



The Downey Patriot



Brossmer gets appointed
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MacDonald boasts Arc
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Friday, June 22, 2007

Vol. 6 No. 9

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

'Warriors' on the road and in Spirit

BY MARY FORNEY
CONTRIBUTOR

DOWNEY – When the Front Line Warriors gather to pray, it's not in a church building – it's on the open road.

Formed five years ago by local resident Bobby Amezcun, the Christian Motorcycle Association has steadily grown in popularity and local community service involvement. Most recently, the bikers led the cancer survivors through the victory arc during Downey's Relay for Life opening ceremony and donated proceeds from the rally to the American Cancer Society.

"We believe if you're going to be a Christian, you need to be out front and not hiding in a church," said Amezcun.

"The bikes attract attention and open the door for us to witness," he said.

More than 100 bikers can be found Thursday nights at Friscos Burgers for a weekly fellowship meeting. Live music and motorcycles fill the parking lots surrounding Friscos as the association's members and families congregate and worship outdoors.

Selling raffle tickets during the weekly meetings has enabled the group to collect about \$12,000 yearly from its members. The donations are used to finance Christmas toys for the needy and a benevolence fund for fallen bikers.



The Front Line Warriors gather to fellowship and pray every Thursday night at Friscos Burgers. More than 100 bikers, along with their families, worship there weekly. Photo by Mary Forney

"If a biker goes down in Southern California, we give them money for groceries, clean their yards, visit them in the hospital – whatever they need," Amezcun said. "God tells us to love people and you love people by meeting their needs," he said. "Whether they give their life to Jesus is up to them."

Comprised of different denom-

inations, the association's members are required to have a home church.

About 10 young biking adults from the Front Line Warriors will take to the highway on a missionary trip June 26-July 31. The group will be traveling through West Virginia, Pennsylvania and New York where they are scheduled to meet up with other young Christian biker adults.

Calling themselves a "church on wheels," the Front Line Warriors became a non-profit organization in 2007.

"Our members need to attend their own home church so they can grow and learn in Christ," Amezcun said. "People join our group to put into practice what they've learned – helping people is serving the Lord."

Time Traveler

Names that survive from school archives

BY JOHN ADAMS
EDITOR EMERITUS

Schools are more than mere buildings, they are the people and personalities that make up their faculties and staffs. Downey, from its earliest days has been blessed with outstanding leaders of its educational systems. Maude Price and Edith Unsworth come immediately to mind. Mary Foy, an influential force in the fight for suffrage, the Women's Movement and the California Progressive Movement, once taught at Alameda. And on a more dismal note, the notorious "Baron of Arizona," James Addison Reavis, once taught at Gallatin.

As noted in a previous column, the town school was Downey Grammar School, where in 1915 Charles W. Mills served as principal. His teaching staff was made up of Phoebe Combs, Angie W. Davis, Nina Gibbs, Dorothy Ardis, Ollie Hutchinson, Mabel Kelley, Elsie Lafferty and Gladys Grant.

Austin A. Newbold became principal in 1916 and Agnes Maye joined the faculty. In 1917 Dottie Clifford, Alice Nelson, Juanita Bowen, Hermione Nava and Mayme Holcomb Robertsons are listed as faculty, and in 1918 the names of Ethyl Reynard, Sybel Howdyshall, Ruth Eveland and Ivy Nettlehorst appear as teachers.

In 1919 Rufus N. Hatch becomes principal.

In 1923 Spencer V. Williams became principal. He served 23 years until 1946 when Joe Glenn Coss took over.

At the historic old Alameda School District, one of the most famous names among the early teachers was that of Mary Foy, who later became famed as a fighter for Women's Rights and suffrage and the Progressive Movement in California. She taught her in the late 1880s and early 1890s. Charles N. Ganyon was a principal and teacher at Alameda in 1920. His staff was made up of Mildred Van Dam and Geneva Williams.

In 1926 Elbert Warren Ward became the principal at Alameda. Other names listed that year include Elsie Lafferty Vrooman, Katherine Woessner, T.C. Ball and E.L. Johnson.

Ward retired as Alameda superintendent in 1955 and Mr. Pace took over. Of all the elementary districts, Alameda grew to become the largest. At Gallatin School to the north, perhaps the most infamous educator was James Addison Reavis, who arrived here in 1875 and served as principal and teacher at Gallatin for two years. While here he apparently plotted the bogus land claim he later lodged as "The Baron of Arizona." He actually had the U.S. government and big business such as the railroads consider

See TRAVELER, page 4

Bobbie Samperi likes the 'good old days'

BY HENRY VENERACION
STAFF WRITER

DOWNEY – When construction of the 105 Freeway began in the late 80's, Barbara "Bobbie" Samperi's son Logan was just getting into 1st Grade at Ward, and the situation alarmed her and other parents. Haul trucks went through the vacant lots adjacent to the school to get to the construction site, and across the driveway where the children walked going to class. To top it off, the noise and the swirling dust made for uncomfortable conditions in the classrooms, necessitating closing the doors and windows.

When the district scheduled a bus tour of the construction area, which also impacted Carpenter and South (now Sussman) Middle School, Samperi and her parent cohorts, Debbie Black and Penny Wright, made sure they went. Among those who were aboard the bus were district board members Mark Morris and Don LaPlante, along with then Superintendent Ed Sussman and Asst. Superintendent Donna Boose. The three parents had the perfect audience on whom they could vent their concerns. Putting it mildly, they sort of "took over" the tour, says Samperi.

The effect of the parents' advocacy for the schoolchildren's safety was immediate and dramatic: the trucks were stopped from hauling at certain times of the day, Ward was the first school to have air conditioning, and crossing guards



SAMPERI

were introduced at Sussman and Carpenter.

Fighting for her principles, honesty, and standing up for the less fortunate are traits she shares with her siblings, passed on by her hardy parents who both served on the school board in their time. Her dad grew up in a little town called Stanberry in Missouri while her mom came from nearby Bradshaw, Nebraska, in York County. Samperi says she still has relatives in both places. She paid her cousins and uncles in the area a visit eight years ago.

She has fond recollections of some of her colorful ancestors, as told to her by her parents who grew up in the Depression. Her mom recalled her one-room schoolhouse and how her grandfather, Samuel Lichtenberger, fought in the Civil War, homesteaded the land she grew up on, and lived with the

See SAMPERI, page 9

The governor's plan to exterminate gangs

BY HENRY VENERACION
STAFF WRITER

DOWNEY – Last month, Gov. Schwarzenegger announced the California Gang Reduction, Intervention and Prevention Program (CalGRIP), a program aimed at "combating gang violence in California." The thrust, he said, is to provide more than \$48 million in state and federal funding toward local anti-gang efforts, including job training, education and intervention programs, and give law enforcement the tools to closely track gang leaders both inside state prisons and when they are released on parole.

CalGRIP will in effect combine funding from different programs and direct them toward intervention, suppression and prevention. The governor is also appointing a statewide gang coordinator, to coordinate all state programs and funding for anti-gang activities with local and federal agencies.

The immediate reaction of most people will be: "This is well and good, but such an initiative has long been overdue." Of course it is, but the same judgment can also be applied to all well-meaning programs through the centuries, which have witnessed a plethora of programs and movements that have attempted to curb inherently intractable social evils. In this sense, the governor's plan is better than nothing. The allocated funds will help the earnest efforts of cities across the state to conduct their already installed, pre-announcement rehabilitation, job training,

and praiseworthy - programs.

The governor's announcement says further that gangs are responsible for crimes including money laundering, extortion, narcotic production and sales, prostitution, human trafficking, assassinations for hire, theft and counterfeiting.

His office even borrows a few 2005 statistics from the Department of Justice that included: 38 percent of homicides were gang-related; and Santa Ana has 90 active street gangs with approximately 4,000 members.

There is no need to convince us that such a program is welcome. Adequate funding for such a program will undoubtedly make a dent in criminals' and gangs' activities. But dollars, anti-gang czars and well-crafted rhetoric can only go so far. What is needed is total commitment - by individuals, parents, schools, churches, the police and other law enforcement officials, the whole community - ever conscious of the problem, ever vigilant and alert to coordinate with everybody else and ever willing to make sacrifices of time and effort.

If laws have to be rethought and rewritten to augment the apprehension and detention - and prosecution - of evildoers, then it's time for those trained in the law and its enforcement to rethink and rewrite laws that from this view tend to favor the dastards.

The governor's plan sounds superb, but will its bite be felt? When?

The brains and talent behind Rundfunkmedia

BY JACQUELINE MEJIA
CONTRIBUTOR

DOWNEY - George Manzanilla is an avid film director, cinematographer, editor, and head of Rundfunkmedia, Inc., a film and video production studio, which is located in the Downey Studios lot.

At only 27 years old, Manzanilla (who is alum of both Saint John Bosco High School and USC) has clients that range from world-famous surf and skate magnates such as Billabong, Hurley, Globe Shoes, and Darkstar Skateboards, as well as media channels such as the TV Guide and Reels channels. He has even edited the band Incubus' music video, "Anna Molly."

Born and raised in Downey, Manzanilla's passion for making videos soon transcended into something more serious. He started filming his surfer friends while in college, and then decided to take out a loan in order to buy his own computer to edit videos. Six months after college, he got hired to edit a skate video for Hurley entitled, "Hallowed Ground."

A couple of years later, while drawing a model of a German radio, Manzanilla came up with the idea for his business' name. While drawing, he noticed the word Rundfunk (which translates into 'broadcast') on the

See MEDIA, page 8



George Manzanilla created Rundfunkmedia, Inc. in 2004, directing, producing and editing films for clients such as Billabong, Hurley and Incubus. Photo by Art Montoya

Adult School principal appointed to committee

DOWNEY – At their June 6 meeting, the Cerritos College Board of Trustees appointed Downey Adult School Principal Roger Brossmer to the Cerritos College Citizens' Bond Oversight Committee as an at-large member.

Brossmer joins several other committee members who reflect a broad cross-section of the community, including long-time district residents, taxpayers association members, Cerritos College students and retirees, and local civic leaders.

The Citizens' Bond Oversight Committee was established in 2004 and is responsible for overseeing the college's use of bond funds and for serving as a "check-and-balance" to ensure that the bond proceeds are only used for the projects included in the bond measure project list. Each committee member serves a term of two years.

"Cerritos College is an asset to the community, and I wish to see it continue to thrive," said Brossmer.

Brossmer brings a wealth of experience to the oversight committee. Annually, he oversees \$7 million annual budget at Downey Adult School, which serves more than 14,000 students each year. Since 2000, Brossmer has actively served on the City of Downey Planning Commission. He also serves as the chairperson for the American Cancer Society's annual 24-hour relay in Downey and is a youth director for Rotary International.

"We're so pleased to have Roger join the committee," said Donna Jones, chairperson for the Citizens' bond Oversight Committee. "His familiarity with our community and students, along with his experience in educational administration, are incredibly valuable to the committee in ensuring the success of Cerritos College's bond management process."

First Presbyterian ice cream social

DOWNEY – The First Presbyterian Church of Downey will be hosting an old-fashioned Ice Cream Social on June 30 from 1 to 5 p.m. for the residents and neighbors of Downey.

Kids will be able to enjoy an inflatable jumper, and the City of Downey Fire and Police Departments will be highlighting children's safety with fingerprinting, fire safety and summer safety tips.

Vintage and custom cars, as well as motorcycles, will be on display. The "Bellflowers" will perform a variety of live music, as will Ruby Sanchez.

Ice cream is free as part of a yearlong celebration of the 121st year anniversary of the founding of the First Presbyterian Church in Downey. However, donations of ready-to-eat canned goods will be accepted for the charity food pantry.

For information, call (562) 861-6752.

John Hume barbeque at Furman Park

DOWNEY – The 2nd Annual John Hume Performing Arts Foundation Barbeque will be on August 4 from noon to 5 p.m. at Furman Park.

Furman Park is located at 10419 Rives Ave. in Downey.

For information, call (562) 869-0422.



Roger Brossmer, Downey Adult School principal, was recently appointed to the Cerritos College Citizens' Bond Oversight Committee as an at-large member.



Owners John and Rose Hollis will be displaying their SPC-Prototype for the first time at the Ice Cream Social on June 30 at the First Presbyterian Church of Downey.



Downey Federal Credit Union Executive Vice-President Orlandus Waters (left) presented a new scanner to John Vincent, executive director of Downey Historical Society, and Hugh Hoskins, Downey Historical Society member.

'Fill the Boot' at the Downey Landing

DOWNEY – Downey Firefighters will be at all entrances of the Downey Landing tomorrow from 10 a.m. to 6 p.m. collecting donations to benefit the Muscular Dystrophy Association.

The Downey Fireman's Association hopes to raise over \$30,000 for the MDA.

Donations can be made at the Landing as well as online at www.mdausa.org.

Radio Club sponsors 'Field Day'

DOWNEY – The Downey Amateur Radio Club will be sponsoring "Field Day," an emergency preparedness exercise, this weekend at the City Emergency Operations Center (EOC).

Operations will be held for a 24-hour period from 11 a.m. tomorrow to 11 a.m. on Sunday.

The public is welcome to observe as many amateur radio contacts as possible in the given time period locally, nationally and internationally. The event is free.

EOC is located behind Fire Station #1 at 12222 Paramount Blvd. in Downey.

'Save a Life Sunday,' July 8

DOWNEY – Downey First Christian Church will be hosting the American Red Cross and their Bloodmobile on July 8, designated by the Red Cross as "Save a Life Sunday."

The Bloodmobile will be at the church, located at 10909 S. New St., from 8:30 a.m. to 2:30 p.m.

Appointments are recommended but walk-ins are always welcomed.

For information or appointments, call the church office at (562) 862-2438.

'America' the theme of next luncheon

DOWNEY – The Downey Women's Christian Club will be hosting "America the Beautiful," their next luncheon, on July 11 at 11:45 a.m. at the Los Amigos Country Club.

The event will include a summer fashion show by ARC and music by Evelyn Cormack. Speaker Maria Cuenioursa will be presenting, "Life is a Puzzle Until you Find the Missing Pieces."

Cost is \$12 and reservations are requested by July 9.

The Los Amigos Country Club is located at 7295 Quill Dr. in Downey. For information, call Sonja at (562) 862-4347 or Delores at (562) 868-7135.

Historical Society receives new scanner

DOWNEY – Downey Federal Credit Union, along with Golden Star Technology (GST) of Brea, recently donated a scanner to the Downey Historical Society to aid in preserving Downey's history.

With more than 25,000 photos dating from 1870 and directories for Los Angeles County, the society was in need of a better scanner to preserve their holdings of Downey's history. The Historical Society also boasts a variety of Downey newspapers, postcards, artifacts of Downey's history and Sanborn Insurance maps.

"Downey Federal Credit Union supports the local community so history can be preserved with the use of technology," said Orlandus Waters, executive vice-president of Downey Federal Credit Union.



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Downey receives recognition for software

DOWNEY – On June 20, the City of Downey was presented with the “Special Achievement in GIS (SAG) Award” at the 27th Annual ESRI International User Conference in San Diego.

Downey beat 300,000 other organizations worldwide that use the Geographic Information System (GIS) software.

“ESRI recognizes the passion of our very special users with our ‘Special Achievement in GIS Award,’” said Jack Dangermond, ESRI president. “The effectiveness of these people to infuse our technology into their real world contexts creates meaning for our efforts. For this we are grateful.”

The City of Downey’s Public Works Department established an interactive web-based system that allows the public to place service requests from their home or office, even when the city staff is unavailable. Residents just have to go to the city’s website and fill out a few selections. City staff then reviews the request. Before the installation of the software, the only way to submit a request was by visiting or calling the City Hall during business hours.

With the use of the software, the city has been able to quickly route service requests and serve citizens faster. The system also allows residents to access street sweeping schedules, trash pickup information and other maintenance schedules.

GIS is a software tool used for exploring geographic relationships to better understand how the world works and how it is evolving, connecting, and changing. Unlimited amounts of information can be linked to a geographic location, allowing users to see regions, counties, neighborhoods, and the people who live in them, with clarity. Government agencies, as well as businesses, non-profit organizations and other organizations, rely on the software to analyze their communities and make better decisions for their well-being.

Gyotoku graduates from basic training

DOWNEY – Air Force Airman Koryn R. Gyotoku has graduated from basic military training at Lackland Air Force Base in San Antonio, Texas.

During the six weeks of training, Gyotoku studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches; and received physical training, rifle marksmanship, field training exercises and special training in human relations.

Gyotoku also earned credits towards an associate degree through the Community College of the Air Force.

Gyotoku is a 2006 graduate of Warren High School and is the daughter of Sherry Gyotoku of Downey.

LACOE program announces graduates

DOWNEY – The Los Angeles County Office of Education (LACOE) has announced the graduating students from Downey High School that participated in the Larson East and Buena Vista programs.

Larson East graduates are Roberto Alvarado, Mary Drummando, Jovanie Garcia, Angela Jackson, Olga Machado, Marcial Martinez, Brian Menjivar and Joseph penny.

Buena Vista graduates are Ashley Fletcher, Shantelle Jimenez, Chastity Leos, Noel Madrigal, Michael Padilla and Adam Sanchez.



Students from Columbus, Downey and Warren High Schools received various Kiwanis Foundation Fund scholarships at a luncheon last week. Photo courtesy Co-Op Cache Consulting



Air Force Airman Koryn R. Gyotoku has graduated from basic training, also earning college credits through the Community College of the Air Force.



Clifford the Big Red Dog will be visiting the Downey City Library June 25, 26 and 27.

Kiwanis awards \$18,500 in local scholarships

CONTRIBUTED BY CO-OP CACHE CONSULTING

DOWNEY – The Kiwanis Club of Downey recently awarded \$18,500 in scholarships to local graduating high school students.

An “Outstanding Teacher” from each school was also recognized: Dee Dee Wilcox (Columbus High School), Marvin Manzanares (Downey High School) and Rob English (Warren High School).

Warren High School recipients of the Kiwanis Foundation Fund scholarships were: Kevin Machino and Kendra Hugg (\$1,000 each – David Bruce Barnes Memorial Scholarship); Samantha Castillo (\$1,000 – Dr. & Mrs. Schuyler P. Strang Memorial Scholarship); Kirk Asher (\$500 – Tommy Jones Memorial Scholarship); Jose Green (\$500 – Donald Ferguson and Ruth Gregg Scholarship); and Carmen Li (\$500 – Bell Webster Memorial Scholarship).

Downey High School recipients were: Joseph Penney (\$500 – Ardis Memorial Scholarship); Stephanie Lopez (\$1,000 – Carmen Martin Memorial Scholarship); Lissett Pisfil (\$500 – DiLoreto Scholarship); Monica Martin (\$1,000 – Kiwanis Foundation Citizenship Award); Nathan Spann (\$1,000 – Kiwanis Foundation Youth Service Award, KIWIN’S); Sharonjit Sandhu (\$1,000 – Kiwanis Foundation Youth Service Award, Key Club); Alexander Carril (\$500 – J. Donald Fisher Memorial Scholarship); Lanny Marquez (\$250 – Law Enforcement Award); Ankush Patel (\$500 – Lehman Family Scholarship); Sergio Sanchez and Christianne Lambert (\$500 each – Robert McLennan/Class of 1961 Student of the Year Award); JeanWon Yang (\$1,000 – Phil Jones Memorial Scholarship); Amy Mendez (\$1,000 – Daniel K. Westzstein Memorial Scholarship); Tony Kim (\$500 – Del Clawson Good Scout Award); and Ryan Kirkpatrick (\$1,000 – Freudenberger Family Scholarship).

Columbus High School recipients were: Angel Jaimes and Kameron Trevino (\$300 each – Bill and Betty Gregg Memorial Scholarship); Rachel Garcia and Joshua Ejedawe (\$300 each – Mooschekian Trade Scholarship); Alba Quiles and Ivy Contreras (\$300 each – Pifer Family Scholarship); and Ruben Venegas (\$1,500 – Lehn Family Scholarship).

Clifford visits the Downey City Library

DOWNEY – The Downey City Library welcomes Clifford the Big Red Dog to help kick off the Summer Reading Program.

Clifford will be visiting on June 25 and 26 from 10 a.m. to noon, and June 27 from 10 a.m. to noon, and 1 to 3 p.m.

For information, call the Children’s Desk at (562) 904-7360, ext. 4.

Students recognized for volunteer work

DOWNEY – The Assistance League of Downey, along with the Gypsy Johnson Auxiliary, have awarded ten \$1,000 scholarships to the following students in recognition of their outstanding volunteer services to the community:

Ivy Contreras (Columbus High School), Kameron Trevino (Columbus), Eleni Christidis (Downey High School), Monica Martin (Downey), Melissa Meza (Downey), Sharonjit Sandhu (Downey), Mona Aly (Warren High School), Benjamin Corrin (Warren), Alex Slevcove (Warren) and Doris Yu (Warren).

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TRAVELER

Continued from page 1

ing buying him out until study proved his documentation fraudulent.

But Reavis's two years as educator did not destroy Gallatin. It thrived after Reavis left. There was one teacher in 1928, R.H. St. John. In 1929 two were listed, Dorothy Weaver and Mary Belle White. In fact, Gallatin was so small that in those early times it was called "the little private school." From 1937 to 1942, Gallatin's faculty was made up of Maude Price and Edith Unsworth. Price became principal in 1944. Her faculty consisted of Unsworth, H.L. Kerr and C.M. Gunderson.

Gallatin's staff consisted of only three until 1952 when developers began bulldozing the orange groves.

Records for the Old River District are sketchy, but show Roland Adams as principal and superintendent in 1943. He administered a faculty of 13. These included Agnes Brown, Winnie Comstock, Mrs. Erickson, Mrs. Cope, Mrs. Shaeffer, Mrs. Hogan, Mrs. West, Miss Jamieson and Mrs. Payton.

Of the Downey High School District, A.D. Hoerschell was principal in 1916. His staff included John Bryson, Mary L. Hinton, Gladys Grant, T.O. Rinker, Alexandra Fay, Clara Bleumberg, Betsy F. Lull and J.A. Schwanenburg.

In 1919, the principal's job at the high school was assumed by Joseph Templeton. Names on the faculty included George H. Ball, Edward Waller, Alexander Fay, Esther Hedstrom, Ruth Grant, Helen Herdey, Lenora Bloomfield and Winifred Doolan.

Frank Otto succeeded as superintendent, serving for several years. He was followed by C.C. Carpenter. When Carpenter moved up to the County Office of Education about 1942, William Walker became superintendent. Originally published March 3, 1995

One-week digital photo academy

DOWNEY - The Downey Adult School Career and Education Center will be offering a daytime and evening class, teaching the basic and advanced functions of digital cameras, June 25 to 28.

Participants will learn how to navigate through a camera's menus, use a kiosk machine, create an on-line photo album, and use software that comes with digital cameras.

The class is offered next week, Monday through Thursday, from 9 a.m. to 1 p.m., or 6 to 9 p.m. Cost is \$40.

For information, call (562) 940-6205.

Urban Roots Salon makes Top 10

DOWNEY - Urban Roots Salon in Downey was recently voted in the "Top 10: Best of Citysearch.com."

Clients went online and voted the salon as being the best in color and highlights in the Los Angeles area.

The salon just celebrated their fifth anniversary and were recently presented with an award by the Downey Chamber of Commerce.

Urban Roots Salon is located at 8312 Firestone Blvd. in Downey. The salon can be contacted at (562) 904-8004.

Middle School Track Meet results

DOWNEY - The Downey Unified School District's 33rd Annual Middle School Track Meet was held on June 2 at Downey High School.

Sixth Grade Boys		
School	Points	Place
Sussman	68	1st
East	40	2nd
Griffiths	27	3rd
West	19	4th
Seventh Grade Boys		
Sussman	58	1st
East	45	2nd
West	31	3rd
Griffiths	20	4th
Eighth Grade Boys		
Sussman	58	1st
East	46	2nd
West	29	3rd
Griffiths	21	4th
Sixth Grade Girls		
East	73	1st
West	33	2nd
Sussman	28	3rd
Griffiths	15	4th
Seventh Grade Girls		
East	65	1st
Griffiths	39	2nd
West	31	3rd
Sussman	19	4th
Eighth Grade Girls		
Sussman	48	1st
Griffiths	41	2nd
West	38	3rd
East	26	4th

2007 District Track Meet Records

Grade & Gender	Event	Time	Name	School
6th Grade Boys	1600	05:28.0	M. Martinez	Sussman
6th Grade Boys	400	01:03.5	M. Martinez	Sussman
6th Grade Boys	800	02:31.4	E. Enriquez	West
6th Grade Girls	200	28.0	C. Cortez	Griffiths
7th Grade Boys	400	12:00.0	A. Solis	Sussman
7th Grade Boys	800	2:25.0	A. Solis	Sussman
7th Grade Girls	100 Tie	13.4	N. Hologores	East
7th Grade Girls	400	1:06.4	A. Hicklin	East
7th Grade Girls	200	28.1	N. Hologores	East
7th Grade Girls	800	2:39.4	D. Rodriguez	Griffiths
7th Grade Girls	4x1 R	55.4	N/A	East
8th Grade Boys	110 LH	16.3	J. Guerra	East
8th Grade Boys	100	11.5	J. Guerra	East
8th Grade Boys	200	23.7	K. Lewis	Sussman
8th Grade Boys	4x1 R	47.6	N/A	Sussman
8th Grade Boys	Shot Put 48"11"		K. Lewis	Sussman
8th Grade Girls	110 LH	17.1	K. Renoso	West

The Poets' Corner

Report of Painful Motives

Big Old Foe would not go
 Instead after much reap and sow
 He burried his nose where it would not show
 And out popped a spider I'll have you know
 For after that I tell you Big Old Foe did go
 He went to a place far away
 How far?...He went so far it's hard to say
 We could trace the footsteps but it would take all day
 I guess we are better off panicking under this tall hay
 And so after a painstaking wait
 Big Old Foe was found blue under a pile of snow
 Incredibly to this day people still think
 they bothered to find Big Old Foe
 -- James Hernandez,
 Downey

Boys and Girls Club honors Flag Day

CONTRIBUTED BY COMMERCE CASINO

COMMERCE - On June 14, also known as Flag Day, dozens of children from the Rio Hondo Boys and Girls Club showed off their patriotism by hosting an official ceremony celebrating the Nation's Colors.

Participants raised a flag on a 45-foot pole that was donated by Commerce Casino in 1995, one of the club's longtime supporters.

"Each year when these children enact this patriotic pageant, it reminds us at Commerce Casino of the continuing investment we're making in our country's future," said Debbie Payne, Commerce Casino director of community relations. "The children right in our own community could one day grow up to be our state and national leaders."

Founded in 1960, the Rio Hondo Boys and Girls Club seeks to empower youngsters, ages 7 to 17, to support the club and community, sustain meaningful relationships with others, improve their own self-image, participate in the democratic process and respect cultural identities.

The club's educational and career missions are to enable youth to become proficient in basic educational disciplines, apply learning to everyday situations and to embrace technology to achieve career success. Health and life skills are also taught, as well as art and culture programs, which are designed to develop children's creativity in visual arts, writing, performing and crafts. Sports, fitness and recreation programs keep the body and mind fit for the future and teach valuable social interaction skills.

For information on the Rio Hondo Boys and Girls Club, call (562) 927-2677.

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Letters to the Editor:

The language of our city

Dear Editor:
 In response to both of this week's editorial's "A Once Great City" (The Downey Patriot, 6/15/07) and "No Longer a Well-Maintained City" (The Downey Patriot, 6/15/07), I think their answer was found in the story "Is Carpenter House Headed for Demolition?" (The Downey Patriot, 6/15/07).

I quote Eric Pierce: "records list Manuel Parra as the property owner of 9821 Neville. When contacted. Language barriers made it difficult to ask him about the demolition."

Now before everyone jumps and says that I'm a racist, think about both of their letters to the paper:

"I agree that much of the problem is that children from other cities come here for a better school district. I blame the lazy parents that don't discipline their children but allow them to bring bad habits from their less desirable cities into our once great city."

"With the overcrowding and population surge in the last twenty years, the once well-established high standard of living in Downey has given way to the same fate as over-crowded Huntington Park. Streets and drive-ways are getting overrun by parked cars. Graffiti and the subsequent layers of caked paint to cover the graffiti defacing our buildings and walls."

"The extreme traffic congestion in our city during rush hour is making living and driving in Downey a nightmare, the general contempt by some commuters in Downey for our traffic laws is disgusting. People speed, run stop signs, cut corners at gas stations, etc., like no tomorrow."

Maybe because of the volume of our new city citizens, they have not taken the time to read, research and understand Downey's history and way of doing things, including laws. How can we jump to the conclusion that more law enforcement will solve the current problem of the new city citizens not understanding (or caring?) that they are changing the city?

These new people may just not know how they are supposed to act, [language barriers] - maybe that's where the first step should be taken. We have no choice, we must speak the same language, or we all lose.

—Art Kinkade,
 Downey

Preserving a legacy

Dear Editor:
 In reference to "Is Carpenter House Headed for Demolition?" (The Downey Patriot, 6/15/07).

Are you kidding me? Demolition? Have the residents in this city completely lost their identity?

There are few legacies in this city more worth preserving than the Carpenter Legacy. The thought that the Carpenter's Neville residence can fall into decay would have never been imagined in the 70's and 80's. The Carpenter family, whom now live in Ventura County, made a huge contribution to this city. The least the residents of this city can do is honor their legacy.

For the Carpenter residence to fall into decay is an example of the lethargy that I was referring to in my last letter ("No Longer A Well-Maintained City," 6/15/07). The new generation of Downey residents are moving in because they wanted to move into a beautiful "pride of ownership" community. But, that pride is fleeting and is being replaced by apathy and selfishness. Metaphorically speaking, many residents don't realize they have a responsibility to maintaining not just their lawns, but their neighbor's lawn as well. We must lock arms to keep the bad influences out of our community. The once celebrated Downey way of life is worth preserving. This can only happen if we stop, smell the roses, and start caring about our community.

Be vocal in your neighborhoods. Contact your city council and tell them you care about keeping Downey beautiful and what you can do to help. Expose social corruption. Don't turn your cheek when you see someone doing something wrong, because law enforcement will only be as vigilant as we want them to be.

—Juan Gonzalez,
 Downey

What's up Doc?

Dear Editor:
 I wish to thank your staff for upgrading an enlightening paper. I look forward to its delivery each week. I have noticed recently a distinct improvement in the quality of articles that have been printed.

I especially enjoy the new articles "Paging Dr. Frischer" and your editorial comments when they appear. Your editorials not only inform us but usually contain a subtle jab of humor which I enjoy. It would appear you have both a serious side and a jovial side - keep it that way.

Possibly you could have Dr. Frischer write an article on ageing and what we can do to slow down the aches and pains. You know what? Have him write an article on the fountain of youth. If we follow everything he tells us to do, will we find it? I bet not!

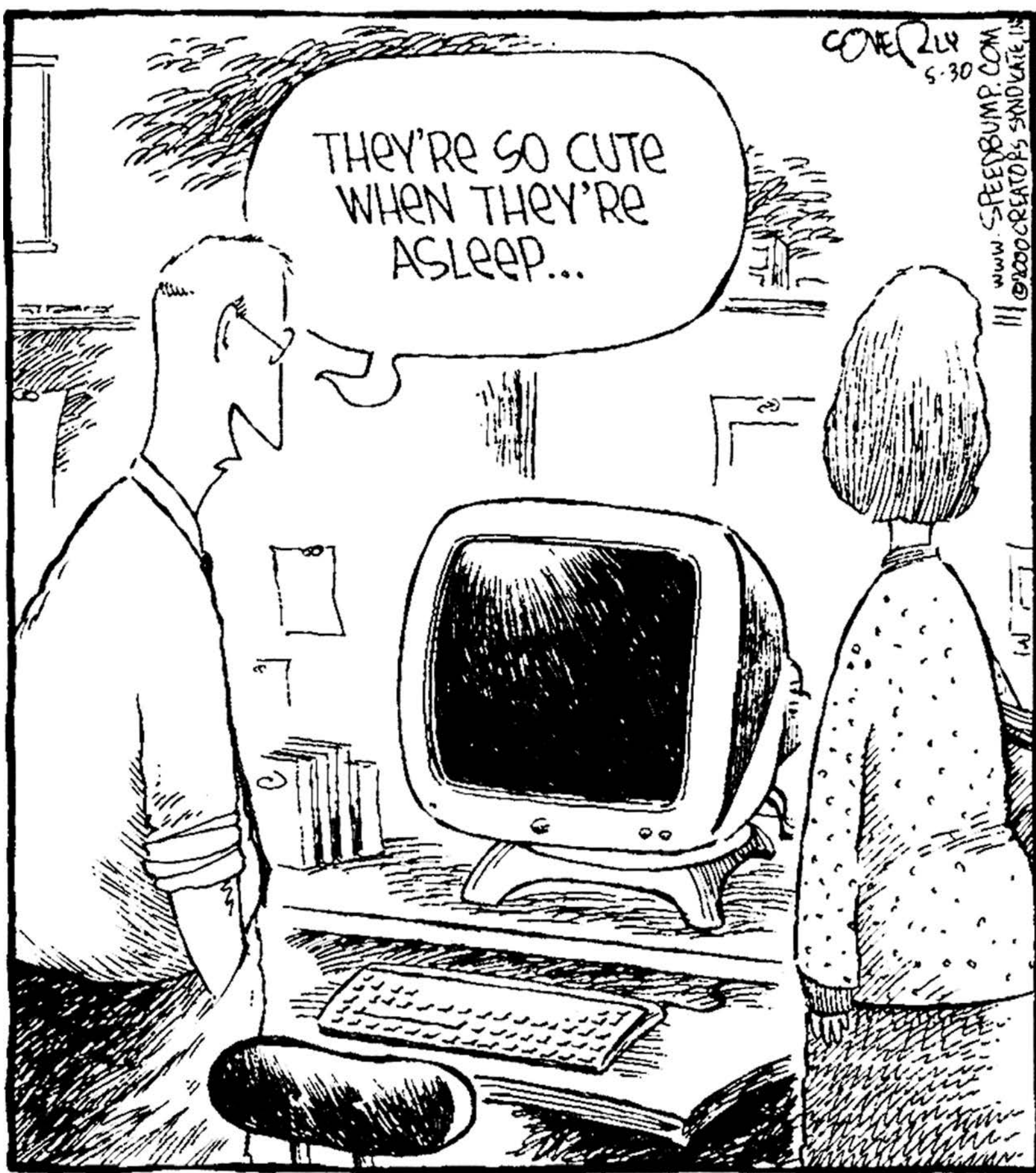
I understand he is a marathon runner (a crazy exploit in and of itself) and because of that he is probably the only one to follow all his healthful suggestions (I bet he doesn't).

Can you imagine going to a 4th of July barbeque and not having a beer, no salt on the burgers or steaks, dessert consists of an apple or peach or maybe a banana. C'mon Doc - have a heart...live a little.

Anyways, I do enjoy the articles - even yours Doc.

—Calvin Martin,
 Downey

NOTE FROM THE PUBLISHER: City Editor Eric Pierce did not contribute editorial commentary this week, due to illness. *The Downey Patriot* wishes him a speedy recovery! We miss you and get well soon!



Downey's best kept secret

Dear Editor:
 Thank you so much for your article about our Friends Bookstore ("Finding 'Friends' at the Downey City Library," 6/15/07). It is said to be Downey's best kept secret. I hope it is no longer a secret.

This June 25 is the start of the Summer Reading Program and the Friends volunteers will help enroll the children in the program. We will have children's books for sale next to the tables. I hope you can join us that Monday because it is really busy but fun seeing the children discover the library.

—Colette Stallcup,
 Friends Bookstore Director

Choose another name

Dear Editor:
 I understand your consternation: "Bully Free Zone" (The Downey Patriot, 6/15/07).

I also wonder why the City Council chose to run a contest to name the new park then chose a name that was not among the over 400 names submitted.

Is it they had a predetermined name chosen and when no one submitted that name, they had the Mayor submit it as if he just had a great brain storm (the only one lately)? Possibly the Mayor just happened to actually come up with that name and in a gesture of kissing up, pot licking or hoping for future favors they said, "oh gee, sir yes, we really like your idea, it is so much better than anything the mere mortals of Downey came up with."

I truly think the Council should disdain from their elitist attitude and go back and choose a name from those submitted.

—Peter Walinsawich,
 Downey

At least we still have an ER

Dear Editor:
 Your most recent edition featured several letters decrying the fact that persons needing emergency medical care were directed to St. Francis in Lynwood, and not to Downey Regional Medical Center.

Perhaps they would like to educate themselves further on this problem by reading syndicated columnist Mark Steyn's recent column in the Orange County Register which touches on this: www.ocregister.com.

If DRMC still has an emergency room, and still accepts walk-in patients, we should count our blessings since so many other hospitals have shuttered their ER's. The EMT's that transported those patients to St. Francis (I am sure) were directed to do so by their controllers via their radio link, probably because St. Francis (for whatever reason) had the capability to affect trauma care for these patients in a more effective manner.

—Drew Kelley,
 Downey

Contributing to dwindling wildlife

Dear Editor:
 I read with extreme sadness the article about Bill Hare ("Adventure Fuels Bill Hare's Energies," 6/15/07) and his wife traveling all over the world killing wild animals.

The article said it all - fewer animals in fewer places and men like Bill tracking them down and slaughtering them in the name of the hunt.

With all his accomplishments, I'm stunned that he could get any enjoyment out of killing our dwindling wildlife. Maybe he's why it's dwindling.

—Tom McQuade,
 Downey

Falling upon deaf ears

Dear Editor:
 I think your editorial on naming the new Downey park ("Bully Free Zone," 6/15/07) hit the mark exactly.

I'm not certain if you attended the council meeting but if you did you perhaps recall I spoke to council on the very same subject. It seems to me that they lacked foresight and sensitivity as to how those who entered the contest would feel when they in time would find that all of them were excluded. I see it as something a card shark on a river boat might pull and not a good move for our city council to make with citizens involved in the contest.

Perhaps you also noticed that my words fell on very deaf ears and they gave little thought to what they were doing to the public.

That Discovery Sports Complex has a good sound to it is quite beside the point.

Now I was the last of the public to speak on city issues and perhaps some dozen or so residents told of their problems that seemingly had not been resolved at lower levels in City Hall.

My message to council was that to my mind these people sounded like good citizens and they each had issues that seemingly had not been resolved and as something of a last resort they came to council for help and assistance. It has long been my thought that if the several departments in the city gave as much effort to trying to resolve issues as they do to avoiding them all of our community would be much better off.

I have made something of a specialty to trying to get some needed changes completed and it has been an onerous task all too often. If I remember correctly no one has ever told me my suggestions were wrong or unneeded but rather it was less effort to do nothing. Now obviously they never were so plain spoken but on following up later I would find nothing had been done.

That you have printed two articles directed to having a wec-maintained city seems to indicate others are of like mind with my thoughts.

I would suggest that you continue to use such material as comes your way and perhaps you could get some follow up from the writers or even the city if it has come to their attention.

I just have to believe that Downey can do a better job here.

At the same meeting Mr. Whittington provided some figures of police reports as pertained to the parking structure adjacent to the theatre. For such a small area they seemed high to me. I wonder if you could get information as to what the police have accomplished as to reducing these and other issues such as traffic. For a traffic policeman how many offenses does he ticket per shift on average? How many non-traffic violations are self-initiated violations? Perhaps this would be informative information to our citizens.

I'm not making any allegations either way but rather have no idea of what is going on on a daily basis. I would expect that with a force on duty around the clock someone would see a tagger in time as well as many other misdeeds.

I commend both you (Eric Pierce) and the Patriot as well for giving needed news of what is going on in our community.

—Richard Pridham,
 Downey

Letters to the editor may be submitted by writing to *The Downey Patriot*, 11525 Downey Ave., Suite A, Downey CA 90241 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

The Downey Patriot

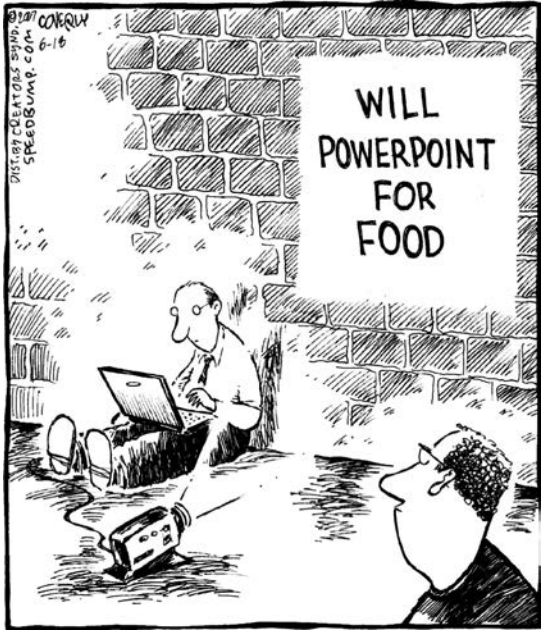


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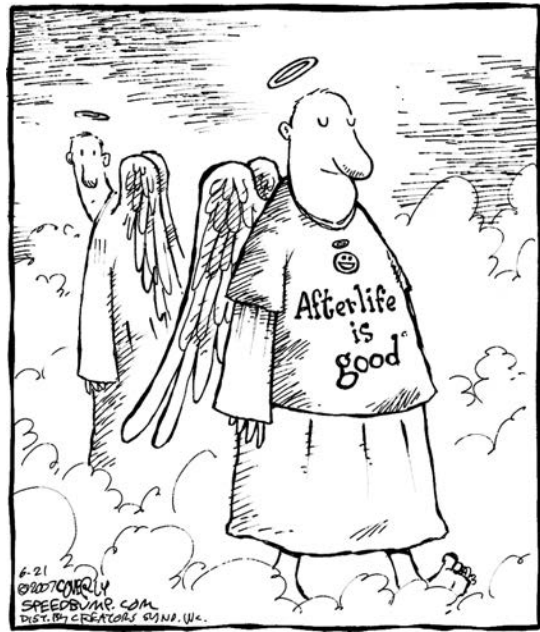
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SPEED BUMP



DAVE COVERLY



On This Day...

June 22, 1870: Congress created the Department of Justice.
1933: U.S. Senator Dianne Feinstein is born. Also born on June 22: Meryl Streep (1949), Cyndi Lauper (1953), Garry Beers (1957), Kurt Warner (1971), and Carson Daly (1973).
1970: President Richard Nixon signed a measure lowering the voting age to 18.
1981: Mark David Chapman pleaded guilty to killing rock star John Lennon.
1992: The Supreme Court unanimously ruled that hate-crime laws that ban cross-burning and similar expressions of racial bias violate free-speech rights.

Downey Community Calendar

Events For June

Sat. June 23: **Summer Boutique**, Christ Lutheran Church, 9 a.m.
 Sat. June 23: **"Fill the Boot"**, Downey Landing, 10 a.m.
 Sat. June 23: **"Field Day"**, Emergency Operations Center, 11 a.m.
 Mon. June 25: **"Let's Go Play" Program**, Downey Parks, 11 a.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner, mtg.**, for information call 426-6786.
 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.
 1st Mon., 4 p.m.: **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.
 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 Sambis, 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.

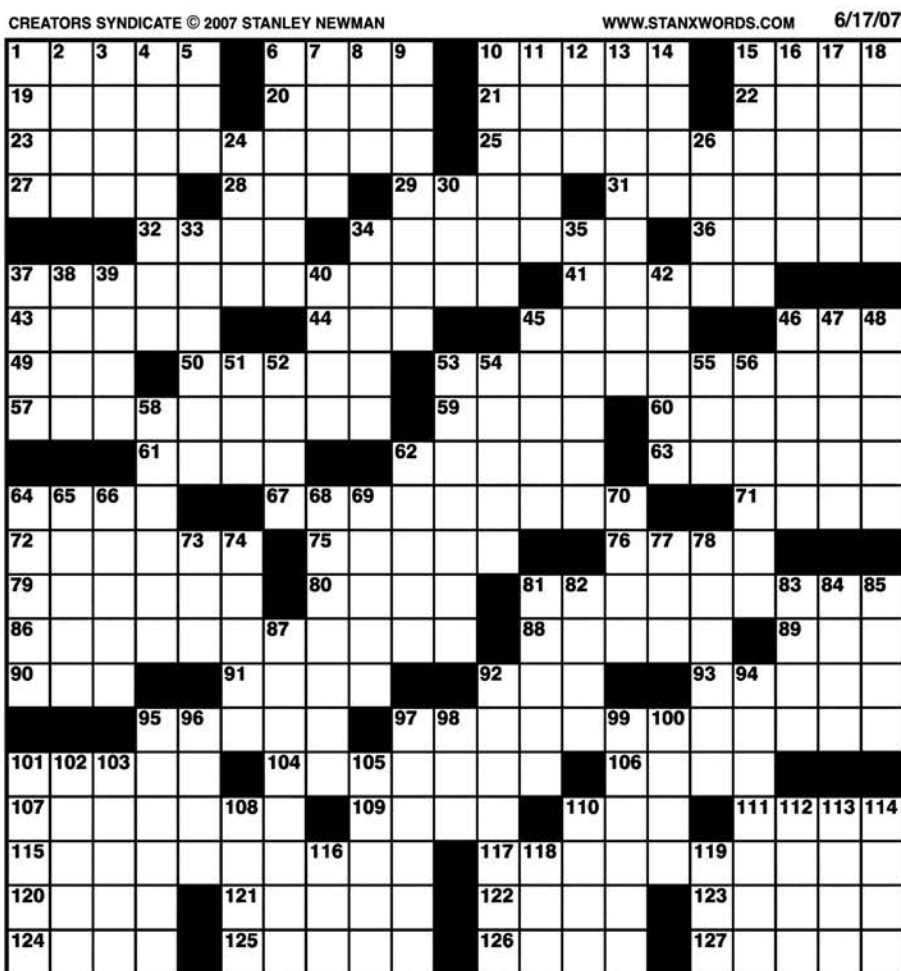
Fridays

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

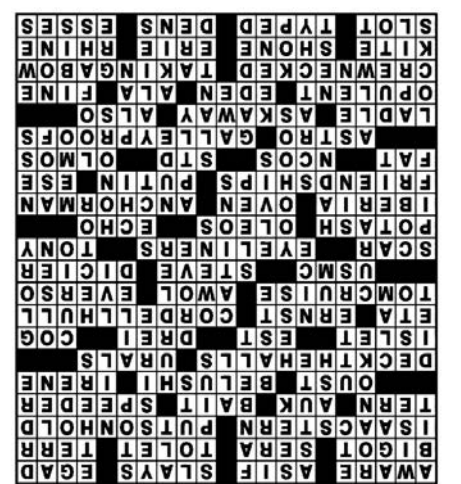
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OCEAN'S ELEVEN: Sea-ing things
 by Shirley Soloway

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| | | 101 Canal components |
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| | | 105 New Hampshire city |
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| | | 113 Zilch |
| | | 114 Fleecy flock |
| | | 116 Keystone player |
| | | 118 Live and breathe |
| | | 119 Test for college srs. |



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 secretary of state CORDELL HULL (53 Across) received the 1945 Nobel Peace Prize for his role in the establishment of the United Nations. Pope PIUS X (10 Down), who served from 1903 to 1914, was canonized in 1954. Pennsylvania senator ARLEN SPECTER (17 Down) was raised in Russell, Kansas, also the hometown of Bob Dole.



Paging Dr. Alan Frischer...

By DR. ALAN FRISCHER



Should you take a daily vitamin? The answer to this question is not straightforward. Some studies show that vitamins can reduce the risk of heart disease, cancer and other medical conditions. On the other hand, guidelines from government agencies and health organizations often recommend that healthy people get their vitamins from a balanced diet. There is no question that vitamins and minerals are essential. We need them to live. However, taking larger doses does not automatically produce better health. In fact, an overdose of some vitamins can lead to significant side effects, just as a vitamin deficiency can have damaging consequences.

Clinical trials comparing the health of people who take vitamin supplements and people who do not often give conflicting answers. Some have found that vitamin supplements protect against diseases, some have found no benefit, and - it just figures - other studies have found harmful results! One example often cited is a 1995 study which showed an increased risk of lung cancer in smokers who took extra beta-carotene.

A 2002 Harvard study on Vitamin A done on more than 72,000 nurses showed that those who consumed high levels of Vitamin A from foods, multivitamins, and supplements had a 48 percent higher risk of hip fracture compared to nurses who had the lowest intake of Vitamin A. Even nurses who ate foods high in Vitamin A had higher risks, and many foods are now fortified with the vitamin, such as milk, margarine, and breakfast cereals. There was also an association found between high levels of vitamin A and a higher risk of birth defects.

The New England Journal of Medicine asked two world authorities on nutrition how they would advise patients about taking vitamin pills. Doctors Willett and Stampfer of Harvard University weighed scientific pros and cons in a report published in November of 2006. Their conclusion? Many people indeed do not consume adequate amounts of vitamins in their diet.

In spite of the great confusion in the press and medical literature, we Americans have placed great hopes on the power of vitamins for our health. In a current survey, about three out of every ten Americans state that they take vitamins on a regular basis. As a nation, it is approaching a ten billion dollar a year business. For an

individual, costs range from a few dollars a month for generic vitamins to hundreds of dollars for designer vitamins. Is this a waste of money, or worse yet, is it dangerous to one's health?

Some of the biggest problems in our country with vitamin deficiency include poor absorption of Vitamin B 12 in the elderly, pregnant women's need for more folic acid to prevent birth defects, and the need for additional calcium and Vitamin D in older women and men to enable bones to stay strong.

The two Harvard doctors suggested that people take one multivitamin daily in order to get 100% of the daily RDA (recommended daily allowance) of 11 vitamins needed for good health. Multivitamins often contain minerals as well, but not necessarily at the levels required. For instance, they seldom include enough calcium for good bone health. This single pill, however, may have a big impact on health, at a cost of just pennies per day.

Remember, taking vitamins is not a substitute for a healthy diet. Nor does it eliminate the risks caused by unhealthy habits such as cigarette smoking, excessive alcohol consumption, lack of exercise, or a poor diet. So remember:

- Vitamins won't fix a lousy diet or lifestyle. They do not neutralize fat, salt or sugar. They do not provide the nutrients and fiber as in fresh fruits and vegetables.
- If some vitamins are good, more are not better. Fat-soluble vitamins such as Vitamin A, D, E, and K can accumulate in the body and become toxic at high levels of consumption.

- Vitamins alone will not keep you healthy. It takes good genes, exercise, diet, avoiding poor habits and lots of luck.

- Science has not proven otherwise: a good balanced generic multivitamin will do just fine. You can add calcium, Vitamin D, iron, or other supplements as you and your doctor decide.

I do not recommend that you spend a fortune on designer vitamins.

Good health to you all.

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

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Fitness turns fun with Cyberobics program

By BROOKE KARLI
STAFF WRITER

DOWNEY - Maybe you remember your high school physical education class as the one period you dreading going to everyday. After all, who wants to wear ugly uniforms, play sports that you're not good at, and get picked last when teams are being chosen?

Some things never change - like the ugly uniforms, for example. But the way in which fitness and healthy lifestyles are being taught in schools is evolving, just as technology is advancing.

Dan Latham, Warren High School coach and creator of Cyberobics - a program that unites exercise and virtual reality - hopes high school students will not only stimulate their bodies, but also their minds while exercising.

Latham created Cyberobics back in 1990, officially becoming Cyberobics, Inc. in 2004. Basically, any person interested in starting a program at their local school, park, gym, church, etc., will be provided with equipment, DVDs and manuals to help aid in the installation. Workshops and training are also provided.

In Downey, Downey and Warren High Schools, as well as Griffiths and West Middle Schools, all have Cyberobics programs on their campuses.

Dr. Mary Stauffer was the major sponsor for each school, donating \$55,000 to Downey, \$60,000 to Warren, \$25,000 to Griffiths and over \$150,000 to West.

Although the *concept* is the same at each school, the program may be called something different. For example, Downey High's program is known as "Total Fitness," a class averaging 35 students in size.

There, Coach Marvin Manzanares moderates the program to meet the individual needs of each student. He encourages students to set goals, participate in structured workouts and track per-

sonal progress.

"We want 'Total Fitness' to motivate the kids," said Manzanares. "We want them to be self-motivated in cross-training, burning calories and getting their heart rate going."

Even though the equipment used in the program is similar to what you may find at the gym, there is a major difference. While students are on exercise bikes, for example, they are virtually "racing" each other while working out. You see, in front of the bikes are flat-screen televisions, with video game controllers attached to the machine's console. So while you are "racing," you are also cycling for miles on end.

Even with the use of step-aerobic platforms comes the aid of a workout video, played in front of students.

Manzanares said he like to mix workouts up - run one day, circuit train another, etc.

"Variety is the key," said Manzanares. "The kids need to learn that different things can be done to accomplish certain goals. One workout may work for one student, but not another."

There is plenty of variety to be had in "Total Fitness."

One-half of the workout studio is lined with treadmills, stair climbers, cross trainers, total conditioning bikes, and Dance Dance Revolution machines. The other half is overflowing with a rock wall, jump ropes, free weights,

exercise and medicine balls, punching bags, speed bags and sports walls.

"By learning how to be fit and healthy the correct way, students then realize that eating disorders and dietary supplements are not an option when it comes to living a healthy lifestyle," said Manzanares.

Downey High offers "Total Fitness" not only as a physical

education fulfillment, but also as an elective. A curriculum is required, with tests and quizzes given regularly.

"The best thing about this program is seeing the kids' improvement throughout the year," said Manzanares. "They walk away motivated to learn more and desire to challenge themselves further. And that proves for a successful program."

Expectant parents can tour DRMC

DOWNEY - Expectant parents are invited to attend a Stork Tour on July 14 from 10 a.m. to noon to better acquaint themselves with the Downey Regional Medical Center Family Birth Center.

The program included an overview of important information, a question and answer period, and a tour of the Family Birth Center.

For information, call the DRMC Education Department at (562) 904-5580.

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Word of MOUTH
by Soheir S. Azer, D.D.S.
The standardized screening test for gum disease, called "periodontal screening and recording" (PSR), involves the insertion of a thin, metal probe under the gumline around each tooth. When the calibrated tool meets resistance, the depth of the "pocket" is then measured using markings on the side of the probe and assigned a measurement number. These numbers are then recorded to give an overall reading of the periodontal health of each tooth. Scores range from zero (healthy) to four and above (periodontitis). This simple, quick, and easy exam provides dentists and patients with an efficient means of identifying gum disease in its early stages. By taking corrective measures at that point, more severe forms of disease can be averted.
Whatever your age, it's important to keep your mouth clean, healthy and feeling good. And it's important to know the state of your periodontal health. There's nothing like a bright smile, filled with sparkling teeth and healthy gums. Don't let tooth decay, gum disease, or worse rob you of that smile! Learn the basics of a sound mouth, and learn the secrets to keeping it that way. We provide dental services for every type of dental problem. Please call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307, where we offer dental care for the entire family with an emphasis on preventive care. Let us show you how to properly care for your teeth.
P.S. By quitting smoking, you can eliminate one of the major contributing factors of gum disease.
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Breast feeding class at DRMC

DOWNEY - A Breast Feeding Class will be offered at Downey Regional Medical Center on July 9 from 7 to 9:30 p.m.

The class will focus on providing information for expectant parents on how to successfully breast feed their baby and how to overcome common breast feeding challenges.

According to the U.S. Food and Drug Administration, more than two decades of research have established that breast milk is perfectly suited to nourish infants and protect them from illness. Breast-fed infants have lower rates of hospital admissions, ear infections, diarrhea, rashes, allergies, and other medical problems than bottle-fed babies.

Advanced registration for this class is required. The class fee is \$10.

For information, or to register, call the DRMC Education Department at (562) 904-5580.

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MEDIA

Continued from page 1

radio, and soon started penning it on other pieces of work. In 2004, Rundfunkmedia Inc. was formed.

When making a video, Manzanilla is involved in the process from start to finish: he co-directs, does the cinematography, post-production, editing, and DVD authoring. Currently, Manzanilla's latest project is working on a documentary on pro-snowboarder Tara Dakides, and he will be traveling in a couple of weeks to Bali in order to work with Billabong.

Although he often works with important clients, Manzanilla's goal is to actually work on commercials and documentaries. His goal is to produce a documentary on greed and how it plays a part in our social structure. Somewhat of a social advocate, he considers himself "big on [the] preservation of neighborhoods."

Perhaps Manzanilla will, in the future, join the ranks of documentaries that have sparked social reform, such as "An Inconvenient Truth." The truth is that he indeed has the talent, charisma, dedication, and brains to do so.

Movie tour to show 'Friday' in L.A.

LOS ANGELES - This summer, the Alamo Drafthouse Cinema will depart from Austin, Texas to tour the United States, hosting 35mm screenings of "famous movies in famous places," with the tour coming to Los Angeles on July 20.

The tour will be presenting "Friday," a movie about the lives of two ordinary South Central Los Angeles youths (Ice Cube and Chris Tucker) that go crazy when they inadvertently anger a local drug dealer.

The film will be shown at Helen Keller Park in Los Angeles.

Screenings of a reel of vintage 35mm trailers from other cult classic African American films featuring stars such as Richard Roundtree, Bernie Mac, Yaphet Kotto, Isaac Hayes, Pam Grier and more, will be shown before "Friday." For information, visit www.rollingroadshow.com.

There's no stopping a great production

BY BROOKE KARLI
STAFF WRITER

DOWNEY - As if their productions weren't entertaining enough, the Downey Theatre has had some drama of its own in recent weeks.

On June 10, while Mary Forney, a *Downey Patriot* contributor, was getting situated in her seat before the matinee showing of "Oliver!," an elderly woman tumbled to the ground while escorting someone to their seat.

Pearl Krull, 92, has been a volunteer usher at the Downey Theatre for at least 10 years, said Marsha Moode, Downey Civic Light Opera director.

While doing what she does best - directing patrons to their seats - she found herself falling to the floor, unable to get up. Within minutes, Downey Paramedics came to her rescue, and she was carefully wheeled away, waving and blowing kisses to audience members.

Marsha reported that due to a fractured hip and broken shoulder, Pearl is still in rehabilitation, expecting a full recovery within months. According to Marsha, Pearl was supposed to be walking with a cane, but obviously wasn't at the time of her fall.

"The aisles are just so steep in that theatre," said Marsha. "You have to be careful - regardless of how old you are."

Although the show was delayed 25 minutes, the audience was understanding and supportive, Marsha said.

The following week, on June 15, smoke began to emerge from the theatre's balcony during scene five of the evening's performance of "Oliver!." Although flames were not evident, there was enough smoke to stop the show and evacuate the theatre.

Once again, Downey Fire Department arrived within minutes, inspecting the area and securing the theatre.

According to Marsha, when the theatre received new carpet, a thin strip of light on one of the stairs was not reinstalled correctly, causing the incident.

After waiting 30 minutes, patrons were allowed back into the theatre, permitted to only sit downstairs. Like the first incident, the audience was understanding and good-natured about the delay, Marsha said.

It appears that nothing can keep our Downey Theatre from putting on a good show.

Italian Catholics plan bingo luncheon

DOWNEY - The Italian Catholic Federation of St. Raymond's Parish is having a bingo luncheon July 8 at 1 p.m. in the Msgr. Robert Gipson Hall, 12348 Paramount Blvd., in Downey.

A donation of \$10 includes one bingo card, door prizes and lunch. There will be a raffle of a \$25 money tree and other prizes.

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

New Entertainment this week

CD Releases

My December - Kelly Clarkson
The Mix-Up - Beastie Boys
Hannah Montana 2: Meet Miley Cyrus - Hannah Montana and Miley Cyrus
Theology - Sinead O'Connor
Three from the Vault - Grateful Dead
The Essential Paul Simon - Paul Simon
Greatest Hits - Social Distortion
The Trio of Doom Live - Trio of Doom

Source: Amazon.com

DVD Releases

MOVIES
Behind the Mask: The Rise of Leslie Vernon
Black Snake Moan
Dead Silence
Going Under
Pride
Screamers
Shooter
Something to Cheer About
TELEVISION/MISC.
Gomer Pyle, U.S.M.C. - Season 2
Monk - Season 5

Source: Box Office Mojo

Video Game Releases

Harry Potter and the Order of the Phoenix - PS2, X360, PS3, Wii, PSP, DS
The Bigs - PS2, X360, PS3, Wii
Ratatouille - PS2, X360, Wii, PSP, DS
Grim Grimoire - PS2
Transformers The Game - PS2, X360, PS3
The Darkness - X360, PS3
Hour of Victory - X360
Overlord - X360
Rainbow Six: Vegas - PS3
Pokemon Battle Revolution - Wii
Driver Parallel Lines - Wii
Escape from Bug Island - Wii
The Bigs - PSP
Super Collapse! 3 - PSP
Steel Horizon - PSP
Final Fantasy - PSP
TraxxPad - PSP
Hot Wheels Ultimate Racing - PSP
Touchmaster - DS
Zendoku - DS
LifeSigns: Surgical Unit - DS
Nervous Brickdown - DS
Hoshigami Remix: Running Blue - DS

Source: ebgames.com

Concerts

FRIDAY, JUNE 22

B-52's - Viejas
Boyz II Men - HOB Anaheim
Gwen Stefani - Verizon Wireless Theatre
John Butler Trio - Wiltern
Norah Jones - Santa Barbara Bowl
Pretty Ricky - Grove of Anaheim

SATURDAY

Fall Out Boy - Forum
Goo Goo Dolls - Viejas
Gwen Stefani - Verizon Wireless Theatre
Foo Fighters - Dodger Stadium
Powerhouse 106 FM - Honda Center
Tyrone Wells - HOB Anaheim

SUNDAY

Skinny Puppy - HOB Anaheim
Summer Solstice Festival - Woodland Hills
Viva El Mariachi! - Del Mar Fairgrounds

MONDAY

Goo Goo Dolls - Santa Barbara Bowl
Snoop Dogg - HOB Anaheim
Hot Tuna - HOB San Diego

TUESDAY

Earth, Wind and Fire - Del Mar Fairgrounds
Gwen Stefani - Santa Barbara Bowl
Snoop Dogg - Henry Fonda Theatre
Xavier Rudd - HOB San Diego

WEDNESDAY

Deftones - Viejas
Gwen Stefani - Santa Barbara Bowl
Hawthorne Heights - HOB Anaheim
LeAnn Rimes - Del Mar Fair
True Colors Tour - Open Air Theatre SDSU

THURSDAY

Alison Krauss - iPayOne Center
All American Rejects - Del Mar Fairgrounds
Fall of Troy - Gibson Amphitheatre
Warped Tour - Coors Amphitheatre
Widespread Panic - Orpheum Theatre

Source: Casenet

Book Releases

"The Double Agents" by W.E.B. Griffin
"Drop Dead Beautiful" by Jackie Collins
"New England White" by Stephen L. Carter
"Bungalow 2" by Danielle Steel
"Dog Days: Dispatchers from Bedlam Farm" by Jon Katz
"Peony in Love" by Lisa See

Source: barnesandnoble.com

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NANCY DREW PG	(11:30 2:05 4:40) 7:15 9:50
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SURF'S UP PG	(10:20 12:40 3:00) 5:20 7:40 10:00
HOSTEL: PART II R	(10:15 12:45 3:15) 5:45 8:15 10:45
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OCEAN'S THIRTEEN PG13 (10:50, 1:40, 4:35), 7:30, 10:25

SURF'S UP PG (11:35, 2:00, 4:40), 7:00, 9:15

KNOCKED UP PG (11:00, 1:55, 4:50), 7:40, 10:35

PIRATES OF THE CARIBBEAN: AT WORLD'S END PG13
Fri to Sun (11:45, 3:25), 7:05, 10:40

Mon: (3:25), 7:05, 10:40; Tue: (11:45, 3:25), 7:05, 10:40

BARNYARD: THE ORIGINAL PARTY ANIMALS PG
Mon: (10:00 AM, 12:30 PM)

Times for Friday-Tuesday, June 22-26, 2007
Bargain Matinee () Advance ticket sales
Special Engagement/No Passes * www.kptmovies.com

SAMPERI

Continued from page 1

Indians. Aunt Winifred ("Freddie"), who's still living in Nebraska, was the first woman to open a fabric store in the state (before, they just had a general mercantile store which carried Woolworth's or Sears' merchandise); the store operated till the late 70s-early 80s. Her mom's older brother, Alan Lichtenberger, who lived in Washington, D.C. at the time, had an updated genealogy tree but tracing the family's roots reached an impasse. On a post-WWII visit to Germany, Alan by chance met a cousin who had already traced the family history as far back as the 1500s, but was stumped, not knowing if and where the bloodline had continued. Their lineages dovetailed.

Images harking back to the "good old days," nurtured as they have been by her Nebraska and Missouri folk, are always with Samperi. An older sister lives in Marin County, and a brother lives in the Sacramento area: he has been a plant manager for a century-old brick and terra cotta plant that's currently redoing, she says, practically all the schools in the New York City area right now, retrofitting them with gargoyles, etc., and otherwise putting back old-style touches. She even subscribes to Indiana-based "Good Old Days" and "Reminisce," published in Wisconsin: the first calls itself "the magazine that remembers the best," the latter, "the magazine that brings back more good times." Both feature old photographs and stories evoking the simpler life of the past. She says she might even try to convince *The Patriot* to publish more detailed (and richer) stories about Downey's early days. Having first-hand knowledge of some of this, plus the fact that she has heard fascinating tales about the city's early doings and events from various oldtimers, Samperi says she is willing to be the catalyst for this.

A '68 Warren High grad, Barbara Stacy flew briefly along the Eastern corridor (New York City, Boston, Buffalo, Philadelphia) as a stewardess for American Airlines. She married fellow Warren alum Daryl Samperi in 1972. The couple celebrated their 35th wedding anniversary on May 27. Son Justin, 31, is a purchasing agent for Royal Truck Company in Paramount. Logan just turned 26 and is a manager for graphics designers Complete Printing Solutions, based in Santa Fe Springs. Both are Downey High grads and both reside in Long Beach.

The two boys just got back from an April backpacking trip through Italy, Spain and France. She says they want to go back, this time to Greece and Germany: "They're so excited about history." History is one of Samperi's favorite subjects; the other, literature.

She was an active volunteer with the PTA during her sons' elementary, middle school and high school years, working in classrooms, organizing fundraisers and holding numerous leadership positions. She continues to represent the Board of Education at Downey High School PTSA.

She has worked over the years, mostly part-time, for a license plate frame maker, as a bookkeeper for Erhart's Catering, as office manager for Belinda's Dance Studio, and currently is a Parent Aide for the Exchange Club Family Support Center, providing parenting instruction and in-home support for parents whose children are at risk of abuse or neglect. She had been a Volunteer Parent Aide for the center for a year previously.

After her and her fellow parents' call for changes at Ward were heeded, she waited seven years for an opportunity to run for the district board at their urging. In the meantime, she attended the district's meetings and served on the Report Card committee. Her chance came in 1993 when incumbent Grace Horney retired. First elected to the board that year, she won re-election in 1997, 2001, and 2005. "I am extremely proud of my 12-1/2 years of service on the board of education," she says, adding: "It's been the most rewarding thing I've done besides being a parent. Serving on the board is a once-in-a-lifetime thing and I've enjoyed serving on it and working with past and present colleagues—Betty Ferraro, Mary Tesorero, Barbara Riley, Cheryl Andresen, as well as our fine administrators Ed Sussman, Donna Boose, Gary Orsinger. Ed Sussman was a great Superintendent, but I think our current one, Wendy Doty, is the best. She has taken the board to the next level. I had a hand also in choosing her, and I'm glad I was part of that process."

It's ironic, she says, that at several junctures in the past, the district would experience surges in enrollment, prompting stringent rules because of overcrowding (thus, boundary limits were set up, out-of-town student/residents had to apply for permits, etc.) as well as new school additions and the like. Today, with declining enrollment, "we've had to erase student boundaries and resort to measures enticing students in nearby communities to come back."

She voiced a few concerns: she says she opposes the outright sale of school property (due to declining enrollment), in hopeful anticipation that the district's fortunes were to turn around; and she favors two lunches at the two high schools, as this would improve the operations and logistics at the sites, among the most important of which are reduced fights, and reduced suspensions and expulsions.

Otherwise, she says, no major problems afflict the district at this point in time: "The board is very cohesive. We may disagree on certain points, but we know we need to work together as if we were family. When we go home, there is no feeling of discord. The next day, we're over it, because we're all there for the kids."

Day-trip to San Manuel Casino

DOWNEY – The Downey Emblem Club #309 will be taking a day-trip to San Manuel Casino on July 24.

The bus will be departing at 8 a.m. from the Downey Elks Lodge parking lot and returning at approximately 5 p.m.

Bingo will be played on the way to and from the casino, with proceeds benefiting numerous scholarships and charities.

Cost is \$6 for members and \$11 for non-members.

For information, call Mary Guzman at (562) 622-1003 or Nancy Watson at (562) 413-6414.

Class to aid with pregnancy and delivery

DOWNEY – A four-week Lamaze Class will be offered on Monday evenings July 23 and 30, and August 6 and 13.

The class will provide the expectant mother and her partner with important information on how to prepare for childbirth. Topics include signs of labor, relaxation techniques, pain management, and what to expect during pregnancy and delivery.

Participants are urged to register in their fifth month of pregnancy. The cost is \$75 per couple.

For information, or to register, call the DRMC Education Department at (562) 904-5580.

Senior Follies 'Just Havin' a Little Fun'

DOWNEY – The Downey Committee on Aging, along with the City of Downey, will present the fourth annual Senior Follies "Just Havin' a Little Fun" starting today at the Barbara J. Riley Community & Senior Center.

The shows are scheduled for today at 6 p.m., and tomorrow and Sunday at 3 p.m. Tickets are \$5 and are now on sale at the community center.

For more information, call (562) 904-7223.



Downey Chamber of Commerce Golf Chairman Joe Keays (left) receives a check from Charlie Hallums of Stonewood Center, this year's Gold Sponsor for the 11th Annual Chamber Golf Classic.

Golfers needed for Chamber Classic

DOWNEY – There is still room for golfers to participate in the 11th Annual Chamber Golf Classic on Aug. 6 at the Rio Hondo Golf Club.

Cost is \$140 and includes golfing, a cart, a barbeque lunch, a buffet dinner, and the chance to win several prizes.

A percentage of the proceeds from the tournament will provide several scholarships for Columbus, Downey and Warren High Schools, as well as the Miss Downey pageant winners.

A free putting contest will take place before the tournament, with a \$100 prize awarded to the winner. Following the tournament, dinner will be served and awards, as well as prizes, will be handed out. A silent auction will also take place throughout the day, offering sports memorabilia and celebrity items.

Sponsors to date include: Gold Sponsor Stonewood Center; Silver Sponsors The Courtyard Business Center, Downey Plumbing, Heating & Air Conditioning, Gateway Business Bank, and Trilogy Financial Services; Tournament Sponsors All American Home Center and RMI International, Inc.; Lunch Sponsor Nova Stor; Dinner Co-Sponsor Honda World; Cart Sponsor Downey Plumbing, Heating & Air Conditioning; Closest to the Pin Sponsor Downey Escrow; Hole in One Sponsor Downey Auto Dealers Association; and Putting Contest Sponsor Southland Credit Union.

Tee Sign Sponsors include: All American Home Center; Bank of Orange County; California Composites, Inc.; David R. Gafin, C.P.A.; Don Dixon & Associates Insurance, Inc.; Downey Plumbing, Heating & Air Conditioning; Downey Regional Medical Center; Downey Used Cars; Elite Concrete Restoration & Waterproofing, Inc.; Freedom Vacations; Gateway Business Bank; McGrew Construction; Pacific Western Bank; Scanlon, Guerra, Jacobsen, Burke; RMI International, Inc.; Security Land Escrow Company; Sharp Freight Systems, Inc.; Stonewood Center; The Courtyard Business Center; and Trilogy Financial Services.

Sponsorships are also still available.

For information, call the Chamber of Commerce at (562) 923-2191, or Golf Chairman Joe Keays at (562) 861-1234.

Free summer lunches offered to students

DOWNEY – The Downey Unified School District will be offering the Seamless Summer Food Service Program, which provides free lunches, to all students (children ages 3 to 18) in the community at the following locations:

Location	Dates	Time
Alameda Elementary	6/25-7/26	9:30-9:45 a.m.
Gauldin Elementary	6/25-7/26	9:30-9:45 a.m.
Griffiths Middle School	6/25-7/26	10-10:15 a.m.
Price Elementary	6/25-7/26	9:45-10 a.m.
Sussman Middle School	6/25-7-26	10-10:15 a.m.
Apollo Park	6/25-8/2	1-1:30 p.m.
Downey High School	6/25-8/2	10:15-10:30 a.m.
Golden Park	6/25-8/2	12-12:45 p.m.
Warren High School	6/25-8/2	10:15-10:30 a.m.

Meals are only offered Monday through Friday.

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

Teens 'get a clue' at the library

DOWNEY – The Downey City Library will be offering a Teen Summer Program for young adults June 25 to August 3.

"Get a Clue @ Your Library" is the program's theme, encouraging teens to read for pleasure or get a head start on books for the next school year. Students ages 13 to 19 may join the program and are also eligible to win prizes and attend special events.

An excursion for teens to the California Science Center will be offered July 7.

Participants who read 700 minutes will win a free book and are eligible to attend a pizza party celebration on August 3 at 1 p.m.

"This year's program with a mystery theme is a great way to help teens develop their reading habit," said Young Adult Librarian Julia Butler. "We are offering special events such as a program on forensics called, 'CSI: Downey.' Author Greg Bishop will also talk about his book, 'Weird California.'"

The program is supported by the Friends of the Downey City library, as well as community sponsors.

For information, contact the Adult Desk at (562) 904-7360, ext. 32.

Family-friendly film series this summer

DOWNEY – Krikorian Premiere Theatres in Downey will offer children-friendly films every week throughout the summer with tickets priced at only \$1.

Films will be either G or PG-rated and will show Mondays at 10 a.m. and 12:30 p.m. Tickets will be sold on a first-come, first-serve basis. The series begins June 25 and will run through Aug. 27. The schedule is below:

Week 1 "Barnyard"	(PG)
Week 2 "Charlotte's Web"	(G)
Week 3 "Flushed Away"	(PG)
Week 4 "Over the Hedge"	(PG)
Week 5 "Shrek 2"	(PG)
Week 6 "Monster House"	(PG)
Week 7 "Open Season"	(PG)
Week 8 "Zoom"	(PG)
Week 9 "Ice Age 2"	(PG)
Week 10 "Garfield 2"	(PG)

'Let's Go Play,' summer fun at Downey Parks

DOWNEY – The City of Downey will be offering summer activities for kids ages 6 to 12, from June 25 to August 17, at parks located throughout Downey.

"Let's Go Play" is a free program offered from 11 a.m. to 5 p.m. at Apollo, Dennis the Menace, Furman, Golden and Rio San Gabriel Parks. The first activity will begin at 11:30 a.m. and the last activity will be at 4 p.m. There are approximately eight activities per day.

A daily schedule of activities for "Let's Go Play" is available at the Community Services Department located on the second floor of City Hall. For information, call (562) 904-7238.

SUMMER FUN

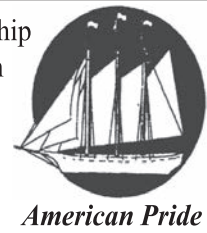
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Basketball Camp

At Downey High School
June 25 - July 19 (no classes July 4 or 5)
Monday thru Thursday
8:00 - 10:00 A.M.
in the Downey High Gym
Registration: Monday, June 25
Beginning at 7:30 A.M.

Featuring...

- Daily Basketball Instruction
- Games & Tournaments
- Fun
- A summer league for all incoming Freshman

Cost - \$100

Instructors...

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Contact Larry Shelton
(562) 413-7528 (Cell) (562) 806-7013 (Home)

Faith in Downey: Church of Jesus Christ of Latter-day Saints

BY BROOKE KARLI
STAFF WRITER

The Church of Jesus Christ of Latter-day Saints, commonly called the Mormon Church, is not only the fourth largest church in the United States – with over 13 million members throughout the world – but it is also one of the largest religious organizations in Downey, with a membership of about 1,400 people.

The Downey California Stake – a geographical unit encompassing Downey and parts of 17 other cities in the area – includes four Downey Wards, a young single adult branch, the Bell Gardens Ward, and the Lynwood Second (Samoan) Ward. Downey members are designated to a specific ward based off of their location of residency.

The Church of Jesus Christ of Latter-day Saints in Downey dates back to the 1930's, when a small branch met in the Veterans of Foreign Wars Hall, later moving to the Woman's Club of Downey. The Downey branch became the Downey Ward in January of 1944. The facility located at 10511 Paramount Blvd., which currently hosts the 1st, 3rd and singles Wards, was built and later used in 1948.

In 1952, the Downey Ward was split into the 1st and 2nd Wards. In 1958, the Downey 1st Ward was divided, creating the Downey 3rd Ward.

Summer Boutique

Color Me Purple

Saturday, June 23 • 9:00 am to 4:00 pm
Christ Lutheran Church
7707 Florence Ave.
Downey 90240




Handcrafted Scarves, Ponchos, Jewelry & more!
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SATURDAY, June 30th
1:00- 5:00 PM



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ON THE LAWN...
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10544 Downey Ave. Downey

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Summer Safety Tips
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Variety of Live Music
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Food Demos

Good food is central to overall good health. Our certified nutritionist will boost your knowledge of nutrition and invite you to try tasty samples.

Health Intervention Program for Adults and Kids

The H.I.P. program is designed to offer participants the support they need as they make the commitment to lead a healthier lifestyle through nutrition education and an increase in physical activity.

- Program includes work-out sessions and nutrition lectures from a certified nutritionist.
- Registration is required. Ask the front desk for more information.

We build strong kids, strong families, strong communities

11531 Downey Ave., Downey CA90241 (562)862-4201

A year later, the Downey 2nd Ward was divided, creating the Downey 4th Ward. The facility located at 12425 Orizaba Ave. was dedicated in 1959, serving as the Stake Center and meeting location for the 2nd and 4th Wards.

The affairs of the Downey Stake are directed by President Larry J. Larsen and his counselors, President D. Mark Morris and President Carlos Medina. Each ward is presided over by a lay Bishop and two counselors. The four Bishops are Jeffrey Townsend (Downey 1st Ward), Mark Bukowski (Downey 2nd Ward), John Jaramillo (Downey 3rd Ward), Jacques Vallecalle (Downey 4th Ward), and Dean Michael (Young Single Adult Branch).

The Church of Jesus Christ of Latter-day Saints is headquartered in Salt Lake City, Utah, with President Gordon B. Hinckley sustained by members as a modern-day prophet.

Basic beliefs and practices of the Church of Jesus Christ of Latter-day Saints include:

- **Restoration** – Because Latter-day Saints believe that divine apostolic authority was lost from the earth after the death of the ancient apostles, a restoration of that authority was necessary. Members of the Church of Jesus Christ of Latter-day Saints believe that restoration began in the early 1800's with revelations to the young Joseph Smith.

- **Trinity** – Among the most important differences with other Christian churches are those concerning the nature of God and Jesus Christ and the Holy Spirit. Together, these form what is commonly referred to as the Holy Trinity in many churches and as the Godhead by Latter-day Saints.

- **Modern Prophets, Continuing Revelation and New Scriptures** – Latter-day Saints believe that God still speaks to humankind, that He has called new apostles and prophets, and that revelation flows today as it did anciently. Further, many of those revelations have been formally incorporated into new volumes of scripture. These include the Book of Mormon; Another Testament of Jesus Christ; the Doctrine and Covenants (a collection of revelations to Joseph Smith and subsequent presidents of the Church of Jesus Christ of Latter-day Saints; and the Pearl of Great Price, which includes the writings of Moses and Abraham, as well as modern writings of Joseph Smith.

- **Plan of Salvation** – Latter-day Saints theology embraces what Mormons refer to as the "plan of salvation." The topic covers the pre-mortal state of all mankind, the reasons why God created the world, nature and purpose of our life here and what future awaits us in the next life.

- **Temples and their Purpose** – The primary purpose of temple work is to "seal" or unite families together, with the expectation that those relationships continue beyond death. The same temple rites can be performed for those who have died. There is no counterpart to temple practices in other Christian churches.

- **Missionary Program** – This is a difference in practice rather than a doctrinal belief, since many Christian churches send out missionaries to preach the Gospel. However, the missionary program of the Mormon Church is distinctive and recognizable for the sheer number and distribution of missionaries, for the length and variety of their service, and for their appearance and their preaching of a restored Gospel.

- **Lay Ministry** – The Church of Jesus Christ of Latter-day Saints has no full-time professional clergy at the congregational level. Even at the highest level of the church, leaders who are called as full-time apostles forsake their more remunerative professions in order to serve a lifetime calling as "special witnesses of Jesus Christ" and to oversee the church worldwide.

- **Health Practices** – Abstinence from alcohol among religious faiths is not unique to Latter-day Saints. However, among Latter-day Saints abstinence from alcohol is supposed to be total, as is the abstinence from tobacco, tea and coffee.

In addition, members of the Church of Jesus Christ of Latter-day Saints believe that in 1820, Joseph Smith, in answer to fervent prayer, saw the Heavenly Father and Jesus Christ, and was called as a prophet to restore the fullness of the Gospel of Jesus Christ to the earth. He summarized basic key beliefs in the Articles of Faith. They include:

- Believing in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

- Believing that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

- Believing that the first principles and ordinances of the Gospel are: first, faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; and fourth, laying on the hands for the gift of the Holy Ghost.

- Believing the Bible to be the word of God as far as it is translated correctly, also believing the Book of Mormon to be the word of God.

- Believing in being honest, true, chaste, benevolent, virtuous, and in doing good to all men. Indeed, we may say that we follow the admonition of Paul – we believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.

The Church of Jesus Christ of Latter-day Saints in Downey participates in Keep Downey Beautiful projects, planting several hundred trees and hosting clean-up campaigns. The church also works with PTA H.E.L.P.S., distributing food at Thanksgiving and Christmas, and sponsors Boy Scout troops and Cub Scout packs. Many blankets, quilts, caps, hygiene and school kits have been assembled and distributed by the church's welfare program throughout the area as well.

Sacrament meetings are held at both Downey locations every Sunday at 10:45 a.m. and 12:45 p.m., and at 2:45 p.m. for the Young Single Adult Branch.

Church of Jesus Christ of Latter-day Saints
Downey Stake Center
12425 Orizaba Ave.
(562) 861-7103
www.lds.org



Pictures depicting the works of Jesus Christ are displayed throughout the foyer at the Church of Jesus Christ of Latter-day Saints. Photo by Art Montoya

A message from the congregation:

G

ordon B. Hinckley, president of the Church of Jesus Christ of Latter-day Saints, declared: we all are a great family bound together in a unity of love and faith. We carry in our hearts a firm and unshakable conviction of the divine mission of the Lord Jesus Christ.

He was the great Jehovah of the Old Testament, the Creator who, under the direction of His Father, made all things, 'and without him was not any thing made that was made' (John 1:3). He was promised Messiah, who came 'with healing in his wings' (Malachi 4:2). He was the worker of miracles, the great healer, the Resurrection and the Life. His is the only name under heaven whereby we must be saved (Acts 4:12).

On Calvary's hill he gave His life for each of us. That is the greatest gift that any of us can ever receive. It is the gift of the Resurrection and eternal life.

We honor his birth, but without his death that birth would have been but one more birth. It was the Redemption, which He worked out in the Garden of Gethsemane and upon the cross of Calvary, which made His gift immortal, universal, and everlasting. His was a great atonement for the sins of all mankind. He is the Resurrection and the Life, because of Him all men will be raised from the grave.

We love Him. We honor Him. We thank Him. We worship Him. He has done for each of us and for all mankind that which none other could have done. God be thanked for the gift of His beloved Son – our Savior, the Redeemer of the world.

We invite all our Downey neighbors to worship with us on Sunday at either of our two chapels in Downey – 12425 Orizaba Ave. or 10511 Paramount Blvd.

—Larry Larsen, Mark Morris and Carlos Medina,
Downey Stake Presidency, Church of Jesus Christ of Latter-day Saints



Sacrament meetings are every Sunday at 10:45 a.m. and 12:45 p.m. at both Latter-day Saints locations in Downey. Photo by Art Montoya

Service, caring mark MacDonald's career

BY HENRY VENERACION
STAFF WRITER

DOWNEY — Kevin Paul MacDonald, Arc executive director since 1992, was born in Colonia, New Jersey on November 22, 1963, the day John F. Kennedy was shot. It is a little town that nurtured family values and community service, located in the upper middle part of the state, directly west of New York City. Little wonder then that Kevin's Scottish dad and Irish mom emphasized giving back to the community and a sense of caring.

This sense of caring manifested itself one day when Kevin and a bunch of other 6-7 year-olds in the close-knit community rallied around a kid named Jimmy, who had Down syndrome. With the help of their families, Kevin's group held fundraisers to raise money to help Jimmy with his problems. Eventually care for Jimmy was turned over to the local Arc branch facility.

Kevin moved to Morris County (Morris Plains) further north for high school. Here he started working as a volunteer for the Arc-Morris County Chapter of New Jersey, which had a large presence in the area. In his senior year, Kevin conducted a 30-hour volleyball tournament for Arc. It raised \$5,000 and earned him recognition as "Volunteer of the Year." It also further paved his path towards a lifelong career with Arc. Local Arc executives Bill Testa and Harry Wilkinson, taking him under their wing, had been showing him the ropes. "Whenever I go visit New Jersey, Bill and I have dinner together. Harry passed away some time ago."

After getting his bachelor's in business administration at the University of Dayton in Dayton, Ohio, Kevin went back to work for Arc-Morris County Chapter, N.J., assuming the position of director of residential services. The program he directed constituted the largest community-based residential program in the state, providing services for 69 adults with developmental disabilities in twelve homes, including two behavioral respite homes serving several hundred consumers. It had a budget then of \$10 million ("Now, their budget is probably in the \$20 million range," says Kevin). Arc in Downey, by contrast, operates on a budget of \$4 million.

From 1989-1991 he attended UC-Berkeley's Walter A. Haas School of Business, obtaining his MBA in public/nonprofit management in 1991.

He spent a year afterwards as assistant executive director for Arc-California, acting mainly as a lobbyist in Sacramento. During this period, he advocated for people with developmental disabilities on system-wide issues, including the state budget, entitlements, and related legislation. He at the same time steered local chapters through the state budget crisis, analyzing all bills as well as the state budget, and directing the information flow to the various Arc chapters.

In what has been described as a coup of sorts, Kevin was lured to head Arc operations here in Downey 1992 to replacing Howard Buswell, who retired.

During his term, Kevin is particularly proud of the six consecutive three-year accreditations Arc has gotten from CARF (the Commission on the Accreditation of Rehabilitation Facilities), giving Arc in Downey the highest possible approval rating for its programs, staff, etc.

Among his honors: "Executive Director of the Year" (1993), from the California Conference of Executives of Arcs; and a U.S. Presidential Citation for Volunteer Activities, 2006. He has been on the board of directors of the Downey Rotary Club (served as president in 2003-2005) and Arc of the United States (in 1996 and 1997), and is currently on the Downey YMCA board.

He has two sons: Connor is 13, and Reed is 11. His 76-year old mom lives in New Jersey. An avid runner, Kevin has run in both Los Angeles and New York City marathons. He has been a volunteer baseball and football coach for many years.

"Funding has always been a top priority for us, because we receive only 50 percent of our funds from the state," says Kevin. "That's why we do a lot of fundraising. Grant writing is an important function. We've always been grateful for the support we've received from the Downey community. People here have been very supportive through the years. There's a dedication to service here that we don't find in other communities."

He's elated over Arc Walk's burgeoning success. "Eleven years ago, when we first started the Walk, 250 people showed up. This year, the over 2,500 people who participated made it known that they believe and support the cause of helping our clients—people who had been neglected by the community for so long." The Arc Walk raised \$100,000. Kevin says it's the largest amount raised so far.

The contributions of many sup-



Kevin MacDonald, Arc executive director, is proud of the fact that Arc in Downey has received the highest possible approval rating for its programs and staff.

porters cannot be overemphasized, he says: "Acapulco, for instance, through its Long Beach-based head of catering, Elaine Geis, has been there for us year after year. This year, Acapulco prepared 2,800 burritos for us. Then there's Wescom Credit Union and Don Knabe, who were our host sponsors. ABC's Gene Gleeson and Phillip Palmer have graciously donated their services over these many years also."

He continues, "Recently, ten companies hired ten of our people in the last ten weeks. This is the best run we've had so far with our outside employment program. We have a strong packaging plant operation. We just did the L.A. Marathon. We recently did the packaging for the Kong rubber balls dogs chew on. We are now doing the packaging for Dermalogic Skin Care, which is based in L.A. Our facility has

become a regular business now, as competitive as any other business. In the past, it was regarded as an accommodation to employ developmentally disabled people."

Always based on needs, Arc's programs have expanded to include the establishment of a Center for Human Rights, an outreach program to assist families in need. A program for seniors allows them to enjoy normal seniors activities. Arc boasts 85 "strong" staff members who man its several programs.

At its upcoming annual dinner scheduled at the vaunted Cerritos Library July 17, Arc will welcome two new additions to its 18-member board: former Mayor Meredith Perkins and future Mayor Dave Gafin, install the incoming board, and recognize the contributions of Acapulco Restaurant, the Downey Police and Fire Association, and *The Downey Patriot*.

Bennie C. Reagan donated time, money

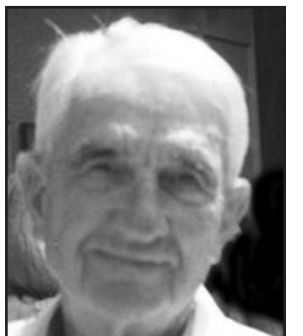
DOWNEY — Bennie C. Reagan, longtime Downey resident, passed away on June 17 at the age of 94.

Reagan was born on April 2, 1913, coming to California in 1935. For over 40 years, he owned and operated a money-order business in Los Angeles.

Twice widowed, he married Ann Carlisle 25 years ago. She preceded him in death by one day.

Reagan was involved in local organizations such as ARC of Southeast Los Angeles, Rancho Los Amigos National Rehabilitation Center, and the Bennie C. and Ann Reagan Memorial Scholarship of the Downey Kiwanis Foundation. He also donated funds to the Children's Hospital of Los Angeles, Orthopedic Hospital of Los Angeles and Long Beach Memorial Hospital, among others.

He is survived by Ron (Karen) and Jim (Dee Ann); five grandchildren; two step-grandchildren; 17 great-grandchildren and one step-great-granddaughter.



Ann C. Reagan lived, volunteered in Downey

DOWNEY — Ann C. Reagan, Downey resident since 1967, passed away on June 16 at the age of 93.

Reagan was born in Tremonton, Utah in 1913, coming to California in 1931. She began working for AT&T in 1934, retiring in 1978 after 44 years of service.

Reagan was a volunteer for many organizations, including Downey Regional Medical Center and the Second Tyme Around Thrift Shoppe. She joined the Woman's Club of Downey in 1980 and the Assistance League of Downey in 1993. She was also a supporter of organizations such as ARC of Southeast Los Angeles, Meals on Wheels and Friends of the Downey City Library.

Reagan is survived by granddaughter Ann Carlisle; grandson Mark (Heather) Carlisle; great-granddaughter Brooke Carlisle; and stepchildren Ron and Jim Reagan.

Donations can be made in her name to the Braille Institute, 741 N. Vermont Ave., Los Angeles, CA 90029.



'BooBoo' Hutchison was longtime resident

DOWNEY — Doris Roberta "BooBoo" Hutchison, Downey resident for 57 years, passed away on June 8 at the age of 81.

Hutchison was born on Jan. 27, 1926 in Monterey Park and lived in California the majority of her life.

She was formerly a member of the White Shrine in Long Beach, as well as a member of Downey Moose Chapter 902.

Hutchison was preceded in death by her parents, son, several brothers, sisters, nieces and nephews, and husband of 33 years, Jack.

She is survived by her daughters Janet Roberts and Linda Harner-Jones; son-in-law Vernon "Ernie" Roberts; eight grandchildren; 14 great-grandchildren; two step-great-grandchildren; three sisters; one brother; numerous nieces and nephews; and numerous friends.

Graveside services will be held at a later date for all who wish to attend.



Kermit Harry Korsgaden was local cosmetologist

DOWNEY — Kermit Harry Korsgaden, a longtime cosmetologist in Downey, passed away on June 7 at the age of 63.

Korsgaden was born on June 7, 1944 in Fergus Falls, Minn. to Oluf and Mabel Korsgaden. He graduated from Roosevelt High School in 1962 in Fergus Falls.

Korsgaden served in the United States Air Force in Vietnam and Germany as an air traffic controller. Following an honorable discharge, he attended cosmetology school in Long Beach. He then worked as a cosmetologist in Downey and Bellflower.

Korsgaden was preceded in death by his parents; sister Pearl Flatin-Brancato; brother Orville; and brother-in-law Fred Hawley. He is survived by sisters Clarice Hawley (Redding, Calif.); Mary Ann Kugler (Fergus Falls, Minn.) and Susan Korsgaden (Omaha, Nebr.); brother Lloyd (Bonnie) Korsgaden (Norwalk, Calif.); numerous nieces, nephews, great-nieces and great-nephews; and longtime friend Rob Brennan.

Korsgaden's ashes will be scattered off the coast of San Diego by the Neptune Society.

Learn to manage diabetes and medication

DOWNEY — Learn how to manage diabetes, medication and exercise when a Diabetes Management Series begins July 5 at Downey Regional Medical Center. The series is held one morning a week for four weeks from 9 to 11:30 a.m., for a total of 10 hours of instruction.

Classes will be held July 5, 12, 19 and 26.

Visitors will learn from a diabetes educator and registered nurse how to manage diabetes, medication, exercise and attitude. Persons who have diabetes are welcome to bring 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 else it will be rescheduled.

To register, call (562) 904-5580.

Low-impact exercise for seniors

DOWNEY — Movin' Better, a low-impact exercise for men and women age 55 and older, became the newest class at the DRMC Wellness Center in June and continues on Thursdays from 12:15 to 1 p.m.

"The idea is to socialize and have fun while doing gentle stretches and conditioning exercises," DRMC Wellness Center Manager Louann Shigaki said. "We invite our senior community to have fun and reduce stress while gaining greater range of motion, increased body strength and flexibility to help prevent injuries."

Comfortable clothes such as sweats, shorts and tennis shoes are recommended, and registration is required. Music will vary from a slow warm-up and cool-down period to livelier music during the middle work-out section.

The program is designed for the older, sedentary adult who is currently not in an exercise program, but wants to start a low-level exercise course. The cost is \$3 per class.

Classes are held at Downey Regional Medical Center. For a schedule of DRMC Rehabilitation and Wellness Center classes and massage therapy sessions, visit www.drnci.org or call (562) 904-5551.

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Friday - 6-29-07,
12 noon
space reservation
and ad copy

Classified Advertising
Tuesday - 7-3-07,
11 AM

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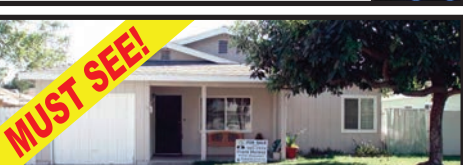
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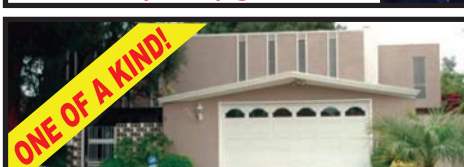
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Fit for a King!
New construction 4 bed, 3.5 baths, Granite counter tops in kitchen and baths. 2200 sqft., central air & heat, with beautiful landscaping.
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OPEN HOUSE




Won't Last Long!
3 BD home, w/ large yard & two car detached garage.
Price: \$539,950
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"Cute and Clean"
2 bed 1 bath, detached garage converted to guest house, large backyard, freshly painted interior.
Priced to sell @ 475,000.
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Orange Estates Beauty!
Large 3 bedroom, 2 bath, 2300 sq ft home with guest house on large 11,000 sq ft lot near Furman Park.
Price: \$959,950
Virtual tour at www.MichaelBerdelis.com



I'm Gorgeous Inside!
Spectacular 9,300 sq. ft. lot w/ pool, Sport court, 3 BD, 2 BA home. Completely remodeled kitchen and upgraded bathrooms, too many upgrades to list.
Price \$699,950
Virtual tour at www.MichaelBerdelis.com



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



A-1 Neighborhood!
3 bedroom, 2 bath home in Northeast Downey with Large backyard and pool!
Price: \$949,950
Virtual tour at www.MichaelBerdelis.com


OPEN HOUSE



Charm! Charm! Charm!
4 bed with den & bonus room, 2 baths, approx 2200 sq ft living space, near Stonewood Mall, Rio San Gabriel Elem & East Middle
Price: \$709,950
Virtual tour at www.MichaelBerdelis.com



Affordable Buy!
Spacious bedrooms, den, remodeled bathroom, hardwood floors, new kitchen, large yard & covered patio.
Price: \$515,000
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: \$1,249,000
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



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

OPEN HOUSE



Northeast Downey Condo!
2 bed, 2.5 bath townhome-style condo with newer carpet and paint, remodeled bath, central air & heat. Complex includes gated pool & spa.
Price: \$375,000
Virtual tour at www.MichaelBerdelis.com

OPEN HOUSE



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



Pretty As A Picture!
5BD, 3 BA newly constructed home w/ marble floors, kitchen w/granite countertops, living room and formal dining room and large master suite.
Price \$899,950
Virtual tour at www.MichaelBerdelis.com

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