



# The Downey Patriot

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Friday, February 9, 2007

Vol. 5 No. 42

11525 Downey Ave., Suite A, Downey, CA 90241

## Heeding the cry for help

■ Downey doctor will depart next month on a two-week humanitarian mission to Sudan, where a soaring AIDS and HIV crisis has dropped the nation's life expectancy to 55.

**DOWNEY** – Dr. Ragaa Iskarous, a family practice physician in Downey and member of the Downey Regional Medical Center Hospital Board of Directors, will travel to Sudan for two weeks in March with two other Southern California physicians to minister to the Sudanese people, whose health care is sorely lacking.

Sudan is the largest country in Africa. Situated in the north east of the continent, it is bordered by Egypt to the north, Ethiopia to the east and Libya to the west. The primary language is Arabic.

According to the World Health Organization (WHO), communicable diseases are the leading cause of death in Sudan. The country has experienced major outbreaks of epidemic diseases such as dysentery and cholera, dengue, yellow fever, monkey pox and meningitis. Other diseases of Sudan include malaria, tuberculosis, bilharziasis in peoples along the White and Blue Niles; trypanosomiasis (sleeping sickness), measles, whooping cough, infectious hepatitis, syphilis and gonorrhea.

The threat from HIV/AIDS grows each year. Large parts of Sudan's population suffer from poor hygiene, bad water quality and malnutrition. Sudan's child and maternal death rates are among the worst in the world with most deliveries still occurring at home. The life expectancy is 55 years.

To compound this grim situation, health services are difficult to access when at all available. Existing health care centers are short of staff, ill-equipped and dilapidated. People seeking quality hospital care can become indebted for the rest of their lives. If they fail to recover, the debt can pass to their children.

"A missionary from Sudan came to one of our Arabic Christian Medical Association meetings and told about the lack of physicians and health care services. We felt we could help, which led to this upcoming trip," said Iskarous. The ACMA was established 10 years ago and meets every two months in the Foursquare Church in Downey.

Iskarous and the ACMA also give of their time locally. Last May they provided free screenings from their booth at the Downey Street Fair, and on February 3 they helped out at the free DRMC Wellness Fair, providing bone density screenings.

Last year, Iskarous traveled with Foursquare Church volunteers to



Dr. Ragaa Iskarous discusses findings with DRMC Wellness Fair guest Mario Trillo. Iskarous will travel with two other doctors to Sudan next month to treat the nation's poor and malnourished. Photo courtesy Downey Regional Medical Center

Mexico to help set up a health clinic. She speaks some Spanish and fluent Arabic.

Iskarous will travel with family practice physician colleague Dr. Ayad Makar of San Bernardino and formerly of Downey; and Dr. Amal Tanagho, a psychiatrist in Huntington Beach. The doctors will pack all the medical supplies they can for their Sudanese patients.

Iskarous plans to bring various medical supplies including 900 vitamin B12 shots, as well as a cardiac monitor donated by Downey Regional Medical Center.

## Kevin E. Condon: one of DUSD's strengths

BY HENRY VENERACION  
STAFF WRITER

As Assistant Superintendent-Business Services for the Downey Unified School District, ex-Navy man Kevin E. Condon is charged with the financial management of the district and directs/controls its multifarious business functions: purchasing, warehousing, food service, operations, transportation, technology, accounting, budgeting, including sole responsibility for risk management. He also administers the district's own insurance program.



It's a daunting task. He has to have first of all good managerial skills, proven financial expertise, and a knowledge of a variety of laws, rules and regulations, contracts, union agreements, labor and state education codes—fodder for all kinds of reports. He makes sure local, state, and federal laws are complied with. Playing a key role in district negotiations, he also takes part in enhancing district-community relations.

See CONDON, page 11

This photo rendering shows what the Columbia Memorial Space Science & Learning Center should look like when construction is completed early next year.

The project includes room for a "Space Science Discovery Zone," "Mars Robotic Lab," and displays recognizing Downey's critical role in this country's advancements in space technology.

Photo courtesy Tower General Contractors

## Space Science Center lands its contractor

■ Architectural design also revealed; plans described as 'dynamic and dramatic.'

**DOWNEY** – Tower General Contractors, Los Angeles' largest Hispanic-owned construction company and builders of the UCLA Astronomy Center, have been awarded the contract to build the Columbia Memorial Space Science & Learning Center in Downey.

The Center, expected to be completed in early 2008, will honor the memory of the seven-member Columbia Space Shuttle crew that died Feb. 1, 2003, while making an uncontrolled reentry to the earth's atmosphere.

"We are pleased to have been selected to construct this distinguished building, which memorializes those who gave their lives for the exploration of space," Alex Guerrero, Executive Vice President of Tower General Contractors, said. "The Center will educate future generations about science and aerospace, making it a living tribute to their memory, while educating the next generation of astronauts."

The Center will be 18,000 square feet and feature a "Challenger Learning Center," a simulated space mission that will test the participant's decision-making skills.

Also planned for the Center:

• "Space Science Discovery Zone" where interactive exhibits will explore the principles of flight, the search for life beyond earth, the origins of the universe, and give a demonstration on living in space;

• "The Mars Robotics Lab," an exhibit especially for kids where children can design and program their own robots and launch them on a remote exploration mission to Mars;

• Historical displays honoring Downey's role in the aviation and aerospace industry.

Architecturally, the Center will be designed by Arquitectonica, which will be responsible for the architecture and interior design. They released a preliminary overview of how the Center will look, described below:

The Building takes advantage of the visibility of its site by making a bold architectural statement, while marking the entrance to the future park. A prominent plaza in front of the building will serve as a gathering place and an outdoor room. It is designed to create a dynamic environment encouraging discover and participation.

The architecture for the Center reflected the aspiration and the ambitions of the astronauts and mankind traveling to space. It's a dynamic form propelling itself forward and upward, expressive of the confident optimism that drove a century of aviation and space exploration achievement.

The identity of the Center is first apparent as the visitor approaches from afar – the silvery skin reflecting the sunlight, the shape and profile distinctive and purposeful. Moving toward the entrance through the plaza, the building's metal-clad mass rises dramatically, opening the space underneath and inviting the visitor in.

Much like the approach to a large aircraft, one is inspired by the expressive power of form and the latent energy contained within.

See COLUMBIA, page 5

## Death of young man said to be self-inflicted

BY BROOKE KARLI

**DOWNEY** – Gerald Pedregon, a 22-year-old Pico Rivera resident, was found dead on Jan. 31 at the pedestrian bridge over the 5 Freeway just south of Lakewood Blvd., said authorities.

A witness told Sergeant Jeff Calhoun of the Downey Police Department that Pedregon was last seen standing in the middle of the bridge with a gun pointed to his head.

When paramedics arrived on the scene around 3:15 p.m., Pedregon was pronounced dead, suffering from a gunshot wound to the head. The weapon used was a 357 Revolver.

Although still under investigation by the coroner's office, authorities said they believe the death was self-inflicted.



## Time Traveler Stealth secrets, Russian agents

BY JOHN ADAMS  
EDITOR EMERITUS

A quiet Downey aerospace engineer played the leading role in one of Downey's most infamous chapters when he was caught trying to sell "stealth" technology to the Russians in 1984.

It might mean little today, but at the height of the Cold War the act caused Thomas Patrick Cavanaugh to be sentenced to a life term in the federal prison on Terminal Island.

Cavanaugh, who was age 40 when sentenced by U.S. District Court Judge Matthew Byrne Jr., was an engineer with Northrop Corp. He was arrested Dec. 18, 1984, by FBI men whom he apparently believed were Russian agents.

Cavanaugh tried to sell them the secrets that were later used on the stealth bomber and fighter plane. FBI men testified at the federal trial that he met them at the bar of the Cockatoo Inn in Hawthorne, the Lucky Lodge Motel in Bellflower, and finally at the Hyatt Hotel in Commerce where they finally took him in custody. Undercover tapes made by the FBI at the meetings indicated he had asked \$25,000 for the secret technology that makes aircraft invisible to most radars.

He lived with his girlfriend in a quiet apartment in the 10700 block of Downey Avenue at the time of the arrest. While the FBI described him to the court as debt-ridden, checks indicated his credit was still good at the time he was taken in custody.

He had worked three years at Northrop's Advance System's Division in Pico Rivera. The court records and newspaper stories indicated the items he tried to sell the undercover FBI agents included classified manuals, technical drawings and lists of sub-contractors, all taken from the Northrop offices.

These all were keys to the technology that produced the stealth fighter that proved so successful during the Desert Storm campaign in Iraq.

FBI spokesman John Hoos said following the arrest, "He (Cavanaugh) was willing to take \$25,000 in cash for technology that cost us (the U.S.) billions to develop."

Cavanaugh's mother, sister and girlfriend all sobbed in the courtroom as his sentence was read.

At the time of the sentencing Cavanaugh apologized to his country and co-workers for what he termed his "desperate and disgraceful" actions. He added, "the sorrow and remorse I feel are beyond words."

He could not believe it when the sentence was finally read. His defense attorney said he asked, "Did I get life?"



## Accomplished author to speak at Temple

■ Dr. Ron Wolfson will present 'God's To-Do List' at Feb. 20 meeting at Temple.

**DOWNEY** – Dr. Ron Wolfson, founding director of the Whizin Institute for Jewish Family Education at the University of Judaism in Los Angeles, will be the featured speaker at the Feb. 20 meeting of the Ezra Center for Mature Adults at Temple Ner Tamid of Downey, 10629 Lakewood Boulevard.

Registration and refreshments start at 9:45 a.m. and the two-hour program starts at 10.

Wolfson's presentation is entitled, "God's To-Do List: 103 Ways to be an Angel and do God's Work on Earth." The program will end at noon.

Wolfson is president of Synagogue 3000 and a native of Omaha, Neb. He has traveled throughout North America as a consultant, teacher and scholar-in-residence.

He has also authored a number of books, which will be available for purchase at the meeting.

A catered kosher lunch will be served at the program at a cost of \$6 for Ezra members and \$7 for non-members.

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

## Temple's Sisterhood plans meeting

**DOWNEY** – The Sisterhood of Temple Ner Tamid of Downey will hold its regular monthly board and general meeting on Feb. 14 at 11 a.m.

A luncheon will be served after the meeting at noon. Donation for the lunch is \$6 and the community is invited.

Temple Ner Tamid is at 10629 Lakewood Boulevard. For information regarding meetings or membership, call (562) 861-9276.

## Class offers help on searching the Web

**DOWNEY** – Adults can improve their skill in searching the Internet during a class at the Downey City Library.

"Advanced Internet" will be offered Feb. 10 from 10:30 a.m. to noon in the Computer Lab. The free class will give an introduction to several Internet search engines and show techniques for finding the best information quickly. Students must be comfortable using a computer mouse.

For reservations, call (562) 904-7360, ext. 32, or visit the library's web site at [www.downeylibrary.org](http://www.downeylibrary.org).



Congresswoman Lucille Roybal-Allard (right) discussed ways to increase affordable housing in Los Angeles with Beatriz Stotzer (left), Chairwoman of the Board of Commissioners of the Housing Authority of the City of Los Angeles.



Congresswoman Lucille Roybal-Allard (CA-34) toured the United California Corporation's manufacturing facilities. Pictured is the congresswoman with company employees.

## Congresswoman wants more affordable housing

■ Roybal-Allard says she hopes to increase number of homeowners in district, including Downey.

**WASHINGTON D.C.** – Congresswoman Lucille Roybal-Allard (CA-34) met with Beatriz Stotzer, Chairwoman of the Board of Commissioners of the Housing Authority of the City of Los Angeles, to discuss ways to increase affordable housing in Los Angeles.

A longtime advocate of affordable housing, the congresswoman now serves on the Transportation, Housing and Urban Development and Related Agencies Appropriations Subcommittee in Congress, which has federal funding jurisdiction over the U.S. Department of Housing and Urban Development, the U.S. Interagency Council on Homelessness and the Neighborhood Reinvestment Corporation.

From her seat on the committee, she will continue to support federal efforts to address the region's critical housing shortage, increase homeownership, support community development and increase access to affordable housing.

According to 2005 census data, the median dollar value of a home in the congresswoman's district is more than \$407,000 while the median family income is about \$34,500. The 34th Congressional District includes the communities of Bell, Bellflower, Bell Gardens, Boyle Heights, Commerce, Cudahy, Downey, Downtown Los Angeles, Huntington Park, Little Tokyo, Maywood, South Park, Vernon, and Walnut Park, and portions of Chinatown, East Los Angeles, Florence, Pico Union, and Westlake.

## Congresswoman tours local facility

**DOWNEY** – Congresswoman Lucille Roybal-Allard (CA-34) toured the United California Corporation's manufacturing facilities on Woodruff Ave. in Downey.

The 43-year-old company employs nearly 200 people in Downey, many of whom are experienced engineers, skilled machinists and shop workers who make the company's broad selection of tools and parts used in the aircraft and automotive industries.

The company's five buildings in Downey cover 90,000 square-feet of manufacturing and warehouse space.

## Library teaching basics of the Internet

**DOWNEY** – Adults can learn to surf the Internet and gain valuable computer skills in a relaxed setting when the Downey City Library offers a Basic Internet Class on Feb. 17.

The free class will teach students the basics of using the Internet Explorer browser and how to use search engines to find information. Students must be comfortable using a computer mouse.

For reservations, call (562) 904-7360, ext. 32, or visit the library's website at [www.downeylibrary.org](http://www.downeylibrary.org).

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## Water program saves money, ensures quality

■ New program said to save money while maintaining water quality, according to WRD.

**CERRITOS** – The Water Replenishment District (WRD) this month began administering a program that monitors the quality of groundwater while also providing a cost savings for many Southern Los Angeles County municipal water departments assuring the water is safe to drink in compliance with federal and state regulations, the district has announced.

The program, formally referred to as the “Title 22 Groundwater Monitoring Program,” was previously administered by the Central Basin Municipal Water District and helps cities and water companies meet regulatory requirements for monitoring water. It also helps schedule the collection and analysis of samples, coordinating the submittal of results to the State Department of Health Services, and preparation of annual Consumer Confidence Reports.

“Given that WRD already conducts extensive water quality testing and reporting of wells throughout Southern Los Angeles County, we concluded that there were economies of scale that will save cities money, allowing Central Basin to concentrate its resources in the protection of imported water from Northern California and the Colorado River, as well as recycled water,” said WRD President Albert Robles.

The Central Basin Municipal Water District and WRD regularly work together on many water endeavors affecting the water service area.

“While Southern Los Angeles County cities save money through services by WRD to assure safe groundwater supplies, the overall security of our water supplies are enhanced because each agency monitors in their area of strength, said WRD General Manager Robb Whitaker. “The groundwater monitoring program is voluntary and over 20 municipal water departments and water companies have already signed on, covering 140 drinking water wells.”

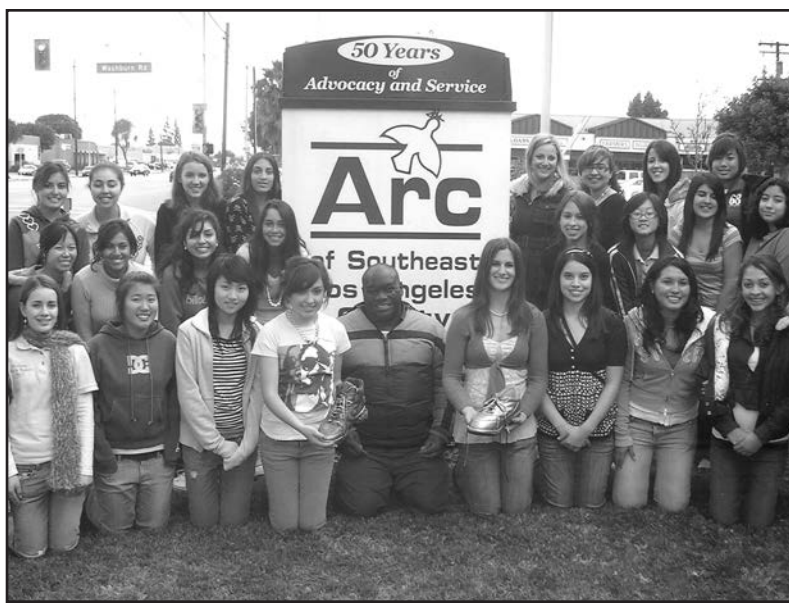
According to Whitaker, WRD has estimated the administrative cost of the program to be \$385 per well plus laboratory fees for sample collection and chemical analyses, which is less expensive than private laboratories and project management firms can provide.

Whitaker said current WRD has the manpower to integrate the program. “We can provide this service with no ‘mark-up’ to participating cities because we already have the infrastructure and the talent to do the job,” Whitaker said.

WRD will use TestAmerica Analytical Services Corporation for laboratory services at a cost of \$87,251, according to WRD.

“While some cities and water companies may elect more expensive alternatives this is one case where paying more doesn’t get you more,” said Ted Johnson, who manages WRD’s Water Quality Team. “To the contrary, paying more prevents otherwise available money to be used to further increase the security of safe drinking water.”

WRD is a public agency governed by five publicly elected board members. Their responsibilities include refilling and protecting 10 aquifers stretching from the cities of Manhattan Beach to Whittier and Los Angeles to Long Beach.



The Girls League of Warren High School visited Arc of Southeast Los Angeles County recently, where they toured numerous programs and greeted over 300 people with developmental disabilities. The Girls League will be forming a large team for the Arc Walk for Independence on March 24.



Yolanda Adele, Carol Kearns and Stanley Hoffman were winners of Writers’ Workshop West’s annual short story contest.

## Jerry Fair to speak at local event

**DOWNEY** – The El Dorado Chapter of the American Business Women’s Association welcomes guest speaker Jerry Fair on Feb. 21 at the Rio Hondo Event Center.

The event will begin with a social hour at 5:30 p.m., followed by dinner at 6:30 p.m. For reservations, contact Nada Kabis at (562) 884-4790.

## Walk for Independence set for March 24

■ Annual fundraiser will feature two walking courses. Groups encouraged to participate.

**DOWNEY** – The Arc Walk for Independence, the signature event for Arc of Southeast Los Angeles County, will be held March 24 at Downey’s Stonewood Center near the Acapulco Restaurant.

Arc has seen its annual event grow from 220 walkers in 1997 to more than 2200 in 2006. In 10 years it has raised more than \$550,000 to help those with developmental disabilities in Arc’s 24 programs and services.

Arc is still soliciting Corporate Sponsors with over 48 sponsors last year – it is an opportunity for business promotion. Registration forms are available and teams from local businesses, churches, schools and families are expected to participate.

Prizes will be awarded for largest registered team, most sponsorship money raised, and other honors.

The event also features a marching band, clowns, balloons and more. The walk includes two walking courses and a one and two-mile course.

Registration fee is \$10; children under 10 are free.

For registration or information on sponsorship, call (562) 803-4606.

## Writing contest winners announced

**DOWNEY** – Winners of Writers’ Workshop West’s annual short story contest have been announced. Certificates and cash prizes were presented to Yolanda Adele, Carol Kearns and Stanley Hoffman at the Jan. 16 meeting.

Adele’s first place entry is titled “Inflatable Idea.” Kearns won second prize for “High School French” and third place was awarded to Hoffman for “Subliminal Revenge.”

Writers in Downey are invited to join the group, which meets the third Tuesday of each month at 7:30 p.m. at Stonewood Travel, 9968 Lakewood Boulevard.

For information, call (562) 862-3106.

## St. Raymond’s hosting golf tournament

**DOWNEY** – The St. Raymond School Class of 2007 will be hosting a golf tournament Feb. 26 (moved from the original date of Feb. 5) at the Rio Hondo Country Club in Downey. All golfers are welcome.

Cost is \$105 per golfer and includes golf, green fees, cart and tee prizes. The tournament is a four-person scramble format.

Registration time is 8 a.m. with a tee time of 10 a.m. Checks should be made payable to St. Raymond School Class of 2007, 12320 Paramount Blvd., Downey, CA 90242, Attention: Dianne Pacheco.

To sign up or for sponsorship information, call Pacheco at (562) 889-3816 or Ramiro Leiva at (562) 904-3101.



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### FEBRUARY HEART LECTURES

DATE:	TIME:	SPEAKER:	TOPIC:
Feb 7	12:30 pm	Prasad K. Chode, M.D.	Healthy Hearts - Discomfort or Disaster?
Location: Weingart - Lakewood Family YMCA 5835 East Carson, Lakewood, CA 90713			
Feb 17	7:00 am 8:00 am 9:00 am	Jerry Floro, M.D. Vinita Chaudhary, M.D.	Cardiac Screening (12 hour fasting blood draw) Cardiovascular Disease 101 Heart Healthy Eating
Location: Lakewood Regional Medical Center - Conference Rooms A, B, & C			
Feb 24	2:00 pm	George Panagiotides, M.D.	Cardiac Surgery Transfusion-Free
Location: Lakewood Regional Medical Center - Conference Rooms A, B, & C			

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Burbank	818.525.3760	Hacienda Heights	626.330.7411	Pasadena	626.535.4870
Camarillo	805.465.1053	Huntington Beach	714.843.5360	San Marino	626.588.3760
Cerritos	562.916.7260	Laguna Hills	949.470.8160	Torrance	310.891.6240
Chino Hills	909.631.2560	La Verne	909.593.4944	Tustin	714.368.2100
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## Commentary

### Urgent action needed to protect homeland

BY CONGRESSWOMAN LUCILLE ROYBAL-ALLARD

On January 9, I joined my colleagues in the U.S. House of Representatives in passing a measure by a vote of 299 to 128 to carry out the recommendations of the bipartisan 9/11 Commission to improve homeland security efforts and make our country safer.



In 2002, Congress passed and funded the distinguished panel to investigate and report on the September 11, 2001 terrorist attacks on our country. In spite of the urgency and critical nature of the panel's report and recommendations, the Bush Administration and the Republican-led Congress failed to implement key recommendations that would improve the defense of our nation such as enhancing homeland security and developing strategies to prevent the spread of terrorism and the acquisition of weapons of mass destruction by terrorists.

Putting into action only a few of the commission's carefully thought-out recommendations did only half the job. And we all know that protecting America is a full-time job requiring full-time vigilance and full-time protection. This is especially true in today's post-9/11 world.

For the past four years, I have had the privilege of serving on the Homeland Security Appropriations Subcommittee. As a member of that subcommittee, I heard testimony and attended briefings from officials at the Department of Homeland Security that brought to light the shortcomings of this department and its failure to meet its mandate to secure our borders and protect our country. The then-chairman of the committee even withheld funding due to the department's unresponsiveness and apparent lack of urgency about its mission. Protecting our country must be our government's number one priority. If that mission lacks urgency by the very agency created to protect us, we will continue to remain dangerously vulnerable to those who would harm us.

I believe that putting into action all of the commission's recommendations is urgently needed to help protect our country against a terrorist attack. And under our new Democratic leadership, which will be vigilant in its oversight and in holding the administration accountable, I am confident Democrats will push this agency beyond its bureaucratic lethargy to take the steps necessary to secure our homeland and protect our fellow Americans.

While I endorse the entire package of recommendations contained in the measure passed by the House, I am particularly pleased to note that it includes several of the issues I addressed in hearings before the Homeland Security Appropriations Subcommittee. These issues are critically important to our nation and the communities I represent in Los Angeles.

First among them is interoperable communications which enables police officers, firefighters and other first responders employed by different agencies and in different jurisdictions to readily communicate with each other. Our country lost many heroic first responders on that fateful September morning because they were unable to receive the message to evacuate the Twin Towers. Incredibly, five years after 9/11, this serious problem of interoperable communications continues to plague our emer-

-gency responders. This is particularly true for first responders in districts like mine, where various communities are covered by multiple jurisdictions of police, sheriff, and fire departments.

I am very pleased that included in this bill is the 9/11 Commission's recommendation to create a grant program for interoperable communications with a dedicated stream of funding. This will greatly enhance the ability of our first responders to close this extremely serious communications gap.

Another issue of great concern to my constituents is currently being addressed at Los Angeles world airports. It is the installation of in-line detection systems for checked baggage on commercial airliners. The commission's recommendations in this bill call for accelerating the installation of in-line explosive detection systems at all major airports.

The cargo hold of airplanes, filled with baggage, has often been called the "soft underbelly" of our aviation transportation system. By placing state-of-the-art detection systems in our nation's airport, we will harden that vulnerable soft spot and protect the flying public. And by consolidating the handling of baggage and screening equipment, we will accelerate the movement of goods, passengers, and cargo.

In committee I have also consistently raised my concerns about the security of cargo containers entering ports such as the Los Angeles-Long Beach Port Complex. I am very pleased that this bill goes beyond the commission's recommendations by requiring, within five years, 100 percent scanning of U.S.-bound shipping containers.

We are very fortunate there has not been a port-centered attack on our nation. As we saw during the 2002 labor dispute that closed the Los Angeles-Long Beach Port Complex and cost the national economy \$1 billion per day, any long-term disruption of our national maritime trade would have a devastating effect on our nation's economy as well as the rest of the world.

While some critics might complain about the cost involved in scanning these cargo containers, we cannot afford to be penny-wise and pound foolish when it comes to our security. We must make the necessary investments. The added cost of security in our post 9/11 era is the price we must pay to protect American lives and our nation. If we do not make this investment, the cost could be much higher not just in dollars but in lives.

And finally, among other critical needs addressed by the 9/11 Commission, is the need to significantly increase the number of state homeland security grants and award them on the basis of risk. While it is true we must make every effort to protect all parts of our country, given our limited funds, we must prioritize our security weaknesses and allocate these scarce funds first to the areas most at risk of an attack. It was therefore welcomed news that the Department of Homeland Security recently announced it will commit more than 55 percent of urban area grant funds to the six urban areas facing the highest threat of terrorist attacks, including the Los Angeles region.

To paraphrase the former Homeland Appropriations Subcommittee Chairman Hal Rogers, those who seek to harm us have to get it right only occasionally, while those of us working to protect America have to get it right 100 percent of the time. Fully implementing the recommendations of the 9/11 Commission is a critical step toward "getting it right" and moving our nation forward to our 100 percent goal of fully protecting our United States of America.

### Symphony's concert preview March 2

**WHITTIER** - The Rio Hondo Symphony Guild will present a concert preview March 2 at the First Friends Church in Whittier.

Concertmaster of the Rio Hondo Symphony Olivia Tsui will speak on the "Mostly Romantic" composers whose works will be performed by the Rio Hondo Symphony on March 4. Both events are free to the public.

The Guild will also hold its annual Garden Tour on May 6.

First Friends Church is located at 13205 Philadelphia Street in Whittier. For information, call Evelyn Leong at (562) 693-5516.

## The Poets' Corner

### St. Valentine's Day

As children we gave out hard candies  
And that was just dandy

As adults we gave our sweetheart's hearts  
And that was just like a huge lark

So on this day when we love  
Our hearts open up like a dove

So on this day when we celebrate  
Let us remember our love has no peer!

—Don Davis,  
Downey

### Heaven & Earth

Honeyed laughter floats so sweet  
Angelic beauty pretty and fine  
Humble being eager and meek  
Heaven and Earth intertwined

I implore at night for a way  
To present the decent side of me  
So I sit at night and I pray  
For you to see the good in me

—Eric Maxim,  
Downey



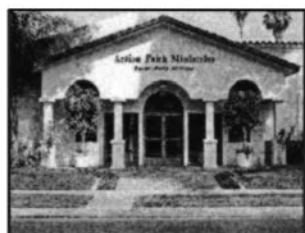
**Air Force Airman Dominique L. Gonzalez** has graduated from basic military training at Lackland Air Force Base in San Antonio. During the six weeks of training, Gonzalez studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations. Gonzalez is the daughter of Berta Garcia of Downey.

### Watch the Academy Awards in style

**DOWNEY** - Soroptimist International of Downey has announced plans for its fourth annual Academy Awards gala, scheduled for Feb. 25 at the Rio Hondo Events Center.

Appetizers and no-host cocktails start at 4:30 p.m. followed by dinner at 6. Cost is \$60 per person or \$480 for a table of eight with preferred seating. Money raised will go towards helping local women and children.

For more information, call Dorothy Pemberton at (562) 927-9908.



**Action Faith Ministries**  
Pastor: **David Sarinana**  
10839 La Reina Ave. Downey, CA 90241  
562-862-7720

Thursday Mid-Week Service 7:00pm  
Sunday Worship Service 8:30am

Please come and listen to a powerful message that will challenge you to make personal changes in your mind, body, and spirit. Your life, your family, your finances, and your future will never be the same after you experience these awesome teachings from the Word of God. Join us at Action Faith Ministries where the development and the forming of leaders is taking place.

### Get a Family Membership Today

#### Benefits of a Family Membership:

- Unlimited use of facility.
- Youth programs include: Fun N' Fit, Gymnastics, Ballet, Jazz, Jujitsu, Hip Hop, Kids Club, Kids Zone, Teen Zone, Tae Kwon Do.
- Three Age appropriate child and Youth activity centers 6 months to 17 years old.
- Adult programs include: Weight Room, Pilates, Aerobics, Aqua Aerobics, Bounce, Yoga, Twinges, Salsa, Cardio Kick Boxing, PT Challenge, Step, Basic Fitness, 12-Week program and more.
- Recreational activities consist of a full-size gymnasium (basketball courts), racquetball/handball courts, 25-yard indoor pool, Jacuzzi, sauna, and steam room.

Family membership consist of two adults and dependent children 22 years and under living in the same household.



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# Trial by Jury

By Eric Pierce

When Kobe Bryant was arrested for sexual assault in the summer of 2003, the media attention devoted to him was enormous.

His picture was splashed across the front pages of most newspapers across the country, and deservedly so, since he is a celebrity of massive stature and his arrest and eventual trial merited media coverage.

When the trial began to stretch into the NBA season, the coverage continued, albeit a bit differently. Newspapers began to cover Kobe Bryant in two ways: as a basketball player and as a defendant.

Kobe Bryant the basketball player was covered in the context of what he did for the Los Angeles Lakers. His game stats were published, as were pictures of him in uniform.

Kobe Bryant the defendant was covered from a legal standpoint: Was he guilty? Was he innocent? Court transcripts were published, as were pictures of him in suit and tie.

No matter the legal problems Kobe was entrenched in, he remained a member of the Lakers organization. He was neither suspended or punished and so he played in games, and the media reported his performances accordingly.

It's not the media's role to play jury.

Charges against Kobe Bryant were ultimately dropped.

## COLUMBIA

Continued from page 1

Everything evokes the experience of moving through space, encouraging the sense of lightness and freedom so identifiable as intrinsic to the experience of flight. Once inside the double-height lobby, the visitor is drawn into the Space Science Discovery Zone — the space is at once bold and dramatic with a large open stair connecting the two floors while also encouraging exploration and discovery deeper within. The circulation path is designed to carry visitors throughout the Discovery Zone, providing every opportunity possible to interact with the exhibits.

"In 1999, when the Downey NASA plant closed, the City of Downey began a redevelopment effort, including an education component," Mayor Rick Trejo said. "The construction of the Columbia Memorial Space Science & Learning Center is the culmination of our efforts to preserve Downey's 70-year legacy of aviation and aerospace history through space science education programs. The memorial will provide a way to extract something positive from the Columbia disaster."

Congresswoman Lucille Roybal-Allard authored a resolution approved by Congress in October of 2004 naming Downey the home of the Center.

## Letters to the Editor:

### Johnie's concerns us all

Dear Editor:


Clearly what occurred at Johnie's Broiler is a grave issue that should concern all residents and citizens despite whether you label yourself a "preservationist" or not. The city and its residents should not support any premeditated "development" to the site. To do so would only validate the egregious and arrogant crime that occurred. Brazenly demolishing without permit, no safety procedures in place, jeopardizing motorists, pedestrians, and the residents who reside the surrounding area—this was a crime of epic proportions! Moreover it is a huge cultural, historical, architectural and communal assault to all of us. The guilty party committed a serious offense and thus the penalty should be equally as strong and compelling as the crime itself.

It is common knowledge that the property owner never cared to maintain the building in stellar condition. However, that does not justify the illegal actions that occurred. Johnie's had and still can have all the potential be a fully operational business with an operator who appreciates the cultural and historical significance. Putting anything less than a reconstructed Johnie's will not do. You cannot replace these rare and significant buildings that make up the very fabric of our cultural landscape.

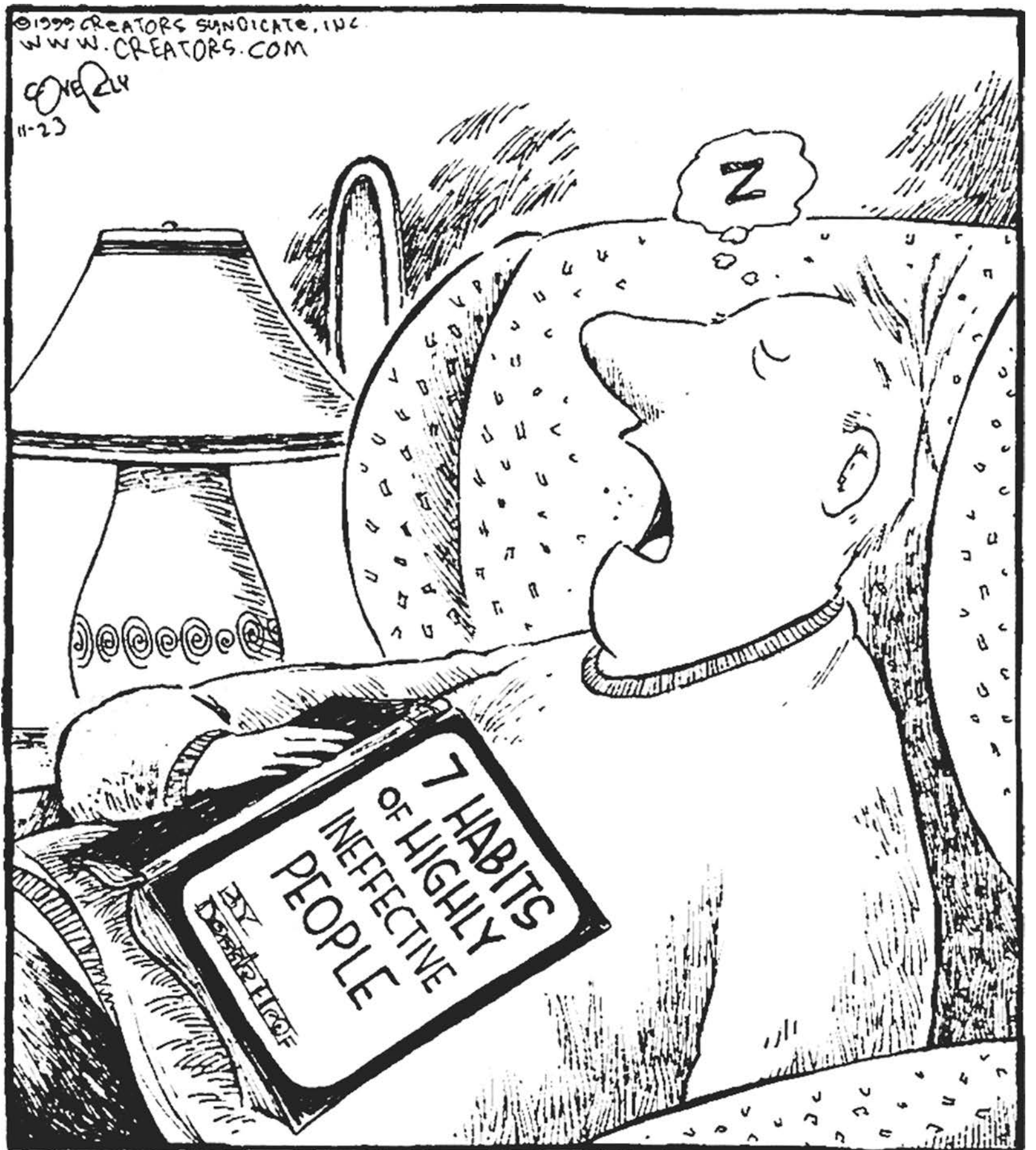
Distinctive architecture speaks and communicates very significant messages of a time and a place. Buildings such as Johnie's are physical spaces that tell us about ourselves, values, community, and spirit. The California State Board of Historical Resources unanimously recognized Johnie's significance and recommended it go before the National registry — that is how important this building is to our country, folks — and it is right here in our own backyard! We should feel honored that we have such a rare building and even more outraged that someone would desecrate it in such an underhanded and despicable way. How anyone could "feel" sorry for the owner is inconceivable; the egoism of the act; the blatant disregard for public safety; the devastation of a historical site, any one these variables is unacceptable, but the combination of all three of them makes the crime against Johnie's all the more offensive to each and every one of us.

— **Analisa Hungerford,**  
Downey

### The Downey Patriot

	<b>Jennifer DeKay-Givens..... Publisher/Adv. Director</b> <b>John Adams..... Editor Emeritus</b> <b>Eric Pierce..... City Editor</b> <b>Henry Veneracion..... Staff Writer</b> <b>Robert Tolentino..... Display Advertising</b> <b>Brooke Karli..... Display Advertising</b> <b>Gwynn Gustafson..... Display Advertising</b> <b>Linda Larson..... Classified Advertising</b> <b>Jonathan Fox..... Production</b> <b>Gibran Latif..... Webmaster</b>
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## Letters to the Editor:

### A target of neglect

Dear Editor:

This is in regard to the Johnie's Broiler property. Recently I have noticed graffiti inside the remains of the building. I ask that the city please do something to board it up and stop it from becoming a target of neglect in our city. Our city should have authorized boarding it up by now to protect anyone from getting injured.

I am willing to go with fellow citizens of our community to board it up if need be.

Obviously, it's time that the citizens of the community, the ones that actually care about their city, start doing something about these issues. Many times, it's just the inefficiencies of bureaucratic governments that make it necessary for the people themselves to take action into their own hands, and this might well be one of them.

Please feel free to contact me and we can figure out how to get this done.

— **George Manzanilla,**  
Downey  
(savedowney@rundfunkmedia.com)

### Chain link fence not enough

Dear Editor:

As I write this, I realize that it's been one month since illegal demolition work took place at Johnie's Broiler. After thirty days, I'm concerned that this historic resource is being treated rather carelessly considering its compromised state and its importance as an exceptional example of a modern cultural resource—one that was determined eligible for listing in the CA Register of Historic Resources.

The site has yet to be properly secured, a point made obvious by the graffiti that has appeared on the structure's interior walls. The City cannot afford to wait any longer on this. Nor can the fragile state of the building. The site must be secured effectively and a structural engineer should be retained by the City to inspect the site and determine if those portions of the structure still-standing need to be supported to guard against collapse.

I understand that an investigation is currently underway regarding the illegal demolition, but let's not forget about the very resource itself. At this point, one month later, any further damage to the structure should be completely preventable if safeguards are in place. A mere chain link fence is not suitable and the City of Downey is at risk of sending a message to the community that they aren't committed to protecting this historic resource.

Johnie's Broiler is in a very fragile state right now—please don't allow it to be further compromised by the elements or vandals.

— **Marcello Vavala,**  
Los Angeles

### No sensationalism here

Dear Editor:

[In response to Brooke Karli's editorial] I fail to see the sensationalism in reporting Downey Police not guilty. (*The Downey Patriot*, 2/2/07)

I, for one, am grateful to have a community newspaper. I am a single, intelligent Downey resident since 1955. I can think for myself.

— **Beverly Carone,**  
Downey

### Fifth Amendment violation?

Dear Editor:

Is the Downey City Council receiving bad legal advice? (*The Downey Patriot*, 1/30/07)

Approving a [45-day] moratorium prohibiting Mr. Smyrniotis, property owner of Johnie's Broiler, from improving his personal property seems to me to be a violation of his civil rights under the Fifth Amendment of the United States Constitution.

Amendment V reads, in part, "nor shall private property be taken for public use without just compensation."

The City Council appears to be doing that by following their legal advice.

— **Don Souza,**  
Downey

### Proud to be a whiner

Dear Editor:

The people who support the preservation of Johnie's are whiners.

Yes, we join the thousands of whiners who have whined and cried and cajoled and protested and educated the public about the need to prevent the destruction of buildings which represent the culture of an era. It takes a village of whiners to raise awareness. If it weren't for the whiners of the past we would have no missions, no Victorian houses, and maybe no physical symbol of what came before us here in the golden state.

Johnie's can not be replaced. It must be rebuilt, restored, and reopened.

I call on all of the whiners, those of you who believe that Downey is one very special place with a very, very special and historic site, to come to City Hall on Tuesday, February 27 at 7:30 p.m. to let the leaders of our community know how strongly you feel. It is our time, our chance, to do something that our children's children will thank us for; we saved a piece of history for them to enjoy.

— **Kathy Perez,**  
Downey

### A lesson for us all

Dear Editor:

At 0301 on February 3, 2007 Downey Fire units responded to a reported structure fire in an apartment building. Upon arrival heavy smoke was seen to the rear of the building. The first arriving units extended hose lines to the rear of the building to a second story apartment and extinguished the fire.

Paramedics treated the occupant for minor burns to both his arms and feet.

The fire started when the occupant began to cook French fries in hot oil on the stove. After placing the French fries in the oil, he went to the couch and fell asleep. He was awakened by the smoke detector, attempted to extinguish the fire and was able to escape with minor injuries.

It is just another example of the value smoke detectors have in each household. Without the smoke detector, the outcome would have been much worse.

— **Darren Moon,**  
Deputy Fire Marshall,  
Downey Fire Department

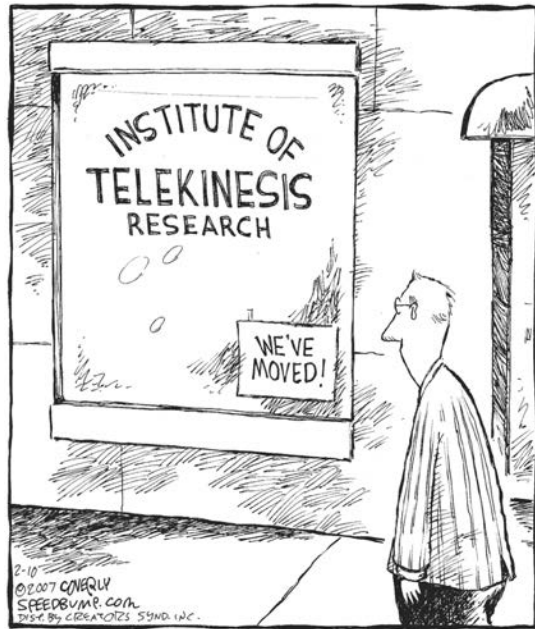
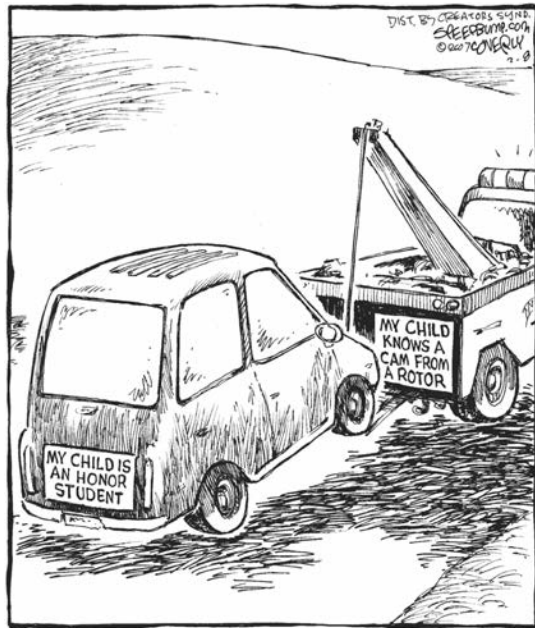
Letters to the editor may be submitted by writing to *The Downey Patriot*, 11525 Downey Ave., Suite A, Downey CA 90241 or by e-mail to [downeypatriot@yahoo.com](mailto:downeypatriot@yahoo.com)



## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For February

- Sat. Feb. 10: "Advanced Internet" class at Downey Library, 10:30 a.m.
- Tues. Feb. 13: Downey City Council meeting, City Hall, 7:30 p.m.
- Wed. Feb. 14: "Living to be 120," Rio Hondo Country Club, 7 a.m.
- Wed. Feb. 14: "Bilingual Stork Tour," DRMC, 6 p.m.

### City Meetings

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

### Regularly Scheduled Meetings

#### Mondays

- 6:30 p.m.: Metropolitan Masonic Lodge #352 dinner, mtg., for information call 426-6786.
- 6:30 p.m.: Overeaters Anonymous, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
- 1st Mon., 4 p.m.: 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.
- 1st Mon., 7 p.m.: American Legion Post 270, Los Amigos Country Club, call 869-1053.
- 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.
- 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 861-3989.

#### Tuesdays

- 9 a.m.: Downey Bocce Club, at Apollo Park, for information call Vince Zoida at (714) 761-4439.
- 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.
- 9:30 a.m.: Adventure with the Bible, at the First Baptist Church call 928-4153.
- 12 p.m.: Rotary Club, at Rio Hondo, for information call Darren Dunaway at 806-5400.
- 12 p.m.: Exchange Club of Downey, at Sizzler, for information call Don Hollister at 927-5871.
- 6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call 928-2658.
- 7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.
- 7 p.m.: Boy Scout Troop 441, at Apollo Park Activities Room, for information call 923-3659.
- 7:30 p.m.: Southland Harmony Chorus of Sweet Adelines, at Downey's Woman's Club, for information call 947-6802.
- 2nd and 4th Tues., 7:30 a.m.: Chamber "Rise&Shine" Networkers, at Nordic Fox. for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Bakers Square. for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: Downey Fly Fishers, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: Writer's Workshop West, at 9968 Lakewood Blvd., for info call 862-3106.
- Last Tues., 11:00 a.m.: Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

- 7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: Women's Bocce Club, for information call 869-8782.
- 1st Weds., 10 a.m.: Woman's Club of Downey, for information call 927-0271 or 861-3493.
- 1st Weds., 11:30 a.m.: Downey Coordinating Council, for information call 927-9790.
- 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 - Downey Christian Women's Club, at Los Amigos CC. Call 927-8488.
- 4th Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513.
- Wed. & Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

#### Thursdays

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

#### Fridays

- 7:30 a.m.: Pro Networkers, at Mimi's Cafe, for information call Harry Sacks at 319-1063
- 3rd Fri., 8:30 a.m.: Women's "In His Glory" Ministry at Los Amigos C. C. (562) 622-3785.

## On This Day...

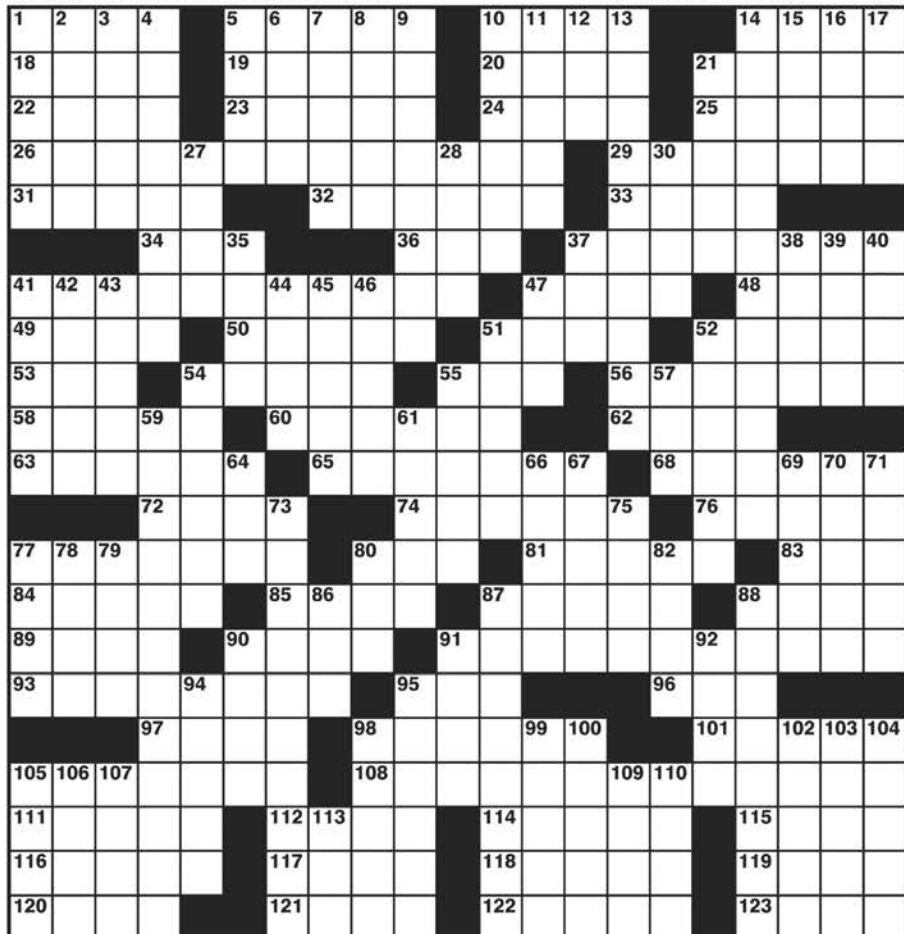
- February 9, 1870: The United States Weather Bureau is established.
- 1895: William G. Morgan introduces the sport of volleyball at a Massachusetts YMCA.
- 1942: Daylight Savings Time goes into effect, with clocks being turned ahead one hour. The time change is originally referred to as "war time."
- 1964: The Beatles make their first live American TV appearance with a performance on "The Ed Sullivan Show." A reported 73 million people tune in.

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### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
AT YOUR SERVICE: Covering several important services  
by Shirley Soloway

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  - 5 Musical direction
  - 10 Find fault
  - 14 Western wine valley
  - 18 Canadian oil company
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  - 20 Opposed to
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  - 97 Tennis-match units
  - 98 Doesn't present objectively
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  - 111 John L. Lewis' field
  - 112 Some nest eggs
  - 114 Some goose eggs
  - 115 Word said with a sigh
  - 116 Grinding-wheel substance
  - 117 Blab
  - 118 Chicago film critic
  - 119 Pianist Peter
  - 120 Take out
  - 121 Mets' home
  - 122 Ginger ale and root beer
  - 123 Cannon of Hollywood
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  - 2 Jetson household member
  - 3 Up and about
  - 4 T-shirt or fridge magnet
  - 5 "\_\_\_ does it!"
  - 6 Assistant
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  - 8 Decree
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  - 11 "I'm \_\_\_ Cowhand"
  - 12 Numbered rd.
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  - 14 Crockpot creation
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  - 16 Cozumel coin
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  - 27 V-Victor connection
  - 28 Was indebted to
  - 30 When shadows are shortest
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  - 37 Warhol subject
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  - 39 Word-processor command
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  - 109 Director Ephron
  - 110 Fmr. fliers
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- 70 Like a lot
- 71 Dogma
- 73 Hearts and spades, in bridge
- 75 Match for 95 Across
- 77 Venus de Milo's lack
- 78 Certain tide
- 79 Break, so to speak
- 80 Terminus

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

Stephen Sondheim's "Sunday in the Park with George" was inspired by Georges Seurat's "Sunday Afternoon on the Grande Jatte," according to playwrights, "The taxonomy classifies all organisms according to kingdom, phylum, genus and species. ALASKA'S (95 Down) Little Diomed Island and Russia's Big Diomed Island on either side of the International Date Line, are only 2.5 miles apart.





**Activity**  
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

**Moderation**  
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

**Personalization**  
Personalization is shown by the person on the steps, the stairs, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

**Proportionality**  
Proportionality is shown by the different widths of the food groups bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

**Variety**  
Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

**Gradual Improvement**  
Gradual improvement is encouraged by the steps. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

## Paging Dr. Alan Frischer...

By Dr. Alan Frischer

More than a decade ago, the U.S. Department of Agriculture created a powerful and enduring icon - the Food Guide Pyramid. Virtually all of us remember being taught what a healthy diet was at school, in countless media articles, and of course on cereal boxes. However, science has recently concluded that the information embodied in this pyramid doesn't point the way to healthy eating after all. Faculty members in the Harvard School of Public Health have now built a new pyramid, the Healthy Eating Pyramid. This takes into consideration the wealth of research conducted during the last ten years about healthy eating.



The Healthy Eating Pyramid literally rests on a foundation of daily exercise and weight control. These two related elements strongly influence your chances of staying healthy.

Let's take a look at the specific recommendations:

**•Whole Grain Foods (at most meals).** The body needs carbohydrates for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole-wheat breads and pasta, whole grain cereal, and brown rice. The body doesn't digest whole grains as quickly as highly processed carbohydrates such as white flour. Slower digestion prevents blood sugar and insulin levels from rising and falling too quickly. Better control of blood sugar and insulin can keep hunger at bay.

**•Plant Oils.** The Healthy Eating Pyramid puts some fats near the base, indicating that they are okay to eat. The average American gets one-third or more of their daily calories from fats. Specifically mentioned are plant oils, but not other types of fat. These plant oil fats include olive, canola, soy, corn, sunflower and peanut as well as the fatty fish salmon. These healthy fats improve cholesterol levels and protect the heart.

**•Vegetables (in abundance) and Fruits (2 to 3 times per day).** A diet rich in fruits and vegetables can decrease your chances of having a heart attack or stroke, lower blood pressure, and be protective against many other diseases.

**•Fish, Poultry, and Eggs (0-2 times per day).** A wealth of research suggests that eating fish can reduce the risk of heart disease. Chicken and turkey are also good sources of protein and can be low in saturated fats. Eggs, which have long been demonized because they contain fairly high levels of cholesterol, aren't as bad as they were once cracked up to be. Egg whites are a good alternative for fat-conscious eaters.

**•Nuts and Legumes (1 to 3 times per day).** Nuts and legumes are excellent sources of protein, fiber, vitamins, and minerals. Legumes include black beans, navy beans, soy beans, and garbanzo beans. Many kinds of nuts contain healthy fats, and packages of some varieties (almonds, walnuts, pecans, peanuts, hazelnuts, and pistachios) can now even carry a label saying they are good for your heart.

**•Dairy or Calcium Supplements (1 to 2 times per day).** Building bones and keeping them strong requires calcium, vitamin D, and exercise. Dairy products have traditionally been Americans' main source of calcium. However, you will want to look for healthy ways to get calcium which aren't necessarily from whole milk and cheese (which can be loaded with saturated fat). Three glasses of whole milk, for example, contain as much saturated fat as 13 strips of cooked bacon! If you enjoy dairy foods, try to stick with no-fat or low-fat products. If you don't like dairy products or are lactose intolerant, calcium supplements offer an easy and inexpensive way to get your daily calcium.

**•Red Meat and Butter (use sparingly).** These sit at the top of the Healthy Eating Pyramid because they contain a lot of saturated fat. If you eat red meat every day, switching to fish or chicken several times a week can improve your cholesterol level. So can switching from butter to olive oil, or plant oil based margarines.

**•White Rice, White Bread, Potatoes, White Pasta, Soda, and Sweets (use sparingly).** Note that some of these all-American staples have moved all the way from the bottom of the old pyramid to the undesirable top of the new Healthy Eating Pyramid! Why? They can cause rapid changes in blood sugar that can lead to weight gain, diabetes, heart disease, and other chronic disorders.

On the other hand, whole-grain carbohydrates cause slower, steadier increases in blood sugar that don't overwhelm the body's ability to handle these much needed carbs.

**•Multiple Vitamin.** A daily multivitamin offers a kind of nutritional backup. While it doesn't in any way replace healthful eating, or make up for unhealthful eating, it can fill in the nutrient holes that may sometimes affect even the most careful eaters. You don't need an expensive name-brand or designer vitamin; a standard, store brand meets the requirements of the US Pharmacopoeia.

**•Alcohol (in moderation).** Lucky for us, scores of studies suggest that having a glass of wine at dinner can lower the risk of heart disease. Moderation is clearly important, since alcohol has plenty of risks as well as benefits.

Does a careful diet work? When studied by the Harvard School of Public Health, men who most closely followed the diet were 20 percent less likely to develop a major chronic disease and were 40 percent less likely to develop heart disease. Women reduced their risk by 11 percent of contracting a major chronic disease and lowered their risk of heart disease by almost 20 percent.

This is a lot of information to digest. As always, let me leave you with some simple clear recommendations:

- Emphasize fruits, vegetables, whole grains. These foods are rich in nutrients and fiber
- Consume fat-free or low-fat milk and other dairy products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Avoid saturated fats, trans fats, cholesterol, salt (sodium), and foods containing refined sugar

Bon appetite!

Have a health question? Send it to Dr. Alan Frischer, c/o The Downey Patriot, 11525 Downey Avenue, Suite A, Downey, CA 90241. His columns appear the second and fourth Friday of every month. Frischer is former Chief of Staff at Downey Regional Medical Center.

## 10 Reasons to Laugh for No Reason

By YOGI RAMESH  
SPECIAL TO THE DOWNEY PATRIOT

### 1. Laughter is a stress buster

It reduces the levels of stress hormones epinephrine and cortisol.

### 2. Laughter strengthens the immune system

The immune system is important in maintaining good health by keeping infections, allergies and cancers at bay.

Recent research into the effects of laughter by Dr. Lee S. Berk, Professor at Loma Linda University, demonstrates that laughter will increase the count of natural killer cells (NK cells - a type of white cell) and antibody levels.

Laughter therapy helps to increase antibodies in the mucous of the nose and respiratory passages.

### 3. Laughter is anti-aging

It tones facial muscles and expressions.

Laughter causes an increase in blood supply to the face, which is why some people look flushed. This nourishes the skin and makes it glow.

People look younger and more fun when they laugh!

### 4. Laughter is aerobic exercise

Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise.

Dr. William Fry, Stanford University, claims one minute of laughter is equal to 10 minutes on the rowing machine.

The singular benefit almost everybody derives is a sense of well-being because more oxygen is taken in during laughter.

It is an exercise regime suitable for all, including people confined to a bed or a wheelchair.

### 5. Laughter is internal jogging

Laughter massages internal organs by enhancing the blood supply and increasing their efficiency. This is especially good for proper bowel movement.

Laughter exercises the abdominal muscles and helps to improve muscle tone.

### 6. Laughter is a natural pain killer

Laughter increases the levels of endorphins - the body's natural pain killers. Norman Cousins, an American journalist who was suffering from an incurable disease of the spine, benefited from laughter therapy in a situation when all painkillers were ineffective.

Endorphins released as a result of laughter may help in reducing the intensity of pain in those suffering from arthritis, spondylitis, and muscular spasms of the body.

### 7. Laughter can control high blood pressure

Laughter helps to control blood pressure by reducing the release of stress-related hormones. Experiments have demonstrated that a 10-minute laughter session leads to a reduction of 10-20 mm. in blood pressure. This, however, does not mean that patients taking two to three tablets for blood pressure every day will be completely cured.

### 8. Laughter can help dump depression and anxiety

The stress and strain of modern life takes a heavy toll on the human mind and body. Some people claim they can manage without prescribed anti-depressant pills and tranquilizers, leading to reduced depression and

better sleep.

### 9. Laughter alleviates bronchitis and asthma

Laughter improves lung capacity and oxygen levels in the blood. Laughter Club members report a marked reduction in the frequency of asthma attacks.

### 10. Laughter just makes you feel good

Laugh and the world laughs with you. How you react to life is up to you. Live life laughing!

Yogi Ramesh has over 45 years experience as a yoga instructor. He operates Universal Care in Bellflower in addition to regular classes at the Barbara J. Riley Community & Senior Center in Downey. For information on his "laughing yoga classes", call (562) 233-6752.

## Free 'laughing yoga' class this Sunday

MANHATTAN BEACH - Yogi Ramesh, shown at right with Roseanne, will host a free "Oxygen Power Yoga" session, featuring laughing yoga, Feb. 11 at the Manhattan Country Club in Manhattan Beach.



The hour-long program starts at 10 a.m. Manhattan Country Club is at 1330 Parkview Avenue. For information, call (562) 808-0804.

## 'Bilingual Stork Tour' takes flight

DOWNEY - Downey Regional Medical Center has begun offering a "Bilingual Stork Tour." The free program, set for Feb. 14 from 6 to 8 p.m., offers expectant parents an overview of important information about the hospital, a tour and question and answer period. Registration is required.

DRMC is located at 11500 Brookshire Ave. in Downey. For additional information or to register, call the DRMC Education Department at (562) 904-5580.

## 'Living to be 120' presented by Bob Earl

DOWNEY - Bob Earl, researcher of good health lifestyle, will present "Living to be 120" at the Feb. 14 meeting of Citizens for Downey.

The community is invited to the event held at the Rio Hondo Events Center. A breakfast buffet will be available at 7 a.m. and the meeting starts at 7:15 a.m. No reservations are required.

## St. Francis offers free immunizations

DOWNEY - St. Francis Medical Center, in cooperation with Downey Unified School District, is sponsoring free immunizations for children ages 4 to 18.

Free immunizations include Chicken Pox, Hepatitis A and B, DPT, MMR, Meningococcal and Tb skin testing.

Immunizations will be given at Maude Price Elementary School, located at 9525 Tweedy Lane in Downey, on Feb. 21 from 3 p.m. to 7 p.m.

No appointment is necessary and a parent or legal guardian must accompany children. Official immunization cards with past immunization history should be brought as well.

"Happiness is nothing more than good health and a bad memory"  
--Albert Schweitzer

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**COMMUNITY WELLNESS CLASSES**  
February/March, 2007

Reduce stress & find more energy with the following "Fit Bodies, Calm Spirits" classes presented by certified instructors at the Rehabilitation & Wellness Center at Downey Regional Medical Center. The cost is \$70 for 7 one-hour sessions. Registration is required at (562) 904-5551.

**Healthy Heart Nutrition**  
Learn about healthy food habits to reduce 3 major risk factors for heart disease - high blood cholesterol, high blood pressure and excess body weight. A DRMC registered dietitian teaches this free class. Registration is required at (562) 904-5580.  
Wednesday, February 14 and March 14, 3:30 - 4:30 pm

**Diabetes Health Fair**  
Find wellness resources, hear from medical experts and receive screenings for blood pressure, glaucoma and stroke. Free.  
Saturday, March 17, 9 am - 2 pm

**Childbirth Education**  
In this 4-week class expectant moms and their partners will learn signs of labor, relaxation techniques, pain management and what to expect during pregnancy and delivery. \$75 per couple. Classes fill quickly; register by the 5th month of pregnancy, (562) 904-5580.  
March 5, 12, 19 & 26, 7 - 10 pm

**Breastfeeding Workshop**  
A certified lactation consultant provides the information needed for expectant parents on how to successfully breastfeed their baby and avoid common breast-feeding troubles. Class fee is \$10. Advanced registration is required at (562) 904-5580.  
Mon, March 5, 7 - 9:30 pm

**Stork Tour**  
A free opportunity for expectant parents to learn more about DRMC's Family Birth Center. Registration required, (562) 904-5580  
Sat., March 10, 10 am - Noon

**Bilingual Stork Tour**  
Registration is required for this free program at (562) 904-5580.  
Wed., February 14,  
Wed., March 14,  
6 - 8 pm

**Pilates**  
Mondays, 4:45 pm - Introduction/Beginner  
Mondays, 6 pm - Intermediate  
Wednesdays, 3:45 pm - Beginner/Intermediate  
Wednesdays, 6 pm - Intermediate  
Thursdays, 12 pm - Intermediate  
Thursdays, 3:45 pm - Beginner/Intermediate

**Yoga (Kundalini)**  
Tuesdays, 6 pm  
Wednesdays, 5:15 pm - Bi-lingual

**Cardio Dance (low impact)**  
Thursdays, 6 pm

**Massage Therapy**  
Tuesday - Friday, 3 - 5:30 pm  
Swedish & Deep Tissue massage. 25- and 50-minute sessions. Call for prices.

**Your Community Hospital**  
11500 Brookshire Ave. at Firestone Blvd., Downey  
www.drnci.org



## Competition heats up for Miss Downey 2007

BY JACQUELINE MEJIA  
CONTRIBUTOR

**DOWNEY** – “An ambassador to the Downey Rose Float Association and city, a volunteer, an all-around solid citizen...”

That is how Downey Rose Float president Gary DeRemer described what the Downey Rose Float Association is looking for in the next Miss Teen Downey and Miss Downey. Miss Teen Downey and Miss Downey are chosen annually based on personality, poise, and her performance in the interview, sportswear, business wear, and eveningwear portion of the competition. But before the pageant begins, rehearsals and events are taking place in order for the contestants to acquaint themselves and receive experience before the big night on March 17.

One such event was the annual Press Night, which took place on Friday, Feb. 2. The current court, 2006 Miss Downey Kim Scott and her princesses: Maggie Stanley, Jennifer Andrade, Tania Manchenkov, and Miss Teen Downey 2006 Denise Antillon and her princesses: Roxy Arteaga, Carli Ciatti, and Sarah Del Rio, were presented before the audience at the Barbara J. Riley Community Center. Jessica Tovar, who ended her reign early in order to compete in this year's pageant, was also a Miss Downey 2006 princess.

Next, the contestants for Miss Downey and Miss Teen Downey each announced their names and what school they attend before the packed auditorium.

It is going to be a tough call for the judges this year, seeing that pageant director Susan Domen stated that “these have been some of the best girls” she has “had the pleasure of working with.”

### Tickets for ‘Roar’ still available

**DOWNEY** – “The Roar of the Greasepaint – The Smell of the Crowd,” will be the next production of the Downey Civic Light Opera, executive producer Marsha Moode has announced.

The musical will open Feb. 22 and run through March 11 for 10 performances.

A stylized “Laurel and Hardy” set to music, “Roar” is an exuberant, laugh-out-loud tale of how class differences can ultimately make way for mutual understanding, Moode said. The musical score features the ballad “Who Can I Turn To,” “A Wonderful Day Like Today,” “The Joker,” “Feeling Good,” and “Nothing Can Stop Me Now.”

Group rates are available. For information and tickets, call (562) 923-1714. The box office is open Tuesdays and Wednesdays, 1 to 5 p.m.



Sara Hone returns to the Downey Civic Light Opera as “Dance Captain” and “Urchin” in “The Roar of the Greasepaint – The Smell of the Crowd.” This will mark her 13th DCLO production. For information and tickets for the play, which opens Feb. 22, call (562) 923-1714. Group rates are available.

## Concerts, food contests mark Scottish Festival

■ Festival aboard Queen Mary will feature competitive eating contest. Come hungry.

**LONG BEACH** – The sounds of bagpipes, fiddles, whistles and harps will fill the air aboard the Scottish-built Queen Mary for the 14th consecutive year during the 2007 Queen Mary Scottish Festival.

The lively event is scheduled for Presidents Weekend, Feb. 17-18, from 9 a.m. to 6 p.m. daily.

Festivalgoers can extend their stay with evening concerts Friday and Saturday and an informal kitchen piping competition on Sunday. All three begin at 8 p.m.

Highland Games and sheep-herding demonstrations are on hiatus this year while the Queen Mary Events Park undergoes extensive restoration, but a brand new competition has been added to the Saturday event lineup this year: a haggis eating competition. For kids will be a Taste Freeze competition, which will lead up to the grand finale, the second annual Queen Mary Wienerschnitzel World Chili Cheese Fries Eating Championship, an event endorsed by the International Federation of Competitive Eating.

The luminaries in the professional world of competitive eating are expected to turn out for the event.

During regular festival hours in the Exhibit Hall, more than 60 Scottish clans will be present to share their history, Scottish and Celtic merchandise will be available for purchase, and there will be live entertainment on two stages featuring Alex Beaton, Lalla Rookh and Men of Worth. The fourth annual Classic Dart Tournament will also be staged and there will be bountiful British food and ales.

On the Green at the Queen Mary, throughout the Seawalk area between the ship and the Dome, and aboard the ship, there will be full pipe band competition with Grades II through IV, solo piping competitions, and country and a Highland dancing competition.

Each day at noon there will be a Grand Parade featuring marching clans, a massed pipe band numbering more than 100 pipers, historic reenactment groups and the Gordon Highlanders with a firing demonstration.

Evening activities begin Friday with a whiskey tasting at 6 p.m. in the Verandah Grill presented by Glenfiddich. The tasting is \$20 per person. Also on Friday, guests can enjoy the Scottish and Irish music and humor of Men of Worth at an 8 p.m. concert in the Royal Theater. Doors open at 7:30 p.m. and admission is \$15 per person.

Saturday evening at 8 p.m. in the Queen's Salon will be Plaidpalooza V, a very special concert evening featuring the Grade I Los Angeles Scots Band with a guest performance by Duncan Faure, formerly of the Bay City Rollers. Doors open at 7:30 p.m. and concert tickets are \$15, available at the door.

The traditional last event of the Scottish Festival will be the Kitchen Piping Competition in the Observation Bar Sunday evening at 8 p.m. sponsored by the Marj Rankine and the Scottish Heritage Center aboard the Queen Mary. This is where the pipers “let down their hair” after the formalities of the weekend and play for pure fun. Admission is free.

The Queen Mary is offering various hotel packages for the festival. For information, call (562) 435-3511 or visit [www.queenmary.com](http://www.queenmary.com).

### Local Concerts this week

**FRIDAY, FEBRUARY 9**  
Big Bad Voodoo Daddy - Pechanga  
Bill Engvall - Grove of Anaheim  
Conjunto Primavera - Gibson Amp.  
**SATURDAY**  
Bobby Brown - HOB Anaheim  
Hot 92 Jamz “Love Affair” - Forum  
Jill Scott, Akon - Gibson Ampth.  
**SUNDAY**  
Grammy Awards - Staples Center  
Incubus - Wiltern  
Julietta Venegas - Grove of Anaheim  
ZZ Top - HOB Hollywood  
**MONDAY**  
Blue Man Group - Gibson Ampth.  
Brian McKnight - Grove of Anaheim  
Three Day's Grace - HOB Anaheim  
**WEDNESDAY**  
Mana - Gibson Ampth.  
Roots - HOB Anaheim  
Teena Marie - Grove of Anaheim  
Common - HOB Hollywood  
**THURSDAY**  
Common - HOB Anaheim

### New on DVD this week

**MOVIES**  
Cave of the Yellow Dog  
The Departed  
Ginger and Fred  
Marie Antoinette  
Reservoir Dogs & Bad Lieutenant (Double Feature)  
Samoan Wedding  
School for Scoundrels  
**TELEVISION/MISC.**  
Beauty & The Beast - Season 1  
The Golden Girls - Season 7  
Reno 911! Uncensored

### New CD's this week

Van Morrison - Van Morrison at the Movies  
Lucinda Williams - West  
Doobie Brothers - Very Best Of  
Bobby Valentino - Special Occasion

## DINING-OUT DEALS IN DOWNEY

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BECAUSE I SAID SO PG13 (11:05, 1:45, 4:20, 7:20, 10:00)  
★ THE MESSENGERS PG13 (11:45, 2:20, 4:45, 7:35, 10:10)  
CATCH AND RELEASE PG13 7:25, 10:10  
EPIC MOVIE PG13 (11:00, 1:05, 3:10, 5:15, 7:30, 9:50)  
SMOKIN' ACES PG (11:25, 2:00, 4:50, 7:45, 10:20)  
PAN'S LABYRINTH PG (11:15, 2:10, 4:55, 7:50, 10:35)  
ARTHUR AND THE INVISIBLES PG (11:50, 2:15, 4:50)  
STOMP THE YARD PG13 (11:20, 2:15, 5:00, 7:40, 10:30)  
NIGHT AT THE MUSEUM PG (11:10, 1:50, 4:35, 7:30, 10:15)  
Times for Friday-Thursday, February 9-15, 2007  
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THE MESSENGERS PG13 (10:30 12:55 3:20 5:45 8:10 10:35)  
SMOKING ACES R (11:00 1:45 4:30 7:15 10:00)  
EPIC MOVIE PG13 (10:50 1:10 3:30 5:50 8:10 10:30)  
THE DEPARTED R (12:10 3:35 7:00 10:25)  
THE HITCHER R (10:35 12:55 3:15 5:35 7:55 10:15)  
STOMP THE YARD PG13 (10:55 1:45 4:35 7:25 10:15)  
ALPHA DOG R (10:30 1:25 4:20 7:15 10:10)  
NIGHT AT THE MUSEUM PG (11:05 1:50 4:35 7:20 10:05)

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By Eric Pierce

The world is a much better place when you're in a relationship. I'm not sure I know this from experience, but it's what I've been told by more than a few women. They have driven that concept into my head to the point where I actually believe it.

It's a form of brainwash probably developed by the military. Or Hallmark.

Anyways, in honor of Valentine's Day, I offer to men everywhere the following tips for swooning women off their feet. If executed correctly, these tips will have the ladies pounding on your front door, baking you cookies and fixing the collars on your shirts.

If they don't work, you're probably just ugly.

#### Romance Advice - For Men Only!

•Buy her flowers, but be careful.  
Apparently different flowers have different meanings. (Did you know begonias mean "Beware! I am fanciful"? It's true; check out flowers and their meanings at [www.iflowers.com/en/act/meaning/](http://www.iflowers.com/en/act/meaning/))

•Save a memento from your first date and tuck it in your wallet. (If it was a movie, save the ticket stub; dinner, save the receipt.) Later, if you're lucky enough to make it to your one-year anniversary, you can frame the memento and have an easy - and, more importantly, inexpensive - gift.

**Bonus:** She'll think you're sweet. Heh, heh, heh...

•If you know your girlfriend will be visiting you at work, make sure to mark her birthday on your calendar. Use an exclamation point for added emphasis and use the whole box. Red ink helps too.

•Grab a couple brochures from local spas and salons and have her "accidentally" find them at your house two months before her birthday. Act disappointed when she finds them, explaining that she ruined her birthday surprise.

•Give up a Sunday and go shopping with her. Later, have a friend call her and say, "Gee, he must really like you. He gave up playoff tickets to go shopping with you!" Of course, there really was no playoff game, but she doesn't know that.

•Change the oil in her car. Women love that for some reason.

**Bonus:** It gives you an excuse to get all buff and oiled up for her.

•If walking down the street and an extremely attractive woman strolls by, and your girlfriend catches you staring, simply look at your girlfriend and say, "You know, I just thought of the perfect Christmas present for you!" She'll be too happy to argue.

•Unless her last name is Roker, never talk about weather on a date. Especially a first date. That is just bad.

•Buy her a nice blouse or T-shirt from her favorite store. And, no matter what you do, don't buy a Large. Go with a size Small, even if you know it won't fit.

•Write her a short letter and drop it in the mail. Letter writing is a lost art and she'll appreciate the uniqueness of the act.

**Tip:** Write something sweet, but not especially cheesy. If you have trouble telling her how you feel, tell her that. And don't use big words unless you actually know what they mean. Words like "hottie" and "bootylicious" probably don't belong here either.

•Buy her mom a Mother's Day gift. Gift cards are O.K., just not from Victoria's Secret (obviously).

•Send your girlfriend flowers the day before Valentine's Day. Tell her you just couldn't wait to make her feel loved. Awe.

**Tip:** Women love receiving flowers at work, mainly because they like making other women feel insanely jealous. Men, you must use this debauchery to your advantage.

•Help an old lady load her groceries into her car. Your point, of course, isn't really to help the old lady, but rather to impress your girlfriend. Resist the urge to flex.

•Buy her a pottery wheel...Have you never seen "Ghost" before?

•Have a classic novel handy inside your car. ("Sense and Sensibility" by Jane Austen is a good one.) You don't actually have to read the book (in fact, for the sake of your masculinity, I prefer that you don't); your girlfriend just has to think that you're reading it.

**Tip:** If she asks how you like the book, say "It's actually pretty fascinating, although the author's blatant exploitation of women is a bit unnerving."  
If she asks you to elaborate, ask her if she's lost weight.

Hopefully, men, with these tips you will be on your way to pleasing your woman in ways neither of you ever dreamed possible.

Of course, if you really want to make her happy, wash the dishes.

*Eric Pierce is the city editor of The Downey Patriot. He is single, clueless about women, and has absolutely no idea what he is talking about.*

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## Ronald C. Becker lived in Downey for 44 years

**DOWNEY** – Ronald C. Becker, longtime resident of Downey, passed away Jan. 31 at the age of 47.

Becker was a Downey resident for 44 years and was self-employed in computer services. He was a member of the Cal State Long Beach Alumni Association, I.E.E. Computer Society and Myotonic Dystrophy supports groups.

He is survived by mother Kay Becker and sister Janet Trippel. Visitation was held on Tuesday and services were on Wednesday at the Downey United Methodist Church. He was buried at Rose Hills Memorial Park in Whittier.

In lieu of flowers, send remembrances to Myotonic Muscular Dystrophy Medical Research, 3737 Vigilance Dr., Rancho Palos Verdes, 90275, or to any animal charity of choice.

## Janie Mae Moore was business owner, pilot

**DOWNEY** – Janie Mae Moore, longtime Downey resident, passed away Jan. 21 at Downey Regional Medical Center at the age of 73.

She was born April 14, 1934 in Monterey County, Tenn. She moved to Downey in 1956 with her two sons, Charles Landon Moore and Brent Moore. Brent passed away on Jan. 11, 1999.

Janie was the owner of Janie's Chicken House in Huntington Park and Curley's Old Place in Bellflower, in addition to other businesses. She was also a real estate agent for Century 21 A-Team for over 28 years.

At one time, she owned her own plane and had her pilot's license. She is survived by her husband, Wendell Jackson; son, Charles; daughter-in-law, Dayna Moore; grandchildren, Sean, Shannon, Lyndsay, Jason, Jenapher, and Eddie; and two great-grandsons, Bryce and Ryan.

A Celebration of Life will be held Feb. 4 at McKenzie Mortuary, 3843 E. Anaheim Street, in Long Beach, at 10 a.m. Their phone number is (562) 961-9301.

## Timothy Peronteau passes away at 56

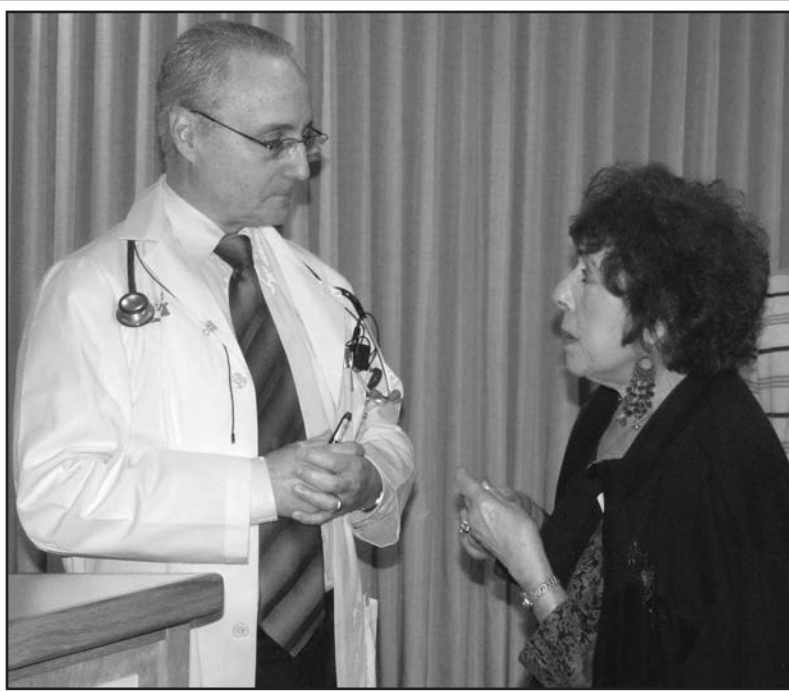
**DOWNEY** – Timothy Peronteau, 56, passed away Feb. 2. He is survived by his wife, Sue; daughter, Keri (Scott) Smith; grandchildren, Ryan and Kelly; and sister, Roxie Viertel.

Graveside services were held Feb. 7 at Rose Hills Memorial Park.

## Bellflower art group studying watercolor

**BELLFLOWER** – The Bellflower Art Association will welcome guest demonstrator Joseph Stoddard and his works in watercolor at its free Feb. 13 meeting at Thompson Park from 7:30 to 10 p.m.

Thompson Park is located at 14001 Bellflower Blvd. in Bellflower. For information, call Charlene Mueller at (562) 633-9011.



Fay Campbell of Downey queries heart-health champion Dr. Richard Seidman at Downey Regional's Feb. 3 Wellness Fair.

## Tour group headed on Palm Springs getaway

■ Downey Adult School travel group will enjoy stay at Spa Hotel Resort & Casino.

**DOWNEY** – Downey Adult School's Creative Learning Tours with Tour Escort Harriett Paine is accepting applications for its Palm Springs Overnight Getaway March 1-2.

Attendees will experience "The Fabulous Palm Springs Follies" and "The DaVinci Collection Exhibit" at the Palm Springs Air Museum and enjoy the Spa Hotel Resort & Casino - Thursday Street Festival.

The tour includes deluxe motorcoach transportation, lunch at the Rock Garden Cafe, one night hotel accommodations at the Spa Resort Hotel (with breakfast buffet), reserved Gold Circle Seating to "Palm Springs Follies," admission and lunch at Palm Springs Air Museum, and a two-hour guided tour of the DaVinci Collection.

Call Downey Adult School at (562) 940-6213 for registration information about this and other tours.

## Christian Club marking Valentine's Day

**DOWNEY** – Jerry Blackburn of the Aerospace Legacy Foundation will be the special feature at the Feb. 14 Valentine's Day meeting of the Downey Christian Women's Club.

Men are invited to the lunch meeting, which will be held at the Los Amigos Country Club at 11:45 a.m.

Devon N. Dahl will provide music and Gary Fiegenger will speak on "You Don't Have to Lip Sync Anymore." Price for the buffet lunch is \$12.

Reservations are requested by calling Lu at (562) 902-8041 or Delores at (562) 868-7135.

## Wellness Fair educates women on heart disease

■ Doctors offered free screenings and advice at DRMC's fair last week.

**DOWNEY** – Dr. Richard Seidman, a triple board-certified cardiologist on staff at Downey Regional Medical Center, presented in depth information on women's heart health at a Feb. 3 Wellness Fair at DRMC. Heart disease is the number one killer of women, with one in three women dying of heart disease.

"Women are less likely to receive treatment for heart disease. They are more likely to delay seeking medical attention, which leads to poorer outcomes," he stated. Seidman also cited statistics that for 70 percent of women, their primary physician is an obstetrician/gynecologist, whose focus may not be heart disease.

"Every woman can take action to reduce her incidence of heart disease and improve heart health," he stressed. He recommended adopting the American Heart Association healthy lifestyle guidelines. AHA brochures are available on the web at [www.americanheart.org](http://www.americanheart.org), or from the hospital's Education department.

Seidman also urged women to "know your numbers, and not just your shoe and dress size." He went on to explain ideal numbers for blood pressure, cholesterol and triglyceride levels, BMI (body mass index for weight ranges) and blood sugar. For assistance in determining these numbers, women need to visit their doctors.

Seidman added that regardless of one's politics, First Lady Laura Bush, ambassador of the national Heart Truth Campaign, had some truths worth quoting: "When women can improve their own health, they can improve the health of their children and therefore of our country." The first lady has also stated, "With the many risk factors for heart disease, a woman's greatest risk is ignorance."

Another speaker at the event, DRMC Director of Rehabilitation Nancy Stiles, remarked, "You don't have to be a marathon runner to be physically fit. Even low to moderate activity, such as continuous walking for 30 minutes three to four times a week, will make a difference in your health. It takes a little planning, but it's one of the best things you can do for yourself."

DRMC Rehabilitation and Wellness Center Manager Louann Shigaki shared with the guests several ways to stay active and achieve fitness goals. "We want you to enjoy exercising and help you achieve a healthier lifestyle. Small, personalized classes such as our Cardio Dance/Retro Groovin', Pilates and Yoga are some great ways to stay active," she said.

DRMC Clinical Dietitian Mile Mere spoke, encouraging the group to eat less processed foods and use the salt-shaker sparingly. She discussed words that signal high fat, such as buttery, scalloped, with gravy, au gratin, creamy, fried, in cheese sauce or breaded. High sodium foods to avoid contain descriptions such as smoked, creole, barbecued, pickled and teriyaki.

Final speaker Diabetes Educator Elsa Saucedo, RN, shared that there are 20.8 million people in the U.S., diagnosed with diabetes and another estimated 6.2 million people are unaware that they have it. "It can be prevented by exercising and eating right, but for those who already have diabetes it cannot be cured, only managed," she stated about the disease known as "the silent killer."

Saucedo went on to explain the relatively new term "pre-diabetes," a condition without symptoms that comes before Type II diabetes. The condition is detected by a blood test. Blood glucose (sugar) levels are higher than normal, but aren't high enough to be called diabetes. Type II diabetes is the most prevalent form of the disease, with 90 percent of diabetics in

See WELLNESS, page 11

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# CONDON

Continued from page 1

None of this fazes Cumberland, Rhode Island native Kevin, who graduated on an ROTC scholarship from Brown University with a B.A. in social studies and economics in 1972. Soon after, he joined the Navy, signing on as an Ensign and, later serving aboard the aircraft carrier 'FDR', he proceeded "to see the world." As 'FDR' trolled the Mediterranean, with stops in Spain, Italy, Greece, and Mallorca, Kevin found time to enjoy the usual sights, among them the Parthenon and the Acropolis in Athens, and the ruins of the Colosseum and the Catacombs in Rome. Before all this, his first ship's duty was aboard the wooden-decked battleship 'New Jersey' which started from Long Beach, went up the coast to San Francisco, arced to Hawaii, then back to San Diego, then home to Long Beach.

Later, aboard another aircraft carrier, the 'Kitty Hawk', he found himself in the West Pacific. "We operated during the Vietnam War, patrolling the coast in the South China Sea. We visited Singapore, Hong Kong, Macau, Subic Bay, Manila. Then we steamed into the Indian Ocean and the Persian Gulf, all the way to Africa. While docked at Mombasa, Kenya, I went on a mini-Safari. To a 23-24 year-old, that was something!"

He spent the remaining two years of his Navy duty at the U.S. Naval Station in Long Beach. His final duty assignment: Asst. Supply Officer. He mustered out as a full Lieutenant.

Employed in private industry, Kevin came out of this with a master's in business administration degree from Cal State Long Beach in 1980. He became the Director of Business Services at Torrance Unified School District the same year, assuming the title of Chief Business Officer for the district in 1993. Along the way, he completed a one-year course at UC-Fullerton in school business management and finance, as well as additional courses in public administration.

Acting on a tip from his DUSD predecessor Gary Orsinger, with whom he had developed a professional and personal kinship, Kevin joined DUSD in 2004. He was to be one of the three members of the realigned senior management team reporting to Superintendent Wendy Doty comprised of himself, Assistant Superintendent-Personnel Services Stan Hanstad, and Assistant Superintendent Jerilyn King-Brown. His duties and responsibilities at Torrance Unified, says Kevin, were almost exactly the same as those delineated in his DUSD job description. His tenure at Torrance thus proved to be a valuable on-the-job training. In Kevin, DUSD thus got a load of experience, expertise, and a benign Naval panache.

He says the professional and convivial atmosphere at DUSD was everything Orsinger pictured, and this simply energizes him: "Strong administrators, strong programs, strong directors, a great board, an attractive benefits package, just a top quality group of teachers and personnel up and down the line and horizontally, just a great organization."

Efforts to trim this year's budget, for instance, without sacrificing essential programs and services, were welcomed; even labor negotiations with the various employee groups proceeded without undue delay. Everybody understands the budget represents the pulse of the district, and as a function of school enrollment which of late has been on the decline, ideas addressing its full implications over the short term, at least, are at a premium. Kevin, in concert with his two triad colleagues and Superintendent Wendy Doty, is at the forefront of this, and hopes for a "softer landing formula for declining enrollment districts" using a solution mix that includes an esoteric-sounding "implicit price deflator for public goods and services."

More than a palliative, initiated some five years ago was the district's energy savings program which has succeeded beyond expectations: the district was recently recognized as the first in the nation to realize savings of at least \$5 million in energy costs. To the many honors and recognitions the district continues to gather has therefore been added a cost-conscious culture, thanks in no small measure to Kevin's cost-cutting oversight initiatives

The careers of Kevin and his dad, Bob, although unpredetermined, have taken similar paths. Bob and the late Andy Harrod were shipmates on the same cruiser, the 'USS Denver', that saw action at Empress Augusta Bay in the Philippines. Although the two never met, Bob was a gunner's mate, while Andy stood on deck as quartermaster; both escaped unhurt when their ship was hit by a torpedo plane. Kevin says his mom (Eileen) and dad used to advise him and a younger sister, who resides in Boston: "You should always give of your best, especially if much is expected of you." Also, "You must be kind and understanding to other people"—lessons he took to heart.

Bob was a teacher and coach, and became principal at Kevin's (Cumberland) high school, and when he was appointed district superintendent (school district pop.: 6,000), no one was happier than Kevin as he could behave on campus without dad's watchful eyes. Kevin was into baseball and football, lettering in both at Brown. Always a good student, and a bit



Lauren Weitman, left, and Britney Vance celebrate as Downey went on to beat Gahr, 3-2, last Tuesday. Playoffs begin next week.

## Downey girls secure league title with win

**DOWNEY** – Downey High School secured their first place finish in the San Gabriel Valley League when they defeated Gahr, 3-2, Tuesday.

The Vikings will now rest until league playoffs begin next week.

Downey took a 2-1 first half lead when junior forward Britney Vance punched a goal past the Gahr goalkeeper. The Gladiators rallied to tie the game, 2-2, in the second half, before the Vikings scored again to seal the win.

Wild card games begin Wednesday. The playoffs will culminate when league finals are held March 3 at Downey and Warren High Schools.

## WELLNESS

Continued from page 10

this category. Persons who have a sedentary lifestyle and are overweight, particularly those whose waists are bigger than their hips, are at risk.

The nearly 100 people who came to the wellness fair also received free screenings such as blood pressure, breathing, abdominal aortic aneurysm (AAA) bone density screenings, and assistance in completing medication cards to carry in their wallets.

For more information about exercise classes offered by DRMC, call (562) 904-5551. For information on Healthy Heart Eating and Diabetes Management classes, call the DRMC Education department at (562) 904-5580. For more information about cardiovascular health and resources, please contact DRMC Administrative Director of Cardiovascular Services Georgann Johnson, RN, MSN, at (562) 904-5034.



Kevin Condon, an administrator with the Downey Unified School District, appeared on "Jeopardy!" 15 years ago.

of a linguist, he knew his Latin: lessons and tests in his French literature course were conducted in French ("It was my toughest subject!").

Kevin relaxes by playing golf (he has a mean 16-handicap), reading (shared by his wife, Tina: politics is a favorite subject), and walking. He's also smart. ("Fifteen years ago, I appeared on 'Jeopardy!'", he says.)

Son Ryan is 26 and works for an Anaheim firm specializing in electric and electronic products, while Tyler, 23, just graduated from UC-Santa Barbara, and is a mortgage broker. Tina is in real estate. The family's roots go back to either Limerick or Kerry counties in Ireland.

It is said a group is as strong as its weakest member. DUSD appears to have no weakness. Kevin E. Condon provides one of its greatest strengths.

# Shull sisters digging their college careers

■ Warren graduates setting NCAA volleyball records. Brother, Jimmy, isn't doing too bad, himself.

**DOWNEY** – Jessie and Jenny Shull have continued on with their successful careers in volleyball at their respective schools – Jessie, a senior at San Jose State, and Jenny, a junior at Duke University – both receiving full scholarships to their schools.

The sisters both graduated from Warren High School in 2003 and 2004, respectively, playing volleyball for Scott Lane, and contributed much to Warren's successes during their years there.

Jessie, in her final year at San Jose State, finishes her career with the seventh most career digs (2,260) in NCAA history, and is the school and conference career dig leader in her position as libero.

She finishes the 2006 season with a school and conference record 676 digs and also set the school and conference match record with 47 digs against UC Santa Barbara earlier this year.

She has also been on the Academic All-WAC Honor Roll all four years at San Jose State. After graduation in May of this year, she plans to become a teacher and coach.

Jenny leads the ACC and ranks 21st in the NCAA in digs per game. With 1,440 career digs, she ranks third on Duke's all-time career digs list. Like her sister, she also plays the libero defensive position.

She was named to ESPN the Magazine's Academic All-District 3rd Team, received AVCA Honorable Mention All-American Honors, was selected to the 1st Team All-East Region, and was on the ACC Academic Honor Roll all three years she has attended.

She is the only member of the team to play in every game since arriving at Duke, helping her school win the ACC Conference. Duke also made it to the top 32 in the nation the last two seasons, and ranked 22nd in 2006.

Jenny is majoring in sociology.

Their brother, meanwhile, Jimmy, graduated from Warren in 2001 and received a baseball scholarship to Cal Poly San Luis Obispo. He was drafted, as a pitcher, by the Oakland A's in 2005.

Their parents are Jim and Carla Shull of Downey.

## Oil artist, teacher giving demonstration

**BELFLOWER** – Michael Brennan, an accomplished artist and author known for his sunset seascapes, will give a demonstration in oils at the March 13 meeting of the Bellflower Art Association at Thompson Park.

The meeting is from 7:30 to 10 p.m. and is free to the public. Brennan has been painting since 1950. He started teaching in 1967, which he continues to this day.

In addition to his sunset seascapes, he does commissions in landscape, religious, military and portraiture; land and seascape murals, flowers (mainly roses) and reproductions of old master paintings to order. Being a teacher, he also creates instructional art videos.

He is currently finishing his 10th edition of his book, "How to Make Waves, an Art Teacher's Notes to his Students."

Thompson Park is at 14001 Bellflower Boulevard in Bellflower. For information on the meeting, call Charlene Mueller at (562) 633-9011.



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6:30 am - 5:30 pm  
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**FEB. 10TH - 8 AM**  
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	Price reduction for this 3 Bedroom, 2 Bathroom home with a guest house, 1,826 sq. ft. Asking \$649,999!
	Brand new home - 6 Bedrooms, 4.5 Bathrooms, 4,000 sq. ft. Only \$1,349,000!
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	Brand new home - North Downey, 7,900 sq. ft.

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offers eligible Downey homeowners

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# in Household:	1	2	3	4	5	6
TOTAL Income Limit:	\$38,800	\$44,350	\$49,900	\$55,450	\$59,900	\$64,300

If you're eligible and would like an application, please call the City of Downey's Housing Division at **(562) 904-7167**.

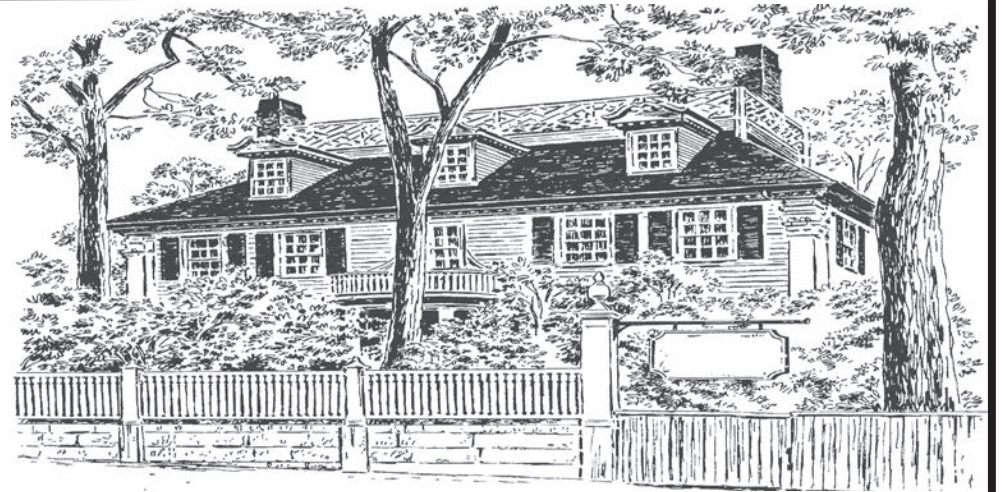




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LOOKING FOR AN OLDER MANSION?  
 LOOKING FOR A NEWER CONDO?  
 WANT TO RENT A ONE BEDROOM?  
 WANT TO SELL A VACANT LOT?  
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 COMMUNITY NEWSPAPER  
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3 bedroom, 2 bathroom each. To be complete by March. Owner may help with some closing costs. Offered at \$810,000. Call us at (562) 923-5507

### SANTA FE SPRINGS

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### DOWNEY CONDO

1 bedroom, 1 bath, nice and very clean  
 For seniors 55+, close to mall & hospital  
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### BRAND NEW HOUSE IN SOUTH GATE

4 bedrooms, 2 baths, double attached garage. Seller may help with some closing costs. Vacant & ready to move in. Asking \$555,000. Call (562) 923-5507

### BEAUTIFUL NORWALK HOME

2 bedrooms, 1 bath, nice area. Asking \$529,500. Call (562) 923-5507

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REAL ESTATE ARENA

### INTRODUCING OUR STARTING LINE UP THE CLIENTS

#### THE FANS OUR CLIENTS

- #1 "Daniel Bugarin listed our home and did a wonderful job. Daniel kept in contact with us through the whole transaction." -- Sandra Walker
- #2 "Reassuring and confident are two ways to describe our real estate associate Leticia Leal. Leticia was just excellent." -- Edward Karnas
- #3 "Our agent Edwin Huber was a very good agent. Edwin helped me find a home and did a great job." -- Jesus Martinez

#### MVPs OF THE MONTH

<b>TOP LISTING</b>  Maria Cibrian	<b>TOP PRODUCTION</b>  Lilian Lopez Lorena Amaya	<b>TOP SALES</b>  Maria Cibrian
 Mario Acevedo	 Marlene Rodriguez	 Edwin Adriana Huber

<b>REAL ESTATE 101 DRE APPROVED</b> Live Real Estate School 800-641-2111 x119 Darlene	<b>HOME FIELD ADVANTAGE</b> 30 Years Serving Downey and Southeast Los Angeles 	Across the Field, Down the Court or Around the Bases Where Ever Your Game Takes You <b>FREE RELOCATION SERVICES</b> 800-641-2111	<b>MY ESCROW GROUP INC.</b> Public Escrow Company 562-776-5972 Bank Of Orange County Building 8345 E. Firestone Blvd 5-102 • Downey, CA 90241
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 <b>Down On The Corner</b> Charming 3 Bedroom, 1 Bathroom home with a laundry room in the backyard. This wonderful home is sitting on a huge corner lot and it's in a nice neighborhood in the City of Downey. (562) 927-2626 century21myrealestate.com	 <b>Sign On the Dotted Line</b> This 3 Bedroom, 1 Bathroom home in Bellflower is a corner lot that has a 2-car detached garage! (562) 927-2626 century21myrealestate.com	 <b>Home of The Rose Parade</b> Beautiful home in Pasadena has 2 Bedrooms and 1 Bathroom, nice neighborhood, kitchen has just been remodeled along with the bathroom. It also includes central air/heat, walk-in closets, newer windows and a great alarm system. (562) 927-2626 century21myrealestate.com	 <b>The Early Bird Catches the Worm</b> Make sure you check this out early! A great opportunity-home with 3 Bedrooms and 1 Bathroom. It's close to schools and the park, and it's a great price on a huge lot! (562) 927-2626 century21myrealestate.com
 <b>Count It Out</b> 4 Bedrooms, 3 Bathrooms, 2-car garage, 1 Bedroom & 1 Bathroom upstairs, Equals a Perfect 10! (562) 927-2626 century21myrealestate.com	 <b>Steak or Mac &amp; Cheese?</b> Both can be enjoyed in this formal dining room! 2 Bedroom, 1.75 Bathroom home in Huntington Park has a bonus room which can be used as a 3rd bedroom. Living room with a fireplace, formal dining room, a basement, very large cemented backyard, and a two-car garage. (562) 927-2626 century21myrealestate.com	 <b>Cedar, Pine and Oak...</b> Can all be thrown into the fireplace in the living room! Enjoy this wonderful home in Gardena that has 4 Bedrooms and 2 Bathrooms, tile floors, inside laundry, 2-car garage, central heating, master bedroom with its own bathroom and great backyard that's all cemented. (562) 927-2626 century21myrealestate.com	 <b>I've Been To Charm School</b> Charming home in Downey with 3 Bedrooms and 2 Bathrooms. Great pergo floors (wood), new carpet, new paint inside, and a great guest house that's permitted. (562) 927-2626 century21myrealestate.com





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**N. Downey Land!!**  
R-3 Lot of 14,810 Sq. Ft. preliminary approved plans for 7 Units!  
Priced: \$1,050,000  
R-1 Lots also available 10,000 Sq. Ft.



**TurnKey!**  
1,926 Sq. Ft. North Downey home has formal living room, step down family room w/fireplace, Master suite has remodeled bath w/ spa tub.  
Call for private showing! Priced @ \$719,000 to \$ 739,000



**Mario Persico**  
"Mario Moves You...24 Hours a Day!"  
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www.MarioPersico.com



**North Downey-Newly Updated!**  
This super clean home features 3 BD, 2 BA, hardwood floors, newer roof, freshly painted. Central air, and so much more. Move in Ready!!! \$634,900  
Call Mario Persico @ 562.533.7433



**Best priced home per sq. ft. in N. Downey!**  
4 BD, 3 BA, Newer Carpet, Copper Plumbing, & 2,111 Sq. Ft.  
Just Reduced to \$699,000 - \$714,000  
Call Mario Persico @ 562.533.7433

**Website Contest Winners!!**  
Congratulations to the **Vance Family of Downey!!!**



Diana, Tyler, Mike, (Tori & Daisy too!!)  
Visit [www.MarioPersico.com](http://www.MarioPersico.com)  
For a chance to Win Your Gift Card!!

**Jose Garcia-Yanez**  
"The Service You Deserve"  
562-519-4010



**Pool Home!!**  
5 BD, 3 BA, 3,100 Sq. Ft. of Living space on a 8,200 Sq. Ft. Lot, with pool & spa built in 2006  
Call Jose @ 562-519-4010



**Fine Home At A Finer Price!**  
3 BD & 1 BA, large family room w/ fireplace & remodeled kitchen & new paint.  
Priced at: \$564,900  
Call Jose @ 562-519-4010



**Prime Location!**  
7 BD, 7.5 BA, executive office, approx. 6,500 Sq. Ft., 10,880 sq. ft. lot w/ pool and state of the art amenities  
Downey's most prestigious home!!  
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**Attention Investors!**

- 5 Units \$76,800/yr. gross rent
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Call Jose @ 562-519-4010

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89 Homes

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**Feature of the Week**



**JUST LISTED!**

**One of a Kind!**  
This one-a-kind 6 bed, 4.5 bath home features spectacular rotunda entry & circular staircase w/ a large great room & formal dining room perfect for entertaining. Also includes buffet & wine rm, prof chef's kitchen w/ stainless steel appliances accented by rich walnut hardwood floors. The large master suite is approx 1200 sq ft itself w/ bedroom, retreat area w/ fireplace & wet bar, huge master bathroom w/ Jacuzzi & marble shower, and very large closet. Entire property on a 14,600 sq ft lot.  
Price: \$2,099,000.



**Look No Further! - Built in 2007!**  
5 BD (4 up & 1 down) 4.5 BA, Built-in BBQ & bar area, Pool, on a 7,500 sq. ft. lot.  
Price to SELL: \$1,599,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**A-1 Neighborhood**  
6 BD, 3.5 BA, 4 Car Garage, master suite, on a 10,690 sq. ft. lot.  
Price: \$1,299,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Remodeled Like New - 2006!**  
4 bed, 3 bath, travertine floors, granite countertops in kitchen & baths, huge master suite, over 2900 sq ft living space.  
Price: \$1,069,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Remodeled N.E. Downey Pool Home!**  
3 bedrooms + guest house, 3 baths, pool, 2 car detached garage, remodeled kitchen & baths w/ travertine and granite.  
Price: \$939,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Words Can't Describe It!**  
Amazingly remodeled 3 bedroom, 2 bath home with bonus room near East Middle School.  
Price: \$824,500  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Dive Right In!**  
3 BD, 1.75 BA, living room w/ fireplace, 2 family rooms, & large pool.  
Priced to sell \$749,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



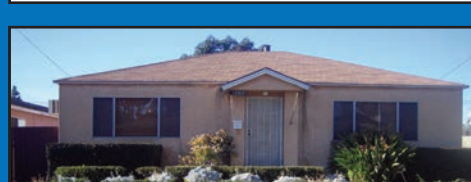
**Country Charming!**  
4 BD, 3 BA, 2500 sq. ft. with guest house, in Orange Estates!  
Priced to SELL: \$859,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



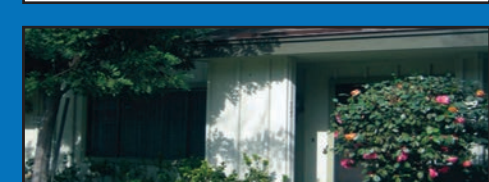
**Needs a Little TLC!**  
3 bed, 1.75 bath, drive-thru 2 car garage, Spacious yard.  
Price: \$699,950.  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



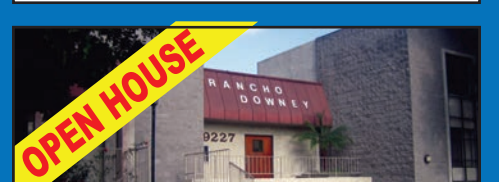
**Honey, Stop the Car!**  
3 bed, 2 bath Downey home w/ guest house, granite kitchen, copper plumbing.  
Price: \$579,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Won't Last Long!**  
3 Bed, 1 bath home in Downey w/ large yard and two car detached garage.  
Price: \$539,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Terrific Townhouse!**  
4 bedroom, 2.5 bath, 1571 sq ft, very clean, remodeled kitchen, large patio, 2 car garage.  
Price: \$435,000  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)



**Northeast Downey Condo!**  
2 BD, 2 BA townhouse-style condo w/ remodeled bath, newer paint & carpet, & underground parking.  
NOW @ \$409,950  
Virtual tour at [www.MichaelBerdelis.com](http://www.MichaelBerdelis.com)

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