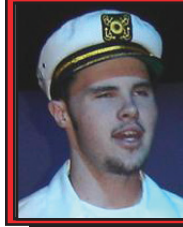




# The Downey Patriot



**Warren comedy a pure 'wonder'**  
See Page 9



**City mourns Julie Swender**  
See Page 11



**Horrors of drunk driving**  
See Page 2

Friday, May 25, 2007

Vol. 6 No. 5

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

MEMORIAL DAY 2007

## To uphold and defend the Constitution...



Members of the Army's mail department, above, sent Downey resident Josh Wright a photograph showing their appreciation for the care packages he sends over weekly. The unit also sent him a flag signed by soldiers and Marines.

## Josh Wright: a heart as big as his patriotism

BY ERIC PIERCE  
CITY EDITOR

Josh Wright might as well be a Marine. He comes from a military family, he has military friends stationed all around the world and he spends more time in the local Marine recruitment office than, well, some of the Marines themselves.

But due to medical problems that disqualify him from serving, Wright is not a Marine.

That doesn't stop him, however, from serving his country.

Just weeks after the U.S.-led invasion of Iraq began in 2003, Wright started compiling and shipping care packages to United States troops. The packages, containing anything from travel size packets of toothpaste to fresh new pairs of underwear, are shipped to servicemen and women in the Middle East and Afghanistan.

For some soldiers, some of whom have been spurned by their families back home not in support of the war, it's a form of salvation they look forward to every month.

"The care packages are a lifeline for some troops," Wright, 28, said. "Sometimes it's the only thing they can count on."

Wright is a 1997 Downey High School graduate. His father, grandfather and uncle are all war veterans, his dad and uncle having served in Vietnam while grandpa (who died 13 years ago) fought in the Pacific during World War II.

"Nobody really cared about the troops when they returned from Vietnam," Wright said. "I felt bad for them. Nobody appreciated what they did."

Wright received a bone marrow transplant in 1983 and because of that can't serve in the military. He said he was 'disappointed for a while' but didn't dwell on it, instead choosing to find other ways to help.

Using his own money, he started buying supplies and writing short notes and letters before shipping them to troops. Before long, he found private sponsors willing to pay for postage, which runs \$8.80 per care package (each package is about the size of two shoeboxes).

Wright stays in constant communication with his friends overseas through phone and e-mail. They tell him what they need (he pries the information from them) and he then spreads that word through this newspaper, either through a press release or letter to the editor.

"I get a huge response from your paper," Wright said. "It's crazy. Supplies will start filling up the back room at the Marine's office and they'll call me and say, 'Josh, we have no more room here. You have to come pick this stuff up.' And I'll head over and pick it up to ship."

Other times, rare as they are, Wright will get a phone call or e-mail from a Marine asking for something specific.

"They don't ask for much, but when they ask, I know they need it. So

See **WRIGHT**, page 4

## A Memorial Day message from the congresswoman



By Congresswoman Lucille Roybal-Allard (CA-34)

Each year on Memorial Day, our country comes together to pay tribute to our fallen heroes – the men and women in our armed services who made the ultimate sacrifice in the name of freedom.

Throughout the history of our nation, brave men and women have answered our nation's call to duty, from the War for Independence to the current conflicts in Iraq and Afghanistan. As grateful members of a free and democratic society, we are forever in their debt.

We pray this year in particular that our soldiers currently in harm's way will return home safely and as soon as possible. Sadly, more than 3,700 U.S. soldiers have been killed in Iraq and Afghanistan since March 2003

– including more than 385 Californians. We honor those brave men and women, as well as the more than 26,600 U.S. troops who have been wounded in these conflicts.

We must commit, on Memorial Day and every day, to remember our fallen men and women by keeping our promises to our nation's more than 24 million veterans who are still with us.

Our new Democratic Congress is doing this through a GI Bill of Rights for the 21st Century, investing in veterans' health care, strengthening benefits for our men and women in uniform and providing long overdue benefits for veterans and military retirees.

In working to fulfill our commitment to our veterans, our new majority in Congress has already passed a budget that provides the largest

See **ROYBAL-ALLARD**, page 5

## Veterans tell stories of wars past and present

Members of American Legion Downey Post 270 gather to reminisce of days gone by.

BY ERIC PIERCE  
CITY EDITOR

The date was December 16, 1944. The place, northern Belgium.

The country was in the grips of the harshest winter ever to hit Europe and Julius O. Tuttle, 19, was sleeping as comfortably as a young man half a world away from his quiet suburban home in Downey possibly could.

It was in this quiescent state that Tuttle, resting next to his Army bunk mates, was awoken by the loud sounds of enemy fire. The noise was deafening.

"We woke up that morning getting completely shelled," Tuttle, now 82, remembers. "And that's about how it all started."

Tuttle remembers the Battle of the Bulge vividly. He calls himself blessed to still have those memories – memories of a 41-day battle that claimed 19,276 American lives with another 23,554 officially listed as captured or missing.

See **VETERANS**, page 4

## Wreath laying, Taps at Downey Cemetery

Memorial Day commemoration will pay tribute to nation's veterans. Parking is restricted.

**DOWNEY** – Downey Cemetery will host a Memorial Day ceremony this Monday at 11 a.m.

The ceremony will include a wreath laying, rifle salute by American Legion Post 270, remarks by the Downey Cemetery District Trustees and the playing of Taps.

Everybody is invited to the ceremony, which will take place at the new Veterans Memorial Wall and Garden. It is anticipated to last approximately one hour.

Downey Cemetery is located at 9073 Gardendale St., south of the Green Line Station. Visitors of the ceremony should park in the Green Line parking lot where they will be shuttled to the cemetery. Parking will not be permitted at Downey Cemetery.

Downey Cemetery traces its history back to the 1870's and serves the cities of Downey, Bellflower, Paramount and parts of South Gate. The cemetery is governed by a three-member Board of Trustees appointed by Los Angeles County Supervisor Don Knabe.

For information about the Memorial Day ceremony, call Kevin O'Connor at (562) 904-7230.

## Vet center helping recent veterans adjust

Center treats local veterans suffering from post-traumatic stress disorder.

**EAST LOS ANGELES** – Congresswoman Lucille Roybal-Allard (CA-34) thanked local Iraq War veterans for their service during a recent tour of the East Los Angeles Vet Center and East Los Angeles Posttraumatic Stress Disorder Clinic.

Roybal-Allard said she visited the facilities to learn about veterans' experiences accessing health care and other services upon returning home. Both centers assist veterans living in the 34th Congressional District, which includes Downey.

The vet center provides combat veterans who served in a war zone with readjustment counseling services which include: post traumatic stress disorder counseling; job development services; assistance furthering their education and applying for financial aid; medical referrals to area hospitals; sexual harassment counseling for female veterans; domestic violence counseling; resources for homeless veterans; and bereavement counseling for those who lost a family member serving in the current conflict.

The vet center serves more than 620 veterans, including 77 Iraq War veterans.

The neighboring posttraumatic stress disorder clinic provides individual, group therapy and psychiatric services to veterans who are suffering from combat-related post traumatic stress disorder. The clinic serves more than 560 veterans, including 55 Iraq War veterans.

The congresswoman, during her visit, said she supported an increase in federal funding for veterans health care and other programs to help veterans adjust from military back to civilian life.



## 'Operation Prom Night' makes a strong impact

■ Perils of drinking and driving presented in graphic reenactment for students.

BY BROOKE KARLI  
STAFF WRITER

Take a trip down memory lane and revisit your high school prom. It was the one event every senior looked forward to – the last time to party with your buddies before heading off to college.

Ah, yes, prom...glittering gowns, expensive food and unforgettable memories.

Now, imagine coming back to school the following week and finding out one of your closest friends was killed in a drunk-driving accident.

It is all too common for high school students to hear such news the week following Prom.

According to madd.com, 1,226 teens throughout the United States were killed in alcohol-related accidents during the weeks of prom and graduation in 2000.

In order to keep our teens safe and aware of the dangers of drinking and driving, the Downey Police Department, in conjunction with the Downey Fire Department, Downey Regional Medical Center, Miller-Mies Mortuary and Zrelak Family Mortuary, hosted "Operation Prom Night" at Downey High School and Warren High School.

According to Downey Police, the program "encourages high school juniors and seniors not to drink and drive by showing them a realistic view of the sometimes devastating and irreversible consequences associated with drinking and driving."

The first demonstration was held at Downey High on May 17, the day before their prom in Culver City. The second was held at Warren High on May 23, three days before their prom in Los Angeles.

Both demonstrations were realistic accounts of how an alcohol-related accident would be handled, from the initial 9-1-1 calls to when the bodies are taken away in ambulances.

The "victims" killed or injured in the collisions were played by students from Downey and Warren that also participate in the Downey Police Department Explorers program (one student participates in Bell Gardens' Explorers program).

"It was so real...I wanted to cry," said Cassandra Gardea, a Downey junior who was "hurt" during the collision. "All I could think was, 'imagine if this really happened.'"

Although some of the students giggled and snickered at the demonstrations, many were impacted by the scenes. Some questioned whether or not they should drink, while others doubted whether or not they should be driving the night of prom.

"It's a strong message that makes you realize you shouldn't drink and drive because you're not only hurting yourself, but also your family and friends," said Cassandra Salazar, a Warren junior that played the drunk driver.

Both schools are hoping to host "Operation Prom Night" every year, knowing that the demonstrations provide awareness as to what alcohol can do when not used legally and responsibly.



Downey and Warren High School students were shown live demonstrations of the possible consequences of drinking and driving. The presentations were made the same week each school held their prom. Photos by Brooke Karli



Downey Los Amigos Kiwanis President Bob Brazelton (right) presented Rose Boland of True Lasting Connections Family Resource Center with a check to help provide services including medical, vision, and dental insurance, parental education, food and clothing.

## City hires new attorney at \$8,500 per month

■ Agreement makes Ed Lee Downey's new city attorney effective July 1.

BY ERIC PIERCE  
CITY EDITOR

**DOWNEY** – The City Council voted to hire a new law firm this week, replacing current City Attorney Charles Vose who will stay with the City through July 1.

The contract with the law firm Best Best & Krieger makes Ed Lee Downey's new City Attorney. He will attend all city council and planning commission meetings and have weekly office hours at City Hall at a cost of \$8,500 per month.

Additional basic legal services will cost the City \$175 per hour. Specialized legal services, including litigation, will be charged at \$240 per hour. Rates will be adjusted every year according to the Consumer Price index.

According to a staff report, Best Best & Krieger has more than 190 attorneys with headquarters in Riverside. They currently provide services to California cities including Arcadia, Azusa, Claremont, Corona and Ontario.

## The good, the bad, and the gang problem

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY**—Two representatives from Gov. Schwarzenegger's office, one based in Sacramento and the other in Los Angeles, recently visited with Gangs Out of Downey (GOOD) president and 10-20 Club founder Darrell Jackson, Dr. Robert Jagielski, director of pupil services at Downey Unified School District, and asst. superintendent-personnel services Stan Hanstad purportedly to assess how programs such as GOOD can help cities throughout California in solving, using Hanstad's words, "one of our state's most serious problems, gangs."

A phone interview with one of the representatives, Araceli Gonzales, community liaison deputy director, revealed that the team is looking at other cities' programs, for evaluation and review. A further check with the Governor's Press Relations Office in Sacramento yielded no significant information other than to refer us to the Governor's Office website, www.gov.ca.gov, under "gangs." Gonzales did offer the observation, though, that the Southern California cities/programs making the deepest impressions on them so far are El Monte's, in the area of gang suppression, the so-called Soledad Enrichment Program's, in the area of gang intervention, and Downey's, in the area of gang prevention—the three areas delineated as needing sharper focus.

Why the visiting team only noticed GOOD's prevention aspect puzzles Hanstad. "GOOD," he said, "does all three, and we're good at all three." That the Governor is interested in tackling the state's pernicious gang problem is not open to question. In his letter addressed to U.S. House of Representatives members Adam Schiff and Mary Bono dated March 20, Gov. Schwarzenegger expressed his support of the proposed "Feinstein-Hatch-Schumer Gang Abatement and Prevention Act of 2007," which provides more than \$1 billion over the next five years for federal, state and local law enforcement efforts against violent gangs, for witness protection programs, and services geared toward gang prevention, including \$100 million to expand crime control grants to state and local governments.

The Governor wrote: "I strongly support the federal funding authorized in your bill for suppression, prevention and intervention programs. Gang violence is a problem in communities all over California. We need to have a coordinated approach among federal, state and local governments to work together and eliminate this problem."

And in prepared remarks for a recent meeting with mayors, police chiefs and legislators to fight gang-related crimes, the Governor had this to say: "As you know, I have been traveling up and down California, meeting with mayors, police chiefs, sheriffs and other experts to learn firsthand how we can help them in the fight against gangs... One thing I have

See GANGS, page 5

## Congratulations Class of 2007



### JENNIFER HINES-BURPO RECEIVES DOCTORATE

Jennifer Hines-Burpo has received her DVM (Doctor of Veterinary Medicine) from Western University of Health Science. Phi Zeta Honor Society has recognized her for being in the top 25% of her class. Jennifer attended local Downey Schools starting at Gallatin Elementary and East Middle School. She graduated with honors from Downey High School in 1997. Her Bachelor of Science Degree was earned at California State University Long Beach where she graduated Summa Cum Laude.

Dr. Burpo will begin her practice at the Huntington Beach Animal Hospital specializing in small animal medicine. Her family and friends are very proud of her and say CONGRATULATIONS JENNIFER. WELL DONE!!!



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Lakewood Regional Medical Center  
Wednesday, May 30: 6-7 p.m.  
Weingart-Lakewood Family YMCA, Lakewood Conference Room

## Six more to be inducted into DHS Hall of Fame

■ Inductees include George Pajon, Jr., guitarist for the Black Eyed Peas.

**DOWNEY** – Downey High School will induct six new people into its Hall of Fame at ceremonies scheduled for 10 a.m. today. The Hall of Fame is now in its ninth year. This year's inductees include:

**G. Lorain Brault (Class of 1961)  
Nationally Recognized Educator**

Lorain Brault spent more than 30 years in health care administration and education. Her experience includes serving as president and CEO of a large California home health company and chairman of the board of the California Association for Health Services at Home.

Other positions include Vice President of Educational Resources for the Hospital Council of So. California, vice president of nursing, director of corporate nursing, director of college health services and director of graduate nursing program.

Brault has directed over \$2 million in public and private grants in healthcare during her career. In 2004 she was elected State President for Health Service Administration of California Community Colleges and this year was elected to the board of governors for the Long Beach City College Foundation.

She was also appointed to the National Health and Human Services Commission on the Nursing Shortage and currently serves on the board of directors for the City of Long Beach Public Health Department, chairing that board for two years.

**Greg Fuller (1974)  
CEO of All American Home Center**

Greg Fuller moved to Downey from Alabama Jan. 1, 1968 in the middle of his sixth grade school year and has lived and worked here ever since. He met his future wife, Vickie Loper, on his first day of sixth grade in Downey and married her in 1978. They have three children ages 16 to 24.

In 1976 his mother-in-law secured him a job at All American Home Center where he started as a part-time box boy. Since then, he has worked in almost every department in the store.

He rose through the ranks to become CEO the last 12 years. All American Home Center is considered by many to be the premiere store in the home center business and is reportedly the largest by sales volume.

Fuller is active in the Downey community, having been involved with the Downey Chamber of Commerce, the Memorial Trust Foundation and Downey YMCA Board of Directors.

**Randy Meadows (1957)  
Downey High School Football Player**

Randy Meadows put Downey High School on the map for football and athletics. He was a player who could run over, around and through the best high school football teams in California.

Downey alumnus remember what it was like to suffer through some lean, losing years, but that changed in 1956 when Downey played Anaheim in front of a record crowd of 41, 282 at the Los Angeles Coliseum. Meadows also played for another record crowd of 85,931 for the High School All American game that same year.

The Vikings played some of the best in the area in 1956, including

Long Beach Poly, and Meadows always stood out, averaging 16 yards per carry that season and scoring touchdowns almost every time he had the ball. He was the top scorer in Southern California in 1956 and went on to be co-winner, along with Anaheim's Mickey Flynn, of the 1956 CIF Southern Section Player of the Year.

Meadows was a High School All-American and was recruited by Notre Dame, Air Force, Oregon and USC. He joined the military and was stationed in Germany.

Meadows died of lung cancer in 2000.

**George Pajon, Jr (1987)**

**Artist, Entertainer and Recording Star**

George and Estrella Pajon emigrated from Cuba and settled in the southeast area of Los Angeles to raise their two children, George and Elizabeth. Elizabeth is an elementary school teacher and George Jr. is a self-taught guitar player who learned to play by listening to guitar greats such as Carlos Santana, Stevie Ray-Vaughn and Jimi Hendrix.

After graduating from Downey High School in 1987, he dedicated much of his life to fine tuning the various styles of music that he plays and writes.

Pajon received several Grammy nominations in 2004 and 2005 and a Latin Grammy nomination in 2006 while busy touring and recording with the platinum-selling, award-winning Black Eyed Peas. His talent has given him the opportunity to share the stage with many of music's greatest performers, including Sting, Macy Gray, Carlos Santana, James Brown, John Legend, Ricky Martin, Justin Timberlake and others.

Pajon is currently on tour with Fergie and is planning to head back to the studio soon to record a new album with the Black Eyed Peas.

**Chris Pritsos, Ph.D. (1971)  
Nationally Recognized Educator**

Chris Pritsos was born in Vancouver, British Columbia in 1953. He moved to Downey in 1954 and attended Rio San Gabriel Elementary, East Middle School and Downey High School.

He received a fellowship to USC Medical School and trained with a biochemist at USC where he developed a love for research in the field of biochemistry.

He studied at Occidental College and earned a Bachelors degree in Biology. He then went on to the University of Nevada where he earned his Ph.D. in Biochemistry in 1982. That same year he married Karen Sertic, a graduate student.

In 1983 Pritsos received a postdoctoral fellowship to work at the Yale University Comprehensive Cancer Center in New Haven, Conn. where he worked for three years. He returned to Nevada in December, 1985 and was hired as a faculty member at the University of Nevada.

Pritsos has written several grants that have been funded for over \$7 million. He has written over 60 peer-reviewed scientific publications and has made over 100 presentations at regional, national and international meetings.

He and his wife have two children, Jenna and Evan.

**Rick Trejo (1979)**

**Mayor of Downey**

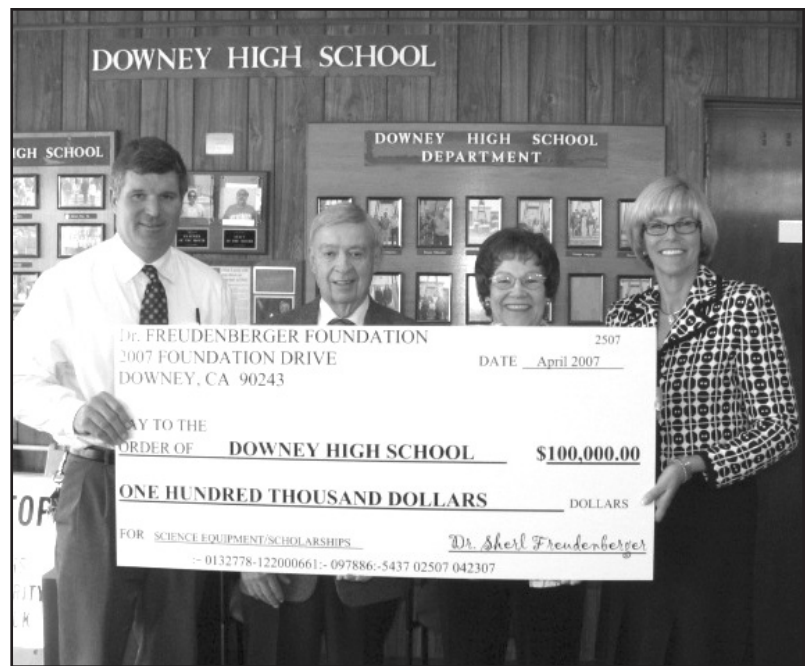
Rick Trejo is a lifetime resident of Downey. He attended St. Raymond's School and played on Downey High School's 1979 CIF championship basketball team. He attended Cal State Fullerton and received his BS in Chemistry in 1986 and received his Doctorate of Pharmacy from USC in 1991.

Trejo was an in-house pharmacist at Downey Regional Medical Center from 1986 to 2003 and now has his own practice with Pacific Pharmacy

in Downey. He has been a volunteer with Northwest Downey Little League, YMCA Junior Laker Basketball, DJAA and the AYSO and served on the planning commission from 1997 to 2000.

He was elected to the City Council on Nov. 7, 2000 and re-elected in 2004. He has twice served as mayor, first from 2002-2003 and again from 2006 to present time.

Trejo married Karen McCaughan, also a lifetime Downey resident, in 1989 at First Presbyterian Church of Downey. They have four children: James, Gary, Karen and Katherine.



Dr. Sherl and Joan Freudenberger, shown center with Principal Tom Houts and Superintendent Wendy Doty, made a \$100,000 donation to Downey High School.

## Downey High School gets \$100K donation

**DOWNEY** – Dr. Sherl and Joan Freudenberger, longtime Downey residents, have made a donation of \$100,000 to Downey High School. The money will be used to purchase science equipment in the new science building that will open next month.

A portion of the donation will also be used for the annual \$1,000 scholarship given through the Freudenberger Family Foundation to a deserving Downey High School senior.

Sherl Freudenberger was a pediatrician in Downey for over 35 years. He was also the team doctor for Downey's football team from 1972-1988. Joan Freudenberger was an active participant with the Downey High School PTA as well as with the Assistance League and Catholic Women's Guild.

"Our four children, David, Tim, Susie and Sherry all went through Downey High School. They all had a wonderful time at DHS and are all successful now," the Freudenbergs said. "We would like to thank DHS for their success by making a donation to Downey in the Freudenberger name."

# This Weekend

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## St. George Greek Church celebrates annual festival

■ Greek Festival will be held June 2-3. An estimated crowd of 7,000 attended last year.

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY**—If you like great food, Greek music and folk dance, great fellowship and good, clean fun, St. George Greek Church is pulling out all the stops as it holds its 23rd annual festival Saturday-Sunday, June 2-3 at the church grounds, from 11 a.m. to 10 p.m. The 6th century Byzantine-style church is located at 10830 Downey Ave., just three blocks north of Firestone Boulevard, in Downey.

The upcoming Greek-flavored festival has been likened, in impact and community significance, to such great annual Downey community events as Downey's annual Holiday Lane Parade, and the recently-concluded Street Faire and Kids Fair. The upwards of 300 local Greek residents plan to turn out in full force to show their best side to residents and guests who may easily include curious visitors from various parts of Southern California, and even beyond. Last year's attendance has been estimated at 7,000.

Festival organizers say they have learned lessons from prior years' festivals. So this year they are laying out more tables, more food, more art, more gift booths, raffles to give people a chance to win great prizes, more promotion—more of everything.

But the greatest attraction remains the great Greek food and mouth-watering pastries—barbecued lamb (50 lambs have been readied for roasting in spits, etc.), souvlaki, spanakopita, dolmades, loukoumades, baklava, or kourambiethes—all prepared at home and on the premises, by volunteers including the St. George Philoptochos ladies. This is but a small part of course of the evolving Greek culture that we know today, but a wonderful, and delicious, part nevertheless. In addition to their imposing church, local Greek residents have access to a Greek school, a Greek library, and other cultural amenities.

Dance performances by St. George award-winning dance groups, including the spirited Greek ethnic dances performed by a dance group choreographed by "Pat," are part of the program.

Tours of the St. George sanctuary, with its newly-installed Byzantine Iconostasion (icon screen), will be given throughout the weekend. The Iconostasion has been called "a magnificent work of Greek folk art."

An entrance-donation of \$2.00 is requested after 4 p.m., and youth ages 13-17 with seniors and children under 12, are admitted free any time. Festival Committee co-chairs, who are serving a second straight year, are young professionals Jim Spathos and George Efsthathiou, assisted by different subcommittees. Food Committee chair is Soula Politis.

Festival publicity chair Nicole Vardiabasis, who holds a Ph. D. in genetics from the University of Essex in England and who teaches at CSU-San Bernardino, enlightened this reporter on a few aspects of the Greek diaspora. She says total Greek population in California numbers about 10,000. Concentrations can be found in Hollywood, Anaheim, Redondo Beach, and here. She also mentioned many have immigrated from the Peloponnese (of "300" fame), from Arcadia especially, as well as a preponderance of Macedonians (known for their food) and Pontians ("hard workers" from the Black Sea area).

Voted recently by her community peers as "Mother of the Year," the mother of two says the festival is a great place for networking, for boys and girls to meet potential mates, in addition to the "great food, good drink and the loud music." In short, she says, it's "an event not to be missed."

For more information, click on [www.stgeorgedowney.org](http://www.stgeorgedowney.org) or call the church office at (562) 862-6461.

## Middle School Track Meet set June 2

**DOWNEY** – The Downey Unified School District will hold its 33rd annual Middle School Track Meet on June 2 from 8:30 a.m. to 12:30 p.m. at Downey High School.

The meet brings together sixth, seventh and eighth grade representatives from all four Downey middle schools. Approximately 400 boys and girls will compete in track and field events.

Field events are scheduled to begin at 8:30 a.m., followed by running events at 9:15.

Team scoring will be on a 6-4-3-2-1 basis for first through fifth place in each event.

The public is invited to attend and admission is free.

## VETERANS

Continued from page 1

Tuttle clings to those memories not because he likes what he remembers but because he's proud to have served.

Tuttle is a member of American Legion Downey Post 270, a Downey-based outfit of retired war veterans working to support both past and current American soldiers. Tuttle is the second oldest member (behind only one Art Morris) and has belonged to the post for more years (58) than Downey has been a city.

He belonged to the 9th Army, 127th Gun Battalion. As the Battle of the Bulge raged on, Tuttle's job was to fire at Panzer tanks, six-barrel German rocket launchers known as *Nebelwerfers*, and overhead "divers," low-flying, high-speed aircrafts that would shoot – and sometimes intentionally fly into – Allied Forces.

"I was with Mobile 169 – mobile because we would move, firing at the enemy," Tuttle says. "We were defense for headquarters."

Tuttle's battalion worked jointly with British forces, together battling not only enemy fire but violent snowstorms that made it almost impossible to move and transport equipment.

When the Battle of the Bulge ended January 25, it would be known as one of the bloodiest in U.S. history and emblematic of the ferocity that thoroughly marked World War II.

Tuttle returned home to Downey in 1946. He met his wife three months later and they were married shortly thereafter. They went on to have two children, one is serving with the U.S. Forestry Service and the other is a Downey police officer.

Tuttle's story is not unique; each of American Legion Downey Post 270's approximate 190 members has their own tale to tell.

David Sanders is a Vietnam War veteran. He risked his life battling indigenous guerilla groups in dank jungles and villages, only to be spit on and cursed when he returned home.

"Somebody threw a beer bottle at me and said a few choice four-letter words," Sanders, who was 21 at the time, remembers. "It was hard to understand. We were really proud to serve."

Robert Engle joined the Air Force in 1942.

"It was a terrible ride over, a great one coming back," he says.

Engle tells the amusing story of when he was coming home aboard a U.S. battleship: "We were supposed to come back February 1 but didn't return until February 2 because we thought somebody fell overboard. We were panicked," he says.

"Turns out the guy was just sleeping. He had a nightmare."

Engle left the service after marrying his wife, who didn't like the idea of him at war.

"I wish I had stayed in though," he laughs. "After we were married she said I should go back, but it was too late then."

As war veterans get older, membership in Post 270 dwindles. In fact, it's become such a problem that the Post will earmark more money than ever in next year's budget specifically for recruitment purposes.

The Post had a booth at the recent Downey Street Faire but the group hopes to do more, perhaps taking out advertisements in local newspapers. But they don't have a lot of money to spend and have historically relied heavily on simple word-of-mouth.

"We're dying, to be very frank," said Dean Wright, an elected officer with Downey Post 270. "We bury 1,500 veterans every day, mostly from World War II. And Vietnam veterans were treated so shabbily – literally spit on – that they're reluctant to sign up."

"Meanwhile, we're getting old. They call me kid, and I'm 77 years old."

Post 270 meets twice a month: the first Monday of the month for a general board meeting to discuss finances and projects and the third Monday of the month for a social dinner at Los Amigos Country Club. Members also work to improve the Downey community, supporting Rancho Los Amigos National Rehabilitation Center, Meals on Wheels and other groups.

They also work with youth sports teams, visit VA hospitals and speak at schools. Post 270 will give a rifle salute at a Memorial Day commemoration at Downey Cemetery this Monday.

Dues are modest at \$30 a year, which includes a \$1,000 life insurance policy for the first year and subscription to the American Legion magazine.

Members must be a war time veteran and, as Wright puts it, "still be breathing."

"We share stories and insults, everything," Wright says. "We're like a family. There's one word to describe us: camaraderie."

For information on joining American Legion Downey Post 270, call Dean Wright at (562) 869-1053 or visit [www.legion.org](http://www.legion.org).

## The Poets' Corner

### Dream Today

I used to be a little boy,  
who dreamed he was a man.  
But now the dream is over and  
I don't know who I am.  
I used to be a lonely man,  
who dreamed a family.  
But now that dream is over and  
I don't know what to be.  
I used to be just a man,  
with dreams of love and hope.  
But all my dreams are gone now and  
I don't know how to cope.  
I used to be a little boy,  
who dreamed his life away.  
But dreams are all I've ever had.  
What will I dream today?  
I used to be a little boy,  
who dreamed he was a man...  
and loved it!  
-- Marshall Casey,  
Downey

## WRIGHT

Continued from page 1

I don't wait; I'll just run out to Costco and buy it."

It takes about two to three weeks for packages to reach their destination. Wright sends them to different units in different parts of Iraq and Afghanistan, where they're shared among the platoons.

"Sometimes some of the guys don't even open them, they'll pass them to guys who don't get mail," Wright said. "Or they'll take out a pair of socks or whatever they need and give the package to someone else."

Care packages are filled with necessities, including travel size containers of toothpaste, toothbrushes, shampoo, conditioner, body wash, baby wipes and socks. Wright also likes to toss in gum, beef jerky, hard candy and, maybe most importantly, short hand-written letters, which may or may not garner a response.

"Sometimes they write back, sometimes they don't," Wright, who works part-time with his father as a land surveyor, said. "I'm not offended if they don't. They're busy. Busy trying to stay alive."

As long as there are troops in combat overseas, Wright says he will continue to assemble care packages.

"I'm not going to stop until all the troops come home," he said. "Even if I don't get any more contributions, I'm not going to stop."

Donations of supplies and letters can be dropped off at the Armed Services Recruitment Office at 8566 E. Firestone Blvd., across the street from Downey High School. For more information call (562) 869-9788.



American Legion Downey Post 270 honored three community members with a dinner this week.

## American Legion honors three at special dinner

**DOWNEY** – The American Legion Downey Post 270 honored three community members at a special dinner this week at Los Amigos Country Club.

Corporal Daniel Samano was recognized as Downey Post 270 Police Officer of the Year. Captain Robert Rapp was Firefighter of the Year and Kenneth Batiste was Juvenile Detention Officer of the Year.

Samano grew up in Colorado and California. After graduating from Bellflower High School in 1983, he enlisted in the United States Coast Guard. He served on two Coast Guard cutters, two search and rescue stations, and was assigned on temporary active duty with the United States Navy Hydrofoil Squadron.

He was honorably discharged in 1990 and hired by the Downey Police Department that same year.

Rapp grew up in Long Beach and was starting quarterback for Long Beach Poly. He graduated from Cal State Long Beach with a degree in Criminal Justice and was hired by the LAPD as a police officer. But, he says, he realized he was in the wrong line of work "when I noticed the firemen at the recruit academy were having more fun and were generally more handsome."

He attended the Rio Hondo Fire Academy and spent 10 years as a firefighter before being promoted to captain.

Batiste is a Compton native, graduating from Compton High School. He attended Southwest College and later Idaho State University, working concurrently with the Cleveland National Forest U.S. Forest Service.

After finishing his studies, Batiste played professional basketball in Europe. He was hired by Los Angeles County when he returned to the States in 1984, first working with Children Services, then Public Social Services, and finally joining the County Probation Department in 1991.

Batiste is currently a senior detention service officer, assigned to the Special Handling Unit. He also volunteers at Willowbrook High School.

## Newcomers award three scholarships

**DOWNEY** – The Downey Newcomers Club (DNC) held their annual fashion show May 1 at the Rio Hondo Events Center. The event helped raise funds for the three scholarships the club gives to the local high schools.

The DNC will be awarding \$350 scholarships to each of the graduating seniors selected by the Scholarship Committee. The recipients are Janet Guerra (Warren), Javier Meyer (Downey) and Rachel Correa (Columbus).

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## Be on TV

By Eric Pierce

With the limitless possibilities of technology these days, it's sometimes fascinating to think of what might be.

The City is in the process of checking the feasibility of broadcasting council meetings on television and perhaps online. It seems we're behind in the game on this one, as most cities already have their meetings at least on TV.

Everything costs money of course, and there remains several questions: Will the meetings be broadcast live or on tape delay? What if a speaker swears during public comments? Who will man the cameras? And does the camera really add 10 pounds?!

One city official made the joke we could make the telecast interactive, with live polls and surveys, similar to American Idol:

"What do you think America? Are term limits in Downey a good or bad idea? Pick up your phones and vote now! Results will be announced at the end of the meeting. (Fifty cents per call. Kids, have your parents' permission before voting.)"

See, we don't need a special election. What we need is Ryan Seacrest.

A complete report on broadcasting council meetings will be presented to the council next month for consideration. In the meantime, I wonder if maybe our local high schools could be involved in the project. Perhaps aspiring film students – under the supervision of an experienced adult – would be willing to record the meetings. We have some bright and talented kids in Downey, no one would argue that.

And, only if we can afford it, the city might as well go all the way and put the meetings online. It would be nice to able to go online, click a few links, and catch a live video stream.

It's only a matter of time before council meetings are on TV and the Internet; that time should be sooner than later.

## ROYBAL-ALLARD

Continued from page 1

increase in veterans' health care in our nation's history. We are committed to ensuring that our veterans returning from Iraq and Afghanistan receive the quality care they deserve.

The new Congress is also renewing our commitment to the grieving families of fallen heroes. The recently passed Defense bill increases military pay by 3.5 percent, and helps the 60,000 survivors and spouses of those who have died from service-connected injuries, who currently lose survivor benefits under the Military Families Tax. It also takes another step toward ending the Disabled Veterans Tax by expanding special compensation for combat-related disabled retirees who have served at least 15 years.

As a nation, this stepped-up investment is the best way for all of us to recognize and honor the sacrifices of our fallen service members and the tremendous contribution made by all of our nation's veterans.

Let us join together this Memorial Day as a community to remember our lost soldiers and renew our commitment to all those who have worn our nation's uniform, with a special prayer for our men and women currently in harm's way. We must do everything we can to remember, honor and thank them for their courageous service to our country.

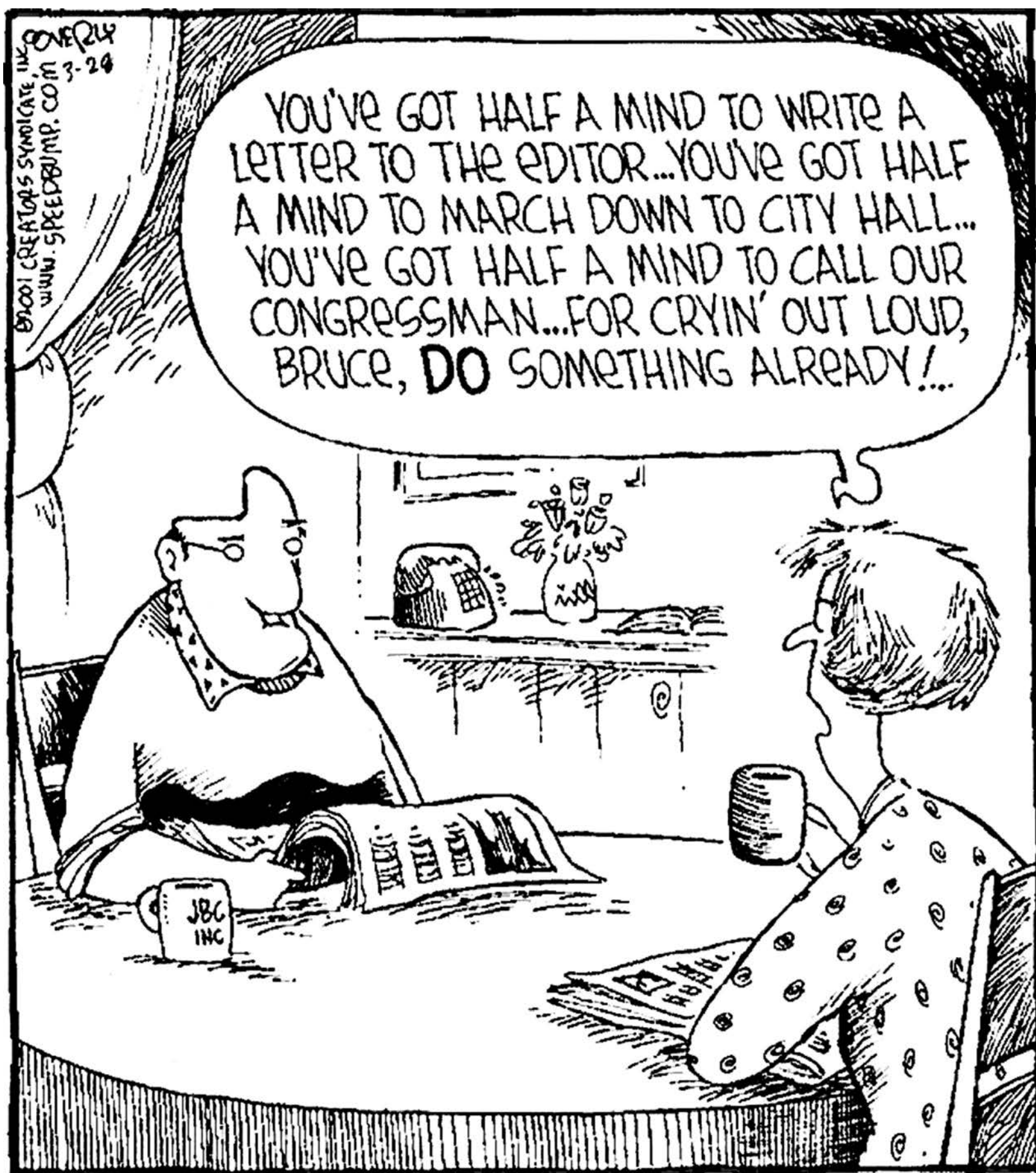
## GANGS

Continued from page 2

learned is that we have to attack this together... Fighting gangs requires a variety of strategies including suppression, intervention and prevention... We need the best technology and we need the best practices. We need everyone on the same page so we don't create new problems as we solve old ones... We also need alternatives to gang activity. That's why I have always stressed after-school programs that keep kids busy and out of trouble... And career tech education, so kids can find jobs and careers that interest them... We have to make education relevant to kids to keep them in school and reduce drop-outs... Yes, we have a lot of work to do."

For all intents and purposes, GOOD has been active on all these fronts. Case in point: Jagielski just held an "at-risk" meeting with parents, giving them tips on how to help their children make better decisions. True Lasting Connections is working with GOOD in providing counseling and after-school programs for Downey's school kids. Jackson's 10-20 Club is giving out scholarships to needy kids and working with the probation people to provide jobs and alternative activities for kids who want to opt for something better with their lives.

What Hanstad clearly means is Downey is ahead of the curve when it comes to gang prevention, suppression and intervention. "And we don't depend on federal funding, like other cities/programs. We couldn't accomplish what we have been doing here had we merely waited for outside funds to finance our programs. Besides, dollars can't solve the problem alone. Parents, the school board, PTAs, the city, the service organizations—all are doing their part."



### Letters to the Editor:

#### An earful of fun

Dear Editor:  
I loved the editorial written by Eric Pierce ("The Headless Chicken," 5/18/07).

I'm a fan of trivia myself and I'm always looking for and telling family and friends little-known facts.

However, I did notice that, after giving Pablo Picasso's full name (quite amazing!) that he stated "with a name like that, no wonder he cut off his ear."

I believe the famous artist that did this (or, rumor has it, he allegedly did this) was Vincent Van Gogh.

Anyway, keep up the great work with your newspaper!  
— Jim Romano,  
Downey

#### Disgusted by graffiti

Dear Editor:  
I am a concerned citizen of Downey for 21-plus years now and I have seen many, many changes in our city. This one concerns me the most... Has anyone else seen the increase in graffiti? I think it is ridiculous, personally, and quite degrading to our city. I am disgusted when I see it and even more disgusted when I see it on the same walls over and over again.

What does it say about the person or people that are doing it? What does it say to passerbys coming through our city? What can we do about it?

I am curious to see how many other citizens of Downey are concerned about this matter.

— K. McLeroy,  
Downey

#### Enjoys 'Faith in Downey'

Dear Editor:  
I want to thank you for your "Faith in Downey" series. When the bad times in life come, as they surely do, it is our faith that does carry us through, no matter what the faith is.

On a personal note, I want to thank Father Mark and also Father Lima of Our Lady of Perpetual help Church. These are two great priests and great human beings. I am proud to say that they are the priests that guide our services each Sunday, proud to say I'm Catholic. When I leave there, my heart is so full of grace that I don't even remember my walk to the car. I hope all of you, no matter what church you attend, are so happy and fulfilled that you don't remember the walk to your cars.

God's blessings to you all.  
— Annette DeWind,  
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 downey-patriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

## Legislation said to support small business

WASHINGTON, D.C. – Congresswoman Lucille Roybal-Allard has announced her support of legislation she says will strengthen small businesses by providing them with improved access to federal contracts and Small Business Administration loans.

The Small Business Fairness in Contracting Act, approved in the House of Representatives May 10, will ensure small business owners have the opportunity to compete for contracts from the federal government, Roybal-Allard said.

According to Roybal-Allard, the Small Business Fairness in Contracting Act:

- Gives small businesses a better opportunity to secure government contracts by making it harder for government agencies to bundle contracts into billion dollar super-contracts.

- Makes changes to ensure more federal contracts are available to small firms – raising the federal small business government-wide contracting goal, requiring the President to establish small business goals on an annual basis, and increasing the goal for procurement for small disadvantaged and women-owned businesses from five to eight percent.

- Takes steps to ensure that large corporations are not able to take advantage of small business contracting programs, and requires the Small Business Administration to reach out to small businesses regarding the opportunities to compete for government contracts.

## Demand an end to anti-obscenity laws

CONTRIBUTED BY THE AYN RAND INSTITUTE

A website operator is being charged with violating federal anti-obscenity law for writing and publishing stories depicting scenes of sexual abuse.

"Laws banning obscenity should be abolished," said Dr. Yaron Brook, executive director of the Ayn Rand Institute. "Once the government starts dictating what ideas we can and can't express it has discarded the principle of free speech and established a policy of censorship."

"It is no accident that the works in question are vile – the opponents of a right typically begin by attacking that right's unappealing practitioners. The advocates of censorship are counting on the fact that most Americans will find these writings repulsive, in order to undermine Americans' commitment to the principle of free speech. But this principle must encompass even writings that are repulsive. Once a policy of censorship is established, all unpopular speech is at risk of falling victim to the censor's pen."

"Yet the right to free speech is important precisely because it protects unpopular speech; it protects the dissenter's ability to promote his views without fear of government suppression or retaliation. Imagine the status of biology had Darwin not been free to publish his unpopular views – or the status of the United States had the opponents of slavery not been free to publish theirs. The only way to ensure that such views aren't suppressed is to demand that government leave us free to advocate any idea we choose, no matter how repugnant others may find it. Freedom requires that the government's role be strictly limited to punishing criminals for their actions. It should not criminalize ideas."

"All those who value the First Amendment and oppose censorship in America should demand an end to anti-obscenity laws."

### The Downey Patriot



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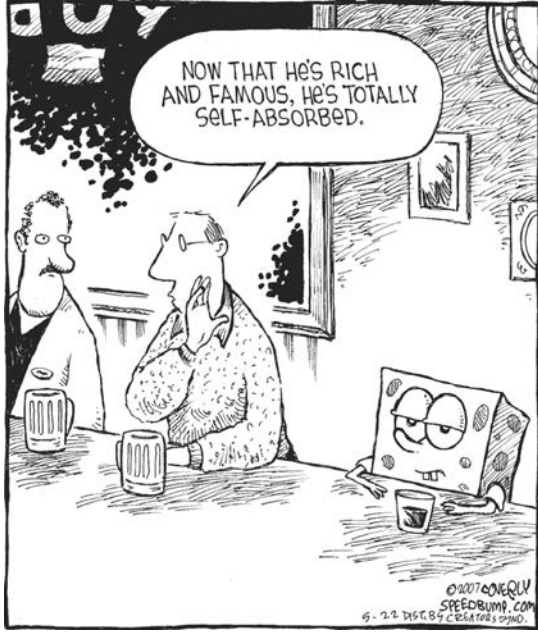
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## SPEED BUMP



## DAVE COVERLY



## On This Day...

**May 25, 1895:** Playwright and poet Oscar Wilde is convicted in London of "committing acts of gross indecency with other male persons" and is sentenced to two years in prison.  
**1925:** Schoolteacher John T. Scopes is indicted for teaching Darwin's theory of evolution in Tennessee schools. Scopes was eventually found guilty and ordered to pay a \$100 fine.  
**1961:** President John F. Kennedy tells the nation of his desire to put a man on the moon.  
**1977:** "Star Wars" is released to nationwide acclaim.  
**1992:** Jay Leno debuts as host of "The Tonight Show."

## Downey Community Calendar

### Events For May

**Fri. May 25:** "Wonder of the World." Warren High School, 7:30 p.m.  
**Tues. May 29:** City Council Budget Session, City Hall, 6:30 p.m.  
**Thurs. May 31:** Ice Cream Fundraiser, Cold Stone Creamery, 3:30 p.m.  
**Thurs. May 31:** "Oliver!." Downey Theatre

### 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 Monday, 4 p.m.:** 2nd Century Foundation, at City Hall, 1st floor, call 927-9790.  
**2nd Mon., 11 a.m.:** American Legion Auxiliary #270, at United Methodist Church, for info. call 923-2481.  
**2nd Mon., 3 p.m.:** Keep Downey Beautiful, at City Hall, for more information call 904-7159.  
**3rd Mon., 7 p.m.:** American Legion Post 270, Los Amigos Country Club, call 869-1053.  
**4th Mon., 7:30 p.m.:** Downey Numismatists, at Downey Retirement Center, call 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 at Downey High School library, for info call 862-3106.  
**Last Tues., 11:00 a.m.:** Los Companeros Service Club, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

**7 a.m.:** Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.  
**1 p.m.:** Women's Bocce Club, for information call 869-8782.  
**1st Weds., 10 a.m.:** Woman's Club of Downey, for information call Barbara Briley-Beard 869-7618.  
**1st Weds., 11:30 a.m.:** Downey Coordinating Council, for information call 927-9790.  
**1st Weds., 7:30 p.m.:** Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.  
**1st Weds., 7:30 p.m.:** Downey Emblem Club #309, at Downey's Elks Lodge, for information call 868-4386.  
**2nd Weds., 7:30 p.m.:** Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132.  
**2nd Weds., 7:30 p.m.:** Downey Sister Cities Ass'n, at Maude Price School, Call 862-7197.  
**2nd Weds., 11:45 - Downey Christian Women's Club,** at Los Amigos CC. Call 927-8488.  
**4th Weds., 12:00 noon:** Retired Federal Employees, at Furman Park West Bldg., call 943-5513.  
**Wed. & Fri., 10:15 a.m.:** Senior Bingo, at Apollo Park, for information call 904-7223.

#### Thursdays

**7:30 a.m.:** Soroptimist Int'l of Downey, for information, call Pat Heineke, 904-3534.  
**7:30 a.m.:** Connections Networking, at Nordic Fox 10924 Paramount, for information call 869-1414.  
**12 p.m.:** Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.  
**12 p.m.:** Downey Christian Businessmen's Committee, for information call 928-4153.  
**12 p.m.:** Optimist Club of Downey, at Samb'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

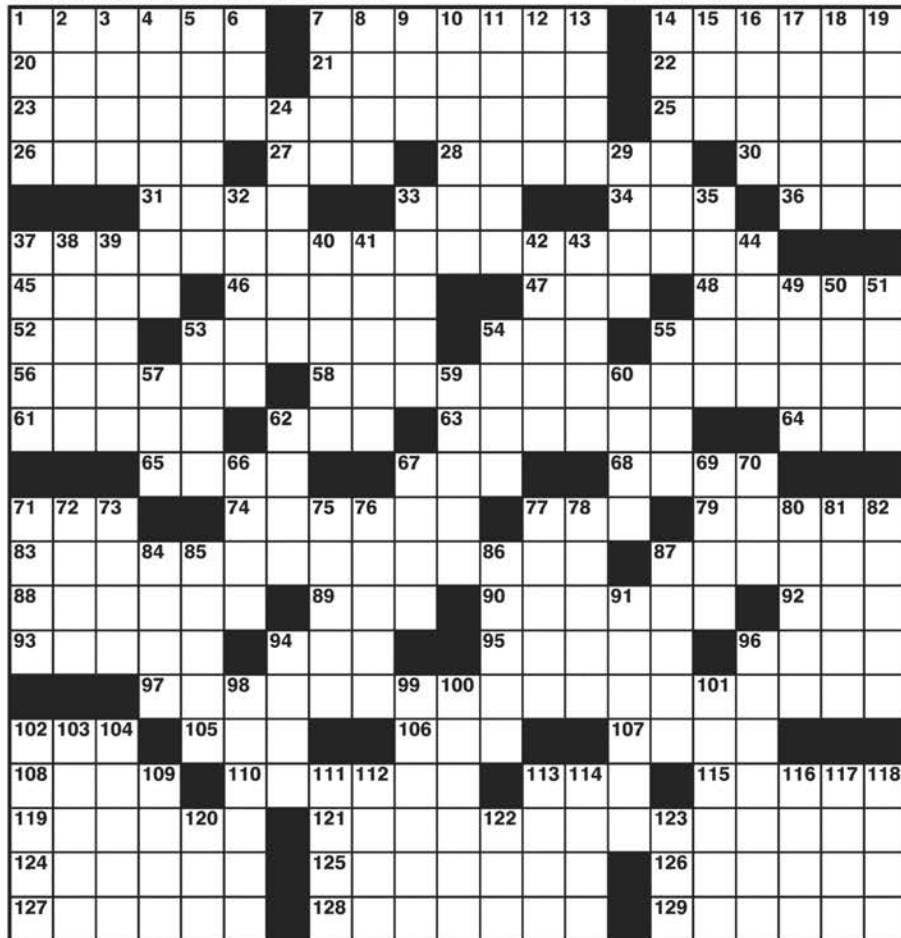
**7:30 a.m.:** Pro Networkers, at Mimi's Cafe, for information call Harry Sacks at 319-1063  
**3rd Fri., 8:30 a.m.:** Women's "In His Glory" Ministry at Los Amigos C. C. (562) 622-3785.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**FOUR-WORD MARCH:** Lengthening one at a time  
 by S.N.

- |                                   |                                       |                                   |
|-----------------------------------|---------------------------------------|-----------------------------------|
| <b>ACROSS</b>                     | 88 Chefs' wear                        | 14 Novel category                 |
| 1 Film repair                     | 89 Attach                             | 15 Grand ___ Opry                 |
| 7 Prickly plant                   | 90 Inflated                           | 16 "OK with me!"                  |
| 14 Kid's card game                | 92 Teachers' org.                     | 17 Off-white shade                |
| 20 Bar-bowl tidbit                | 93 Social equals                      | 18 Burn slightly                  |
| 21 Eradicates                     | 94 Live and breathe                   | 19 Wears                          |
| 22 <i>Twelfth Night</i> character | 95 Message from cyberspace            | 24 Vacation destination           |
| 23 In a straight line             | 96 Potentate                          | 29 Nile queen, familiarly         |
| 25 Carpentry joints               | 97 Where FDR once served              | 32 No longer a threat             |
| 26 Stand in good ___              | 102 Hgt.                              | 33 Army athlete                   |
| 27 UFO pilots                     | 105 Collarless shirt                  | 35 African equine                 |
| 28 <i>Mayor</i> author            | 106 Part of TGIF                      | 37 Florida real-estate listing    |
| 30 Thus                           | 107 Dispatched                        | 38 Called strikes                 |
| 31 Fairness obstacle              | 108 <i>Return of the Jedi</i> heroine | 39 Ready to rest                  |
| 33 AFL merger partner             | 110 Aleut relative                    | 40 Didn't release                 |
| 34 Designer Claiborne             | 113 Epoch                             | 41 Tigger creator                 |
| 36 Kyoto cash                     | 115 Established principle             | 42 Twosomes                       |
| 37 Mince or dice                  | 119 Returnee's declaration            | 43 Dome home                      |
| 45 Drop                           | 121 All together                      | 44 Warbled                        |
| 46 Hair twist                     | 124 Food Network VIP                  | 49 Transmission selection         |
| 47 In the past                    | 125 Twenty Questions category         | 50 Pennsylvania port              |
| 48 Roll with a hole               | 126 Mambo bandleader                  | 51 Wild cat                       |
| 52 <i>Fresh Air</i> network       | 127 Check amount, at times            | 53 Turin term of endearment       |
| 53 Heads of a ranch               | 128 Pack rats, e.g.                   | 54 Bloke                          |
| 54 Hodges of baseball             | 129 Carefree outings                  | 55 Keats creations                |
| 55 Stubborn                       |                                       | 57 Deep black                     |
| 56 Record player                  |                                       | 59 Résumé reader                  |
| 58 Willie Nelson tune             |                                       | 60 Classmates.com patron          |
| 61 More peculiar                  |                                       | 62 <i>Time Machine</i> race       |
| 62 Compass reading                |                                       | 66 Precepts                       |
| 63 Shoe part                      |                                       | 67 Parcel (out)                   |
| 64 Latin king                     |                                       | 69 Boutique                       |
| 65 Follow secretly                |                                       | 70 Grammy category                |
| 67 <i>I Pity the Fool</i> star    |                                       | 71 Bloke                          |
| 68 Former Security Council member |                                       | 72 "Essay on Man" writer          |
| 71 Auditor's title: Abbr.         |                                       | 73 About four-tenths of a hectare |
| 74 "Apparently"                   |                                       | 75 Starting words                 |
| 77 Typing-speed abbr.             |                                       | 76 Less forward                   |
| 79 Stops marching                 |                                       |                                   |
| 83 Vietnam War-era supply route   |                                       |                                   |
| 87 Warhol genre                   |                                       |                                   |

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- |                                 |                               |                        |
|---------------------------------|-------------------------------|------------------------|
| 77 Mrs. Flintstone              | 91 '86 Peace Nobelist         | 109 Org. for seniors   |
| 78 Drapery feature              | 94 Roll-call count            | 111 Basinger et al.    |
| 80 <i>The Great Caruso</i> star | 96 Canada's tallest structure | 112 Put one's foot ___ |
| 81 Pay for dinner               | 98 Like <i>Time</i>           | 113 A great distance   |
| 82 Impolite look                | 99 Dressing gown              | 114 Solidifies         |
| 84 Antler                       | 100 Pit remover               | 116 No longer here     |
| 85 Cartographic closeup         | 101 Finishes                  | 117 Eye annoyance      |
| 86 Promotes, as wrongdoing      | 102 Green-card holder         | 118 Imitates           |
| 87 Public opinion, so to speak  | 103 "I wanna!"                | 120 OSS successor      |
|                                 | 104 "The Roof of the World"   | 122 Homonym for air    |
|                                 |                               | 123 Collectible vinyl  |

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.

FDR's first election was to the NEW YORK STATE SENATE (97 Across), where he served from 1911 to 1913, juggle hard-edged bandleader and percussionist Tito PUENTE (126 Across) was known as King of the Mambo. At over 1,815 feet, Toronto's CN TOWER (96 Down) is the world's tallest freestanding structure.



## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER



After months of discussing fats, alcohol, and other serious subjects, let's lighten up, have some fun and discuss some common medical myths. Through the years, many "facts" tend to become common knowledge... some backed up by science, some most certainly not!

**Myth 1: Cracking your knuckles can cause arthritis.** False. There is no evidence that the highly annoying habit of cracking your knuckles inflames the joints and leads to arthritis. The popping sound you hear is caused by bubbles bursting in the synovial fluid between the joints. It is estimated that about 1/4 of the population cracks their knuckles.

**Myth 2: Staring at an eclipse can cause blindness.** True. Viewing the sun directly without any optical filters can damage the light sensitive nerve endings in the back of the eye. This structure that is damaged is the retina, and this damage will lead to varying degrees of vision loss. The worst exposure occurs during a total eclipse, because the lack of sunlight gives false confidence. The sun's rays can still get around a complete eclipse of the sun. Never count on regular sunglasses for protection during an eclipse.

**Myth 3: You will catch a cold if you go out in the cold, rain, snow or wind.** False. Colds are caused by viruses. Other infections, for that matter, are caused by other germs. You catch a cold by inhaling infected air droplets sneezed or coughed on you by an infected per-

son. Of course, if getting chilled in foul weather compromises your immune system, you could become more susceptible to future infection.

**Myth 4: Reading in dim light ruins your eyesight.** False. As a rule, you cannot damage your eyes by using them. The few exceptions include looking directly into the sun (see above) or laser light. Reading in dim light will not change the health or function of your eyes. It is more difficult to focus in poor light, which might lead to eye strain. Fortunately, eye strain is only temporary.

**Myth 5: Hair and fingernails continue to grow after death.** False. Hair and fingernails may appear longer after death. This is not because they have grown, but rather because the skin around them has retracted. This is caused by dehydration, making the tissue shrink around them. The "growth" is only an optical illusion.

**Myth 6: If you eat too many carrots, your skin will turn orange.** True. Eating excessive quantities of carrots, a food containing a high level of beta-carotene, can cause a usually harmless condition known as carotenemia. Carotenemia leads to a yellowish discoloration of the skin, most noticeable on the palms of the hands and soles of the feet. The cure is to reverse the diet and make it low in beta-carotene.

**Myth 7: Eating chocolate causes acne.** False. Thank goodness this is untrue! In the past, acne diets typically excluded chocolate. However, over the years there has been no good evidence linking chocolate or other specific foods to acne. Proper modern acne treatment focuses on keeping the pores open and controlling oil pro-

duction and bacteria.

**Myth 8: Shaving hair causes it to grow back faster, darker and coarser.** False. Shaving is merely a method of cutting the hair at the skin surface and has no effect on the hair shaft that lies below the skin surface. It is the hair follicle, located at the bottom of the hair shaft, that controls growth and pigmentation.

**Myth 9: Stress causes ulcers.** False. In 1983, scientists demonstrated a direct link between bacterial infection and ulcer formation. This bacteria, known as *Helicobacter pylori*, causes an infection responsible for the vast majority of ulcers of the upper intestinal tract. Specific things such as cigarettes, alcohol, various foods, stress, and some medications can contribute to the process. Once an ulcer is detected, these contributing factors should be avoided, but the primary treatment for ulcers is now antibiotics.

**Myth 10: Chicken soup will help cure a cold.** True. While your grandmother's advice to "feed a cold and starve a fever" is untrue, her suggestion to eat chicken soup offers plenty of benefits to those suffering from a cold or upper respiratory infection. Hot liquids like chicken soup help to not only hydrate the sick person, but the warmth helps to open up the nasal passages. This allows the patient to breathe easier, and get necessary rest.

In parting, feel free to feast on chocolate, carrots, and chicken soup in the wind and rain, while annoying someone by cracking your knuckles, but avoid staring at the sun!

My goal is to address letters to the editor promptly. Following my last article about caffeine and coffee, one reader asks: What about tea?

Tea is an excellent alternative

to drinking coffee. For those avoiding caffeine, note that a cup of black tea contains only about 50mg of caffeine, green tea 20mg, decaffeinated tea 2mg and herbal tea 0 mg. Compare that to the typical eight ounce cup of Maxwell House with about 110 mg of caffeine, and to a Grande Starbucks coffee which packs five times that amount!

A significant additional benefit of tea may be that, like vegetables and fruits, tea has a high antioxidant content (also known as flavonoids). It even contains fluoride! Many herbal teas claim health benefits beyond these. Some of these benefits are backed up by medical science, and some are not.

Be cautious when evaluating health claims, but in general, sit back and enjoy your favorite warm cup of tea.

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



Dr. Glenn Duh of Kaiser Permanente in Bellflower examines a DUSD student at the TLC Clinic.

### Kaiser Permanente recognized for clinics

**DOWNEY** – Kaiser Permanente Bellflower Medical Center was honored with the 2006 David M. Lawrence, MD, Community Service Award for providing health care to uninsured children in the Downey Unified School District.

For 13 years Kaiser Permanente, in collaboration with the school district's TLC program, has provided well examinations to children. Since the partnership of holding bi-monthly clinics at the TLC Center began six years ago, nearly 500 uninsured students have been provided health care.

Because of the clinics, Kaiser Permanente has reported a decline in children who are chronically ill. This has resulted in improved student attendance, high participation in school activities, and greater success in the classroom, according to the school district.

### Hospital offering CPR class June 5

**DOWNEY** – Health educators at Downey Regional Medical Center (DRMC) will teach an adult, infant and child CPR class on June 5 from 6 to 10 p.m.

Taught by an American Heart Association-trained instructor, the class will teach students how to perform CPR techniques. Ways to help prevent injuries, recognizing and treating cardiac emergencies as well as choking in infants and children will also be covered.

The class is not for professionals seeking certification, and is recommended for parents and grandparents.

The class will be held in the hospital's lower-level conference rooms at 11500 Brookshire Ave. The fee is \$25 per person or \$40 per couple and reservations are required by calling (562) 904-5580.

### Stroke screenings available locally

**DOWNEY** – Stroke screenings using ultrasound technology will be offered to local residents at the Los Amigos Country Club on June 22. Appointments will begin at 9 a.m.

Life Line Screening will also offer bone density and osteoporosis screenings.

For more information on the screenings, including prices, call (877) 237-1287 or visit [www.lifelinescreening.com](http://www.lifelinescreening.com).

Pre-registration is required for all patients.

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## COMMUNITY WELLNESS PROGRAMS

### Childbirth Education

Mondays, June 4, 11, 18 & 25; July 23, 30, Aug. 6 & 13, 7 - 10 pm

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

### Adult, Infant & Child CPR

Tuesday, June 5; August 7, 6 - 10 pm

For moms, dad and grandparents (lay persons). Learn to help prevent injuries, recognize and treat cardiac emergencies as well as choking in infants & children. \$25 per person or \$40 per couple. Not for certification. Register at (562) 904-5580.

### Stork Tour

Saturday, June 9; July 14; Aug. 11, 10 am - Noon

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

### Healthy Heart Nutrition Class

Wednesday, June 13; July 11, 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.

### Diabetes Management Series

Thursdays, July 5, 12, 19 & 26, 9 - 11:30 am

Held one day a week for four weeks, for a total of 10 hours of instruction. Learn how to manage diabetes, medication, exercise and attitude to bring proven results. Persons who have diabetes are welcome to bring a long a family member or friend. Pre-registration is required and there is a \$10 material fee payable at the door on the first day of class. A minimum of 10 people is needed to hold the class or it will be rescheduled. Please call (562) 904-5580 to register.

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 - 5:45 pm (must pre-register)

#### TUESDAY

Yoga - 6 pm

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

Massage appointments 1:00 - 4:30 pm

#### FRIDAY

Massage appointments 3:00 - 5:30 pm 25 minutes for \$35, 50 minutes for \$60.

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[www.drnci.org](http://www.drnci.org)

## High school students show their talents

BY BROOKE KARLI  
STAFF WRITER

The past couple of weeks have been quite busy for the high school students in our community.

Many of them have been preparing for Prom and graduation, while others have been busy testing – whether it was state testing or SATs. In addition, some students have been competing for league titles, while others – as is the case for this week in particular – have been rehearsing for theatrical performances.

Last week, I had the pleasure of attending “Fiddler on the Roof,” a musical that was put on and hosted by the students of Calvary Chapel Christian School.

I honestly didn’t know what to expect – after all, it only cost five bucks. But the very second the aisles were filled with singers and the stage was lit, I knew I was in for a real treat.

It is my understanding that all except one cast member were high school students. And these students are talented, to say the least. They sang, danced and acted as if they had been doing musical theatre professionally their whole life. The school’s choir, which accompanied the cast on most songs, consisted of high school, junior high and elementary students. Their roles in the musical made the story come to life, especially when they would sing and dance in the audience.

The production was under the direction of Kristina Young (an amazing vocalist, might I add) and the choreography of Tara Escandon – both deserving of honorable mentions.

Then, on Tuesday, I was treated to a wonderful rendition of “Wonder of the World,” a production tackled by Warren High School’s drama department.

Again, not knowing what to expect (after all, they are just high school students), I was pleasantly surprised to find myself laughing throughout most of the play. The acting was superb and the sets were simple, but unique (more on “Wonder of the World” can be read on page 9).

Point being, both schools put on great performances. The students involved in the productions spent many hours rehearsing – hours that could’ve been spent elsewhere. But instead, they devoted their time – what free time they may have left – to making sure their productions were entertaining.

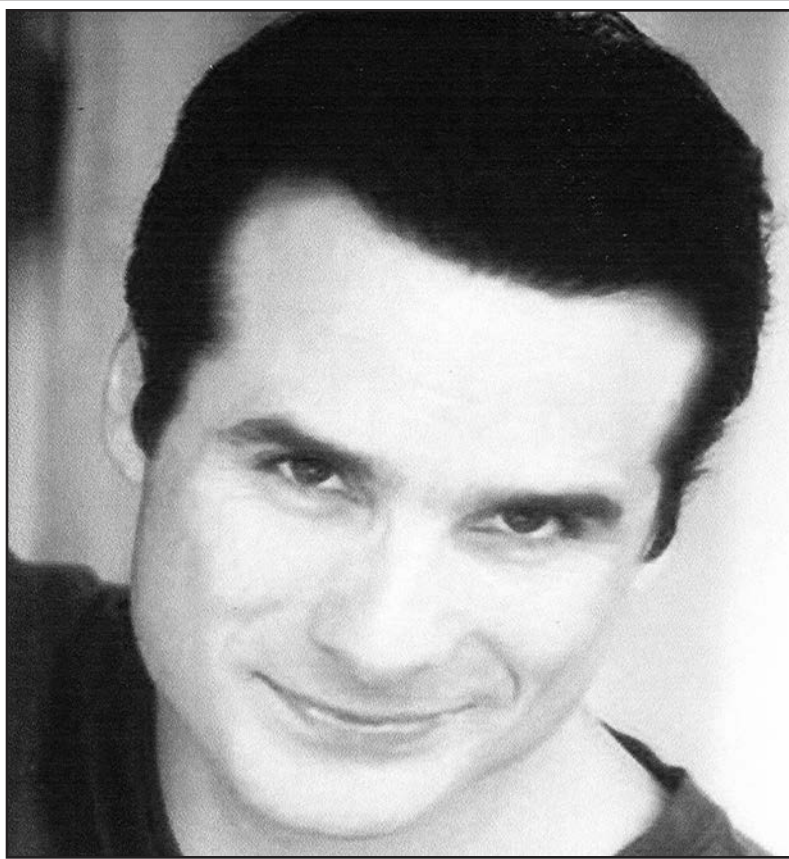
I applaud both schools for their hard work and their ability to successfully please a sometimes critical audience.

## Library event celebrates Fridays

**DOWNEY** – The Downey City Library will be open an additional two hours June 1 in celebration of “TGIF @ the Library,” a unique event to feature live music, free refreshments and more.

Visitors can take advantage of unlimited use of the computer lab for games or Microsoft Office programs while children can play board games and puzzles. Library members will also be able to place their holds on “Harry Potter and the Deathly Hallows,” due to be released in July.

Information about the library’s summer reading programs will also be available. “TGIF @ the Library” will take place from 5 to 7 p.m. For more information, call (562) 904-7360, ext. 32.



**Luke Darnell will make his debut performance as Bill Sykes in Downey Civic Light Opera’s production of “Oliver!” opening May 31 at the Downey Theatre. The veteran film and television actor has appeared in many regional theaters. For tickets and information, call the box office Tuesdays and Wednesdays between 1 and 5 p.m. at (562) 923-1714.**

## Tickets to ‘Oliver!’ musical still available

**DOWNEY** – For the first time in 21 years, the Downey Civic Light Opera (DCLLO) will present the Lionel Bart musical “Oliver!”, based on the 1838 Charles Dickens classic novel.

The musical debuted in New York in 1963 and has been an audience favorite for 44 years.

Starring as Fagan and Nancy will be DCLLO veterans Bill Lewis and Charlotte Carpenter. Luke Darnell portrays Bill Sykes and Alan Neal Hubbs plays Mr. Bumble. Veteran DCLLO performers Ann Peck McBride, Robin LaValley, Nick Menecola, Erin Marie, Tara Alkazion and Michael Lopez are also featured.

“Oliver!” will be directed by Executive Producer Marsha Moode. It will mark her 24th production and the 14th she has directed in Downey. Rikki Lugo will return for the third time as choreographer and Eddy Clement as musical director, his sixth time.

The 1968 movie adaptation of “Oliver!” won six Oscars, including Best Picture of the Year.

The DCLLO production will feature a cast of 55 performers. The musical will run May 31 to June 17 at the Downey Theater.

For tickets and information call (562) 923-1714.

## Personal navigators – help or hindrance?

BY MARY FORNEY  
CONTRIBUTOR

Backseat drivers – sometimes helpful, sometimes annoying – we all run across them. I actually bought one. It is called a Global Positioning System which is supposed to help me be a safer, more confident driver.

Moving to Downey from Central Texas, I have been overwhelmed by the maze of intertwining roads and heavy traffic. I am used to country roads, two-lane highways and having to stop for the occasional wayward cow or sheep sauntering across my path.

Here it is bumper-to-bumper or rushing vehicles honking at other cars to move out of the way. It has been difficult driving cautiously while trying to read the street signs. I have gotten lost, frustrated and scared numerous times. I even missed my boss’s Christmas party because I couldn’t find her house. I was so shook up from getting lost that I went home and spent Christmas Eve alone.

After that experience, my general manager suggested I get a GPS. I spent a month saving for just the right one. I wanted a portable one with large graphics and a touch screen. I wanted it to talk to me because I like being told in advance which lane to get in and which direction I should turn.

I was excited opening the box which contained my roadway freedom until I picked up a piece of paper inside the package. My enthusiasm fizzled as I read it is against the law in California to affix suction cup devices to the windshield. It suggested sticking this smooth, flat disc to the dashboard and sitting the navigator on it.

Following the instructions, I set the GPS on the dashboard and headed home. I started to relax as it talked to me. I was the empowered queen of the roadway until the navigator slid off the disk and landed in the passenger seat, causing me to miss my turn.

“Recalculating,” it said.

I tried to reach over and turn it off, but it was just out of my grasp.

“Shut up,” I said as I pulled my car over – not thinking it’s not normal to talk to inanimate objects.

Scanning my car for a place to put the navigator, I sat it in my cup holder and the next day I went back to the store and told the clerk I needed a solution. The store could only offer me a large bean bag based holder which is suitable for a vehicle with a low dashboard. The dashboard in my Kia Spectra is high and curved.

I decided to contact our local police department for advice. I told an officer I didn’t want to stick the GPS to my windshield and get unnecessary tickets, but driving with it in my cup holder was unsafe because it forced me to look down. He said the law is subjective as the concern is whether or not the affixed object blocks the driver’s vision. He said he wouldn’t stop someone for having a GPS on the windshield – but another officer might.

Besides trying to figure out how to secure my navigator, I have also discovered the directions aren’t always accurate. On my way to my tax consultant in Los Alamitos, the navigator announced I had arrived at my destination. It’s a good thing it was noon and I was hungry because where I had arrived was McDonald’s. The tax consultant’s office was actually around the block adjacent to a bank which sat behind McDonald’s.

I also selected an eatery one Saturday afternoon only to be taken for a scenic ride around my neighborhood. My navigator finally said I had arrived at my destination on the right but I didn’t see a restaurant – only a long brick wall surrounding someone’s house.

Despite the annoyances and my occasional desire to throw my navigator out the window, I am a safer, more confident driver having it. But, I am still taking maps and online directions with me when I venture out to new places in case my automated backseat driver fails me. With my GPS as an added directional resource, hopefully I’ll continue to arrive at my destinations safely – once I actually get to where I’m going. And, if my navigator leads me to McDonald’s again, at least I won’t arrive hungry.

## Bestselling author to speak at luncheon

**DOWNEY** – Mystery writer Jan Burke will be the featured speaker at an upcoming luncheon and book signing sponsored by the Friends of the Downey City Library, to be held June 9 at the Rio Hondo Events Center.

Copies of Burke’s books will be available for purchase and signing at the event, which will be held from 11:30 a.m. to 2 p.m. Tickets are \$15.

All proceeds will go towards library programs. Reservation deadline is June 2. For reservations, call (562) 904-7360, ext. 32, or visit the Friends’ Shop located inside the library.



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## Word of MOUTH

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

Women should be particularly diligent about scheduling regular professional dental cleanings and exams before, during, and after their pregnancies. One particularly good reason for doing so is that a recent study shows that pregnant women with periodontal (gum) disease are at increased risk for delivering their babies prematurely. Aside from delivering early, women with pregnancy gingivitis may also give birth to smaller babies, whether they are born prematurely or at term. The potential threat posed to infants by gum disease in their mothers may be explained by the fact that the bacteria in plaque can enter the bloodstream. The body then responds to resultant infections by producing chemicals known as prostaglandins, which can signal labor to begin.

Are you pregnant or thinking of becoming pregnant? When was the last time you had your teeth examined by your dentist? If you need answers to your questions about dental health concerns, don’t hesitate to contact us. We feel that dental visits should be positive experiences. Keeping teeth and gums healthy will contribute to overall health and enjoyment of life. We’re located at 10800 Paramount Blvd., Suite 307, where teaching you how to preserve your natural teeth for a lifetime is our primary goal. Please call (562) 923-3714 to schedule an appointment.

P.S. Pregnant women with gingivitis may also develop growths on their gums called “pregnancy tumors” (pyogenic granulomas), which are non-cancerous growths caused by plaque-induced inflammation.

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## New Entertainment this week

### CD Releases

R Kelly - *Double Up*  
Richard Thompson - *Sweet Warrior*  
Jason Aldean - *Relentless*  
Herb Alpert - *Rise*  
Gary Moore - *Close as You Get*  
Source: Amazon.com

### DVD Releases

Free Zone  
Hannibal Rising  
The Hawk is Dying  
My Brother  
TELEVISION/MISC.  
The Closer - Season 2  
F Troop - Season 2  
Rawhide - Season 2, Volume 1  
Katharine Hepburn: 100th Anniversary Collection  
Source: Box Office Mojo

### Video Game Releases

Surf’s Up - PS2, PS3, X360, Wii  
Atelier Iris 3: Grand Phantasm - PS2  
Shadowrun - X360  
Forza Motorsport 2 - X360  
Monster Madness: Battle for Suburbia - X360  
Mario Party 8 - Wii  
Mortal Kombat Armageddon - Wii  
Tamagotchi: Party On! - Wii  
Source: ebgames.com

### Concerts

FRIDAY, MAY 25

Boyz II Men - HOB Anaheim  
Tyrese - HOB Hollywood  
Fishbone - Galaxy Theatre  
Good Riddance - El Rey Theatre

SATURDAY

Hot 98 Jamz - Greek Theatre  
SUNDAY

Queensryche - HOB Anaheim

MONDAY

Indigenous - Coach House

TUESDAY

Arcade Fire - Greek Theatre

Bo Bice - HOB Anaheim

WEDNESDAY

Arcade Fire - Greek Theatre

Bo Bice - HOB Hollywood

THURSDAY

Adema - HOB Anaheim

Sparta - HOB Hollywood

Hold Steady - El Rey Theatre

Source: Casenet

### Book Releases

The Good Guy by Dean Koontz  
Maximum Ride #3: Saving the World and Other Extreme Sports by James Patterson  
Star Wars: Legacy of the Force Sacrifice by Karen Traviss  
Divisadero by Michael Ondaatje  
Gravedigger’s Daughter by Joyce Carol Oates  
Source: barnesandnoble.com

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# Gary Myers: far from a 'poor little baby'

■ An accomplished recording artist and author, Gary has much to be proud of.

BY BROOKE KARLI  
STAFF WRITER

If you were to ask Gary Myers, 64, for his resume, it would probably be a few pages in length and feature his accomplishments not only as a musician, but also as an author.

Gary was nine years old when he fell in love with music. It was his older brother, who at the time played drums professionally, that introduced him to music and the art of creating it.

He then began playing the drums, later learning how to play the guitar, bass and keyboard.

And since then, his relationship with music has been a whirlwind of hard work and success.

Gary joined his first band in the summer of 1960, just after graduating from high school. The band was established in Florida and his residency there would lead him to other gigs. For instance, the second band he joined – Swingin' Saints – was also established in Florida, leading him to play full-time for some of the state's most popular clubs.

In 1963, at the age of 21, Gary found himself on the West Coast, performing at hotspots in Newport Beach and Costa Mesa.

That same year, Gary released his first recordings – "Poor Little Baby" and "If (You'd Only Be Mine)."

A year later, in 1964, Gary became one of the Mojo Men, a group based in Milwaukee that would later change their name to The Portraits.

The Mojo Men released "Mojo Workout" and "I Got A Woman" (both featuring Tommy Hahn) and played here in Downey in 1965 at the Pink Carousel (also known as Mississippi Moonshine and The Staircase).

The Portraits then released numerous records including "Runaround Girl" (1967), "Over the Rainbow" (1967) and "Devil's Angels," a song recorded with Jerry Tawney for the 1967 movie. The group also won the 1968 Annual Schaffer Talent Hunt, singing the Schaffer Jingle for a beer commercial. Gary was a member of The Portraits from 1965 to 1975, taking a break from 1969 to 1972. And even though Gary went on to work on his solo career, The Portraits stayed in tact until 1982, "always keeping up with the new stuff," Gary said.

In listening to some of Gary's work, it's no wonder he's been so successful. "Poor Little Baby" is

powerful in lyrics, rhythm and emotion. And "Over the Rainbow," although not an original, is a refreshing, upbeat cover that puts American Idol's Katharine McPhee's version to shame.

Gary said he has played almost everything from pop-rock to country to jazz.

"I've played a wide variety of music," said Gary. "As long as it's good music with a variety of melodies."

After his run with The Portraits, Gary began writing articles for record collector's magazines *Record Exchanger*, *Goldmine* and *Discoveries*.

When not writing articles, he was busy performing at venues in Las Vegas, Reno and Tahoe – to name a few.

Then in 1982, when gigs were few and far between, he accepted a full-time position as a sales representative for the *Sun Reporter* in South Gate.

But he couldn't part from music, so in 1985, Gary began working for a music store in Arcadia, recently quitting after 21 years of service.

While working for the music store, Gary wrote three books: "*Do You Hear That Beat – Wisconsin Pop/Rock in the 50's and 60's*" (1994), "*Understanding and Using Chords and Chord Progression*" (2001) and "*On That Wisconsin Beat – More Wisconsin Pop/Rock/Soul/Country in the 50's & 60's*" (2006).

Currently, he performs "casuals" – a term used to describe a one-time, private party performance for weddings, country clubs, special events, etc. – in many cities.

Gary has lived in Downey since 1992 and said he is very happy with the way things are going with his music and books.

For more information on Gary Myers' books and music, visit <http://home.earthlink.net/~gem777/> or call (562) 927-7536.



Warren High School's drama department is presenting "Wonder of the World." Its last showing is tonight.

# The 'wonder' of life's fate and destiny

BY BROOKE KARLI  
STAFF WRITER

DOWNEY – Have you ever had a list of things to do? Maybe it was a list of what to buy at the store. Maybe it was a list of chores to do around the house. Or maybe it was a list of things to accomplish before you die.

Cass (Alaina Henderson), a wife who suddenly leaves her husband in "Wonder of the World," listed 267 things she wanted to do before she died.

After seven years of being married to Kip (Gilbert Lozano), Cass has decided that he has been holding her back from accomplishing anything on her list. In fact, after they wed, she put her list away, thinking it was of no use to keep it around.

She packs her bags, hops on a bus and heads towards Niagara Falls. While on her way, she meets Lois (Cat Juarez-Cook), a "suicidal alcoholic," she would call herself.

While on their journey, Cass retrieves her list, going over one-by-one what she wants to accomplish. Along the way, and while at Niagara Falls, Cass is able to cross some things off her list. One being, for example, #48: strike up a conversation with a stranger.

Throughout the play, Cass and Lois learn that fate does exist and that certain events happen in life for a reason. They meet new people, fall in love and do things they have never done before.

The production is a hilarious portrayal of people in search of freedom, enlightenment and the meaning of life. There are twists and turns in the plot, leading to ironic conclusions and even death.

Henderson did a fabulous job of playing a woman disturbed by her husband's "behavior," confused about the direction her life needs to take.

The set and costumes were very simple, yet appropriate. Parts of the set were rolled to and from the main stage, complementing specific scenes.

In addition, the lighting and sound affects clearly differentiated between land and water, boat and helicopter, and more.

The play was written in 2000 by David Lindsay-Abaire and the students were under the direction of drama teacher Greg Elsasser.

The play opened on Tuesday and the last showing is tonight at Emerson Theatre, located at Warren High School, at 7:30 p.m. Tickets are \$8. For information, call (562) 869-7306.

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Getting Great Reviews!

## Africa comes to life in OC theatre

COSTA MESA – The Orange County Performing Arts Center presents "Jambo Watoto: Tales and Rhythms of Africa," performed by the Boxtales Theatre Company, June 1 – 3 in the Samuelli Theatre.

"Jambo Watoto" pays homage to Africa's rich and wonderful cultures, featuring stories and traditional music, with the use of mime, rhythm, masks and world mythology.

Tickets are \$14 and \$19 and are now available at the box office located at 600 Town Center Dr. in Costa Mesa. Tickets can also be purchased online at [www.ocpac.org](http://www.ocpac.org) or over the phone at (714) 556-2787.

For information, call (714) 755-0236.

## Eat ice cream for a good cause

DOWNEY – Downey High School will raise money for their 2007 Grad Night Fund by hosting a fundraiser at Cold Stone Creamery at Downey Landing next Thursday.

Twenty percent of all purchases made at Cold Stone between 3:30 and 9 p.m. that night will be donated to Downey High School's Grad Night.

Customers must mention Grad Night when ordering for the donation to be made.

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PIRATES OF THE CARIBBEAN 3 PG13	(11:30 3:15) 7:00 10:45
BUG R	(12:15 2:50) 5:25 8:00 10:35
SHREK THE THIRD PG	(10:15 1:00 3:45) 6:30 9:15
SHREK THE THIRD PG	(11:15 2:00 4:45) 7:30 10:15
SHREK THE THIRD PG	(12:15 3:00) 5:45 8:30
28 WEEKS LATER R	(11:40 2:15 4:50) 7:25 10:00
SPIDERMAN 3 PG13	(11:00 2:15) 5:30 8:45
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Mon: (10:25, 11:10, 11:55, 12:40, 2:05, 2:50, 3:35, 4:20, 5:45), 6:30, 7:15, 8:00, 9:25, 10:10;  
Tue to Thu: (11:10, 11:55, 12:40, 2:05, 2:50, 3:35, 4:20, 5:45), 6:30, 7:15, 8:00, 9:25, 10:10

★ SHREK THE THIRD PG  
Fri to Sun: (10:00, 10:45, 11:30, 12:20, 1:05, 1:50, 2:40, 3:25, 4:10, 5:00, 5:45), 6:30, 7:20, 8:05, 8:50, 9:40, 10:25

★ SHREK THE THIRD PG  
Mon: (10:00, 10:45, 11:30, 12:20, 1:05, 1:50, 2:40, 3:25, 4:10, 5:00, 5:45), 6:30, 7:20, 8:05, 8:50, 9:40, 10:25

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Fri to Sun: (10:00, 10:45, 1:10, 1:55, 4:20, 5:05), 7:30, 8:15, 10:40;  
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# Faith in Downey: First Baptist Church of Downey

BY BROOKE KARLI  
STAFF WRITER

By the looks of First Baptist Church of Downey, no one would guess the church was the city's first.

The church, originally named Los Nietos Baptist Church, was established in 1868, meeting at a little school in Gallatin — one of two settlements at the time.

It was the only church in a ten-mile radius and its membership consisted of seven people.

The church was not only the first in Downey, but also the first Baptist church in Southern California, later meeting with four other churches in 1869 to form the Los Angeles Baptist Association.

As the congregation grew, the church expanded, moving into a two-story school building in Gallatin in 1871. Then, in 1876, the first church building was built, also changing the church's name to First Baptist Church of Downey.

The church then looked to expand once more in 1921, selling the original First Baptist building to St. Mark's Episcopal Church of Downey, where it stood until 1955. After 79 years of service to Downey, the building was sold to Walter Knott, being placed in the heart of Knott's Berry Farm.

Renamed Church of Reflections, the church sat next to Reflections Lake, the body of water the amusement park used to use for their water shows. In 2002, the church was relocated behind the park's picnic area.

What is seen now on Third Street was built in 1965.

Their purpose, according to their website, states that, "First Baptist Church of Downey exists to glorify God, lead others to him and nurture people to become fully-devoted followers of Jesus."

First Baptist has lived up to their purpose by providing numerous ministries, including a Spanish ministry, worship ministry, and children's and youth ministries. Multiple mission trips take place throughout the year as well, ranging from Indonesia to Mexico.

On average, over 800 people attend on a Sunday morning, with a bilingual service offered at 11 a.m.

The church also opens its doors to community events such as Baccalaureates, 5th Quarter, symphony meetings, and more.

## A message from the congregation:

First Baptist Church of Downey: Caring for Your Kids and YOU!

We believe in offering you and your kids a solid foundation on which to build your lives. We offer children's and youth programs on Sunday morning and Wednesday nights to help reinforce your home teaching of moral values and standards to measure life by.

We offer Wednesday night parenting classes to give insight into the wonderful blessings/challenges God has given, called Your Children. Monday classes teach men how to be Godly leaders in their homes and workplaces.

We offer a wonderful Biblically-based twelve-step program called "Celebrate Recovery" to help any adult overcome addictions of any kind, from drugs and alcohol to pornography. This program is offered free, and even offers an optional dinner, also free, each Friday evening.

If you have questions about God, religion or any other religious topic, then "ALPHA" is for you. This program, offered on Wednesday evenings, beginning at 6 p.m. with a free dinner, will help you find a friendly environment in which you can ask any question and actually get an answer.

Please give us a call at (562) 923-1261 and we would be thrilled to share more information about the above programs with you. Better yet, come on by and let us get to know you.

Above all, we love Jesus and want to share His love with you and your family.

— **Debbie Fox,**  
Administrative Assistant to Interim Senior Pastor

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Although denominational, the church welcomes anyone interested in attending. Two services are held Sunday mornings at 8 and 11 a.m.; a Spanish service is held Sunday evenings at 5:30 p.m.; and various programs are held throughout the week.

Their foundational beliefs, as listed below, can be found on their website:

- That the Bible, composed of the Old and New Testaments, is the divinely inspired word of God, the final and trustworthy authority for faith and practice. It is to be interpreted responsibly under the guidance of the Holy Spirit within the community of faith. The Bible clearly reveals the essentials necessary for salvation and the basics of how to conduct our lives. It is the true center of Christian union, and the supreme standards by which human conduct, creeds, and opinions shall be tried.

- That there is only one true and eternal God consisting of three co-equal persons: Father, Son and Holy Spirit.

- That God created humankind in the divine image. Through Adam's fall all became sinful, lost and condemned. Each human being by deliberate choice participates in sin and is in need of redemption through Christ.

- That Jesus Christ is God's Son, fully divine and fully human, the eternal and pre-existent Word. By his death Christ full atonement for our sins, and by his resurrection showed Himself to be the Lord and giver of life to all who believe.

- That God offers forgiveness of sin and justification through faith in Christ Jesus apart from works. Such redemption is received by human individuals as God's gift upon repentance from sin and faith in Jesus Christ. Through Christ the believer becomes a new creation, whose mind and will are transformed by the power of the Holy Spirit from loving sin, to loving the Lord with all our heart, soul and mind, and loving all people as we love ourselves.

- That the church is a community of faith consisting of regenerated believers with Christ as Lord. Such believers claim a personal relationship to God through Jesus Christ, are indwelt by the Holy Spirit, follow the Lord in believer's baptism, share in the Lord's Supper, gather regularly for worship, and covenant for mutual edification and care-giving.

- That the church is called to proclaim the Good News of Jesus Christ and God's reconciling grace in the power of the Holy Spirit, inviting persons to receive salvation and follow Christ as His disciples. As disciples, we seek justice for all persons and the reform of society.

- That Jesus Christ will return visibly, at which time He will raise the dead and judge all people. Believers will enjoy eternal fellowship with God as they participate in the fullness of His eternal reign, while unbelievers will suffer eternal separation from God.

For information on First Baptist Church of Downey, visit their website at [fbcdowney.org](http://fbcdowney.org).

#### First Baptist Church of Downey

8348 E. 3rd St.  
(562) 923-1261  
[info@fbcdowney.org](mailto:info@fbcdowney.org)

Photos by Art Montoya



A bronze sculpture, titled "Divine Servant," sits in the courtyard of First Baptist, depicting Jesus washing Peter's feet.



The sanctuary at First Baptist has vaulted ceilings, wooden pews and stained glass windows, all centered around a golden cross lit at the center of the stage.



First Baptist not only uses their sanctuary for services, but also allows community events such as awards ceremonies and Baccalaureates to be held on their campus.



First Baptist Church of Downey was first established in 1868 when a congregation of seven met in a school in Gallatin. Since then, the church has grown, currently hosting a congregation of over 800 people. The church offers many ministries, including a Spanish ministry, children's ministry and worship ministry.

Next week: St. George  
Greek Orthodox Church

Would you like your church featured in "Faith in Downey"? If so, call Eric Pierce at (562) 904-3668 or e-mail [downey-patriot@yahoo.com](mailto:downey-patriot@yahoo.com)

To advertise on this page, call (562) 904-3668

## Julie Swender passes away at age 62

**DOWNEY** – Julie Swender, a longtime volunteer with numerous civic organizations in Downey and past president of the Downey Rose Float Association, died Sunday. She was 62.

Swender was born in Pasadena on July 28, 1944. She lived in Downey for 38 years, during which time she volunteered at Downey Regional Medical Center. She also belonged to the Downey Woman's Club and held several offices with the Downey Rose Float Association, including president for five years.



She worked for a Downey law firm for 20 years.

Swender is survived by her husband of 38 years, Robert, and a daughter, Susan England.

In lieu of flowers, the family requests donations be made to any charity that aids in cancer research.

## Patricia A. Lindsay survived by family

**DOWNEY** – Patricia A. Lindsay, a sister, mother, grandmother and great-grandmother, died May 17. She was 68.

She was born March 14, 1939 in Rochester, New York to John and Alberta Mastowski.

She is survived by her children, Fredrick (Katherine), Michael (Laurie), Todd (Madeline), Theresa, Cynthia (Enrique), Laura (Hector) and Kathleen; grandchildren, Jennifer, Sarah, Amanda, Scott, Zachary, Christopher, Jessica, Victoria, Nicholas, Elizabeth, Christina and Emily; great-grandchild, Christian; two brothers and two sisters.



Services were held May 21 at the Downey Zrelak Family Mortuary Chapel.

The family requested that in lieu of flowers a donation be made in her name to the American Cancer Society.

## Elyse Long Harper was longtime church member

**DOWNEY** – Elyse Long Harper, a Bellflower resident and longtime member of Downey Memorial Christian Church, died May 13 after a lengthy illness. She was 84.

Born to Elmo and Gladys Long on April 24, 1923, she grew up in Lincoln, Nebr.

A past member of Myrtle Chapter No. 96, OES, she is survived by her husband of 49 years, Rev. Ray Harper, Jr.; sons and daughters-in-law, Kevin of Bellflower, Long and Michelle of Huntington Beach, Marc and Lura of Santa Ana; four grandchildren, Kimberly, Brandon, Shane and Juliette; sister and sister-in-law, Carol Kuebler and Jackie Long, both of Lincoln; two nieces and a nephew; two great-nieces and four great-nephews.

She was preceded in death by her brother, Louis Long, Sr.

Memorial services will be held tomorrow, May 26, at Downey Memorial Christian Church at 1:30 p.m. In lieu of flowers, the family requests donations be made to the memorial fund in her name at Downey Memorial.



**Stonewood Center celebrated Mother's Day by inviting children to create photo frames for their mom. Free photographs of mothers and their child were then taken. A free lunch was served to everyone in attendance. Photo courtesy Co-Op Cache Consulting**

## SAT preparation classes this summer

**DOWNEY** – Downey High School is hosting summer sessions for students wanting to prepare for the SAT I and PSAT.

To participate students must have successfully completed Algebra I (evidence required), and have a photocopy of a report card that includes their first semester or third quarter course grade in their most recent math class.

The sessions are being offered by the Assistance League of Downey and will be held from 8 to 10 a.m. beginning June 25. The instructors are Josette Bean (English) and Dalyn Miller-Geiser (math).

Students should expect daily rigorous homework assignments and no more than two excused absences will be allowed.

For more information on the sessions, including specific dates, call Alice Yamada at (562) 861-2318.

## 'Living Word Conference' June 6-10

**DOWNEY** – The Love, Peace and Happiness Family Church in Downey will host their 2007 Annual Living Word Conference convening June 6-10. The theme is "About My Father" and the community is invited.

Scheduled to speak at the conference are Apostle Richard Taylor of Houston, Tex.; Pastor Tammie Gibson of Dominion House Ministries in Ontario; and Bishop Truman Martin of Dayton, Ohio.

The conference will commence with a Shepherd's Day Celebration at 3 p.m. with Pastor Jerry Martin of Humble, Tex. Special musical guest will be the Long Beach Mass Choir.

The church is located at 11022 Old River School Rd. There is no cost to attend and transportation is available. For information, call (562) 806-9890 or visit [www.lphfamily.org](http://www.lphfamily.org).

## Kindergarten Round-up starting soon at schools

■ Parents must have proof of residence and current immunization record when enrolling children.

**DOWNEY** – Kindergarten Round-up, early registration for children who plan to enter a Downey Unified School in September, will be held at local elementary schools during May and June.

To be eligible for kindergarten, children must be five years old on or before December 2, 2007. Proof of age must be presented at the time of registration and can be done with a birth certificate, baptismal certificate or other legal document.

Parents must also bring proof of residence in the District and evidence their child has received a physical examination, which must be completed after March 1 of this year.

Parents must also bring their child's immunizations record and ensure that their child is current on their immunizations, which include 5 DTP (four doses meet requirement if at least one was given on or after fourth birthday), 4 Polio (three doses meet requirement given on or after first birthday), 3 Hepatitis B, and 2 MMR (first dose of MMR must be given on or after first birthday).

Parents must also verify that their children have received the Varicella immunization or a statement from a doctor stating that the child had chicken pox. Parents must also provide the results of a Mantoux test for tuberculosis; the test should have been done after Sept. 1, 2006.

A new requirement by the California Department of Education is that parents provide proof of an Oral Health Assessment, which must be completed by a licensed dentist or registered dental health professional. Examinations must have occurred after Sept. 1, 2006.

Registration dates and locations are as follows:

Gallatin ES	May 25
Rio San Gabriel ES	May 29
Lewis ES	May 31
Rio Hondo ES	June 1
Ward ES	June 4
Price ES	June 5

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

## Learn to cope with loss of hearing

**LAKESWOOD** – The Hearing Loss Association, Long Beach/Lakewood chapter, will have a potluck dinner meeting June 14 at the Weingart Senior Center in Lakewood at 6 p.m.

The Hearing Loss Association is a nonprofit support group offering education on coping skills and resources to "help survive in a hearing world."

Admission is free and the public is invited.

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# Corrin: his course is north all the way

By HENRY VENERACION  
STAFF WRITER

A successful business executive, Tod M. Corrin, senior vice president of Robert H. Peterson Co., a City of Industry-based manufacturer of barbecues and fireplace accessories with a nationwide clientele, seems to thrive even more in the area of volunteerism.

He has been a member of the Downey Family YMCA for 31 years, has been one of its top fundraisers for those 31 years, including service for 18 years as Tree Lot chairman (Tree Lot is the Y's biggest annual fundraiser), and all the while serving as volunteer camp director for its Middle School Easter Caravan and involved in its camp and golf committees, as well as in its facility development and finance committees. A member of the board of managers since 1989, Corrin's name was entered in the Y's Men International Golden Book in 2004 ("Quite an honor, given to only a

few," he says), in recognition of his untiring efforts and leadership on behalf of his beloved Y.

He has also been active with the Downey Los Amigos Kiwanis Club for 23 years; with the Downey Optimist Club Pumpkin Patch project for 11 years; a PTA member for 19 years; a past president and player agent for Northwest Downey Little League Baseball for 14; and on and on and on.

Along the way, he was awarded the Rotary Community Service Award in 1991 and 2003, the Downey Family Y's Distinguished Service Award in 1989 and its Red Triangle Award in 1997, and the Downey Sertoma Club Service To Mankind Award in 1991.

In 2003, he won a seat representing District 2 on the board of the Downey Unified School District, replacing Margo Hoffer, and seized yet another opportunity to make an impact on the young minds attending Downey schools. He has reveled in the role, he says,

knowing that he has joined a top caliber team of dedicated and forward-looking educators.

He is up for re-election this November and, if everything runs true to form as expected, he will function as DUSD's next board president, succeeding Willie Gutierrez. In a neat juxtaposition, he is also poised to succeed realtor Steve Roberson next year as Y chairman.

Anxious at the upcoming dual community leadership roles? "I'm used to hard work," Corrin avers. A native of San Gabriel and whose grandfather, owner of a deep voice like his, was vice chairman of the board of Bullock's (since merged with Macy's), Corrin says: "I delivered newspapers when I was a kid like everybody else. I've valued honesty and the other pillars of character. It's no accident that I serve both the Y and DUSD. I care about kids."

A Downey resident for 35 years, Corrin says he doesn't watch TV and he's up and about so much he gets enough exercise this way. His wife, Beth, is a DUSD substitute teacher, and they have three children, Philip (23), Abigail (21), and Benjamin (18). All three kids have helped out especially with the Y's Christmas Tree lot sales. Tod and Beth were recognized as "Parents of the Year" in 2004 by the city of Downey and Congresswoman Lucille Roybal-Allard.

Business travel for his company takes him to such places as Orlando, Atlanta, Reno, Las Vegas. "Just got back from another business trip to Maryland," he says, "and we took this boat tour of Chesapeake Bay, and went to St. Michael's Island which is associated with the War of 1812. It was near here where Francis Scott Key wrote "The Star-Spangled Banner." Asked about his experience with district board affairs, Corrin comments: "The news tells only too well of conflict in other school districts, but here at DUSD, we board members get along with each other.

Everyone—employees, administrators, teachers' unions, classified employees—have the same

objective, and that is to give the best education for our kids. Other districts don't have this chemistry, the openness, the open channels of communication such as we enjoy among ourselves, I think because they have lost sight of their true objective."

Indeed, DUSD's mission statement, which was hammered out in 2004 by an ad hoc committee composed of various district and community leaders chaired by Superintendent Wendy Doty, whom Corrin characterized as "a wonderful administrator for the district," more and more assumes a true and noble ring: "[DUSD's] mission is to provide the highest quality education in a safe, trusting environment; to utilize the resources of the home, school, and community; and to maximize the achievement of all students. The District provides a comprehensive curriculum, based on rigorous academic standards, that is responsive to the strengths and needs of our students. We are committed to developing compassionate, responsible citizens who will be confident, creative, and productive members of a global society."

"This, along with our vision statement, serves as our 'constitution', our educational compass," says Corrin. "The wording doesn't change. And based on these benchmarks, we've made improvements in all areas, and either achieved our declared goals this year or otherwise made significant progress in each."

He continues, "One of the best things we can do is intensify our efforts at encouraging better student attendance at our schools. For this, parents are the key."

A BS in psychology graduate of Lewis & Clark, a small, "beautiful" liberal arts college atop a mountain overlooking Portland, Oregon, Corrin likes to attend "all kinds of events," especially school-related functions such as a recent AVID swimming banquet or an ASPIRE program. He says he does this several days a week. "I try to be the eyes and ears of the district. I attend sports games, drama productions, open houses, things like that,"



Tod M. Corrin, a board member of the Downey Unified School District, is a strong supporter of the Downey Family YMCA.

he says. "I learned that volunteerism is very satisfying. My parents certainly encouraged it. I think I've gotten more out of this than any other activity. And I love walking in the supermarket and meeting people. It's just part of my make-

up, I guess. It's wonderful. I love doing volunteer stuff, especially working with kids. It's so satisfying to see them able to perform well, learn, and achieve."

## Council proclaims 'Relay for Life Days'

By HENRY VENERACION  
STAFF WRITER

**DOWNEY**—Mayor Rick Trejo, noting that the upcoming American Cancer Society-sanctioned event is a community gathering where everyone can participate in the fight against cancer, has proclaimed June 9-10 as "Relay for Life Days at Columbus High School," at Tuesday's regular City Council meeting.

In his proclamation, he described the weekend happening as an overnight event, 24 hours in duration, where teams of people camp out on the Columbus High grounds and take turns walking or running around a track or path. Hundreds of luminaries will light the way when the sun goes down, in remembrance of those lost to cancer, in support of those fighting the dreaded disease, and in honor of those courageous and hardy people who have fought cancer and won.

The proclamation ends with: "Relay for Life events raise awareness of cancer prevention, by educating the public in early detection, symptoms, treatment and patient support."

Everyone has been invited to participate.

In other action Tuesday, the Council:

- Approved the lease agreement with the Downey City Employees Federal Credit Union;
- Approved the agreement with Best, Best & Krieger to provide city attorney legal services;
- Approved the agreement with KFM Engineering, Inc., in the amount of \$42,695 to prepare plans, specifications and estimates for Old River School road pedestrian improvements; and appropriated \$446,600 for the purpose;
- Approved the renewal of the agreement with the city of Santa Fe Springs for automated library management;
- Approved a further amendment to the Sept. 13, 2005 amendment to the subdivision improvements agreement involving the Kaiser Medical Center Project;

- Approved the renewal of agreement with Satsuma Landscape and Maintenance for the maintenance of Rio Hondo Golf Course;

- Approved an agreement with Christopher A. Joseph & Associates to prepare an environmental impact report for the Downey Studios mixed-use development;

- Approved the use of a show mobile by Downey Unified School District for the American Cancer Society's "Relay for Life" event on June 9-10;

- Authorized the replacement of the heating and air conditioning (HVAC) system for the Fire Communications Center Computer Room; and appropriated \$18,000 for the project;

- Adopted a resolution approving the application for pedestrian funds for FY2006-07 authorized under the Transportation Development Act, Art. 111 (Senate Bill 821);

- Referred to the Recreation and Community Services Commission, for review and recommendation, the Northwest Downey Little League's request for matching funds to make structural improvements to the Snack Shack at Furman Park;

- Presented certificates of appointment to Council District 4 appointees: Fay Campbell, Water Facilities Corporation; Robert Goldstein, Art in Public Places Committee; Terry Lambros, Planning Commission; and Lee Ann Sears, Emergency Preparedness Committee;

- Recognized the Warren High School girls volleyball team for an outstanding season; and

- Presented certificates of appreciation to the AYSO Girls under 14 Storm and All Star teams for their achievements at the State Championship games.

The next regular public meeting of the City Council will be on Tuesday, June 12 at 7:30 p.m. at City Hall. The budget study session is scheduled for May 29 at 6:30 p.m.

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## Tips on how to choose a professional mover

Contributed by Mayflower Transit

Has a moving company ever asked you for a cash deposit before your move? Was the company's web site missing a local address or licensing information? According to the Federal Motor Carrier Safety Administration (FMCSA), you could have been a target of a growing problem – "rogue movers" – who can turn the stressful event of moving into a complete disaster.

Unfortunately, many moving scams have been tied to the increased usage of the Internet by consumers planning a move. More and more consumers are going online to find a moving company and basing their choices primarily on cost with little regard to a company's record or reputation. As a result, an ever-growing number of people are being scammed by unscrupulous "rogue movers," who aren't licensed or insured movers; some are even "companies" without real operations. The Internet provides these companies with the opportunity to present themselves as being more established than they really are.

Mayflower Transit, one of the nation's largest and most recognized names in moving, has compiled a list of tips to help consumers choose a professional mover during this busy moving season, when more than 43 million Americans will pack up and move their belongings to a new home.

Planning ahead can help reduce the possibility of problems in what is a very detail-driven event. By following these steps in choosing your mover, you are more likely to have a safer, easier and more cost-effective transition.

### Where To Start

- Begin your search for a mover by asking your friends, relatives and business associates about movers they have used and liked.

- Use the phone book or contact a real estate agent to find at least three moving companies that have real offices (i.e., real addresses) in your area.

- If you are using the Yellow Pages, remember: just because a moving company has a large ad doesn't necessarily mean it is reputable.

- Once you've made a list of prospects, contact the companies via phone to get the full company name and "doing business as" names, the number of years in business, address and phone numbers, web site and e-mail addresses, references and DOT and MC license numbers.

- Then go to SaferSys.org, an FMCSA web site, and search for the company using the DOT and MC license numbers to see safety information, any orders to cease operation, licensing and other information. You can also check with the Better Business Bureau or other consumer organizations in your local area.

### Getting Estimates

- Schedule at least two on-site estimates, which should be provided free of charge. A reputable mover will not give you an estimate over the phone.

- Don't rely on a quote provided sight-unseen over the phone or over the Internet. When moving across state lines, your charge is based on the actual weight of your shipment and where you are moving from and to... You are better off meeting face-to-face with the mover's representative to ensure that you both understand what is involved.

- During the on-site estimate, be sure to show the representative everything that is to be moved. Don't forget about the items in the basement or the major piece of furniture you have sent away for repairs. Don't be afraid to ask questions. The salesperson should also ask you questions – about your new home, the timing of your move, etc.

- Inquire about "valuation" options. Valuation provides protection from loss or damage to your possessions. The valuation option you choose determines the basis upon which any claim will be adjusted and the maximum liability of the mover. The liability of a mover for loss or damage is based upon the mover's tariffs, as well as federal laws and regulations, and

has certain limitations and exclusions. Valuation is not insurance; it is simply a tariff-based level of motor carrier liability.

- Be wary of quotes that are substantially lower than the rest. "Low-ball" price quotes could result in significantly lower-quality service, or they could be an indication of a mover who plans to "up" the price in a moving scam. One of the many horror stories shared by victims of moving fraud involves a rogue mover taking household goods "hostage" and demanding large sums of money – sometimes thousands of dollars – before returning the possessions. (In these cases, the mover often gives the customer a low bid, then ups the price once the goods are on the truck.)

### Go With a Name You Know

- There are plenty of quality "name" van lines to choose from. If you have never heard of a particular mover and you have no references from friends or business associates, be very careful! Don't be swayed by a super-low price from an unknown firm; remember, you're entrusting your mover with almost all of your personal possessions.

### Choosing From Estimates

- References are important. If a mover wasn't recommended by someone you know, ask for the names and phone number of satisfied customers. Then call them.

- Consider the attentiveness of the salesperson. Do you have confidence that he or she will be there to help you through planning, packing and loading?

- Take a drive past the mover's office or warehouse. Does it reflect the level of quality and professionalism you expect in a service provider?

- Movers are required by law to provide you with a copy of the brochure, "Your Rights and Responsibilities." In this brochure, the "110% Rule" is explained. The rule states that under a non-bonding estimate, the mover cannot require you to pay more than the amount of the original estimate, plus 10 percent, at the time of delivery. You are obligated to pay any remaining charges over the 110 percent amount, within 30 days.

### Timing is Important

Make arrangements for your move well in advance – at least four to six weeks before the moving date. If at all possible, try not to move when everyone else wants to move. Throughout the year, the end of the month is a busy time for movers, because of the expiration of leases and preferred closing dates. The summer months – May to mid-September, when children are out of school – are "peak season" for movers. Schedule summertime moves as far in advance as possible...and again, try to stay away from month-end moving dates.

### If You Fall Victim

Unfortunately, some consumers will still fall victim to rogue movers this year. Fortunately, there is a service called MoveRescue available to help. Those who feel they may have been scammed should contact MoveRescue at (800) 832-1773. Consumers who call this number will talk to a representative who will assess the situation and direct the caller through the appropriate next steps.

MoveRescue is supported by a network of legal firms throughout the United States, and sponsored by leading van lines, serves as a central source for consumers who need legal assistance.



Rio San Gabriel Elementary School set several records at the Carnival of Champions competition held earlier this month. Rio San Gabriel won the competition for the 11th straight year.

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**HUGE LOT - 8306 LYNDORA, DOWNEY**  
Nice Downey home on a corner lot. 2 bedrooms, 1 1/2 bath, 10,200 sq. ft. lot. 3 1/2 car garage, new carpet, fireplace, parking for large RV. Site for potential development. Call (562) 923-5507

**BEAUTIFUL DOWNEY HOME**  
2 bedrooms, 1 1/2 baths, romantic European charm, hardwood floors, antique fixtures. Asking \$659,000. Call for more details (562) 923-5507

**NICE BELLFLOWER HOME**  
Ready to move in. 3 bedroom, 2 bath, central air/heat, new paint. Close to schools and shopping. Asking \$555,000. Call (562) 923-5507

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DOWNEY SUITE A

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## SOMETHING FOR EVERYONE

LOOKING FOR AN OLDER MANSION?  
LOOKING FOR A NEWER CONDO?  
WANT TO RENT A ONE BEDROOM?  
WANT TO SELL A VACANT LOT?  
WHATEVER... SEE OUR REAL ESTATE PAGES EVERY FRIDAY!



YOUR HOMETOWN COMMUNITY NEWSPAPER  
**The Downey Patriot**

## CENTURY 21 MY REAL ESTATE COMPANY WISHES OUR CLIENTS AND STAFF A SAFE - HAPPY MEMORIAL DAY

### TEAM UP WITH CENTURY 21 MY REAL ESTATE

REAL ESTATE ARENA

INTRODUCING OUR STARTING LINE UP

### THE CLIENTS

**THE FANS OUR CLIENTS**

**#1** "Sally Parungao definitely knows what she is doing. Sally is confident as well as competent and did a great job!" - Rafael & Dania Vasquez

**#2** "Maria Pierce was so patient working with us over a 3 month period and we appreciate it so much. Maria did a great job!" - Maria & Salvador Valdez

**#3** "I am very satisfied with CENTURY 21 My Real Estate Company and Frank Foster. Every detail was handled with care and Frank's service was outstanding." - Siaki Tafua

**MVPs OF THE MONTH**

**TOP LISTING**  
Maria Cibrian

**TOP PRODUCTION**  
L & L Team

**TOP SALES**  
L & L Team

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**Would Zero Down Work?**  
Do you qualify for a zero down loan? Give us a call. This is a beautiful 3 Bedroom, 2 Bathroom, fireplace, 2 car garage and a spacious back yard.  
(562) 927-2626 century21myrealestate.com

**So Much - So Little**  
A 3 Bedroom, 2 Bathroom, 2 car garage, central air/heat, close to schools, nice neighborhood. Act now or it could be sold.  
(562) 927-2626 century21myrealestate.com

**You Can Pay More But Why?**  
When this great starter home can be yours for less. Located in a nice part are of South Gate. 2 Bedrooms, 1 Bathroom. Price for today's market.  
(562) 927-2626 century21myrealestate.com

**Call Us**  
And we'll tell you why this 3 Bedroom, 3 Bathroom home could be the best buy in the market. Pool and Spa, 2 car garage, fireplace, central air conditioning, close to schools, and nice neighborhood.  
(562) 927-2626 century21myrealestate.com

**Wait Not - Want Not**  
Don't miss the opportunity to buy this 3 Bedroom, 2 Bathroom home in Downey. Pool, Fireplace, 1,253 sq. ft. Nice Home!  
(562) 927-2626 century21myrealestate.com

**Show and Tell Time**  
We'll show you this 3 Bedroom, 2 Bathroom delightful home on a huge lot. Central heating and air conditioning, fireplace, built in appliances, wood and carpet floors. And... show you how you can purchase this home.  
(562) 927-2626 century21myrealestate.com

**A Condo By The Water**  
Here is an opportunity to live by the water in a gated community in the city of Paramount. 1 Bedroom, 1 Bathroom, carport, central air, assoc. pool/spa/tennis courts, nice neighborhood and move in condition.  
(562) 927-2626 century21myrealestate.com

**Vicky Aguirre**  
We missed one our "Wonderful women at CENTURY 21 My Real Estate..." In our Mothers Day tribute but would like to recognize Vicky Aguirre at this time.



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**SUPER SHARP!!!**  
5 BD, 3 BA. Each room is cable ready & is capable of having 4 telephone lines. 2 of the rooms are wired for surround sound w/ monster cable. Fireplace inside and outside, perfect for entertaining. Freshly painted. Call Roger Today! Or visit www.RogerBeltran.com

**STOP FORECLOSURE!!!**  
1. Behind on your payments?  
2. Owe more on your house than its worth?  
3. Bankruptcy? 4. Need out?  
Call today for a private consultation!



**Marie Picarelli**  
"The Intelligent Choice"  
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www.MariePicarelli.com



**REDUCED!**  
**Downey Deal!**  
3 Bedrooms plus den or 4 Bedrooms!! Great home with hardwood floors, new kitchen floor, fresh paint!  
**Only \$549,000**



**WONT LAST**  
**Newly Remodeled!**  
Better than new! 3 bedrooms, 2 baths home in a great Downey location! Open kitchen w/ granite counters, large rear yard. Great opportunity for buyers.  
**Only: \$599,000**



**Mario Persico**  
"Mario Moves You...24 Hours a Day!"  
**562-533-7433**  
www.MarioPersico.com



**GREAT DOWNEY LOCATION!**  
**This One Has it All!**  
3 BD, 2 BA, Open kitchen, Living room w/ Fireplace, Master Suite, Newer roof (June 2006), Fresh Paint exterior (April 2007) Central Heat & Air (4 years new), & 1,722 Sq. Ft. & So Much More!!  
**Call Mario Persico @ 562.533.7433**



**DRASTIC PRICE REDUCTION!**  
**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 \$459,000  
**Call Mario Persico @ 562.533.7433**



**Carrie Uva**  
"Let's Talk Real Estate...and Love, Too!"  
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**Under \$800,000**  
**A Super Buy!**  
Lovely 3 BD, 1 BA home near Warren High School with super large backyard. Priced to Sell \$494,900  
**Call Carrie Uva Today @ 562.382.1252**



**Reduced Price!**  
**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**



**Welcome Home!**  
3 Bd, 2 Ba  
1423 Sq. Ft., 9975 lot  
Priced @ \$549,999  
**Call Russell Skersick Today @ 562-619-8280**



**PRICE REDUCED!**  
**Great Downey Buy**  
3 Bedrooms, 1 1/2 Baths, master suite w/ walk-in closet, 80 Ft. wide lot, 2 car detached garage, 1,264 Sq. ft. home. Priced @ \$565,000  
**Call Vicki Spearman Today @ 562-367-9520**



**REDUCED PRICE!**  
**The Time is Now!**  
3 BD, 2 BA, home features master BD, w/ office area, large kitchen & dining area, hardwood floors, large backyard access to covered patio. \$489,900  
**Call Frank Moreno Today @ 562-949-8139**



**SEEMING IS BELIEVING!**  
**Just Listed!**  
Big 4 BD, 3 BA, home w/ master suite, family room, and over 2,000 Sq. Ft. Don't Miss This Great Home! A MUST SEE!! Priced at: \$679,900  
**Call Moises Amezcua @ 562-712-5172**



**3 UNITS!**  
**Downey Triplex!**  
3 Units, (1) 4 BD, 2 BA, 2,280 Sq. Ft. home w/ attached 2 car garage, central A/C, (2) 2 BD, 2 BA, townhouse style units, w/ attached 2 car garage. PRICE: \$849,000  
**Call Jimmy Spathos Today @ 562-400-2148**



**CALL TODAY!**  
**Home Sweet Home!**  
3 Bedrooms, 1 1/2 Baths, Living room w/ fireplace family kitchen w/ eating area, 2 car garage, 1,610 Sq. Ft. Priced @ \$739,000  
**Call Mary Jane Lee @ 562-618-0390**



**GREAT LOCATION**  
**Nearly 20,000 Sq. Ft. Lot in Garden Grove!**  
2 BD, 2 BA, formal dining room, hardwood floors, large garage/ workshop, with carport, Tons of possibilities Price: \$898,888  
**Call Mario Persico @ 562.533.7433**



**OWNER SAYS SELL IT!**  
**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**

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



**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**



**SOLD!**  
**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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"The 24 Hour Agent!"  
**562-818-6111**

**89 Homes SOLD in 2006!**

**Chairman Circle Award Winner 2000-2006!**

**FREE Market Evaluation!**



**Northeast Downey Gem!**  
3 bd, 2 bath, pool, new kitchen, 13,500 sq ft lot!  
**Price: \$939,900**  
Virtual tour at www.MichaelBerdelis.com



**Cute As A Button**  
Spacious bedrooms, den, remodeled bathroom, hardwood floors, new kitchen, large yard & covered patio.  
**Price: \$515,000**  
Virtual tour at www.MichaelBerdelis.com



**One of a Kind!**  
3 bed, 2 bath, formal dining room, RV parking.  
**Price: \$549,000**  
Virtual tour at www.MichaelBerdelis.com



**Wont Last Long**  
3 bedroom, 1 bath, large yard, & 2 car det. garage.  
**Price: \$539,950**  
Virtual tour at www.MichaelBerdelis.com



**Northeast Downey Condo!**  
2 BD, 2 BA townhouse-style condo w/ Remodeled bath, newer paint & carpet.  
Now at: \$399,950  
Virtual tour at www.MichaelBerdelis.com



**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**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**  
**Light & Airy!**  
Large Downey home w/ liv rm & fam rm, RV parking, and 2 car garage & bonus room.  
**Price: \$599,950**  
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



**OPEN HOUSE**  
**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



**OPEN HOUSE**  
**Move Right In!**  
3 bed, 3 bath, large master bdrm, NE section of Downey, 2144 sq. ft. home on a 7625 sq. ft. lot.  
**Price: \$799,950**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**  
**A-1 Neighborhood!**  
3 bedroom, 2 bath home in Northeast Downey with Large backyard and pool!  
**Price: \$974,950**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**  
**Upgrades Galore!!!**  
3 bed, 2.5 bath home in NE section of Downey, 2346 sq ft, 7446 sq ft lot, remodeled kitchen and baths, large master suite, loft, and hidden attic room (very neat)!  
**Price: \$995,000**  
Virtual tour at www.MichaelBerdelis.com



**Remodeled Like New - 2006**  
4 BD, 3 BA, granite counters in kitchen & BA, L.G. master suite, over 2900 Sq. ft.  
**Price: \$995,000**  
Virtual tour at www.MichaelBerdelis.com



**New Construction 2007 - on Large Lot!**  
5 Beds, 4 BA, central air & heat, Sparkling pool, 3,600 Sq. Ft. Living Space.  
**Price: \$1,295,000**  
Virtual tour at www.MichaelBerdelis.com



**Look No Further - Built in 2007!**  
5 BD, 4 BA newly constructed home (4729 sq ft on a 7560 sq ft lot) with master suite, gorgeous kitchen, and rock pool & spa with waterfall and slide. A must see!!!  
**Price: \$1,549,900**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**  
**Classic Tuscan Country Estate!**  
6 BD, 4.5 BA, over 5,000 Sq. Ft., 14,600 Sq. Ft. Lot.  
**Price: \$1,995,000**  
Virtual tour at www.MichaelBerdelis.com

**www.MichaelBerdelis.com Call Michael today at (562) 818-6111**