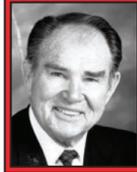




The Downey Patriot



**All-American
groundbreaking**
See Page 3



**Bill Lehman
passes away**
See Page 8



**Civil War
demonstration**
See Page 12

Friday, April 27, 2007

Vol. 6 No. 1

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

'Half-piped' dreams at the skate park

■ Visitors of all ages and skills are helping to make Downey's skate park a success. Some, even, are beginning to envision lofty dreams of one day competing in the X Games.

By BROOKE KARLI
STAFF WRITER

The concrete park was squirming with skaters of all ages – ranging from kindergarten to college – and skills – ranging from beginner to advanced.

From what I hear, that is an average day at Independence Skate Park.

Many of the teens and twenty-somethings weren't interested in talking to me – after all, they were there to *skate*. But five-year-old Bryan Salvato of Norwalk had no problem talking to me about his time spent at the park.

"The bigger kids are nice to me and try to help me," said Bryan. "I'm trying to land a flight of stairs right now."

Bryan's grandfather, Leroy Salvato of Cerritos, said the two come to the skate park at least once a week and then go to McDonald's for a treat afterwards.

"Sometimes he'll be here for hours," said Leroy. "But he mixes well with the other kids and there has never been any trouble at this park."

Leroy said the duo does visit other skate parks, but that Downey's was his and Bryan's favorite.

"The crowd at one park is not the best and the jumps at another park just aren't challenging enough," said Leroy.

Bryan has been skating for a year and a half and has high hopes of becoming a professional skater someday.

"I'm gonna be in the X Games," said Bryan confidently.

Many other kids share Bryan's dream, which was one of the reasons why the park was built in 2002.

After visiting 13 skate parks stretching from San Diego to Washington, then mayor Meredith Perkins took it upon himself to make the Downey skate park one of his projects.

"We needed a place for kids to hang out, have fun and be safe," said Perkins.

According to Perkins, the park's location was based off a few factors: police patrol, visibility from the street and renovations needed for the already established Independence Tennis Park Center.

In addition to city workers that help supervise the area, police also drive in and out of the parking lot making sure the area is in good shape, said Perkins.

"The biggest problem we have had is with 'taggers'," said Perkins. "But that is just a matter of

See SKATE, page 3

Time Traveler

Women's Club has colorful history

By JOHN ADAMS
EDITOR EMERITUS

When the Woman's Club of Downey holds its annual Membership Tea at 2 p.m. Oct. 14, many of those joining will be unaware they are about to enlist in one of the oldest and most colorful women's groups in all the West.

Contemporary activities are as diversified as the membership, including social events, sports, cultural and volunteer programs.

And the ladies have a long tradition to draw from, dating to the formation of the group in 1898 when seven women gathered in Downey to form the "Friday Afternoon Club." The original goal was set down in writing, to "promote the social, moral and intellectual interests of the community and to establish a public library."

The early club days were most colorful. Dances were held in the old clubhouse which was kept warm by heaters. The long skirt of one lady actually caught fire and had to be put out, interrupting the dance. The brave woman went home, donned a new skirt and was back dancing later the same evening, according to chroniclers of the time. There was one period when Firestone Boulevard flooded almost annually. The men were terribly worried that their wives attending a meeting had drowned. Not so. The good ladies told the gentlemen on their return home that it would take more than a little high water to ruffle them!

Club historian Connie Summers lists the club chronology and its highlights as follows:

- 1900-The club federated, becoming affiliated with the California

See TRAVELER, page 10



Five-year-old Bryan Salvato catches air while skating at Independence Skate Park, hoping to some day make it to the X Games. He is one of many kids that visit the park on a regular basis. Photo by Art Montoya

More vocal fireworks surround term limits

■ It's official: Despite protests, council votes 3-2 for special November election. City budgets \$85,000.

By HENRY VENERACION
STAFF WRITER

DOWNEY — Five vocal Downey residents spoke against the proposed Charter amendment to term limits in a public hearing, but the Council, in a majority vote, approved the language of the proposed measure for the Nov. 6, 2007 special municipal election, to be consolidated with the Los Angeles County School District election; b) approved the budget of \$85,000 for the purpose; and c) directed the City Attorney and City Clerk to prepare the appropriate resolutions calling the special election and other matters as required by law.

Robert Rubio said eight years is "long enough for any council member to serve," and in any case a two-term limit is in line with that of the state's. Diane Boggs, who herself previously served on the Council, said the call to revise the term limits measure "appeared to be self-serving," a theme echoed later by Councilman Dave Gafin, who voted against the proposed amendment. Lennie Whittington cited the, what appeared to him to be, uncalled-for long tenures on the Downey Unified School District of many by now

"familiar names who have sat there on and on and on."

Joseph DiLoreto enumerated a list of reasons why the measure should be voted down: a) eight years provides enough opportunity for someone to serve the city; b) term limits is favored by a 2-1 majority in the state assembly; 70 percent voted for term limits "15 years ago," and "this should be respected"; c) it's a terrible waste of taxpayers' money to tinker with the existing mandate.

In rebuttal, Councilman Mario Guerra said coming from a Communist country (Cuba), he welcomed the debate surrounding the proposed amendment, and this is all he's after: to float an idea like term limits and "let the voters decide."

In other action, the Council:
• Authorized the City Manager to submit applications, for a period of six years, to the state of California, Department of Conservation's Division of Recycling, for all available grants and payment programs under the California Beverage Container

See COUNCIL, page 3

Masonic 'Teachers of the Year' honored

■ Jennifer Toledo, Doug Andrews, Diane Bow and Frida Vadgama each awarded with honor.

By HENRY VENERACION
STAFF WRITER

DOWNEY—The Board of the Downey Unified School District, at last week's regular meeting, heard presentations from school principals honoring this year's Downey Masons' "Teacher of the Year" awardees.

Yolanda Cornair, Gauldin Elementary principal, lauded Jennifer Toledo, fourth grade teacher and team leader at the school as "dedicated and hard-working, and one of the finest teachers I have ever known." She said last year's fourth grade class made huge gains on the Standardized Testing and Reporting (STAR) tests, with more than 20 percent of the students passing the California Standards Test in both reading and math.

See TEACHERS, page 4

Santa Claus making summer stop at fair

DOWNEY – Santa Claus will make a special visit to the Downey Street Faire scheduled for tomorrow, April 28, along Brookshire Avenue.

Santa will be at the Kids Zone ticket booth from 10 a.m. until the fair's closing. Instead of his red suit, he'll be donning a Hawaiian shirt, shorts and sun glasses, all the while selling tickets to attractions inside the Kids Zone.

Visitors are invited to take their cameras and have their pictures taken with Santa, who will also have tickets available for the "Be a Star With Santa" contest. The yearly contest by the Downey Chamber of Commerce picks one boy or girl to ride with Santa on his float in the Holiday Lane Parade in December. The contest helps raise funds for the parade and tickets are \$1.

To be eligible for the contest, the child must be a Downey student or resident and be between 5 and 12 years old. The winner will be selected and announced in November.

Festivities for the 14th Annual Downey Street Faire, presented by the Downey Chamber of Commerce, will start at 9 a.m. with the Southland



See FAIRE, page 9



Dr. Jordan M. Phillips' extraordinary journey

By HENRY VENERACION
STAFF WRITER

Dr. Jordan M. Phillips, who would only say he delivered "a huge number of babies" in his 30-year medical career, has lost count of the many honors, accolades, and lifetime achievement awards he has amassed through the years as an obstetrician-gynecologist, physician-educator, clinical laparoscopist, endoscopist, microsurgeon, and medical author and editor.

In a tribute held last April 17 honoring him as Downey 2007 Rotarian of the Year, close family friend and Rotary colleague Dr. Bill Kirkwood, one of 11 speakers at the event, said the 83-year-old doctor, who has through his renowned humanitarian Medical Books for China

See PHILLIPS, page 11

Bus tour offers help to uninsured Americans

DOWNEY – The “Help is Here Express” national bus tour will be in Downey on May 4 to help uninsured Americans find programs that provide prescription medicines for free or nearly free.

The bus will be at the Downey Regional Medical Center (DRMC) Home Health offices at 12130 Paramount Blvd. from 9 to 11 a.m.

Since its launch two years ago, the bus tour – sponsored by America’s pharmaceutical research companies – has visited all 50 states and more than 1,200 cities to raise awareness about patient assistance programs. The “Help is Here Express” is part of the Partnership for Prescription Assistance, a national effort that has helped more than 3.6 million patients, including more than 205,600 in California.

The bus is staffed by trained specialists able to help low-income, uninsured or under-insured patients access more than 475 patient assistance programs, including more than 180 programs offered by pharmaceutical companies.

After the bus moves on, patients can go online to www.pparx.org for additional help or call (888)-4PPA-NOW.

“Our mission is to assist all members of the community regardless of their ability to pay,” said DRMC CEO Allen Korneff. “We’re hosting the program because we want to ensure that all community members get the help they need with the prescriptions as well as with all their medical needs.”

DRMC launched its own Financial Assistance Program last year. Staff assists patients and families by interpreting financial responsibilities and offering information on how to obtain the help that fits a person’s needs. Anyone wishing to take advantage of the program should call (562) 904-5186 between 8 a.m. and 4:30 p.m. Monday through Friday.

Learn ‘How to Buy a Digital Camera’

DOWNEY – The Downey City Library will offer a class May 5 for consumers interested in purchasing their first digital camera.

“How to Buy a Digital Camera” is ideal for those who want to make an informed purchase but aren’t sure what type of camera is right for them. The class will give a basic introduction to terminology for digital cameras and explain important features useful for beginning photographers.

The class is free and is will be given from 10:30 a.m. to noon in the Cormack Room. To register, call (562) 904-7360 ext. 32.

Baskin-Robbins ice cream for 31 cents

DOWNEY – Baskin-Robbins at 7938 Florence Ave. in Downey will be hosting “31 Cent Scoop Night” on May 2, an event designed to raise awareness for the National Fallen Firefighters Foundation (NFFF).

On “31 Cent Scoop Night” visitors can purchase 2.5 oz. scoops of ice cream for 31 cents (plus tax, limit three scoops) between 5 and 10 p.m. Local firehouses will also be invited to the event to collect donations, a Baskin-Robbins spokesman said.



Cub Scouts, Den 1 of Pack 2 of Downey, helped “Keep Downey Beautiful” on April 21. Cub Scouts shown are Matthew Simon, Gregory Simon, Darren Rodriguez, Christopher Tellez, Tyler Kwak and Jonathan Yi, along with their parents and sisters. Cub Scout helpers not shown are Evan Vasquez, Michael Vasquez, William Cline and Christian Pizanno.



Congresswoman Lucille Roybal-Allard presented Mayor Rick Trejo with a Congressional Record Tribute in honor of the City of Downey’s 50th anniversary. The recognition took place at the recent groundbreaking ceremony for the Columbia Space Science Learning Center.

Downey observes national day of prayer

DOWNEY – The City of Downey will observe National Day of Prayer on May 3 under the flag pole at City Hall from noon to 1 p.m.

This year’s program, “Americans United for Prayer,” is under the direction of Pastor Glenn Kravig and will include several students and teachers from Warren and Downey High Schools.

Musical groups will include Calvary Chapel High School Choral and High Power Worship Team.

The Presidential Proclamation will be presented by a Downey City Council member.

The event will conclude with a closing prayer by Pastor Manuel Lopez and the song “Amazing Grace,” accompanied by bagpipes.

Seating will be provided but lawn chairs are welcomed.

National Day of Prayer is observed the first Thursday of May each year.

Bingo luncheon hosted by Catholic group

DOWNEY – The Italian Catholic Federation of St. Raymond’s Parish is having a “Bingo Luncheon” May 6 in the Msgr Robert Gipson Hall, 12348 Paramount Blvd. in Downey, starting at 1 p.m.

A \$10 donation includes one Bingo card, door prizes and lunch. The day will include a raffle of a \$25 money tree and other prizes.

For tickets or information, call Aline Amatista at (562) 693-9430 or Charlene Drobeck at (562) 928-1937.

‘Daughters Day Brunch’ at local church

DOWNEY – The theme of Downey United Methodist Church’s Daughters Day Brunch May 12 is “Shh, God is Speaking. Can You Hear Him Now?” presented by Rhea Zakich, a Bible school teacher at the Crystal Cathedral.

The brunch will start at 11 a.m. at Downey United Methodist Church, 10801 Downey Ave. Cost is \$5.

For information, call the church office at (562) 861-9777.

Church giving away free clothing

DOWNEY – Downey First Christian Church will host a “Great Clothing Give-a-Away” May 5 inside their gym.

From 9 a.m. to 2 p.m., everyone is invited to choose from men’s, women’s and children’s clothing. Everything will be free.

Downey First Christian Church is located at 10909 New St. in Downey.

‘Viking Sports Reunion’ at the Embassy

DOWNEY – In honor of this year’s Downey High School Hall of Fame celebration, a “Viking Sports Reunion” will be held May 24 beginning at 5:30 p.m. at the Embassy Suites.

A special room rate of \$119 is available for anyone wishing to spend the night. (When reserving a room, reference “Downey High 9th Annual Hall of Fame.”)

For more information or to RSVP, call Lash Stevenson at (650) 345-5274 or via e-mail at lashrfox@mac.com.



**14th Annual
Downey Street Faire**
Brookshire Ave., At Firestone Blvd.
Saturday April 28th, 2007
Free Admission • Free Parking
9 AM - 5 PM

Special Thanks To Our Major Sponsors:

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**ENTERTAINMENT ALL DAY LONG - TWO FABULOUS FOOD COURTS
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The Downey Chamber of Commerce extends many thanks to the City of Downey, City Council, Police and Fire Departments, Downey High School, and L. A. County Supervisor Don Knabe for their contributions in producing our 2007 Downey Street Faire.

COUNCIL

Continued from page 1

Recycling and Litter Reduction Act. In addition to the city gaining funds to use for beverage container recycling and litter reduction programs, savings in staff time stand to be realized by not having to obtain Council approval, over the next six years;

- Appropriated \$37,851 in California office of Traffic Safety (OTS) grant funds for police seat belt safety checks. A seat belt enforcement campaign, involving state and local law enforcement, is scheduled for a 21-day period, May 14-June 3, in support of the National "Click It or Ticket" mobilization;

- Adopted a resolution approving the Engineer's Report for assessments within Lighting and Landscaping District A.D.121, covering seven zones, for FY 2007-08; adopted a resolution declaring its intention to levy and collect Lighting and Landscaping assessments within Lighting and Landscaping District AD 121 for FY 2007-08; and set a public hearing for June 12 to consider setting assessments for Street and Landscaping operations and maintenance. Of the 6,227 street lights that provide illumination for traffic and pedestrian safety in the city of Downey, 1,436 street lights are owned by the city, 57 lights are owned by the state, 67 lights are shared with other cities, and the remainder are owned by the Southern California Edison Company (SCE);

- Presented a certificate of appointment to Pat Smith, to serve on the Library Advisory Board for Council District 4;

- Proclaimed May 6-12 as Drinking Water Week;

- Proclaimed May 12 as Kidsday 2007, which "recognizes over 300 outstanding Downey youth," at Furman Park;

- Presented certificates of appreciation to the YMCA youth and government delegation participants (in Sacramento) from Downey, Warren and South Gate High Schools; and

- Presented City Tile to Downey resident Daniel Hackett, "in recognition of his excellence as a member of the USC basketball team" that fell short of the Final Four.

The next regular public meeting of the City Council will be on Tuesday, May 8 at 7:30 p.m. at City Hall, 11111 Brookshire Ave.

SKATE

Continued from page 1

getting it cleaned up."

The park's visibility is extremely important because nothing can be hidden and parents can see their kids without any hindrance, according to Perkins.

Lastly, the project was granted enough money by the state to allow the city to make overall improvements to the park, said Perkins.

"With the money we received, we were able to put in the skate park, add a snack shack, resurface the tennis courts, remodel the restrooms and put down a new parking lot," said Perkins.

Before constructing the skate park, several meetings were held in which parents and kids attended, voicing their opinions about the park and sharing their ideas as to how the park should look. After coming up with several drafts, the city finally decided on a design.

"The park looks the way it does because that's what the skaters wanted," said Perkins. "It's a combination of original ideas and professional work."

And on this particular day, the park is occupied by approximately 20 rollerbladers and skateboarders who thrive off the design of the park.

Not only are there half-pipes, but also rails, stairs and flat surfaces.

There are numerous signs surrounding the park stating the rules. One of which is loosely followed: "Helmets, knee pads and elbow pads required."

"Police and park supervisors do try to enforce the rules," said Perkins. "But they usually just give a verbal warning, rather than make them go home."

Independence Skate Park is located at 12334 Bellflower Blvd. and is open Monday through Friday from 3 to 10 p.m., and Saturday and Sunday from noon to 6 p.m. Admission is free.

'Tea Affair' presented by Fail-Safe

DOWNEY - The 6th Annual Tea Affair presented by Fail-Safe 4 Felines will be held April 29 at the Downey Elks Lodge from 1 to 4 p.m.

The day will include tea room delicacies, tea selections, a silent auction and best hat contest. The price is \$25.

For reservations, call (562) 708-2672 or send a check to P.O. Box 2279, Downey, CA 90242.



All American Home Center recently broke ground on a 20,000 square foot warehouse. The warehouse will be used to store large and bulky items.

All American gets new warehouse

DOWNEY - On April 9, All American Home Center located at 7201 E. Firestone Blvd. broke ground on a new 20,000 square foot warehouse.

According to Leonard Gertler, the company's president, the company has seen strong sales growth particularly in the departments that require storage of large and bulky items such as bath remodeling products, doors, windows and seasonal goods in recent years.

"We drastically needed this new warehouse space in order to continue to grow our business and better serve our customers," said Gertler. "The project will be completed by the end of the summer and will give us the ability to carry, in-stock, a large variety of products that we formally had to special order for our customers."

The All American Home Center has been a family-operated store in Downey for 49 years.

Writers' Workshop has new president

DOWNEY - After presiding over the club's meetings the past several months, Ralph Cohen was announced the new president of Writers' Workshop West.

Cohen is a freelance speech writer and author whose stories will be appearing in The Connecticut Review and REAL Magazine.

Writers' also announced the winners of its April poetry contest: Zaida Ramos won first place for "The Unfolding," Lorine Parks' "Secrets Swimming" and Rosalie Sciortino's "Betrayal" tied for second place, and Anita Lutts won third place for "that's Life."

A light verse contest will be held on May 15 for members only.

Writers' Workshop West meets the third Tuesday of every month at 7:30 p.m. at Stonewood Travel, located at 9968 Lakewood Blvd.

For information or to become a member, call (562) 862-3106.

Moravian women holding yard sale

DOWNEY - The Moravian Women's Fellowship will have a yard sale April 28 from 7 a.m. to 1 p.m. in the Moravian Church parking lot, with all proceeds going towards the ministry of the church.

The church is located at 10337 Old River School Rd. in Downey. For more information call (562) 927-0718.

City is hiring for the summer

DOWNEY - The City of Downey is currently recruiting for several positions within the Community Services Department for temporary, summer employment.

Positions are available with various day camps, working with children between the ages of 4 and 14, and the aquatics program, which serves all ages. The aquatics program operates at Downey High School and the day camps are held at various parks throughout Downey.

For information, call the Personnel Department at (562) 904-7293.

Series concludes with 'Venture to Alaska'

CONTRIBUTED BY MARK KELLER
DOWNEY THEATRE

DOWNEY - This Sunday, the Downey Theatre will present "Venture to Alaska," the tenth and final film of its 2006-2007 "Armchair Adventure" Travelogue Series. This film will be narrated live by the film producer, Dale Johnson.

Visiting Alaska today displays some differences from the Alaska of yesteryear. Global warming is having a more noticeable effect up there...glaciers are receding at an ever accelerating rate for example. Population has increased dramatically, especially in Anchorage!

However, there is still adventure in this State, which can no longer be called the "Last Frontier" with any degree of honesty. But, vast areas of lonely forest and mountains still exist in places...even as humans endeavor to change that. Wild creatures are still to be seen, although difficult to see from Alaska's highways. One exception is moose; they can be seen right in the city of Anchorage!

Driving up the Dalton Highway from Fairbanks to Prudhoe is still an adventure. Dalton Highway is the main supply route for the oil fields of Prudhoe and the big trucks comprise most of the traffic along this gravel and dirt road. It takes us through the very heart of the Brooks Range and along the western border of ANWR (Arctic National Wildlife Refuge) which has come to national attention because of speculation about its potential for oil. However, many wild creatures still make this part of Alaska their home.

Wales, Alaska is the westernmost point on the North American Continent, 60 miles from Russia. It has been inhabited by Inuit Eskimos since at least 600 B. C. Eskimos on both sides of the Bering Sea, Alaska and Russia, speak the same language. Eskimo villages still exist today, but western influence has promoted changes, as you might expect. One American Caucasian man from California relocated to this area over 30 years ago. Now married to an Eskimo lady, he is a resourceful and energetic man, solving a myriad of problems in his corner of Alaska and how he does it is a story in itself. The villagers still meet to practice their ancient dances and try to preserve the culture through their children.

Surprisingly, Alaska has a traditional farming tradition, with limited economic influence. However, it does go on because Alaska gets a lot of sunshine in the summer months. In the Matanuska Valley, about 40 miles north of Anchorage, the abundant sunshine propels vegetables to grow and grow. A beet of 32 pounds, 80 pound cabbages, a 168 pound watermelon, 13 feet high corn stalks, and surely a winner anywhere, a 942 pound pumpkin! Twenty-two hours of sunshine each day prompts such a surging growth...perhaps unique to Alaska.

We will visit Anchorage, Fairbanks, and the Capital of Juneau; probably the only Capital city that cannot be accessed by auto. There are no roads or highways connecting Juneau to the outside world. You must fly in or arrive by boat to get to this city.

Salmon fishing and processing are a main industry in Juneau and southeast Alaska. Grizzly bears frolic and fight as they pursue salmon on Admiralty Island. People also catch huge salmon, sometimes standing cheek to cheek to do so. At other times fisherman may fish a river in total isolation from any other human.

"Venture to Alaska" is full of surprises, flamboyance, astounding scenery, intimate portraits of wild creatures at their own work, a tossed salad of people in cities, villages and isolated outposts. It's going to be good.

This "Armchair Adventure" Travelogue is presented on Sunday, April 29 at 2:30 p.m. at the Downey Theatre, located at 8435 Firestone Blvd. Tickets may be purchased on day of performance beginning at 1:30 p.m. at the theatre box office. Adult tickets are \$7 and Senior/Student tickets are \$6 (cash or check only).

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

Auto shop to host grand opening

DOWNEY - Espi's Auto and Muffler Repair, located at 12300 Lakewood Blvd., will be hosting a ribbon cutting and grand opening ceremony on May 2 from 9 to 10 a.m.

Refreshments will follow the ceremony.

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CENTURY 21 MY REAL ESTATE COMPANY PAYS TRIBUTE

Century 21 Spotlights

CENTURY 21 My Real Estate has had the pleasure of getting to know Chris Valle of Downey. Chris is an avid walker and has been part of The CENTURY 21 "Super Agent Team" for 5 years, participating in the annual ARC Walk. When Valle isn't walking he is taking classes and volunteering at Cerritos and Long Beach College. This years ARC walk, Chris bought his sister and father, Fran and Salvador Valle. While training for the walk Chris rallied friends, family and local businesses together so he could make a donation of \$746.00 to ARC. "Valle is a real life Superman in our eyes" stated Laurie Mac Isaac, Vice President of Relocation & Marketing at CENTURY 21 My Real Estate.

DOWNEY'S BEHIND THE SCENE SUPERSTARS

TEACHERS

Continued from page 1

Toledo also teaches parent education classes in reading, writing, and math.

Craig Bertsch praised West Middle School's Diane Bow as a "great person of character and an example of a great teacher," and cited her many professional achievements, observing, "She has served with distinction in many areas," including: drama teacher, journalism teacher, yearbook advisor and many other programs. Bow, said Bertsch, "constantly strives to teach all students the importance of perseverance and achievement."

In presenting Doug Andrews with his award, Warren High School Principal Eileen Wannett said the award is a "well-deserved one for his hard work over the past 26 years." As department chair of Visual and Performing Arts, Wannett continued, "Doug has been a tireless advocate for the arts." She further noted he is multi-talented, and his role as mentor and teacher is exemplary, and has touched everyone far beyond the department.

It was Phil Davis' turn to present Frida Vadgama, a teacher for 24 years, with the "Outstanding Teacher Award-ROP Program." Director of Support Programs, Career and Vocational Education, Davis said Vadgama's diligent efforts for the past six years has resulted in the development of an outstanding ROP "Careers in Education Program" at DUSD—and which was honored with the very prestigious "Model Practice Program" as the best such program throughout the state.

Vadgama is worthy of the award, Davis said, because "she loves to teach, is very good at it, is caring and kind, has extremely high expectations for her students, and puts out the time, effort and commitment necessary to insure their success."

In other action the Board:

- Accepted with gratitude cash and material donations from Washington Mutual, Regino Diaz, Mike Cornair, Virginia Liepitz, Judy Gunnette, Rose Sapia, Martha Sodeiani, Gabriela Covarrubias, Lucrecia Guzman, Gus Shjney, Daryl Boyd, WaMoola for Schools, Old River School staff and students, an anonymous donor and Albertson's. Beneficiaries of these donations include Gaudin Elementary School, Price Elementary (for its Dance-A-Thon), Ward Elementary, Sussman Middle School, the District's underprivileged children, and the TLC Center;

- Authorized payment of expenses for convention and conference attendance;

- Ratified the general agreement with Provo Canyon School;
- Ratified payments for special education placements;
- Accepted the quarterly uniform complaint report summary;
- Approved revisions to AR 7410, Organizational Chart;
- Approved year's membership in California School Nurses Organization and National Association of School Nurses;
- Ratified purchase orders by the Purchasing Department;
- Ratified the issuance of payroll orders for hourly, overtime, Civic Center work by classified personnel, Adult School, and Food Services



BOW



ANDREWS



VADGAMA



TOLEDO

- through March, 2007;
- Ratified B warrants;
- Ratified agreement between Downey Adult School Career and Education Center and Dr. Khan, offering externships to Office Skills Center students;
- Approved the Internship Credential Program agreement with Biola University, from July 1, 2007 through June 30, 2009;
- Awarded bid for the construction and installation of a new compressed natural gas fueling station for the Transportation Services Dept. to Allsup Corporation, Upland, in the amount of \$189,830, to be charged to Maintenance Funds;
- Awarded several construction bid packages—all to be charged to Bond Funds—to various firms for Warren High School's new library, new classroom building and modernization;
- Approved change orders to a number of purchase orders, issued in increased amounts, chargeable mostly to Bond Funds (with the last one charged to Special Education Funds), to the following parties: DeVries Construction, Laguna Niguel (for Warren High renovation); F. C. & Sons Roofing Co., Bell Gardens (Warren); All Area Plumbing, Inc., Los Angeles (Warren); Mek Air Tech, Los Angeles (Warren); Telenet VoIP, Inc., Los Angeles (Warren); P.W. Construction, Inc., Glendora (for

The Poets' Corner

Late Night Conversation

You think I'm getting old he said
tapping the bald spot on his head
Why are you asking now she said
laying her night-clothes on their bed
You liked my curly hair he said
remembering back when they were wed
No need to worry now she said
fluffing the pillow turning down the spread
I'm not the worrying type he said
regretting where his words had led
Hearing him snore as she got in bed
long gone those days she softly said
Turned off the light then kissed his head

-- Richard Thormodsen,
Downey

Downey High's new classroom building); and Free Speech, Inc., Fullerton (for speech and language services);

- Accepted as complete concrete work, paving and repairs, trade electrical work, roofing repairs, fencing, backhoe services, and other construction work for areas designated for improvement and repairs, and the continuing modernization of Warren High;

- Approved adjustments to the 2006-07 General Fund restricted (a decrease) and unrestricted (increase) budgets;

- Approved the purchase of equipment, as listed, in accordance with established purchasing policies and regulations;

- Ratified routine Personnel items until subsequent action is taken by the Board of Education;

- Ratified the establishment of one new position, with Senior Instructional Asst. classification, assigned to Gaudin Elementary;

- Approved duties change of HVAC and Refrigeration Mechanic;

- Reviewed proposed revisions to AR 8510, the 2007-08 Schedule of Regular Board Meetings; Superintendent Wendy Doty said revised schedule will be presented in the next month;

- Also reviewed the proposed revisions to BP and AR2110.1, Inter-District and Intra-District permits;

- Approved a resolution citing Senator Alan Lowenthal for his actions and advocacy of a bill that benefits over 1.5 million students throughout Los Angeles County;

- Approved the 2007-2012 District Technology Plan;

- Approved the high school textbooks proposed for adoption, as amended, for the 2007-08 school year; and

- Endorsed the actions taken by the Superintendent on several student cases.

The next public meeting of the DUSD Board of Education will be at 5 p.m. Tuesday, May 8 at the Administration Center, 11627 Brookshire Avenue.

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Downey	562.658.4460	Monterey Park	323.767.1180	Whittier	562.968.2360



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Falling in love

By Eric Pierce

Ladies and gentleman, I'm in love. She's a bit on the older side (no discrimination here), but still maintains a voracious set of curves even at her age. Her favorite thing is to purr in my ear when I get her going and, excuse my boldness, when her top comes off, oh baby! I'm referring to a car of course. I just bought myself a new (used) car: a 1991 Nissan 300ZX. Sure, it wasn't the shiniest car on the lot but something about it grabbed at me. As fellow writer Brooke Karli put it, the car has a certain "Back to the Future retro look" to it. I'll take that as a compliment. It was the best I could afford without driving myself head-over-heels in debt. (I apparently qualified for credit...on approved credit.) I wish I could say I bought the car locally, but I can't, I found it online. I would have gladly purchased a car from one of the many dealerships along Firestone Boulevard, but my Spanish isn't great. Still, I love my car. Big rear-end and all.

Those five years went by just like *that*. Unbelievably, it's been half a decade since The Downey Patriot started publishing, and I've been lucky enough to have been around for nearly all of that time. I like to think that this paper has made quantum leaps in those five years, particularly in the last six months. I'm trying to make the Patriot more representative of what our readers want, with more engaging features on various Downey citizens and leaders. I also want to give our readers updates on long-vacant buildings that seem to remain empty for years on end. A newspaper, I believe, shouldn't be a chore to read. It shouldn't be scanned over in two minutes either; it should be devoured over the course of a morning or afternoon. A newspaper is a tool. But it can be a pleasure as well.

Letters to the Editor:

The consequence of losing

Dear Editor: Every day, fear of the future increases. We've done the unthinkable for the once powerful nation - we've told our enemy and the world our awesome weapons can't cope with suicide bombers, and truck bombs, and we've announced a tentative date we are leaving. Unlike Korea and Vietnam, who had no desire to extend the fight beyond their borders, today's radical Muslims are threatening all of Europe, and we've been warned before their main objective is United States.

It's understandable we want to stop losing our men, but war with Japan taught us peace comes only with winning. Imagine the horror if we had lost. It took two jets and nine men to destroy the twin towers. All it could take is a coordinated effort by nine suicide bombers in malls, airports or sporting events, to shut down our stock market and make us afraid to venture from our homes. —J. Hawkins, Downey

Rhyme time

Dear Editor: Why not name the new park Clark Park. It's short, simple, designates location and best of all - it rhymes. —Dolores Roupe, Downey

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. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

Industrial building sells for \$10.8 million

SANTA FE SPRINGS - A 163,578 square-foot industrial building in Santa Fe Springs sold for \$10.8 million. The sale was directed by Voit Commercial Brokerage. "Located in a desirable industrial market with low vacancy rates, this project offers a large secured yard and excellent freeway access, which makes it a great investment opportunity for the buyer," said Mike Hefner, senior vice president of Voit's Anaheim metro office who helped represent the seller, Pioneer-Millergrove Venture, LP. The property, which was constructed in several phases from 1954 to 1967, was originally a Bell Brands Food facility. The single-story, multi-tenant building is located at 8808-8840 Pioneer Blvd.



7 Tips for Constructing a 'Wit Kit' for Life's Unexpected Turns

BY DEBORAH COLLINS STEPHENS CONTRIBUTOR

The problem-free life we all seek is more than an illusion. It's become a myth — one that too many of us have fallen victim to.

Reinventing oneself time and again is a skill we all need to develop in today's increasingly "make it up as you go along" world. A world where the best-laid plans, dreams, or jobs can evaporate in a moment.

Constructing a "Wit Kit" can help people to reinvent and re-structure their lives no matter the circumstances. A "Wit Kit" is a toolbox for life, filled with strategies and exercises, wisdom, and mental models that can help people keep their heads above water when life threatens to drag them down.

Here are seven tips for building a "Wit Kit" that you can take action on today, not someday:

- 1. Convene a gathering of kitchen table friends.** According to a UCLA study, we live longer if we "tend and befriend." Find two or more people, and create your own 21st Century version of your mother's coffee klatch. The purpose: to develop strategies, solve problems, laugh and get by with a little help from your friends.
- 2. Find a dream catcher.** Uncover that one person in your life who thinks you are wonderful even when you feel less than terrific. Whether it's your mentor, your mother, a colleague, or your sister, touch base with a dream catcher who believes in you even when you don't believe in yourself.
- 3. Create a "to don't" list.** Management guru Tom Peters tells leaders to create a "to don't" list. Why reserve such a valuable technique just for business? Create a "to don't" list for your life. Get rid of things that don't matter, and replace them with the people, projects, thoughts, and activities that count.
- 4. When dreams turn to dust, learn to vacuum.** Someone once said that "resilience is a verb—it's something that you do." When the best of plans, the greatest of intentions, and the worst of scenarios appear at your doorstep, practice the art of being resilient. Search for "how" to make what has happened help instead of looking for the answers to "why." Finding the "hows" empowers a person.
- 5. Refuse to be imprisoned by your past.** Each day begins a new chapter, and you get to edit as you go along. Scientific research shows a remarkable ability for a human being to bounce back. One foot in the past and one in the future make us stumble. Take daily steps to move on, move up, or move out.
- 6. Develop a funny bone.** Even in the darkest days, find laughter. Remember Norman Cousins who laughed his way back from a life-threatening illness? Laughter is an antidote to depression and a powerful medicine for the human spirit.
- 7. Wear a courage bracelet.** Georgia O'Keefe said she had been absolutely terrified every moment of her life, but she never let it keep her from doing a single thing she wanted to do. Funny thing about courage: once you use it, it becomes your constant companion. For those moments where fear strikes terror in your heart, wear a courage bracelet. It's a band you wear on your left wrist that simply reads "courage." When you see the word, it makes you remember that courage lies inside just waiting to be called forth.

We can't always control what happens in our lives, but we can control the way we choose to deal with the events. Constructing a "Wit Kit" for life's unexpected turns can make all the difference. Excerpt from "This is Not The Life I Ordered: 50 Ways To Keep Your Head Above Water When Life Keeps Dragging You Down."

Journalism ethics a year-round struggle

BY CHRISTINE TATUM SOCIETY OF PROFESSIONAL JOURNALISTS

In the public's eyes, just about the only folks struggling with believability issues more than the Bush administration are journalists. And journalists largely have themselves to thank for that.

This week, newsrooms nationwide are observing Ethics in Journalism Week, and they have a sorry state of affairs to consider.

Since the mid-1980s, Americans have been increasingly skeptical of the information they receive from the news media, and no major news outlet has escaped the trend, according to The Pew Research Center for the People and the Press.

Last year, only 19 percent of people surveyed by the Project for Excellence in Journalism said they believed "all or most" of what they read in their daily newspaper, a drop of 10 points in eight years. Another 40 percent believed only "a good deal" of what they read in the paper.

The loss of public trust should come as no surprise. Journalists have been caught making up stories (Jayson Blair, formerly of The New York Times, and others); rushing stories into the public domain ("Al Gore is our next president. No, make that George Bush. No, make that..."); accepting payment from the government in exchange for news coverage (three journalists formerly at El Nuevo Herald in Miami, and others); plagiarizing (too many culprits to name here); and juicing their stories with loaded language and sensational imagery (again, we don't have enough space to start naming names).

Business agendas are also getting in the way of good journalism. What else would explain an ABC reporter's "story" about a medical procedure that just happened to play a starring role in the episode of Grey's Anatomy that aired right before the newscast? What happens to local news coverage when hundreds of reporting positions are cut to satisfy investors' expectations, or one corporation owns hundreds of news outlets?

Good journalism is at the heart of our democracy. Like it or not, a free press - warts and all - is what creates an informed citizenry that can hold business, government and the institutions that affect our lives accountable.

This nation is great because it has a free - albeit noisy and messy - news media.

The easy thing for a cynical public to do is watch passively as journalism reels from its self-inflicted wounds, or bash the news media until they deliver nothing of substance or value.

The media most certainly need to win back the public trust they've lost. That trust starts with a commitment to ethical news production, which is, above all, accurate, fair and independent of special interests. Many news organizations publicize their ethics policies online. The Society of Professional Journalists' code is widely considered the gold standard of the industry and can be found at spj.org. SPJ members routinely debate journalism ethics online and encourage the general public to join their conversations.

Rather than tune out, readers, listeners and viewers should hold news organizations and the companies that own them accountable for their news coverage and the business decisions that undermine responsible journalism. Write letters, send e-mail, make phone calls or blog. We'll all be better for it.

Christine Tatum is national president of the Society of Professional Journalists, the nation's largest journalism advocacy organization, and an assistant business editor at The Denver Post.

The Downey Patriot



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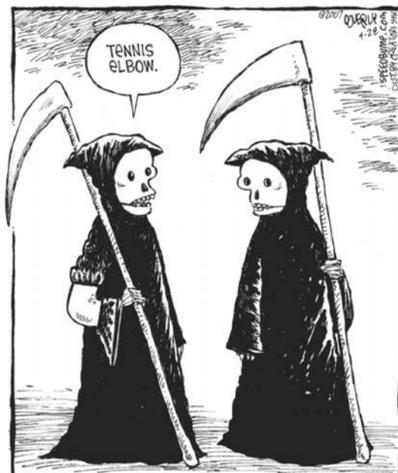
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SPEED BUMP



DAVE COVERLY



On This Day...

April 27, 1861: President Abraham Lincoln suspends the writ of habeas corpus in response to riots raised during the American Civil War.
1945: The Völkischer Beobachter, the newspaper of the Nazi Party for 25 years, ceases publication. At its height, the paper reportedly reached 1.7 million readers.
1967: Expo 67, a world's fair held in Montreal, conducts its opening ceremonies. The fair generated revenue that today would be worth more than \$1.7 billion.
2006: Construction begins on the Freedom Tower in New York.

Downey Community Calendar

Events For April/May

Sat. April 28: **Downey Street Faire**, Brookshire Avenue, 9 a.m.
 Sun. April 29: **"Venture to Alaska" Travelogue**, Downey Theatre, 2:30 p.m.
 Wed. May 2: **"Overview of America" Video**, Sizzler Restaurant, 6 p.m.
 Thurs. May 3: **National Day of Prayer** at City Hall, Noon
 Thurs. May 3: **Alan Lechusza Ensemble**, Downey Museum of Art, 7:30 p.m.

City Meetings

1st Tuesdays, 6:15 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
 1st & 3rd Wednesday, 7:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.
 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
 2nd & 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 Barbara Briley-Beard 869-7618.
 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 862-2777.
 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

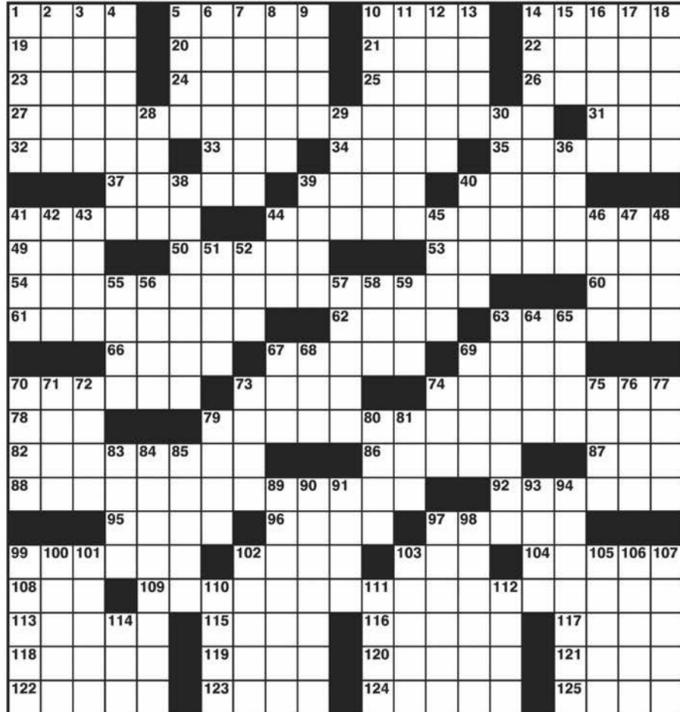
7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Harry Sacks at 319-1063
 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
LET'S RIDE: Wherein a fast pace is optional
 by Shirley Soloway

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

Bicuspid teeth (61 Across) are also known as PREMOLARS because they are situated in front of the molars. Charles OSGOOD (63 Across), who is also heard on CBS Morning TV broadcast each "Sunday Radio," concludes each "Sunday Morning" TV broadcast with the phrase "See you on the radio." The way a SARI (13 Down) is draped often reflects the class, caste and/or geographic location of its wearer.



Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER



It is our favorite "psychoactive" drug (a substance which affects the mind or behavior). In this fast-paced modern society, this substance has become a means for the working world to get started early in the morning and to stay awake and alert throughout the day.

How safe is the caffeine in your coffee? You get no warning label with your cup of coffee other than that its contents could be extremely hot. Like other psychoactives, caffeine is undoubtedly best used in moderation. That means drinking one to two cups per day. It is primarily with excessive consumption of caffeinated beverages that the real health risks start to emerge.

Let's start from the beginning. Caffeine is a drug. It acts by binding to adenosine receptors in the brain. Adenosine is a chemical that slows down brain activity. If your brain's receptors bind to caffeine, then they will not be available to bind with adenosine, so activity is not suppressed, concentration is heightened, and fatigue is lessened. Simply put, caffeine tends to over-exaggerate the stress response.

Believe it or not, there are plenty of health benefits brewing in America's favorite beverage. Caffeine happens to be a drug that could lower your risk of diabetes, Parkinson's disease, and colon cancer. It can lift your mood and treat your headache. It can decrease fatigue, improve memory and mental functioning, and speed up reaction time. Caffeine increases your basic metabolic rate, so you burn more calories (although exercise is still better!). Caffeine may reduce the risk of developing gallstones.

In very recent studies, it even looks like it reduces the risk of type two diabetes mellitus and liver disease, including liver cancer. Coffee beans even contain antioxidants. In study after study, these findings are confirmed and appear to be genuine. In fact, the findings suggest that the more you drink, the more the benefit.

Given all of this, are you surprised that 64 percent of Americans drink caffeine on a daily basis in the form of coffee, tea, soda, diet medications, and a multitude of energy drinks?

But....everything has a price, and I'm not merely referring to the cost of that cup at Starbucks!

Let's put your caffeine intake in perspective. One old-fashioned eight ounce cup of Maxwell House coffee contains about 110 mg of caffeine. Tea made traditionally from a tea bag might have about 50 mg. A can of soda contains between zero and 60 mg. You'll find about 20 mg in an ounce of dark chocolate. A dose of two Excedrin contains 130 mg of caffeine. Now, compare that to a single grande coffee at Starbucks. For the handful of readers, including my mother, who have never been to Starbucks, "grande" is their medium sized, 16 ounce cup. It packs a whopping 550 milligrams of caffeine!

We are becoming an increasingly more caffeinated society. You may have heard of "Cocaine", the newest energy drink, marketed so far in only Los Angeles and New York. Containing 280 milligrams of caffeine, this 8.4 ounce drink is 350 percent stronger than Red Bull! On an ounce-for-ounce basis, "Cocaine" has the same amount of caffeine as that grande cup of Starbucks coffee we discussed above. Our youth have become caffeinated beverage sell-

ers' favorite new target consumer group.

Caffeine is clearly an addictive drug. While this fact has been debated for many years, the bulk of evidence supports the notion that caffeine produces dependence for most people, and that withdrawal is a real syndrome. Ask anyone who has tried to quit cold-turkey, and you will hear about withdrawal headaches, fatigue, irritability, nausea, sweating, and/or attention difficulties.

Caffeine's dangers involve elevating blood pressure, blood sugars, and blood cholesterol levels, decreasing bone density which can lead to osteoporosis, and overstimulation effects including tremors, heart palpitations, insomnia, heartburn, hypertension, and anxiety. Caffeine is a diuretic, causing water to be flushed from the body, which could lead to dehydration and all of its associated health problems. Finally, doesn't it bother you just a bit that approximately 64 percent of our society can't face a day without their cup of coffee? More and more of those 64 percent are young people who have made it a daily habit to visit the various coffee houses, spending sizable chunks of change to support their habit.

So what is the bottom line?

•If you currently consume coffee without any adverse affects, then it is probably safe to continue your present level of caffeine intake.

•Have your blood pressure, fasting blood sugar, and cholesterol levels checked. If they are elevated, you should reduce your caffeine consumption.

•If you have tremors, palpitations, insomnia, or unacceptable levels of anxiety, you should reduce your caffeine consumption.

•If you have osteoporosis, you should reduce your caffeine consumption.

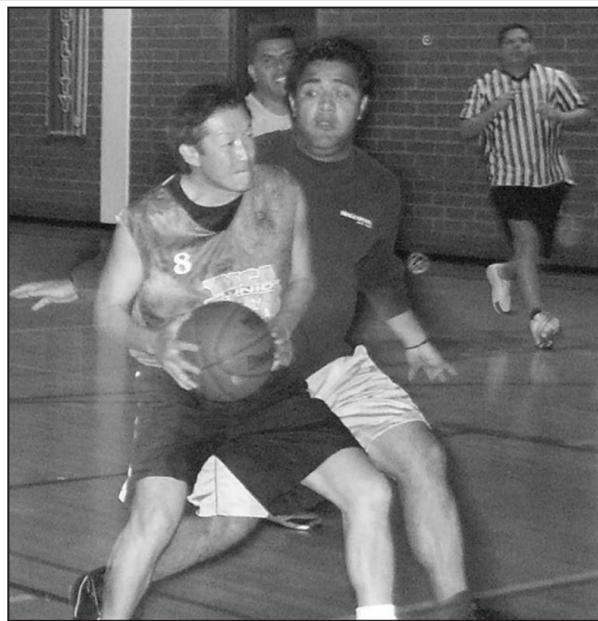
•If you are bothered by the fact that you require a dose of caffeine every day just to get by, you

may...on principle...wish to taper off the drug. You may consider substituting green tea with approximately 30 mg of caffeine per cup as a safer alternative. Green tea has antioxidants as well.

Finally, you may be fantasizing about a fabulous cruise vacation but just can't afford it. Calculate how much you are spending on your daily coffee consumption, and then imagine how that money could be put to use on your next fabulous vacation! For example, if your favorite coffee costs \$3.50 per day, then in one week you have spent \$24.50. In one year that comes to an astounding \$1,277 for your ONE coffee per day.

In parting today, let me say...Bon Voyage!

Alan Frischer is former chief of staff at Downey Regional Medical Center. You can write to him at Dr. Alan Frischer, c/o The Downey Patriot, 11525 Downey Ave., suite A, Downey 90241



Downey Regional Medical Center held its first-ever employees vs. doctors and administration basketball game last week at the Downey YMCA. The "It's Payback Time" basketball match was organized by DRMC Medical Director Dr. Bill Kim, shown here protecting the ball from DRMC Guest Facilitator Marco Gutierrez. Kim's recruitment of his team's center, 6 ft. 9 inch pharmaceutical representative Dirk Razloss, led to their nine-point victory, hospital employees said.

Immunization clinic at Alameda School

DOWNEY — St. Francis Medical Center, in coordination with the Downey Unified School District, is sponsoring free immunizations May 9 from 3 to 7 p.m. for children ages 4 to 18.

Children can be immunized for chicken pox, hepatitis A and B, DTP, MMR, polio, meningococcal, and TB skin testing.

All immunizations are free, no appointment is necessary and a parent or guardian must accompany children. Children should also have their official immunization card with past immunization history.

The clinic will be held at Alameda Elementary School, 8813 Alameda St. For more information call the school at (562) 904-3589.



Former DRMC pharmacist Mayor Rick Trejo and councilman and DMRC Memorial Trust Foundation Board Member Mario Guerra were additional recruits for last week's DRMC basketball game.



Stay informed with the 2007 Lecture Series.

The Lakewood Regional Medical Center Lecture Series is designed to keep our community informed and educated on current medical topics. Each Month Lakewood Regional sponsors one-hour seminars covering a wide variety of healthcare topics. Each lecture is presented by a practicing physician from Lakewood Regional's excellent medical staff of over 450 physicians. To attend a lecture or for information about the Lecture Series, please call 800-813-4345.

MAY & JUNE LECTURES

DATE:	TIME:	SPEAKER:	TOPIC:
May 3	9:00 am	Peter Hugh, D.O.	Health Conditions that Contribute to Stroke
Location: The Center at Sycamore Plaza - Weingart B, 5000 Clark Avenue, Lakewood, CA			
May 5	9:00 am	Roman Litwinski, M.D.	Peripheral Vascular Disease
Location: Lakewood Regional - Conference Rooms A, B, & C			
May 16	12:30 pm	Paul Eisman, M.D.	Stroke - The Silent Killer
Location: Weingart - Lakewood Family YMCA, Conference Room 5835 East Carson, Lakewood, CA			
May 22	1:00 pm	Perry Secor, M.D.	Gender-Specific Joint Replacement RSVP (562) 916-8550
Location: Cerritos Senior Center - Pat Nixon Park, Conference Room 12340 South Street, Cerritos, CA			
May 30	6:00 pm	Chris Combs, M.D.	Gender-Specific Joint Replacement
Location: Weingart - Lakewood Family YMCA, Conference Room 5835 East Carson, Lakewood, CA			
June 12	1:00 pm	Jonathan Perley, M.D.	Managing The Overactive Bladder RSVP (562) 916-8550
Location: Cerritos Senior Center - Pat Nixon Park, Conference Room 12340 South Street, Cerritos, CA			

Lakewood Regional Medical Center

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COMMUNITY WELLNESS PROGRAMS

DRMC is proud to host the Partnership for Prescription Assistance (PPA) "Help is Here" Express

Friday, May 4, 2007, 9 am - 12 Noon
DRMC Home Health parking lot

12130 Paramount Blvd. (near Stewart & Gray Rd.)

Need help paying for medicine? Help is on the way! Trained prescription specialists will be on hand to help low-income, uninsured or underinsured patients access more than 475 patient assistance programs, including more than 180 offered by pharmaceutical companies. If you can't afford prescription coverage, you could get medicine for free or nearly free. Be sure to come knowing the names of your medicines. Assistance will be offered in English and Spanish.



Breastfeeding Workshop

Monday, May 7, 7 - 9:30 pm

This class is taught by a certified lactation consultant. It will focus on providing information for expectant parents on how to successfully breastfeed and overcome common breastfeeding troubles. Class fee: \$10. Advanced registration is required by calling (562) 904-5580.

Healthy Heart Nutrition Class

Wednesday, May 9, 3:30 - 4:30 pm

Healthy food habits can help reduce three major risk factors for heart disease -- high blood cholesterol, high blood pressure and excess body weight. Learn about diet changes from a DRMC registered dietitian. Classes are free but registration is required. Please call (562) 904-5580.

Stork Tour

Saturday, May 12, 10 am - Noon

A free opportunity for expectant parents to learn more about DRMC's Family Birth Center. Registration is required, (562) 904-5580.

Reduce stress & find more energy with "Fit Bodies, Calm Spirits" classes presented by certified instructors at the Downey Regional Medical Center Rehabilitation & Wellness Center. \$70 for 10 one-hour sessions. Registration is required at (562) 904-5551.

MONDAY
Free "Intro to Pilates" class
4:45 - 5:45pm (must pre-register)

TUESDAY
Yoga - 6pm
Massage appointments
3:00 - 5:30 pm

WEDNESDAY
Yoga, 5:15 - 6:15 pm
Massage appointments
3:00 - 4:30 pm

THURSDAY
Pilates (Beginners)
3:45 - 4:45 pm
Club Fitness (NEW)
5:30 - 6:30 pm

FRIDAY
Massage appointments
1:00 pm - 4:30 pm
3:00 pm - 5:30 pm

Pilates, Yoga & Club Fitness: 10 for \$70. Massage: 25 minutes for \$35, 50 minutes for \$60.



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www.drmci.org

Cary Maurice Midtbo buried with honors

DOWNEY – Cary Maurice Midtbo, Downey resident for 37 years, passed away on April 19 at the age of 47.

Midtbo was born on June 11, 1959 in Glendale. After residing in Glendale and Pasadena for the first part of his life, he lived in Downey from age eight to 45, recently moving to Victorville.

While in Downey, he attended Warren High School, becoming one of three to letter in sports his freshman year.

Midtbo served in the Marine Corps and was a freelance artist, as well as a construction worker. He also attended Calvary Chapel of Downey.

He is survived by father Charles Midtbo; mother Alice Midtbo-Verret and stepfather John Verret; sister Leslie Midtbo-Grimm and brother-in-law Gordon Grimm; niece Courtney and nephew Gordon Grimm; aunts Linda Youngquist and Maryann Afuso; and girlfriend Katherine Mansell.

Visitation was held on Wednesday at Acheson and Graham in Riverside and the funeral was on Thursday at the same location. Gravesites followed with military color honors.

Merl Lowell Emerick moved here in 1955

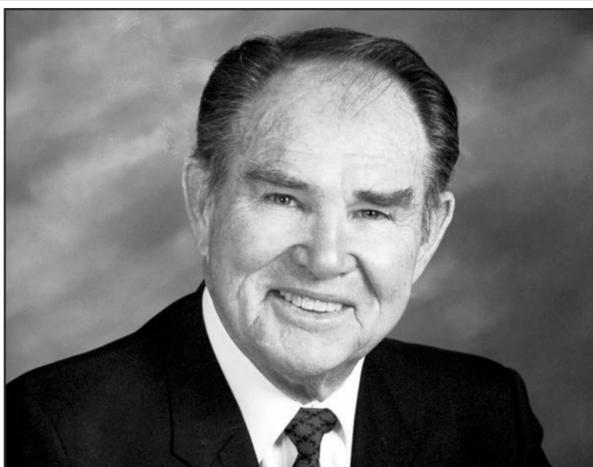
DOWNEY – Merl Lowell Emerick, most recently a resident of Downey Community Health Center, died April 18 of complications following pneumonia. He was 89.

Emerick was born in Ashland, Ohio, on Sept. 28, 1917, the youngest child of Cloyd and Daisy Scott Emerick. He grew up in this rural north-central Ohio setting, where he met and married Virginia Melissa Newmyer.

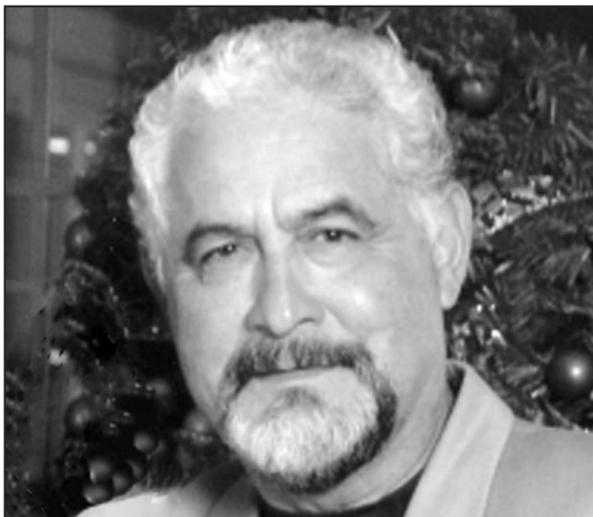
In 1941, Emerick moved his family to Cleveland, where he worked to support the war effort in the manufacture of aircraft parts. In Euclid, a suburb of Cleveland, he raised his family until 1955, when a job offer from the Hughes Aircraft Company lured him to move his family to Downey, where he spent the last 52 years of his life.

He is survived by his sons, Gary, Robert and Jack; eight grandchildren; nine great-grandchildren; two great-great-grandchildren; and several nieces and nephews. His wife preceded him in death eight years ago.

Interment will be at Forest Lawn in Cypress.



W.M. "Bill" Lehman died at age 80 of pancreatic cancer. Services have already been held.



William 'Memo' Adame was said to be a "great golfer." Services will be held at All Souls Mortuary in Long Beach.

W.M. 'Bill' Lehman loses cancer battle

DOWNEY – Longtime resident W.M. "Bill" Lehman, a staunch supporter of Downey Regional Medical Center and many local community groups, including the YMCA, Kiwanis and Gangs Out of Downey, died at his home April 21 from pancreatic cancer. He was 80.

Lehman was born March 6, 1927, in Los Angeles. He was raised in Downey, where he attended Old River School and Downey High School.

He served in the Navy from 1944-46 and earned a degree from the University of Southern California in 1949. Later that year, he married Downey resident Ruthie Cline. The couple, who celebrated their 57th wedding anniversary last year, settled in Downey, where they raised three children.

Throughout the 1990's until his passing, Lehman devoted his considerable energies towards the support and development of Downey Regional Medical Center, serving on (and chairing for two years) the Memorial Trust Foundation Board and the DRMC Corporate Board.

Lehman and partner Jack Robinson formed Lehman Construction in 1961.

For over 40 years, Lehman served the YMCA in various capacities, including board member, Round Table host, and as member to the advisory board and building committee. He was the recipient of the Red Triangle Award and was said to be especially proud of his service as a Y "Tritons" leader, during which he mentored a group of boys with whom he developed a life-long friendship.

Lehman was a member and president (1991) of the Los Amigos Kiwanis of Downey and served on the Board of the Kiwanis Foundation. He also served on a Unified School District committee, Gangs Out of Downey, the Charter Review Committee, and was a member of BRAID, a committee to augment business development in Downey.

Lehman is survived by his wife, Ruthie; son, Jeff (Mary) Lehman; daughters, Christie (Perry) LoMonoco and Lisa (Kevin) Kelley; six grandchildren and three great-grandchildren.

Interment at Fairhaven Memorial Park was private and memorial services have been held. In lieu of flowers, the family requests donations may be made to The Bill Lehman Memorial Fund, Downey Regional Medical Center, 11500 Brookshire Ave., Downey, 90241.

William 'Memo' Adame mourned by family

DOWNEY – William "Memo" Adame, a husband, brother, father, grandfather – and avid golfer – died April 22.

He was born April 10, 1946.

He is survived by his wife, Victoria; sons, Michael and David; grandchildren, Anthony, Miranda and Ava; brothers, Fernando and Mike; and sisters, Espie, Tina and Martha.

Visitation will be held from 8 a.m. to 12:30 p.m. on Monday, April 30. Funeral services, followed by interment, will be held at 1 p.m. the same day at All Souls Mortuary in Long Beach.

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14th Annual Downey Street Faire

Brookshire Avenue at Firestone Boulevard
Saturday, April 28th
 9am - 5pm

FAIRE

Continued from page 1

Harmony Chorus, followed by Jaguar at 9:45, Sebastian Sidi at 11, Onstage Dance Center at 12:15 p.m., Flight at 1:30, Class 6 Band at 2:45 and Ultimate Karate Center at 4.

Avianna, Daughter of Isis belly dancers will perform between acts. More than 200 vendors will line both sides of Brookshire Avenue. Also to be featured will be a Kid's Zone (open to all ages) with a super slide, joust, spider climb, Ferris wheel, moon bounce, rock wall, games and children's rides.

Two food courts will be available this year, each featuring funnel cakes, Philly cheese steaks, Italian sandwiches, sausages, pizza, tacos, hot dogs, gyros, falafels, pastries, cotton candy, kettle corn, shaved ice, Thai barbecue, smoothies and more.

A car show in Downey High School's north parking lot will feature over 100 vehicles from the Old Memories Car Club, SGV Chapter. Aztec dancers will be performing at the car show as well.

The fair is produced by the Downey Chamber of Commerce's Street Faire committee, made up of volunteers and headed by Rick Rodriguez. Committee members are Fionnuala Anderson, Janet Baez, Century 21 My Real Estate; Joe Becker, Nordic Fox; John Casillas, Indymac Bank; Linda Castellanos, Big Blue House Real Estate; Mike Hemsath, Stormforce; Steve Hoffman, Law Office of Steven J. Hoffman; Mark Keller, 'Santa Claus'; Karina Madariaga, Downey Adult School; Jan Scott, Pacific Western Bank; Tony Taylor, Qwest Homework Assistance; and Jeannie Wood.

The platinum sponsor is Colin Clarke, Century 21 Jervis & Associates, and the diamond sponsor is Downey Regional Medical Center. Silver sponsors are Big Blue House Real Estate, Banco Popular, CareMore Health Plan, CalMet Services, Stonewood Center, Press-Telegram and Wescom Insurance. Bronze sponsors: All American Home Center, Alliance Physicians Medical Group, Downey Savings & Loan, Onstage Dance Center, Security Land Escrow and Southland Credit Union.

Friends of the Faire are Call Yellow, Century 21 My Real Estate, Don Dixon & Associates Insurance, Downey Bible Church, Downey Care Center, Downey Party Rentals, Laurie's Personal Pet & House Sitting, Los Amigos Country Club, Law Office of Steven J. Hoffman, Mitchell Personnel Services, Penske Toyota, Marian Perumean and Mark Keller.

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Trio of señoritas will entertain at Spanish gala

BY ROSALIE SCIORTINO
DOWNEY SYMPHONY GUILD

DOWNEY — Downey Symphony Guild members are busily wrapping treasures to be auctioned at their "Cuatro de Mayo" gala fundraiser May 4 at 6 p.m. at the Women's Club of Downey, 9813 Paramount Blvd.

Three young señoritas in costume will be there to entertain with traditional folkloric dances. There will be music and "Bean-go" games using — what else? — beans as markers. A live and silent auction of valuable items, some generously donated by merchants of our area, will be held.

Of course, there will be a Mexican feast including a tostada bar, Spanish rice, corn casserole, chips and salsa, dessert, and possibly, a piñata or two.

Dig out that old serape and sombrero, maybe a fake moustache or two, and come in costume if you like.

As always, this entire effort is done with love and enthusiasm to help keep our wonderful symphony orchestra performing on our stage and to continue the invaluable benefit they provide to students in the Music in the Schools program.

Cost of reservations for the gala, a portion of which is tax deductible, is \$65 per person. Mail payments to Downey Symphony Guild, 9700 Garnish Dr., Downey, 90240.

For more information, call (562) 869-2120.



Ann Peck McBride will return to the Downey Civic Light Opera for a 12th appearance when she portrays Widow Corney in "Oliver!", opening May 31 and closing June 17 at the Downey Theatre. The award-winning actress, a Broadway veteran, starred recently as Dolly in "Hello Dolly!", Rose in "Gypsy" and as Annie in "Annie Get Your Gun." For tickets and information, call (562) 923-1714. The box office is open Tuesdays and Wednesday from 1 to 5 p.m.

Alan Lechusza Ensemble performing at DMOA

DOWNEY — New Music at DMOA (Downey Museum of Art) will present the Alan Lechusza Ensemble May 3 at 7:30 p.m.

The Alan Lechusza Ensemble is an electro-acoustic quartet that integrates live electronics (laptop, circuit bending, effects, etc.) with their compositions which balance the line between notated and improvised music.

The ensemble includes Alan Lechusza (woodwinds, electronics, compositions), Tom Ferguson (contrabass, electronics), Carolyn Lechusza (electric cello, electronics) and Vikas Srivastava (percussion).

Performing extensively throughout the Western United States, the Alan Lechusza Ensemble continues to draw large attention to their delicacy of timbre and master of techniques. Their most recent works incorporate music from James Tenney, Jimmy Cheatum, John Carter, Cecil Taylor, Cornelius Cardew and Anthony Braxton, as well as their own compositions.

Tickets for the show are \$10, \$5 for seniors and students, and \$2 for DUSD students. DMOA is located at 10419 S. Rives Ave.

TRAVELER

Continued from page 1

federation of Women's Clubs.

- 1901-The club opened a small library in the McKellar home here.
- 1901-The meeting day was changed to Saturday.
- 1901-A lot was purchased at Firestone and New Street.
- 1910-A clubhouse was built for \$1,752.
- 1912-Meetings were changed to Wednesdays (twice a month).
- 1915-The Los Angeles Board of Supervisors agreed to contribute \$10 a month to help establish an L.A. County Free Library at the club.
- 1924-The name was formally changed to the Woman's Club of Downey.
- 1926-The library outgrew the Woman's Club and was moved to a location on Downey Avenue.
- 1928-An addition to house a better baby clinic was built onto the clubhouse. The clinic was attended by Los Angeles County doctors and nurses.
- 1939-A lot was purchased on Church Street for a new clubhouse, but was later sold.
- 1945-The Junior Woman's Club was formed in January.
- 1946-Seniors and Juniors joined to purchase a resuscitator for the city.
- 1947-The clubhouse was sold for \$28,000. The last meeting there was Dec. 3, 1947. Meetings were moved to the Presbyterian Church.
- 1949-A lot was purchased on Paramount and Lubec for \$11,000.
- 1950-The new clubhouse was finished at a cost of \$55,000.
- 1960-Membership reached 500, with more placed on a waiting list.
- 1970-A gift of \$500 was presented to the new Downey Theater.
- 1988-The club celebrated its 90th anniversary.

Originally published August 26, 1994

Oil demonstration at Thompson Park

BELFLOWER — The Bellflower Art Association will host Karen Martin on May 8, who will give a demonstration in oil painting.

The presentation is free and open to the public and will take place at Thompson Park, 14004 Bellflower Blvd. starting at 7:30 p.m.

New Entertainment This Week

CD Releases

- Ne-Yo - *Because of You*
 - Tori Amos - *American Doll Posse*
 - Rush - *Snakes & Arrows*
 - Joan Armatrading - *Into the Blues*
 - Miranda Lambert - *Crazy Ex-Girlfriend*
 - Kimberly Locke - *Based on a True Story*
 - Elvis Costello - *Rock & Roll Music*
 - The Fall of Troy - *Manipulator*
- Source: Amazon.com

Concerts

- FRIDAY, APRIL 27**
- Coachella - Empire Polo Field (Indio)
 - Gwen Stefani, Akon - Gibson Amph.
 - Ron White - Pechanga
 - Sean Lennon - HOB Anaheim
 - Vast - Galaxy Concert Theatre
- SATURDAY**
- Coachella - Empire Polo Field (Indio)
 - David Wilcox - Pepperdine Univ.
 - Keith Sweat, K-Ci & JoJo - Pechanga
 - Ramon Ayala - Gibson Amph.
- SUNDAY**
- Coachella - Empire Polo Field (Indio)
 - Ice Cube - HOB Hollywood
 - Coco Rosie - El Rey Theatre
 - David Wilcox - Coach House
 - Fiesta Broadway - Downtown L.A.
 - Natalie Cole, Quincy Jones, Ruben Studdard, Wynonna Judd, Cyndi Lauper & more - Galen Center at USC
 - Travis - Henry Fonda Theatre
 - ZZ Top - Pala Casino
- MONDAY**
- Nas - HOB Hollywood
 - Cornelius Group - El Rey Theatre
 - Joe - HOB Anaheim
- TUESDAY**
- Nas - HOB Anaheim
 - Mastodon - Wilmet
 - Rufus Wainwright - El Rey Theatre
- WEDNESDAY**
- Taylor Hicks - Grove of Anaheim
 - Teddybears - El Rey Theatre
- THURSDAY**
- Dr. Hook - HOB Anaheim
 - Tea Leaf Green - Galaxy Theatre
- Source: Casenet

DVD Releases

- Alpha Dog
 - Diggers
 - Dreamgirls
 - Happily N'Ever After
 - The Hitcher
 - Old Joy
 - The Sandlot: Heading Home
- TELEVISION/MISC.**
- Beverly Hills 90210 - Season 2
 - The King of Queens - Season 8
 - Melrose Place - Season 2
 - What I Like About You - Season 1
- Source: Box Office Mojo

Book Releases

- All Together Dead by Charlaiane Harris
 - The Price of Liberty: Paying for America's Wars by Robert D. Hormats
 - Rant: An Oral Biography of Buster Casey by Chuck Palahniuk
 - The Yiddish Policeman's Union by Michael Chabon
 - Dream When You're Feeling Blue by Elizabeth Berg
 - Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver
 - At the Center of the Storm by George Tenet
- Source: barnesandnoble.com

Video Game Releases

- MX Unleashed Greatest Hits (PS2)
 - SpongeBob SquarePants: Battle for Bikini Bottom Greatest Hits (PS2)
 - Heatseeker (PS2, Wii)
 - Legend of the Dragon (PS2, Wii)
- Source: ebgames.com

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THE CONDEMNED R (11:05, 1:45, 4:45), 7:30, 10:20

THE INVISIBLE PG-13 (11:15, 1:55, 4:30), 7:15, 10:00

NEXT PG-13 (11:30, 2:30, 5:00), 7:35, 10:10

FRACTURE R (11:10, 2:00, 4:50), 7:40, 10:30

IN THE LAND OF WOMEN PG-13 (11:25, 2:05, 4:40), 7:20, 9:50

VACANCY R (11:00, 1:10, 3:20, 5:30), 7:50, 10:05

DISTURBIA PG-13 (11:40, 2:20, 5:05), 7:45, 10:15

PERFECT STRANGER R 9:40 PM

ARE WE DONE YET? PG (11:45, 2:10, 4:55), 7:30, 9:55

BLADES OF GLORY PG-13 (11:50, 2:15, 4:35), 7:25, 9:45

MEET THE ROBINSONS G (11:20, 1:50, 4:20), 7:10

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NEXT PG13	(11:40 2:10 4:40) 7:10 9:40
THE INVISIBLE PG13	(11:15 1:50 4:25) 7:00 9:35
THE CONDEMNED R	(11:35 2:10 4:45) 7:20 9:55
VACANCY R	(10:45 1:05 3:25) 5:45 8:05 10:25
FRACTURE R	(11:15 2:00 4:45) 7:30 10:15
DISTURBIA PG13	(11:45 2:25) 5:05 7:45 10:25
REDLINE PG13	(11:30 2:00 4:30) 7:00 9:30
ARE WE DONE YET? PG	(10:15 12:40 3:05) 5:30 8:15
PERFECT STRANGER R	(10:00 12:30 3:00) 5:30 8:05 10:40
PATHFINDER R	(10:25 12:50 3:15) 5:40 8:05 10:30

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PHILLIPS

Continued from page 1

International (MBCI) project achieved veritable hero status in China, put the number of babies delivered at more than 4,000.

Also at the tribute, an admiring Harold Tseklenis paid Phillips homage as "a man of music," for his indispensable support of the Downey Symphony, both in its early years and as recently as two years ago, when the good doctor "made a substantially generous contribution to the Downey Symphony, just in time, I may add, to save the Symphony from sinking in the red for the year." He has also been responsible for scholarships to college-bound high school seniors, among other things.

During all this time, Phillips taught at his alma mater, UC-Irvine Medical School; founded and chaired the prestigious American Association of Gynecologic Laparoscopists (which he was to run for 29 years); was an active member of over 25 medical associations; often served as chairman of over 260 conventions all over the country and abroad, wrote nine books on medicine and over 750 articles for various publications; and gave lectures and demonstrations all over; and appeared on TV programs—all this according to Kirkwood, who said Phillips served to "heal the sick and make the lives of women better. He was a physician par excellence."

His curriculum vitae (CV), done a few years ago, contains 50 pages!

It was a side trip to China in 1979, though, after he had just delivered a speech at a medical convention in Seoul, South Korea that was to prove momentous. He had been an enthusiastic advocate of the new technique of gynecologic laparoscopy, a technique which he had studied and mastered. The technique involves a device called a laparoscope, which enables doctors to see nearly everything inside the abdomen through a half-inch incision. When the curious Chinese heard of it, he was asked if he could demonstrate the technique. Phillips obliged, over and over again. It was to "dramatically change our work," said a professor at Beijing's Capital Hospital, and it was to change the course of the doctor's life.

In 1981, Phillips founded MBCI, which to date has sent, according to fellow Rotarian Stan Carmichael at the same tribute, more than 3 million books, and counting, to China. As this article is written, 16 pallets of medical books sit at the 20,000 sq. ft. MBCI warehouse in Santa Fe Springs. Four additional pallets are needed to complete what would be

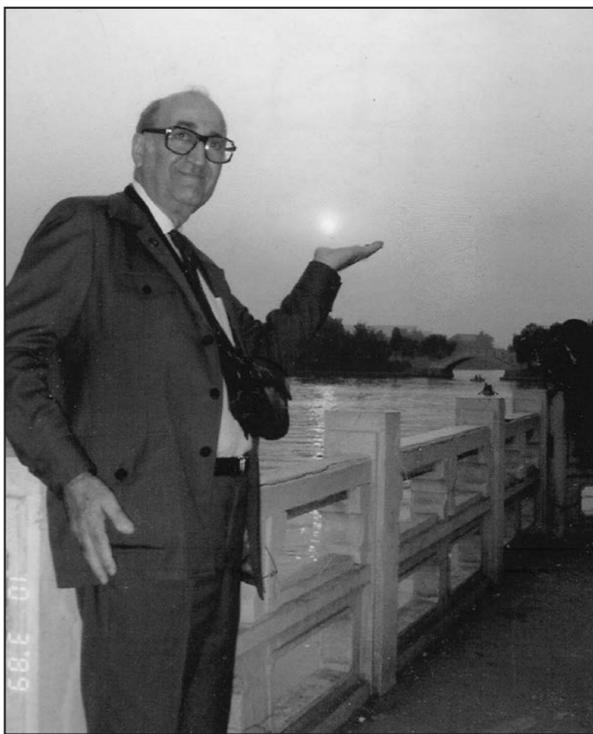
MBCI's 70th 20-ton container shipment. Destination: Tianjin, main distribution center, a few hundred miles southeast of Beijing, another key distribution center (the others are the other municipalities of Shanghai and Guangzhou), whence the donated medical books, instruments, materials (equipment, computers, videos, etc.) will find their way to medical universities, centers and institutes all over China.

Phillips' wife of 37 years, Mary Zoe Phillips, who is a graduate of Northwestern University in communications (radio-TV) and speech, has had a vital role in all this, acting as partner, translator, secretary, facilitator, driver, and curator of the many carved figures, antiques, porcelain and other gifts the couple has received from all over, not to mention stunning artifacts, paintings, figurines, etc., from Thailand, India, Egypt, Mongolia, and Russia they have purchased in their innumerable trips around the world. Mary trained under the cellist-grandson of Arturo Toscanini.

Amidst all the activity and accolades, though, none has meant more to him than "The Health Medal," the highest honor that the Chinese Ministry of Health "can give to a medical humanitarian." The unexpected award came in 1991, a decade after Phillips had founded MBCI, which has since 1981 donated tons upon tons of medical materials covering all areas of medicine to a nation of 1.3 billion people hungry for the latest medical knowledge and technology.

The Minister of Health at the time was Tianjin-based Dr. Chen Min-Zhang, who was responsible for directing and controlling China's health care system. It was Chen who from the beginning "smoothed the road for us everywhere we went in China, made everything possible. Had it not been for his help, our undertakings throughout the 31 provinces of China would be impossible."

In the course of their dealings, the two men developed the highest respect and regard for each other. Chen passed away in 1991, but not before he had nominated Phillips four times for the Nobel Peace Prize. In his nomination, Chen wrote: "We feel that Prof. Jordan M. Phillips, M.D., is a candidate for the Peace Prize because of his qualities of character, unselfish time, personal support, and encouragement...[in our efforts] for the improvement of health care of 23 percent of the world's population. [Hence], this nomination for the highest award for caring for humanity."



Dr. Jordan Phillips is a frequent traveler to China. This May, in fact, he will embark on his 80th trip. The photo above shows him in China, where he appears to be cupping the sun, a supposed omen of good fortune.

Putting the surprise nomination in perspective, Phillips always said afterwards: "You just do what you think is right, with integrity, [secure in the] knowledge that you're doing your best."

Phillips, who turns 84 on June 29, has been doing the right things and doing his best ever since his early days in Boston, Mass., his birthplace. His father was Billy Phillips, shortstop for the Boston Braves. Jordan would play catcher for Boston Latin and Boston University. According to him, he could have followed his dad as a shortstop, but he figured the position limited him from handling the ball; a catcher, on the other hand, was involved in every play.

"What I got out of it," he remarks with pride, "is a broken nose, which has seen quite a few operations done on it. No, that's not exactly true. Catching balls strengthened my hands, good for surgery." He was diagnosed with prostate cancer in 1998. "Today I got advanced cancer, Type IV," he says. "I go to UCLA every week. I am a lab rat. The doctors there have tried all things on me, and I'm still here."

Phillips, a philatelist, lifts weights each day and watches "my step very carefully. I have people who pray for me."

"Ever since I can remember, I have always wanted to be a doctor," he says. After receiving a warm welcome from the few Downey doctors he met who said "We need you here," and the Downey Chamber of Commerce, after canvassing potential practice sites in the state, he moved here in 1984. He has never left. At one time, he set up shop at Dolan and Firestone, where the Embassy Suites now stands. He moved to his medical building on Paramount and Firestone next.

"As an obstetrician-gynecologist, there was no competition here," he says, noting he had his hands full from the start.

When he retired from the practice of medicine in 1975 to run A.A.G.L. full-time, he had to write "the most painful letter I'd had to write in my life," he says. He had to give up his chairmanship of A.A.G.L. as well, to concentrate on MBCI. "Now I'm retired a third

See PHILLIPS, page 13

Softball sign-ups for children

DOWNEY – The Bernabe Community is taking sign-ups for its softball season scheduled to start in May.

The league is open to boys and girls ages 11 to 14. All games will be played at the Lakeside Middle School fields located at 11000 Kenney St. in Norwalk. Cost to sign up is \$30 and registration deadline is May 1.

Sign-up sheets are available at the Lakeside Middle School office or by calling the Bernabe Community Center at (562) 863-1899.

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History made 'personal' by war demonstration

■ Civil War comes to life at West Middle School, where students see theatrics of war close up.

By Brooke Karli
STAFF WRITER

DOWNEY – Eighth graders at West Middle School were treated to Civil War demonstrations on Tuesday, an event the school has sponsored for two consecutive years.

A demonstration was held during each class period, with a total of three classes participating at a time.

The 71st Pennsylvania regiment, as well as the Washington Artillery, were represented in the demonstrations, teaching students about the uniforms, weapons and strategies used by the soldiers. Multiple weapons were fired throughout each demonstration, including a canon.

"We want to give them a taste of what it was like to be a soldier," said Rich Holt, Downey resident and Civil War demonstrator. "We want to bring the Civil War to life for the public."

Holt, along with many other demonstrators, is a member of the American Civil War Society.

"We are known as the 'living history organization,'" said Holt. "This is all volunteer work for us, but we love doing it."

Paul DeNubilo, president of ACWS, said when he retired, he knew he needed to do something that involved the Civil War.

"I've been interested in history all my life," said DeNubilo. "Especially the Civil War."

West Middle School teacher Meribeth Paulino loves history too.

Throughout her 21 years of teaching history at West, she has tried to make learning about history fun. It was last year when she was contacted about hosting the school's first Civil War demonstration and thought there was no better way to wrap up the unit.

Before the demonstrations takes place, her students are challenged with activities that familiarize them with the Civil War. They role play as soldiers (Yankees vs. Rebels), memorize the Gettysburg Address, make posters, build models, conduct research and even vie for the best Abraham Lincoln impersonation.

By the time the demonstrations occur, her students are well aware of what took place throughout the duration of the war.

DeNubilo said it pleased him to see more and more students and schools participate in the demonstrations.

"History is not personalized enough," said DeNubilo. "Schools need to make history personal."

According to Paulino, the school also works very hard to make the demonstrations happen.

"The West PTA and Principal Craig Bertsch make sure to take care of the demonstrators by providing lunch for them and giving them a nominal donation for their participation," said Paulino.

For information on the American Civil War Society, visit their website at www.acws.net.



West Middle School student Scott Pecka prepares to fire a real rifle during a Civil War demonstration last week. The event, organizers said, helps bring history to life. Photo by Brooke Karli



The interior of Cafe n' Stuff has been redecorated, as seen above.

Café n' Stuff unveils new look, menu

DOWNEY – For almost 20 years, Café n' Stuff, located on the corner of Woodruff Avenue and Firestone Boulevard, has served home-styled meals and, more recently, offered catering services.

Owner Ebie Ghaneian has announced that the Café is now available to host private parties, including birthday parties, wedding/baby showers, club meetings, rehearsal dinners and family reunions.

Café n' Stuff is also unveiling a new look and introducing a new menu, where items begin at \$11.95 per person.

For information, call (562) 940-4494 or visit www.cafenstuff.com/parties.

City seeks suggestions for new park name

DOWNEY – The City of Downey is hosting a contest to name the new 11-acre park slated to open on Clark Avenue early next year, Mayor Rick Trejo announced this week.

The park will be Downey's first in 30 years and feature two baseball fields, two soccer fields and restrooms. Two acres have been designated for the Columbia Space Science Learning Center.

Rules and criteria of the contest are listed below:

- Open to Downey residents, students attending school in Downey, Downey business owners and people that work in Downey (excluding City of Downey employees and their immediate family, appointed boards and commissioners)

- The park shall not be named after a service organization or business
- There is a limit of one name per entry form. Limit three entries per person

- Entry forms must be filled out completely and legibly

- If two or more entry forms are received with the same proposed name, the first entry received will be considered

- Recreation and Community Services Commission members will review and forward their top three recommendations to the City Council

- The City Council will review the entry forms, may make additions and will approve the final selection

- Entry forms may be mailed to the City of Downey Community Services Department, Park Naming, P.O. Box 7016, Downey, CA 90241-7016, or online at www.downeyca.org or faxed to (562) 904-7296.

The winner will be recognized at a city council meeting and invited to the ribbon cutting ceremony as a special guest. Entry forms are available at various city-wide locations including parks, the Downey City Library, City Hall Community Services counter or downloaded from the city's website. Forms will also be sent to each school within the Downey Unified School District.

Deadline for entries is May 14.

The 'Owls' look to improve health care

DOWNEY – The Rancho Owls, a group of seniors between the ages of 65 and 100, meet every Tuesday at Rancho Los Amigos National Rehabilitation Center from 9:30 a.m. to 12:30 p.m.

The group looks to improve communication between health care providers and seniors, promoting improved health care to seniors through education and advocacy. Their meetings provide peer support, education relating to aging and access to social services, as well as take field trips and partake in other recreational activities.

The Rancho Owls was started in 1983 by the Older Adult Health Services at Rancho.

A light breakfast and full lunch is served at each meeting. Transportation is also available to many surrounding areas.

For information, contact Jan Brady or Sherlyn Marsh at (562) 401-7402.

Authors will sign books at conference

NORWALK – Saints of Value World Ministries in Norwalk will host the "I am Alive" conference on April 29, which will include singing, dancing and a book signing by Pastors Paul and Gail Caprietta.

The Capriettas are the authors of four books with another due this November, "Crisis in the Church."

To RSVP or more information, call (562) 806-0969.

Grad Night Committee seeks donations

DOWNEY – The Warren High School Grad Night Committee is soliciting donations for their 19th annual Grad Night, this year scheduled to take place June 21.

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

Gifts can be sent directly to Warren High School in care of Grad Night 2007. For more information call Reggie Donahue at (562) 756-2427.

Warren student honored by Lakers

DOWNEY – The Lakers' April Student of the Month winner from Downey Unified School District was Reyes Zaragoza, a sophomore at Warren High School.

Zaragoza was nominated by teachers and principal at Warren for being an "exceptional student who raises the bar for academic achievement at his school." In addition to his school work, Zaragoza participates on the basketball and wrestling teams. He is also a member of Warren's League of Extraordinary Gentlemen and coaches youth basketball at the Rosa Parks Transit Center.

Zaragoza was honored at an April 12 Laker game against the Los Angeles Clippers during a halftime presentation. He was presented with a plaque and a \$50 gift certificate to Staples.

The Lakers will be accepting nominations throughout the off season and winners will be invited to a Lakers home game in November.

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YOUR HOMETOWN COMMUNITY NEWSPAPER

The Downey Patriot

Word of MOUTH

by Soheir S. Azer, D.D.S.

No longer merely satisfied with having healthy teeth and gums, patients are increasingly turning their attention toward improving their smiles with cosmetic procedures such as bonding, tooth-whitening, contouring, the application of veneers, and tooth-colored replacement fillings. Cosmetic dentistry becomes of significant importance to patients who discover that, as they age, the lower third of their faces begins to droop and their teeth yellow. Cosmetic solutions for these age-related changes range from tooth whitening to bonding to contouring teeth in order to achieve a more youthful shape. Custom-made plastic or porcelain shells known as veneers not only improve tooth color and shape, they also augment teeth, filling in the shadowy corners of the mouth, thereby creating a more youthful smile.

Unfortunately many of us are insecure about our teeth—so we hide our smiles. But there are solutions to common dental problems, and we can bring your smile back. If you struggle with dental problems, you can count on our caring professionals and leading-edge technology to make your smile a work of art. We take pride in our ability to provide quality dental care in a relaxed and comfortable environment. We're located at 10800 Paramount Blvd., Suite 307, where our trained professional staff works as a team to make your visits pleasant. Please call (562) 923-3714 to schedule an appointment. Rely on us to answer all your questions about treatments and procedures.

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A woman 'rooted' in serving our community

By Brooke Karli
Staff Writer

For those who know Laurie MacIsaac-Federico, they would tell you that she is the most kind-hearted, hard-working and humble woman you may ever meet.

And she would tell you that those people didn't know what they were talking about.

The oldest of 10 children, Laurie grew up in Downey, graduating from Warren High School. She was married to her first husband for 19 years and together they had four daughters. With the exception of a seven-year stay in Albuquerque, Laurie raised her children in Downey.

It was in 1989 when she started substituting for Downey Unified School District. While working with special education students at Griffiths Middle School and raising her children as a single parent, Laurie received her real estate license and began working for Century 21 McCollun.

She then transferred over as an agent to Century 21 My Real Estate Co. in 1995. After volunteering to coordinate Easter Seals events, owner and broker Steve Roberson hired her on staff full-time, causing her to leave Griffiths in 1996.

She has since taken the title of vice-president of marketing and relocation.

"I saw an intense need for marketing and public relations and made it my crusade to get the office up and running in the community," Laurie said.

Laurie was also the vice-president of the Downey Second Century Foundation from 2004 to 2007, served on the Concert Committee for three years - being named "Concert Committee Chairperson of the Year" - promoted Character Counts at Price and Rio Hondo Elementary Schools, and served as the Southern California Chairperson for Easter

Seals from 1997 to 2007.

Her involvement with Easter Seals earned her the 'Exceptional Parent Magazine Awards Outstanding Work on Behalf of Challenged People' in 2005 at Dodger Stadium.

In addition, she was the president of Pacific Relocation Alliance from 2000 to 2006, volunteered at Rancho Los Amigos Adult Daycare and has been an active member of the Church of Jesus Christ of Latter-day Saints since 1989.

Laurie married Gene Federico in 2000, with him taking in her four daughters and her taking in his two sons. They have a total of 11 grandchildren, ranging in age from four months to 8 years.

Now, at 47, Laurie is retiring to Las Vegas, a move her and Gene have been talking about for years.

"Being able to work and take care of my family, especially my ill grandmother, made me one of the happiest people," said Laurie. "But when my grandma passed away in January, we knew it was the right time to retire."

"They say, 'It takes a village to run a family,' and that is so true when you're a single parent," said Laurie. "There was nothing I got involved with that I couldn't bring my kids to. So, if I got a chance to do something for someone, I did it."

Laurie was also the first one to jump into a poodle skirt for Downey's 50th Birthday Celebration and even though she wasn't in attendance, she still put together centerpieces for this year's State of the City Luncheon.

Although she is retiring, Laurie hopes to do some part-time substitute work and get involved in the Easter Seals in Las Vegas.

"Something we always say at Century 21 is, 'Our goal here is to give people roots, but also encourage them to fly,'" said Laurie. "It's my time to fly."



Laurie MacIsaac-Federico, shown with Steve Roberson, will retire to Las Vegas after years of service in Downey.

'Overview of America' video at Sizzler

DOWNEY - The public is invited to a video presentation entitled "Overview of America" on May 2 at the Sizzler Restaurant in Downey, with dinner and social starting at 6 and the program at 7 p.m.

The 32-minute video explains the different systems of government throughout the world and the different economic systems underlying each type of government.

The event is sponsored by the Downey chapter of the John Birch Society. For reservations or more information, call Dan Cristea at (562) 413-9842.

Pamper yourself with self-massage

DOWNEY - Downey Adult School's OASIS class will feature an interactive presentation Monday by Gloria Riese on self massage and how it can ease aches and pains.

Riese is a Medicine Education instructor with Be Health Wise. The class will open for enrollment at 2:45 p.m. with Dr. Robert Flynn's piano entertainment. There is no enrollment fee and no pre-registration. The program will start at 3:45 p.m. and an optional full-course meal will be served at 4:45 at a cost of \$3.50.

Downey Dial-a-Ride can provide transportation to the presentation. For information, call Downey Adult School at (562) 940-6200.

PHILLIPS

Continued from page 11

time," he says.

In any case, every decision he has made has turned out to be the right decision, he says. It was the same with all the developments in his life. "I've been very fortunate my whole life. One thing would work out and lead to another, then another, and another, all with pleasant results, with no strain, all happening seamlessly. I'm indeed one lucky fellow, in that everything I have done has resulted only in good, and I've felt happy and at peace."

In mid-May, Phillips and Mary travel to China yet again (this will be their 80th such trip) "to meet old friends and associates." There will be get-togethers and banquets in their honor, and presumably more honors and endless toasts from a grateful Chinese medical community. (In another rare tribute in an earlier trip, Phillips was granted honorary citizenship by the port city of Tianjin, and a wondrous good-sized gold key to go along with the huge certificate, which hangs on the wall at MBICI.

Among the "surprises" the couple is looking forward to: a DVD featuring Phillips and Mary's many selfless acts for the Chinese people,

which will air on CCTV (the Chinese channel) to be aired at an unknown date. The cover shows the Phillipses in red silk splendor. Phillips, who fellow Rotarian Bill Bowermaster said in his tribute is "one of the nicest gentlemen I've ever met in my life, and none more dedicated and helpful," says he has lived by these words: honesty, integrity, hard work, and devotion to duty. They have worked well for him all his life, he says.

If Robert Frost said he had a lover's quarrel with the world, Phillips can say he's had a love affair with China.

Open house hosted by Downey Police

DOWNEY - The Downey Police Department will host their 50th Anniversary open house on May 12 from 11 a.m. to 3 p.m.

The open house will include a station tour, police car and motorcycle displays, police tactical equipment exhibits, CSI demonstrations and 50 years of Downey Police memorabilia

Barbeque and refreshments will be provided.

The police department is located at 10911 Brookshire Ave.

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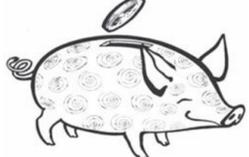
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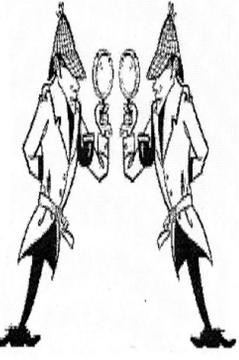
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Spacious kitchen with lots of cabinet space, appliances. 3 bedrooms, 1.5 bathrooms, hardwood floors. Bonus Room, copper plumbing and large enclosed patio.

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Spanish - Steel

Stainless steel appliances are included in this beautiful Spanish style home. Walk on the hardwood & tile floors of this 3 bedrooms, 2 bathroom, formal living room, in a nice neighborhood.

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Park - School

A park and school are close to this 3 bedroom, 2 bathroom Downey home. Ceramic flooring in the kitchen and bath, inside laundry, and nice cabinetry in kitchen.

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Accent on Value

Judge the value for yourself of this 2,163 sq. ft. remodeled Downey home. 4 bedrooms, 2 bathrooms, pool & spa, fireplace in family room and TWO KITCHENS.

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Best Orange Estates Area

Only the best is yours at this 4 bedroom, 3 bathroom Downey home. See a VIRTUAL TOUR at: WWW.TOWNCENTER.COM/7834.

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3 BD, 2 BA home in a nice area that needs work. Priced below market value. Call Roger Beltran today, or visit www.RogerBeltran.com
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Downey Deal!
3 Bedrooms plus den or 4 Bedrooms!! Great home with hardwood floors, new kitchen floor, fresh paint!
Only \$565,000



Buy Don't Rent!
Lakewood townhouse, 2 BD, 2 1/2 BA, tile, granite floors, patio, 2 car garage, sharp! HOA dues only \$150.00
Priced to Sell!!!
Only: \$395,000



Welcome Home!

3 Bd, 2 Ba
1423 Sq. Ft., 9975 lot
Priced @ \$560,000

Call Russell Skersick Today @ 562-619-8280



Look No Further!!!

3 BD, 1 3/4 BA, Lg Master BD, office area & Backyard access, Hardwood floors
Huge yard w/ covered patio. \$489,900

Call Frank Moreno Today @ 562-949-8139



Great Buy!

3 Bedrooms, 1 1/2 baths, with premiere tub, master suite w/ walk-in closet, pool, FA/CA, near Furman Park.
Priced @ \$680,000

Call Vicki Spearman Today @ 562-367-9520



The Price is Right!

2 BD, 1 BA, Remodeled kitchen, granite counters
Laundry room, pergio floors, nice neighborhood
Priced @ 399,950

Call Armando & Maria @ 562-619-2407 or 562-619-2409



Move Right In!

3 BD, 2 BA, Master Suite, Sunny Kitchen
Central Heat, Copper Plumbing, Ceramic Tile
Fresh Paint, 2 Car Garage, 5,656 Sq. Ft. Lot Price: \$574,000

Call Irma Valadez Today @ 562-760-4407



Home Sweet Home!

3 Bedrooms, 1 1/2 Baths, Living room w/ fireplace
family room w/ breakfast area, 2 car garage,
1,610 Sq. Ft. Priced @ \$739,000

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9705 Julius Ave. Downey
Best Priced Home Per Sq. Ft. In N. Downey!
4 BD, 3 BA, Newer Carpet,
Copper Plumbing & 2,111 Sq. Ft.
Just Reduced to \$684,950. Send all offers!
Call Mario Persico @ 562.533.7433



10330 Downey #9 Ave. Downey
North East Downey Townhouse!!
This Unit features 3 BD, 3 BA, 1,541 Sq. Ft.
Located in highly desirable "Glenbrook North" complex
Must Call Mario To See! Price \$474,900
Call Mario Persico @ 562.533.7433



8625 Boyson St. Downey
Move Right In!!!
Just Listed!! This remodeled 3 BD, 2 BA home
features, living room, dining room, and den.
Priced at: \$679,900
Call Mario Persico @ 562.533.7433



8212 Brunache St. Downey
Wow 6 Car Garage!!!
Unbelievable, Must see Property! 3 BD, hardwood floors,
copper plumbing, newer roof, freshly painted,
7,000 Sq. Ft., Must Call Mario To See! Price \$564,900
Call Mario Persico @ 562.533.7433

Mario: Born in Downey/Raised in Downey
Lives in Downey/Worships in Downey
***** SELLS DOWNEY *****



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A Super Buy!
Lovely 3 BD, 1 BA home near Warren High
School with super large backyard.
Priced to Sell \$499,900
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Wanted... Large Family!!
Lovely 6 bedroom, 4 bath home in Downey with
2 master suites, 2 living rooms, family room and
dining room. Priced at \$974,900
Call Carrie Uva Today @ 562.382.1252



Downey Duplex
2 units featuring 1 unit w/ 2 BD, 2 BA, laundry room, &
living room. Other unit w/ 1 BD, 1 BA, living room, 2 car
garage. Live in one, rent the other. Price \$699,900
Call Carrie Uva Today @ 562.382.1252



Near Stonewood Mall!
Charming 3 BD, 1 BA home with living room,
Dining room, hardwood floors &
2 car garage, Priced @ \$549,900
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Feature of the Week



Classic Tuscan Country Estate!

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

Virtual tour at www.MichaelBerdelis.com



Charming Home near Furman Park!

4 BD, 3 BA, 2500 sq. ft. with guest house, in Orange Estates!
Priced to SELL at: \$859,950

Virtual tour at www.MichaelBerdelis.com



I'm Gorgeous Inside!

Spectacular 9,300 sq. ft. lot w/ pool & sport court, 3 BD, 2 BA home. Completely remodeled kitchen and upgraded bathrooms. Too many upgrades to list.
Price \$699,950

Virtual tour at www.MichaelBerdelis.com



Remodeled Like New - 2006

4 BD, 3 BA, granite counters in kitchen & BA, Lg. master suite, over 2900 Sq. ft.
Price: \$995,000

Virtual tour at www.MichaelBerdelis.com



Large Lot - 10,300 Sq Ft!!!

4 bedroom, 2 bath home w/ potential to add a guest house.
Price: \$699,950

Virtual tour at www.MichaelBerdelis.com



A Smart Buy!

3 bed, 2 bath Norwalk home (on Downey border) with family room and larger master bedroom w/ fireplace.
Price to sell @ \$534,950

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Honey, Stop the Car!

3 bed, 2 bath Downey home w/ guest house, newer kitchen, central air & heat and much, much more.
Price: \$569,950

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"Remodeled North Downey Condo!"

Large bedroom, spacious living room, remodeled kitchen & bathroom.
Price to SELL: \$319,950

Virtual tour at www.MichaelBerdelis.com



Northeast Downey Condo!

2 BD, 2 BA townhouse-style condo w/ remodeled bath, newer paint & carpet, & underground parking.
NOW @ \$409,950

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