keep your Medicare and buy no supplemental insurance, instead being responsible for your own 20% balance, or
- 3. Turn your Medicare over to an IPA, which manages various HMO

If you choose options 1 or 2, choosing not to turn your Medicare over to an IPA, you are buying the freedom to go where you please and see whom you wish. You may essentially use any hospital and any doctor who

Diabetes Health Fair at DRMC

DOWNEY - Downey Regional Medical Center will host its 2008 Diabetes Health Fair on June 21 from 9 a.m. to 2 p.m.

The free event, which is open to the public, will feature a variety of

health screenings and an opportunity to speak with professionals from both the hospital and other healthcare organizations. Guest speakers will include physical therapist Nancy Stiles, who will speak on diabetes and exercise; dietician Jennifer Miyagawa, who will present a cooking demonstration; and Dr. David Berger, who will make a presentation on diabetes

Stroke and glaucoma screenings will be available between 9 and 11 a.m. Other screenings will be available throughout the day, including blood pressure monitoring.

The health fair will also include special segments titled, "Ask the Dietician," "Ask the Doctor," and "Ask the Pharmacist."

For more information on the fair, call diabetes educator Elsa Saucedo at (562) 904-5578 or (562) 904-5580.

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

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participates with Medicare, and most do. You may also buy a Medicare Part D plan to cover pharmaceuticals. This is the most expensive option, and allows for the most choice.

On the other hand, should you choose option 3, you are turning your Medicare over to an IPA, and choosing one of the Medicare HMO insurance products. In this scenario, you first choose your doctor, from among those who belong to the IPA. The IPA works with one or more of your local hospitals. Next, you select which HMO insurance product has the package of benefits that best fits your needs from among the products

If you are under the age of 65 and employed, your employer generally will determine your choices. You may be offered PPO (Preferred Provider Organization) insurance, costing more but giving the health care consumer far more flexibility in choosing doctors, medications, testing facilities and hospitals. Selecting an HMO option is less expensive and, as discussed above, is managed through one of your local IPA's. If you are unemployed, self-employed, or your employer doesn't offer a health plan, you will spend more for your health coverage, but your choices will follow these

Right about here, most of us are longing for the uncomplicated good ol' days of the GP. Note, however, that the key to good medical care still comes down to one thing: the doctor - patient relationship. No matter what form of insurance you have, the right doctor within a given system will find a way to make it work for you.

Find a knowledgeable and caring doctor who you can relate to. It won't do you any good to find the smartest doctor if he or she is incapable of communicating with you and listening to your concerns. It is a very special and critical relationship of caring and trust. My grandmother played a significant role in my decision to enter medical school. She wasn't too fond of doctors, and rarely listened to their advice. When she returned from seeing a doctor, she would invariably criticize his intelligence; he just couldn't seem to figure out what was wrong with her. As my grandmother aged, my mother accompanied her to the doctor, and couldn't believe her eyes. My grandmother would take a seat in the corner of the exam room, as far from the doctor as possible. She would turn away, cross her arms and legs, and say very little. She was clearly expecting the doctor to be psychic. Trust me on this...the vast majority of us are not psychic. Find a doctor with whom you can communicate!

How can you best use your time with your doctor? Come in prepared. Have a list of concerns, well thought out. Ask questions, and play an active role in your own health care. Remember, the two of you are part of a health care team. Your job is to bring in your concerns, and your doctor's is to listen carefully so that together you can solve a mystery, reach a diagnosis, and plan the best treatment. Choose a doctor whose philosophy and approach towards treatment matches your own.

As always, I wish you good health - and infrequent use of our complicated and imperfect system!

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.

Health screenings at Los Amigos

DOWNEY – Los Amigos Country Club in Downey will host various health screenings Thursday for local residents.

Screenings help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arties in the legs, which is a strong predictor of heart disease.

A bone density screening to assess osteoporosis risk is also available to both men and women.

Screenings vary in cost and appointments are necessary. A package of five screenings takes 60-90 minutes to complete.

To schedule an appointment, call (800) 697-9721.



If you are Success-Oriented and want to increase your business, Connections meet each Thursday at 7:30am at NORDIC FOX. 10924 Paramount Blvd (at the corner of 3rd Street) in Downey. (all for information (562) 869-1414



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Talbert Medical Group

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Also available during the day: Ask the Doctor, Pharmacist, and the Dietitian **Blood Pressure Monitoring**

All services are provided on a complimentary basis. RSVPs are not necessary. **Bone Density**

Stroke & Glaucoma Screenings (available only from 9 a.m.-11 a.m.)

For more information, contact: Elsa Saucedo, MSN, RN, DE

(562) 904-5578 or (562) 904-5580



Lakewood Regional Medical Center recently celebrated the grand reopening of its newly renovated lobby with a ribbon cutting ceremony. The lobby remodel was part of LRMC's year-long capital improvement campaign. "Lakewood Regional Medical Center just keeps on improving," said hospital CEO Mark Korth. "Over the past year, we've invested over \$11 million in facility upgrades to ensure that our 172-bed medical center stands more prepared than ever to provide for the health care needs of our community.

College lands grant for pre-health students

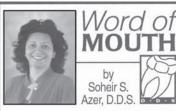
NORWALK - Cerritos College announced recently that its Project HOPE – Health Opportunities and Pipeline to Education – program was awarded a \$144,000 grant by College Access Foundation of California.

"This scholarship grant will help our pre-health students with financial need who are making the crucial transition from community college to a four-year university," said Graciela Vasquez, director of Project HOPE. "We are thrilled that College Access Foundation is helping us support these talented, deserving and dedicated students."

Funding from the College Access Foundation of California addresses the need to provide financial support and ensure the academic success of low-income, underrepresented students headed into the health professions. The two-year award will be used to expand Project HOPE's scholarship program, allowing it to reach more students and providing multi-year scholarships to ensure the completion of their bachelor's degrees.

Project HOPE's Transfer Student Scholarship for \$5,000 is renewable and designed for transfer students who have already been accepted to a four-year school. The Promising Student Scholarship for \$500 - \$1,000 is available to transfer-track students that have completed more than 15 transferable units.

"Project HOPE is not a 'false hope,' it is a hope fulfilled," said Jeff Bradbury, a Cerritos College chemistry professor. "So many of our former students have gone on to excel at major universities and realize their dreams."



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 tooth decay in children.

This column about lollipops has been brought to you in the interest 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., Suite 307

P.S. Nearly four out of five children get a cavity by age 17. Paid Advertising

Guest Speakers: Nancy K. Stiles, PT - Diabetes & Exercise

Jennifer Miyagawa, MS, RD - Cooking Demonstration Dr. David Berger - Diabetes News



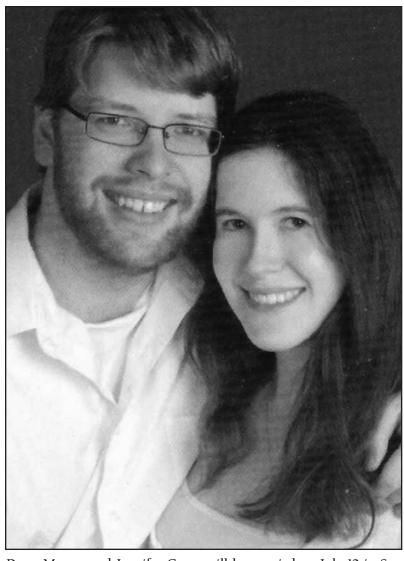


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Drew Massey and Jennifer Casey will be married on July 12 in San Diego. Casey graduated from Downey High School as valedictorian in 2003. She is currently attending UCLA where she is studying to receive her Ph.D. in chemistry. Massey graduated from Downey High School in 1999. He graduated from Pepperdine with a degree in law and is now working for Roberts & Adams. The couple will reside in Huntington Beach after a Las Vegas honeymoon.

Library offers summer program for adults

DOWNEY - The Downey City Library is offering "Don't Bug Me,

I'm Reading," a reading program for adults, until Aug. 29. Adults are encouraged to register for the program and read three or

more library books, which will make them eligible to win weekly prizes. Adults may also write book reviews and see their reviews in print. "This is a fun and east way for adults to discover some great titles," said Librarian Nancy Munoz. "You will be setting a great example for children

and teens while you catch up on the latest bestsellers or classic books." Munoz went on to say that the program is ideal for anyone who has a

few minutes each day to read. "You will enrich your life by discovering the reading habit," she said. "Even if you have a busy schedule or are on a budget, you will benefit

from this program." For suggested reading, the library will offer staff recommendations,

lists of "best books," and patron reviews. For more information, call (562) 904-7360, ext. 3.

Networking group discusses resources

DOWNEY – The June 24 Rise 'N Shine Networking meeting will highlight Larry Lee and Marjean Glenn of SELACO WIB, who will discuss, "Leveraging Resources."

The meeting will be held at Nordic Fox and will begin at 7:30 a.m. Cost is an order from the menu.

To RSVP, or for more information, call (562) 923-2191.

Assistance League awards scholarships

DOWNEY – The Assistance League of Downey, in partnership with the Gypsy Johnson Auxiliary, has awarded six scholarships to students from Downey and Warren High Schools.

Four \$1,000 and two \$500 scholarships were given to students who reflected a great amount of volunteerism throughout the community. Recipients from Downey High School were Vanessa Chavez, Tran Dinh, and Monica Ruiz; and Natalie Bertinelli, Deyana Beshir, and Karla Enriquez from Warren High School.

For more information on the Assistance League of Downey, call (562) 869-0232.

Greek Festival brings fun, food and fellowship

By Brooke Karli, Staff Writer

DOWNEY – Sitting at a blue-covered table, Moon Kim and her sons, Axel and Cyrus, feast on a variety of Greek cuisine.

"I've never been to anything like this before," Kim said. "The food is really good – this is the first time ever having Greek coffee – and I'm very interested in touring the church."

Kim and her sons were three of many that enjoyed the spirit of Greece last weekend at the 24th annual Greek Festival, held at St. George Greek

The festival was up and running from 11 a.m. to 10 p.m. both Saturday and Sunday and included a variety of Greek activities and food. Walking into the festival, attendees were greeted with vibrant blue and white canopies, Greek flags and vendors, who were selling anything and everything from home loans and construction materials, to jewelry and clothing.

Once past the vendors – that is, if you have any money left over – is the food: to the left, Greece's "meat and potatoes," if you will, and to the

Dinner combinations of rice, salad, feta cheese, olives, bread, and your choice of lamb, chicken, souvlaki, or gyro were amongst the popular dishes offered. Festival-goers could also purchase items such as pastitsio, mousaka, tyropita, spanakopita, and dolmades a la carte, which go best with an order of Greek or feta fries, also offered at the festival.

Lambs, which were being roasted on a rotisserie spit, could be purchased as well. Whole lambs went for \$350; half-lambs for \$200; and lamb platters for \$75, with complimentary rice, salad and bread.

Beverages ranged from soda, water, beer and American coffee, to Greek coffee and wine, found at the festival's kafeneio.

The selection of desserts, however, was just as appetizing and pleasing to the eyes as the food. Attendees could choose from baklava, diples, kataifi, pasta flora, karidopita, ravani, galaktoboureko, melomakarona, kourambiedes, koulourakia, and loukoumades.

When finished eating, the kids could go off to the Kids Zone, complete with bouncers and smoothies, while the adults could dance to the music of Peter Deneff, who played some of Greece's finest tunes throughout the festival and would at times be joined by St. George dance groups. And if you didn't know how to dance, someone was more than happy to teach

"I loved watching the people dance," said Ruth Cagle, a first-time Greek Festival attendee. "So many different people were out there dancing. It was beautiful to watch them dance so dramatically."

Hourly tours of the church were also taking place every hour, inviting the community into the beautifully-mastered church. Those taking a tour were shown the three areas of the church: the Narthex, the Nave, and the

The Narthex includes windows inspired by St. Anna Church in



Tours of St. George Greek Orthodox Church were provided every hour last weekend, at the 24th annual Greek Festival. Particpants learned about the history of the church, as well as its traditions and symbols. Photo by Art Montoya

Heraklion, Crete and the Nave is an area where parishioners gather for services.

The sanctuary, or altar, the attendants would learn, is separated from the seating area by an inconostasion, a symbol of the Temple Veil in the Old Testament that separated the Holy of Holies from the rest of the Temple. St. George's current inconostasion includes renderings of Jesus Christ, St. John the Baptist, St. George, and the Virgin Mary, to name a few. The sanctuary also houses the Holy Table, which represents the tomb of Christ.

And if not inspired by the Orthodox tradition, just look around – and up. Fifty-five feet over the floor is the church's dome, a symbol of the union of heaven and earth. The dome is 30 feet in diameter and is constructed of 24 windows and interlocking copper plates. Painted on the inside of the dome is Jesus Christ looking down at parishioners.

Finally – if that wasn't enough already – in-depth lectures of Greece and its history and culture were also available to the community.

So it is safe to say that the Greek Festival was a success. More than 6,000 residents of all ages, ethnicities and religious backgrounds came together once again to celebrate the Greek culture, a culture that continues to thrive amongst our community.

A finger-licking Friday at Williams Elementary

By Brooke Karli, Staff Writer

DOWNEY - Licking the remains of what was once a sugar-coated donut from his fingertips, first grader Connor Freire tells me he wishes his dad could come to school with him every day.

Connor is in good company as the majority of the 750 students at Williams Elementary School feel the same, and on this particular day, they are taking advantage of every minute - and donut - shared with their fathers, grandfathers, uncles and brothers at the school's second annual "Donuts with Dad" event, which took place May 30.

The program, in partnership with "Muffins with Mom," is part of the parent education portion of the No Child Left Behind Act. Mary Weyers, principal at Williams for four years, said the goal of both programs is to get parents involved in their child's education.

"It's amazing the difference it makes when dads are involved in their child's life," Weyers said of the Donuts with Dad event.

This year's Donuts with Dad welcomed more than 500 guests and handed out nearly 90 dozen donuts. The event was also sponsored by many local businesses, including Starbucks and Clearbrook Dairy, who donated coffee and milk for the occasion.

The event began at the ring of the school bell, at which time students took their guest to their classroom to spend some time reading to each other. This year's theme, "Giving Non-Verbal Praise," challenged guests to reinforce good reading strategies by exuding confidence, relaying words of encouragement, and limiting interruptions while their child is reading.

"This makes my Friday sweeter," said Connor's dad Giovanny, who also "adopted" Connor's friend Adrian, whose dad could not attend. "It's not often you get to go to school with your kid."

Father-daughter duo Daniel and Yannin Santiago ate their donuts while sitting in the grass looking for some of the bugs they read about earlier.



A father and his daughter take a break from reading at Williams' Donuts for Dad day to smile for the camera. *Photo by Brooke Karli*

"You can only do these types of things with your kids for so long," Daniel said. "I enjoy being able to do this while I can."

The event only lasted about an hour after the initial school bell rang, and when all was said and done, the men left the campus smiling and the

students went about the rest of their day with pep in their step.

"Overall, it was a feel-good day," Weyers said. "It couldn't have gone better."



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5K benefits hurricane victims

DOWNEY - The Moravian Church of Downey is organizing a 5K Run/Walk on Sunday at 8:30 a.m. with proceeds benefiting the reconstruction of Central America after Hurricane Felix.

The community is invited to participate in the 5K Run/Walk, which will begin and end in the church's parking lot located on the corner of Old River School Road and Irwingrove Drive.

The Moravian Board of World Mission in actively involved in providing hurricane relief and rebuilding efforts in Central America, particularly in Nicaragua and Honduras.

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

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The Downey Patriot __ Dining/Entertainment Page 9 Friday, June 13, 2008

June Fashion Tips







The following fashion tips are courtesy the "Teen Life of Style Crew" of Stonewood Center, Lakewood Center and Los Cerritos Center.

Flaunt it in Colors! - Nichole

So, it's finally that time! We're all graduating soon, so why not wear something to get you noticed? Grad night is a time to be noticed, and give people that final impression of YOU – so make it memorable.

Wearing a colorful dress shows your personality and personal style, and helps you glow for those final high school memories. Everyone needs to be remembered in their best!

This colorful and fun dress can be found at Forever 21 in the Stonewood Center for under \$20. They are available in many styles, colors, lengths and prints to suit everyone's personal style - and keep everyone looking cute!

So you haven't bought that end of the year dress yet? Head over to the Stonewood Center to pick out your outfit today.

Classic - Josh

The Converse "Chuck Taylor" All Star: A true timeless American classic. You can never go wrong with a fresh pair of Chucks. They can be worn for almost any occasion and they can be worn year 'round. Best of all, you can find them in just about every color and pattern imaginable.

The bottom line is that no wardrobe is complete without this necessary piece of classic American flavor. You can pick these up in Footlocker at Stonewood Center for just under \$40. A hot shoe for a cool price.

A Grad Night Affair – Brianna

This is the last senior affair to be remembered. It's usually held at an amusement park, so make it grand and step out cute and casual in your own style. My style would be this Baby Phat outfit I found for less than \$135 at Macy's. So find yourself something cute and enjoy the night.

Party Hardy - Matt

Two words: Ed Hardy. It's so hot right now I've decided to feature it again. You'll need to really stand out if you're going to grad night, but you want to be chill at the same time, right? Grab a tight Ed Hardy tee and you're ready to go. Stop by Nordstrom at the Los Cerritos Center for prices that start at \$62. There are so many styles to choose from so pick your best Ed Hardy look and throw on a rosary to stay even fresher. Don't worry, you've got this one in the bag.

Antique market in Long Beach

LONG BEACH - Antiques and collectibles from over 800 dealers will be available for shoppers at Long Beach Veterans Stadium this Sunday from 8 a.m. to 2 p.m.

Admission to the sale is \$5; children under 12 are free.

For more information, call (323) 655-5703 or visit www.longbeachantiquemarket.com.

Playhouse offers youth workshop

LONG BEACH - The Long Beach Playhouse is offering its 24th Annual Summer Youth Workshop in acting, music and dance for youth ages 7 - 16, June 30 - Aug. 1.

Classes will be held at the Long Beach Playhouse, 5021 E. Anaheim St. in Long Beach, Mondays, Wednesdays, and Fridays from 9 a.m. to noon.

Workshop brochures and applications are available by calling (562) 494-1014, ext. 501, or by downloading the form at www.lbph.com.



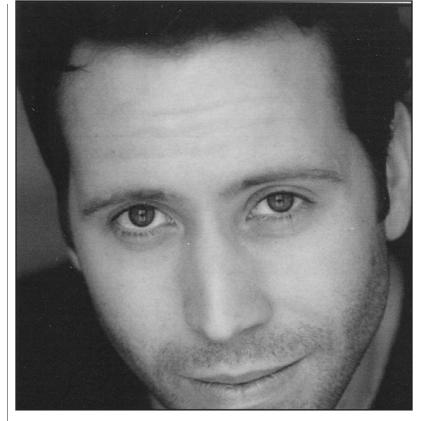
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Ben Hensley returns to the Downey Civic Light Opera a third time as Hero in "A Funny Thing Happened on the Way to the Forum," which is currently showing at Downey Theatre. Hensley also played Motel in "Fiddler on the Roof" and Bobby in "Good News." The musical ends Sunday. For tickets, call (562) 923-1714.

City releases schedule for 'concerts in the park'

DOWNEY – The city of Downey Community Services Department has released their 2008 Twilight Summer Concert Series schedule, which includes some favorite past performers (Mariachi Divas), community icons (Downey Symphony) and even a musical tribute to Richard and Karen Carpenter.

Performances take place Wednesdays at Furman Park at 7 p.m. The Downey Museum of Art will open at 5 p.m. before each concert. Admission to the concert and museum is free.

The city is still accepting concert sponsorships. Sponsors of \$50 or more will be listed in the concert program, and donors of \$100 or more will receive special recognition. Donations should be made payable to the City of Downey and sent to Summer Concert Series, c/o Downey Theatre, 8435 Firestone Blvd., Downey, CA 90241-3843.

For more information on concert sponsorships, call Downey Theatre Manager Kevin O'Connor at (562) 904-7230.

The summer concert schedule is as follows:

July 9: Mariachi Divas – the celebrated all-female mariachi group. **July 16:** Captain Cardiac and the Coronaries – the greatest oldies rock 'n roll showband.

July 23: The Wiseguys Big Band – the swinging sounds of the big band era.

July 30: Polynesian Paradise – music and dance from the Pacific

August 6: Side Street Strutters – Disneyland's favorite jazz band. August 13: Downey Symphony – Downey's own orchestra.

August 20: "Yesterday Once More" – a musical tribute to Richard and Karen Carpenter featuring Robin Kelly and her band.

August 27: Marine Corps AGCC Band – the Air Ground Combat

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Stonewood hosting community event for children June 21

DOWNEY - Stonewood Center is hosting a free event June 21 "encouraging kids to learn about their community through interactive crafts and entertainment."

The event, titled "Kids Care...About the Community" will include an educational and interactive presentation on water conservation at 1 p.m. A wall of art will feature crafts created at the event. Stonewood Center will also be collecting new underwear, socks and

bathing suits to benefit Su Casa, a non-profit organization assisting bat-The Downey YMCA, Gangs Out of Downey, Keep Downey Beautiful

and the city of Downey Community Services Department are also participating in the event.

The event will be held from noon to 2 p.m. in the Macy's Court. For more information, call (562) 904-1832.

New & noteworthy titles at the Downey City Library

Fiction:

- •"A Dangerous Age" by Ellen Gilchrist. The award-winning storyteller writes a novel about how the Iraq war impacts the lives of three women in the Hand family - Olivia, Winifred and Louise.
- •"Fearless Fourteeen" by Janet Evanovich. A personal vendetta and hidden treasure send bounty hunter Stephanie Plum on her 14th adventure in this popular mystery series.
- •"Gardens of Water" by Alan Drew. This debut novel tells the story of two unforgettable families - one Kurdish and one American - and the love that binds them together.
- •"Love the One You're With" by Emily Griffin. A chance encounter farces one woman to question her decisions, her marriage and herself.
- •"Sail" by James Patterson. After the death of her husband, Anne Dunne plans a sailing vacation to save her family - but just one hour out of port, everything begins to go wrong.

Non-Fiction:

- •"Dancing with the Stars: Jive, Samba and Tango Your Way into the Best Shape of Your Life" by Guy Phillips. Enjoy behind-the-scenes photos of celebrities and judges as you get fit with the dancer's workout.
- •"Democracy's Good Name: the Rise and Risks of the World's Most Popular Form of Government" by Michael Mandelbaum. The author discusses the spread of democracy during the late 20th century and its potential role in Russia, China and the Arab world.
- •"Hope Diamond: the Legendary History of a Cursed Gem" by Richard Kurin. Learn the history and intrigue of the famous gem, discovered in 17th century India.
- •"The Lost Supreme: the Life of Dreamgirl Florence Ballard" by Peter Benjaminson. This is a biography of one of the original members of the highly successful female vocal group.
- •"What Moves at the Margin" by Toni Morrison. This collection of Morrison's nonfiction gives her perspectives on the changing landscape of American culture.
- 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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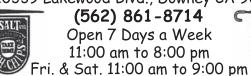
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Joseph Karl Hrebeck mourned by family

DOWNEY - Joseph Karl Hrebec, a longtime Downey resident, passed away June 1. He was born Oct. 18, 1935.

He was the son of Joseph and Martha Hrebeck of Calumet, Mich.; brother of Martha Mattson of River Grove, Ill. and Margaret (Frank) Bonnell of Thomponville, Ill.; and relative to many nieces, nephews, aunts, uncles, grandnieces and grandnephews. He is also survived by longtime friend David Weathers of Downey.

A memorial service was held Wednesday at

Zrelak Family Mortuary. Funeral services were held Thursday at Riverside National Cemetery.

Del Johnson owned DLJ Manufacturing

DOWNEY - Richard Del Johnson, who once owned DLJ Manufacturing in Downey, died at his Murrieta home Sunday. He was 55. Del Johnson was born in Lynwood and lived in Downey from 1953 to 2006. He graduated from Downey High School in 1971.

With his father, he was a partner in DLJ Manufacturing, eventually taking it over completely. The company constructed wood and metal patterns for die-cast mold shops.

He is survived by his parents, Delbert and Margaret Johnson; sisters, Connie (Charles) Russell, Judy (Ralph) De La Torre, and Carla (Mark) Solis; and nephew, Joseph De La Torre.

A memorial service was held Wednesday at Miller-Mies Mortuary with Pastor John Rose officiating.

Library planning trip to museum

DOWNEY – The Downey City Library is organizing a June 28 trip to the Bowers Museum in Santa Ana.

The museum features the Terra Cotta Warriors, guardians of China's First Emperor. A docent-lead tour of the museum will be included.

Cost for the trip is \$22. Register in the Friends' Shop inside the library or call (562) 904-7360, ext. 132.

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

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.



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Introducing Rev. David E. Norczyk

The Senior Board and the congregation of the First Baptist Church of Downey are excited to announce to our community that we have called a Senior Pastor to shepherd our flock. Rev. David E. Norczyk preached his first sermon from our pulpit on Sunday, May 4, 2008. Rev. Norczyk graduated from Dallas Theological Seminary in 2003 with a Masters of Theology before continuing his graduate studies in Church history at King's College at the University of Aberdeen, Scotland.

Rev. Norczyk brings a unique view of church history and contemporary culture to his sermons, always grounded in biblical fact. He also brings to Downey his lovely wife, Stephanie, and their six children ranging in age from 14 to 2 years. He is excited to be here to lead the church in obedience to God's call to make disciples who love God and love

Our church family extends an invitation to you, the people of Downey and surrounding neighborhoods, to join us on Sundays for worship at either 8 AM or 11 AM at 8348 East Third Street in Downey.



Under the direction of Brad Mathews and Tod Graves, the Lewis All Star Choir recently performed at Knott's Berry Farm. It was the choir's final program of the year and consisted primarily of patriotic songs. The students enjoyed a fun day in the park prior to the performance.



The AA Angels of Northwest Downey Little League won their division tournament recently. The team was managed by Manuel Lopez Jr., his first season coaching baseball.

Class designed to prepare for SATs

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 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 \$50, which includes materials. 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

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





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Pool safety: Children should never be left alone when swimming.

Continued from page 1

"Bianca didn't hesitate to help. She jumped in fully clothed and grabbed Samantha from me so I could get to the side of the pool," Ramirez said. "She was there and aware. In fact, she said, 'I just felt something was wrong and jumped in.'

"I'm so grateful for this little girl. If it wasn't for her jumping in, we wouldn't still be here. She was the only one willing to jump in and help."

Looking back at the incident, Ramirez said she learned two very important lessons: get swim lessons and make sure everyone is aware of their surroundings when bodies of water are involved.

According to the State of California Department of Developmental Services (DDS), drowning is a leading cause of injury-related deaths among children under the age of five and near-drowning accidents each year result in life-long disabilities.

The State of California Department of Health Care Services states toddler drowning can be prevented by ensuring adult supervision and installing safety barriers. Their Web site, www.dhs.ca.gov, lists the following tips to help with both:

Adult Supervision

• Never leave a young child alone in or around a pool or spa, even for

•When young children are in or around the pool or spa, assign a "Water Watcher" to keep them in direct sight. Relieve the watcher every 20 min-

• Get into the habit of keeping doors and gates leading to water closed, even when using the pool or spa. Never prop doors or gates open.

- Be especially alert at the start and end of planned pool parties for tod-
- If a child is missing, always look first in the pool or spa. Seconds
- Keep rescue equipment (safety ring, long pole, etc.) and a portable phone next to the pool or spa.

Safety Barriers

California law requires at least one approved safety barrier be in place for all pools and spas built after Jan. 1, 1998, and for any pools undergoing remodeling. Property owners with swimming pools built before 1998 should voluntarily install barriers around the pool that meet these stan-

• A four-sided isolation fence is the best barrier as it completely surrounds the pool or spa. It is different from a property line or "perimeter" fence that keeps neighbors' children from accessing your pool. Isolation fencing separates the pool or spa from the house. Isolation fences are specially designed so that children cannot easily get over, under or through them.

• Make sure all fence gates and ladders leading to a pool or spa are selfclosing and self-latching, with latches above a child's reach.

- California law approves only certified safety covers which completely cover the pool or spa so children cannot climb them or fall into the
- All doors opening into pool or spa areas should be fixed to close and latch by themselves. Latch releases should be child-resistant or out of
- Doors and windows leading to the pool or spa area should be equipped with approved exit alarms (battery or wired to home electrical system) that make a loud sound throughout the house and have a temporary bypass switch located out of a child's reach
- Pet doors should be kept locked when children are present in the
- Approved swimming pool alarms should be placed in the water to detect movement.

Most importantly, the DPF states, is that swim lessons do not ensure safety. So before heading out to the pool or beach, be sure to include water safety tips with your picnic basket and sunscreen – it's just as important.



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Blizzberry offers a sweet taste of Downey High School's 'vibe'

BY BROOKE KARLI, STAFF WRITER

DOWNEY - Trying to make his way around a crowded room, Valentin Flores asks those observing the exhibit to choose a photograph they feel is "Best in Show." Understandably, no one could just pick one, and instead, provided him with their top two favorites.

Such was the scene last Thursday at Blizzberry, where newly-established non-profit organization Downey Art Vibe hosted its first Downey High School Student Photography Art Vibe.

The show, which exhibited 28 photographs taken by Downey High's advanced photo class, was one of the class' final projects, said Flores, who served as the class' instructor while the permanent instructor was on a twoweek leave.

"The class had to not only take pictures for the gallery, but also learn how to put a gallery together," said Flores, who graduated from Downey High in 2001 and studied photo and history at University of California, Berkeley. "More than 30 photos were submitted for the gallery. The pieces I decided to display were pieces I felt reflected hard work. I based my selections on how much work they put into their presentation of the photos."

Flores began Downey Art Vibe late last year and says the purpose of the organization is to encourage and promote all venues of art within the community by facilitating space and organizations for events.

"Downey has always been in need of an artistic scene," he said. "There has been a lack of an artistic movement within our community."

Flores said he hopes Downey Art Vibe will host student shows annually, featuring students from Downey, Columbus and Warren High Schools; combine different mediums of art within one show; and create more of a following.

"We are funded primarily off of donations. We don't do this to make money – we do this to share our art with others."

Thursday's exhibit did more than just share art – it also shared talent. Looking around the frozen-yogurt-shop-turned-gallery, you can't help but question whether or not these artists are really just high school students taking a photography class.

The gallery featured photos taken with black and white film, and photos taken digitally in color. The subject matter in each photo varied from portraits of grandmothers, babies, siblings, and friends; to photos of beaches, buildings, pets and flowers; to quarters, graffiti and cigarettes.

Naomi Altamirano's "Sour Lemonade," a picture capturing her grandmother's face after tasting a lemon, won "Best in Show" - and rightfully so. The photo, Altamirano said, was taken at a family barbecue around 5:30 in the evening and captures the most classic "sour face," with eyes tightly closed, cheeks sucked in and lips puckered together. The gallery



Naomi Altamirano's "Sour Lemonade" was awarded "Best in Show" at the Downey High School Student Photography Art Vibe, which was hosted last Thursday at Blizzberry, located at Paramount Boulevard and Florence Avenue in Downey. The photo, Naomi said, is of her grandmother tasting a lemon at a recent family barbecue.

what looks to be a tropical flower; "Atypical," a portrait of a beautiful teenage girl wearing a cowboy hat and glamorous sunglasses; and "Contrast," a photo of two buildings facing each other, hovering over the city and complete with the sun's reflection and a vibrant American flag donning the top of one of the buildings.

Another artist who had his share of photos displayed in the gallery was

Man's Best Friend," a photo of one of his friends with his dog; "Vulture," a close-up portrait emphasizing the eyes, mouth and nose ring of a good friend; and "The Bo\$\$," a photo of friend-turned-pimp, complete with an LA baseball hat, thick chain, and laidback stature. Davis' best work, how-

See ART VIBE, page 14





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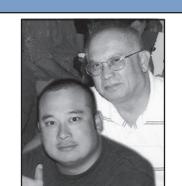
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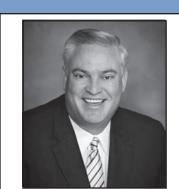
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Mark Adamson After a lifetime of embarrassing us, now it's our turn to embarrass you. Happy Father's Day! Love, Amber, Eric, Evan & Heather



Gerry and Aldo Happy Father's Day! Love, Keiko, Andre, Cheryl, Holly, Madelyn, Camryn, Susie, Lenny



Mario Guerra Happy Father's Day Papi. You're the best and we love you with all our hearts. The Guerra Kids...Mario, Sissy, Matt, Haley & Ryan



Victor Ortiz Sarah - I love you daddy! Have a nice day! Elena -Thank you for everything! Love you! Victor - Happy Father's Day DAD!



Luis Quintailla Thank you 4 the good times that we share & always trying to be fair. We'll be thanking Heaven, for a Special Dad like you. Love, Allison & Rochelle



Dad, Today we celebrate you with gratitude for the values you teach, the encouragement you give, the dreams you believe and the legacy of love you pass along. You have taught us by your examples, patience and wisdom. You are a man of honor, you are our friend, you are our teacher and our hero! We love you so much!! Johnny, Eileen & Olivia



Ken Van Leeuwen Thank you for all you do. You're the best. Love you so much! Mom & Samantha



Dadlet Happy Father's Day! Thanks for everything that you do! Love, Kidlet



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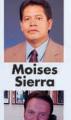


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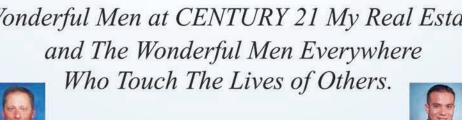
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"The Giver," by Karina Rodriguez, was a favorite amongst those at the art show, mainly because of the baby's big blue eyes and vibrant pink pacifier and sweater.



"The Bo\$\$" was one of many photographs taken and displayed by Wesley Davis, a senior at Downey High School looking to possibly major in photography in college.

Art vibe: Photography students showcase their best work at local art show. Organizers hope for more.

Continued from page 11

ever, was seen in "Black Swan," an almost-eerie photo of people walking under a barren tree at the beach. "[Black Swan] was taken at Volcano Beach in Maui," said Davis, who says his interest in photography will definitely influence what he majors in. "The concept behind it is that it's the pre-cursor to the Apocalypse – a

series of events followed by the black swan." Davis went on to say that he valued having the opportunity to be featured in an art show and really looks for-

ward to participating in future Downey Art Vibe shows.

"There's not a lot going on for the young, hip crowd in Downey," he said. "This group is special to Downey because it gives people exposure. For me, photography is the world the way I see it - it's my own special way of expressing myself and my art. So being able to share that with others is so important not only for me, but also the community."

Flores couldn't agree more.

"Everybody benefits from the arts," he said. "The artists benefit because they get to share their way of expression. Those viewing the art benefit because they are touched and affected by what they see. And the businesses hosting the art shows benefit because they gain exposure and hopefully, new customers."

Tony Ravelo, owner of Blizzberry, which opened early last month, said the event was an all-around success. "[Flores] and I thought it would be a great opportunity to market the store and showcase the artwork," said Revalo, who has resided in Downey for the past 25 years. "I have a great appreciation for art and have always been a fan of supporting the arts."

Throughout the event, Ravelo and his staff offered those who attended the exhibit free samples of various items on their menu. The store also gave free yogurt to the artists and student discounts to those who showed their

Ravelo said they will be opening their second location in Pico Rivera in the near future and hopes to someday expand to Lakewood, Cerritos and Newport Beach.

For more information on Blizzberry, visit www.blizzberry.com, and to find out more about Downey Art Vibe, email Valentin Flores at downeyartvibe@gmail.com.