



# The Downey Patriot



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Friday, July 13, 2007

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

## 'Only God Can Judge Me'

■ Pastor Jason Neville strikes a balance between two of his greatest loves: God and hip-hop.

BY ERIC PIERCE  
CITY EDITOR

**DOWNEY** – Thank God for Pastor Jason Neville, yo. Music producer, rapper, promoter and minister, Neville is a man struggling with society's self-made contradictions. He's spreading God's word and spitting mad rhymes. He's teaching the glory of Jesus Christ with his cap turned backwards. He's clutching the Bible in one hand and "throwing up the W" with the other. Pastor Jason Neville loves hip-hop. And Pastor Jason Neville loves God. The two, historically, have not mixed well.

Neville, 34, was raised in Downey and still lives in the city. He was born in Whittier to traveling evangelists and, while he says his parents were never ones to pressure him to follow their career paths, their influence predictably rubbed off on him.

But growing up was a struggle of sorts. While Neville's parents were busy spreading the message of Christianity – eventually opening their own small church in nearby Maywood – Neville was falling in love with the budding evolution of hip-hop, not all of which was necessarily family friendly.

Hip-hop, especially with the early 1990's introduction of so-called "gangsta rap", was gaining notoriety throughout the nation for its crude and explicit lyrics depicting gang violence and drug use in the impoverished ghettos of Southern California.

Neville, along with millions of others teenagers and young adults, was captivated by the music. But not necessarily at the lyrics.

"I grew up on the West Coast music, the West Coast sounds," Neville, who also goes by the stage name "Frost-T", said. "I grew up on Ice Cube, DJ Quik, and while you don't necessarily agree with what they're saying, you gotta respect the talent. You just kind of void out what they're saying and listen to their flow and style."

By age 17 Neville was rapping, running through different flows and styles he heard on the radio to perfect his own unique rhythm. To date, he has three albums and an appearance on a major motion picture soundtrack to his credit.

Still, his passion for a Christian lifestyle grew, and as he became older he started preaching at youth ministries throughout the area.

They were two completely opposite and sometimes contradictory lifestyles, but Neville soon found a way to integrate both his loves.

He founded his own music label in 1999, 4th Man Music Group, a record label exclusively for Christian music ("Holy hip-hop" as some call it). He has 19 different artists signed – a mix of different ethnicities and backgrounds – and none curse on their records.

The songs are loud and bass-heavy, just like the other hip-hop tracks gaining airplay on the radio. But, no matter how good a Christian song may be, they struggle to get past long-held stereotypes that Christian music – particularly hip-hop – is not "cool."

### Time Traveler

## 1880s saw a frantic rush out West

BY JOHN ADAMS, EDITOR EMERITUS

The combination of low rail fares and the image of Southern California as land of milk and honey in the 1880s led to a wild dash to the Southland that resulted in many visitors staying here.

The railroads set the boom of the 1880s in motion. When the Santa Fe Railroad pushed tracks through the mountains at Cajon Pass in 1885, it began a lively competition with the Southern Pacific which, until that time, had maintained an exclusive right-of-way to the area.

When the two rail competitors began slashing fares it was a joy to those who considered traveling here.

Before the Santa Fe arrived fares from the east were \$125. After Santa Fe's arrival they dropped to \$95. And in a fare war of 1887 Southern Pacific went to \$4 between Kansas City and here, and Santa Fe \$8.

Meanwhile, Eastern writers were celebrating the virtues of the Southland's climate and growing cycle. Oranges, grapes, figs and olives all did well here.

The rush was on!

That venerable newspaper *The San Francisco Call* reported that in one time span, of the 78,437 travelers arriving by rail in Southern California, 32,392 stayed on and settled. By the end of the decade the population of Los Angeles had increased by 50 percent.

Naturally land values skyrocketed. Developers made and lost fortunes. Meanwhile, the Los Nietos Valley (and Downey) were somewhat protected from the worst exploitation, as John Downey had already settled farmers on much of the Downey tract.

Those arriving in the late 1880s could only look in awe at the fine crops produced around Downey at the time.

Agriculture alone was not the answer. But when growers found problems in marketing their English walnuts, they formed a cooperative Los Nietos and Ranchito Walnut Growers Association. Later, local citrus growers found the same answer in marketing their crops.

By 1912, growers sought an even bigger organization to direct their

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Jason Neville is pastor of Praise Chapel Christian Fellowship. He also has three rap albums. Photo courtesy Jason Neville

"Radio stations, magazines, the major press don't want to cover us," Neville said. "Eminem, Jay-Z, they're all talking about the same stuff... It's easy to sell out to become popular. With my music, parents will endorse this and tell their kids, 'Yes, you can listen to this.'"

"It's not religious rap. It sounds just like hip-hop on the radio. But when people see our music in the Christian section at Best Buy they get this (negative) stereotype."

As founder, Neville is involved with a record's production from conception to final delivery. He approves lyrics, produces beats and reviews album artwork before giving his okay. The album is then delivered to a distributor where it's shipped to major media outlets throughout the country.

Music by 4th Man Music Group can be found at Target, Circuit City, Best Buy and iTunes.

See NEVILLE, page 8

## Summer Concert Series: Andy Rau Bluegrass Band



The Andy Rau Bluegrass Band is next up at the summer concerts at Furman Park.

**DOWNEY** – The Andy Rau Bluegrass Band will perform at the Furman Park Twilight Summer Concert Series this Wednesday beginning at 7 p.m. at Furman Park.

The concert is free and the public is invited.

Andy Rau was born and raised in Buena Park and began his career as the in-house banjo player at Knott's Berry Farm. During that 10-year period he performed in a host of musical situations, including bluegrass bands, country rock bands and variety stage productions.

In 1986 he formed the Andy Rau Bluegrass Band with the intent of showcasing his own material, to illustrate the versatility of the five-string banjo and to break the mold of homogenous music that was being played with folk instrumentation.

He sought out musicians who excelled in a variety of musical styles and struck his desired balance with Les Johnson on guitar, Evan Anderson on mandolin and George Boravich on bass. Each song could now shape its own identity without borrowing from old tried-and-true formulas.

Along with concert halls, fairs and music festivals, Andy and the band

See BLUEGRASS, page 8

## Lights, camera, action! Council opts for broadcast

BY ERIC PIERCE, CITY EDITOR

**DOWNEY** – After an initial reluctance for what they perceived to be too high a dollar amount, the City Council on Tuesday voted to record and put on-line future council meetings, and left open the possibility of putting the meetings on cable TV.

The decision was not without controversy, however, as some residents questioned just who would watch online council meetings and whether the money could be better spent on community projects.

The city will install a static video system featuring two cameras in the council chamber. Council meetings – and possibly planning commission sessions – will be recorded, edited the next day, and sent to Granicus, Inc., a San Francisco-based company that specializes in broadcasting government meetings over the Internet.

Broadcasting the meetings will cost the city about \$45,000 the first year and \$1,500 per month thereafter.

According to Assistant to the City Manager Scott Pomrehn, the city council would have final say over what, if anything, is edited out of the broadcasts.

Pomrehn also said the recordings could be copied onto a CD and replayed on cable TV, at potentially no additional cost to the city.

The \$45,000 is significantly lower from a previous quote the city received last month, which would have required additional staff to man and produce live cameras and the creation of a production room.

See BROADCAST, page 2

## DRMC elects new hospital chairmen

**DOWNEY** – In elections held at Downey Regional Medical Center (DRMC) board meetings, new chairmen for both the Corporate Board and the DRMC-Hospital Board were appointed for the 2007-08 term, effective July 1.

Kathy Hampton became chair of the DRMC Corporate Board, and Susanne Sundberg now chairs the DRMC-Hospital Board.

Hospital Board officers serving with Sundberg are Jim Ball as first vice chairman; Bill Hare, second vice chair; Beverly Mathis, secretary; and Milton Weiss, treasurer.

The Corporate Board officers are Nick Shubin, vice chairman; Art Morris, secretary; and Neil Klein, MD, treasurer.

The term marks the first time two women have chaired the DRMC boards, and the first time that the Corporate Board has been led by a woman. The Hospital Board last year was chaired by Mary Lou Schmidt, and the Corporate Board was chaired by Ron Kolar.

As an independent, non-profit community hospital, Downey Regional Medical Center is governed by a voluntary, community-based board of directors. The Hospital Board governs the day-to-day operations of the hospital and focuses on patient care, patient safety, physician quality, and hospital systems. The Corporate Board does strategic planning for the entire enterprise, including the hospital, the Downey Regional Medical Plaza doctor's offices, and off site development such as a planned joint venture ambulatory surgery center.

Hampton, also known in the community as Kathy Bee, is an award-winning singer/songwriter and performing artist and the producer and host

See HOSPITAL, page 2

## Downey Symphony anticipating busy year

BY JOYCE SHERWIN, DOWNEY SYMPHONY

**DOWNEY** – What a year it's going to be for the Downey Symphony! The orchestra and its supporting organization, the Downey Symphonic Society, will celebrate their 50th anniversary beginning with the summer-time concert in Furman Park on Aug. 8.

A Golden Jubilee Banquet at Rio Hondo Events Center in late September promises glitter, fun, feasting, lively entertainment and many auction opportunities.

The Symphonic Society will have an entry in Downey's December Holiday Lane Parade.

Next May at Apollo Community Center, an ice cream social for the entire family will feature the marvelous Nan Bostick, ragtime pianist.

And to complete the golden anniversary year, the 2008 concert in the park. A full circle of celebrations to honor one of Downey's community treasures.

Then of course, in between all this, are the orchestra's regular evening concerts and performances for third- and fifth-grade students, all in the Downey Theatre, plus appearances by the quintet in every elementary school in the Downey Unified School District.

And then, of course, there is the ongoing search for a permanent conductor to pick up the baton left by the late Tom Osborn. The search committee will complete its audition process and announce a permanent conductor in November.

What a year, 2007-08! Stay tuned.



HAMPTON



SUNDBERG

## Cartozian's real estate company opening

**DOWNEY** – A ribbon cutting and grand opening ceremony will be held next Thursday for Cartozian Associates Real Estate, Inc., a new business owned by Councilman Kirk Cartozian.

The business is located at 11027 Downey Ave. The ribbon cutting will be held at 4 p.m. with festivities continuing until 9 p.m. with food and refreshments.

Cartozian Associates Real Estate assists with buying and selling a home, refinancing, and new purchase or construction loans.

The Downey Chamber of Commerce will be assisting with the ribbon cutting.

## Benefit rock concert tonight in Downey

**DOWNEY** – A benefit rock concert will be held tonight at The Epic Lounge in Downey, a new music venue on 2nd Street, with all proceeds benefiting the La Casita de las Mamas organization.

The concert will be hosted by First Presbyterian Church. The event is the second in a series of benefit rock concerts established by a segment of the church known as The Moving Union.

Playing tonight will be local bands The Bellflowers, Boris Smile, The Matt Watts Band, Suffice and Ruby.

The all-ages event costs \$7. Doors open at 7 p.m.

The Epic Lounge is at 8239 2nd St. in Downey.

## Car show fundraiser tomorrow

**DOWNEY** – Good Shepherd Lutheran Church and School invite the community to its 5th Annual Car Show Fundraiser tomorrow from 10 a.m. to 3 p.m.

The show will include food, vendor booths, a craft corner for kids and, of course, cars.

Show cars will be accepted the same day for \$20.

The show will be held at 13200 Clark Ave. between Imperial and Rosecrans. For more information, call Fred Thies at (562) 706-3704 or the church office at (562) 803-4459.

## Fail-Safe 4 Felines hosting dinner

**DOWNEY** – Fail-Safe 4 Felines will present a fundraising beef stroganoff dinner at the Downey Elks Lodge on July 31 at 6:30 p.m.

The dinner will include an all-you-can-eat salad bar, dessert table with coffee and tea, raffle prizes and 50/50 drawing. The cost to attend is \$20. For tickets and reservations, call (562) 708-2672.

## Volunteers honored by Chamber July 27

**DOWNEY** – A Volunteer Award Luncheon presented by the Downey Chamber of Commerce will take place July 27 at the Rio Hondo Event Center.

The chamber will honor its small and large businesses of the year, outstanding committee persons of the year, director of the year and volunteer of the year.

The event starts at 11:45 a.m. and cost to attend is \$25 per person. Reservation deadline is July 20. RSVP by calling (562) 923-2191.

## BROADCAST

Continued from page 1

The new quote means meetings will simply be streamed over the Internet and will not serve as official record.

Councilwoman Anne Bayer, the lone dissenter in Tuesday's vote, said the money could be better spent. She also doesn't see a particular need for broadcasting.

"Downey's not ready for it," Bayer said. "When I see that all the seats [in the council chamber] are filled, that's when we'll be ready for it. But right now they're empty most of the time."

She, along with other residents, noted that if an issue was of particular concern to a citizen, they would probably attend the meeting in person.

But the rest of the council, meanwhile, heralded the proposed benefits of broadcasting meetings.

"The costs have been greatly reduced from before," Mayor Pro-Tem Dave Gaffin said. "There is a cost to have an open government. And this is the cost. We have to make meetings available to show we are an open society."

Councilman Kirk Cartozian called broadcasting "a needed resource and one that we're way behind in."

Councilman Mario Guerra, who was the one to originally propose the measure months back, said the cost to the city would be minimal after first-year start-up costs.

The contract the city will enter into with Granicus is for one year.



Scouts Sam Grow and Mark Torres of BSA Troop 406 assisted with the annual flag-raising ceremony at the Church of Jesus Christ of Latter-day Saints held on Independence Day.



Elizabeth Wilson has been teaching piano in Downey for many years and recently helped lead a performance at the Moravian Church in Downey. She taught four of her students to play a rendition of "The Battle Hymn of the Republic" using two pianos. The girls, all recent students at Griffiths Middle School, are pictured with Wilson, from left to right: Candice Saylor, Danielle Clennon, Nicole Leon and Savannah Vilaubi.



The Downey Midnight Ballers travel basketball team recently took first place in a Rancho Santa Margarita tournament July 7 and 8. The team, comprised of students from Downey middle schools, formed in 2006 and has since played in numerous tournaments. Pictured are (left to right) Coach Vincent Quigg, Sergio Flores, Sam Bettencourt, Edgar Martinez, Vincent Quigg, Jose Quinonez, Daniel Bustamante, Isaac Dan and Coach Jim Tanner. Not pictured is Dillon Tanner.

## School district saved millions in energy costs

■ Energy conservation measures is said to have saved DUSD more than \$5 million.

**DOWNEY** – Downey Unified School District's five-year energy conservation effort has received national recognition for saving the District more than \$5 million, school officials said this week.

The District achieved \$5,000,137 in cost savings in a little over five years since forming an alliance with Energy Education, Inc., a national energy conservation company, company officials said.

"I am proud of our employees for making a conscientious effort to conserve energy. This allows us to spend more money on the instructional program," Superintendent Dr. Wendy Doty said.

As part of the program, the District tracks energy consumption – including electricity, water, sewer and natural gas – using energy-accounting software. It compares current energy use to a baseline period and calculates the amount of energy that would have been used had conservation not been implemented.

By tracking consumption and analyzing energy use, the District and identify and correct areas that need immediate attention.

"Reaching this saving mark is a significant milestone. Downey Unified School District has achieved success by consistently implementing the people-oriented approach to energy conservation and maintaining productive efforts at all levels of the organization," said Dr. William Spears, CEO of Energy Education, Inc. "The superintendent and school board, along with other administration, faculty and staff members are to be commended for clearly fulfilling their commitment to being good stewards of the taxpayers' money and the environment."

The District received the Energy Lighthouse Award from Energy Education, Inc. at the June 26 school board meeting.

"Strong support from Dr. Wendy Doty and the school board have created an atmosphere of cooperation that should continue to grow and ensure even greater success well into the future," Dr. Spears said.

## Kids can learn about drums at library

**DOWNEY** – Children ages 5 to 12 can learn about drums around world at a Downey City Library event this Wednesday.

Marcus Miller will present "Get Clued into Drums" from 2 to 2:45 p.m. in the Cormack Room. The interactive program will feature various rhythms and styles as well as the history of the drum.

"Kids will learn how to express themselves and communicate non-verbally with others," Children's Librarian Gina Orello said.

The free program is being sponsored by the Friends of the Downey City Library as part of the Children's Summer Reading program.

Seating is limited and show passes will be distributed 30 minutes before show time. For information, call (562) 904-7360, ext. 4.

## HOSPITAL

Continued from page 1

of "Touching Lives" with Kathy Bee, shown on local cable TV channel 26. Hampton, a resident of Bellflower, with her business P.R. Productions located in Downey, is a member of the Downey Chamber of Commerce and Women In Film and a former board member of the Los Cerritos YMCA.

"Providing quality health care for our community, I see this as our primary goal. With everyone – board members, community members, doctors, hospital staff and employees – all working together, we can maintain our goal," Hampton said.

Sundberg has served as executive director for the Human Services Association (HSA) since 1991. Under her leadership, the Bell Gardens-based HSA has become the largest social service agency in southeast Los Angeles, serving 17 cities and administering prevention, intervention and assistance programs for youth, families and seniors.

In the late 1990s Sundberg helped secure DRMC a \$3 million grant from the Guenther Foundation, which was used to upgrade DRMC's Paramount facility as well as upgrade DRMC's soon to be remodeled Cardiac Catheterization Laboratory. She has served on the boards of several area service organizations including the Memorial Trust Foundation, Guenther Foundation, Downey YMCA, Bell Gardens and City of Commerce Chambers of Commerce, Rio Hondo Boys and Girls Club Advisory Board and Rotary Club of Rio Hondo/Bell Gardens/Commerce.

"As I start my year as chairman of the Hospital Board, I look forward to building a strong board of directors dedicated to patient care and safety, community outreach combined with fiscal responsibility," Sundberg said.

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## Residents and interns graduate from DRMC

■ Graduating residents will help nation-wide shortage of qualified physicians. New interns already at work.

**DOWNEY** – Eight residents and 12 interns graduated from the Downey Regional Medical Center Family Practice Internship and Residency Program on June 15.

The hospital's new intern class of 13 began working at the hospital the very next day.

A Doctor of Osteopathy (D.O.) must complete four years of medical school plus an internship and residency. Throughout their training, interns and residents are exposed to numerous medical subspecialties. More than half of all osteopathic physicians practice in primary care areas such as pediatrics, family practice, and internal medicine. They focus on preventive health care and practice a "whole person" approach to medicine rather than treating specific symptoms of an illness.

D.O.'s receive extra training in the diagnosis and treatment of neuromuscular disorders, and hands-on manipulative therapy. Many of these physicians go on to practice in the Los Angeles-Orange County area.

DRMC Medical Education Director Natalie Nevins, D.O., noted, "While they are too numerous to mention by name, a big thank you goes to all of the attending physicians at Downey Regional for mentoring the interns and residents."

Rebecca Guisti, M.D., a 2006 graduate of the three-year Family Practice Residency Program at DRMC, became the first resident here to complete an additional year of residency training in DRMC's new Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine (NMM/OMM) Plus One (year) residency program.

To be eligible for this training, the doctor must complete another residency first.

According to Nevins, the NMM/OMM Plus One program is the only one offered on the West Coast.

Third-year resident Jeanie Gillinta, M.D., succumbed to a battle with cancer and passed away just one week prior to graduation. She was given a diploma posthumously.

Wasil Aqil was named "Most Outstanding Intern," second-year resident Stephanie Lehrner earned "Most Outstanding First-Year Resident," and Jesse Sanchez was named "Most Outstanding Graduating Resident." As such they received a Rayman Medical Education Scholarship of \$500, \$1,000 and \$2,000, respectively.

The Doctor of Osteopathy post-graduate program has graduated more than 200 interns and residents since it came to DRMC in 1994, a time when the medical community worried about a future glut of doctors.

Today, state medical societies warn that the U.S. could be short about 200,000 doctors by 2020. Shortages may be worse in California due to poor reimbursement, a higher cost of running a practice and a higher cost of living, marking recruitment and retention of physicians more challenging.

Downey Regional Medical Center is an independent, not-for-profit hospital.



Graduating residents from Downey Regional Medical Center are now officially at work. Top row, left to right: Dr. Mark Schneider, Residency Director Dr. Jesus Sanchez Jr., Denny Kim, Jason Trummer and Hanid Audish. Bottom row: Cynthia Worden, Victoria Ota and Victoria Pham (chief resident). The graduation was celebrated at The Reef Restaurant in Long Beach.



Graduating interns: Jesse Mahal, Damon Armstrong, Lawrence Lee, Summer Drake, Wayne Daniel, Wasil Aqil, Khatera Ghazanfar, Elizabeth Han, Michele Leary, Dillard DeHart and Jamie Capasso. Missing from the photo is Sarah Feldmann.

## Expectant parents invited to learn more about hospital's birth center

**DOWNEY** – Expectant parents who would like an opportunity to learn more about the Downey Regional Medical Center Family Birth Center are invited to a Stork Tour tomorrow, July 14, from 10 a.m. to noon.

The program will include an overview of important information, a question-and-answer period and a tour of the Family Birth center.

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



Rebecca Guisti, M.D., left, a 2006 graduate of the three-year Family Practice Residency Program at DRMC, became the hospital's first resident to complete an additional year of residency training in DRMC's new NMM/OMM Plus One program. She is pictured with Dr. Natalie Nevins.

## Red Cross: Blood supply at critical level

■ Red Cross makes appeal for more blood, which, it says, is running on short supply.

**DOWNEY** – California's blood supply has plunged to dangerously low levels and donors are needed now and in the coming weeks to prevent a medical disaster, the American Red Cross cautioned at a news conference this week.

"In our complex and hectic society, we are all at risk for traumatic injuries," said Dr. Cesar Aristeguieta, director of the California Emergency Medical Services Authority. "Whether as a result of automobile accidents, falls, fires, or even earthquakes, victims of trauma rely on the ready supply of blood for their survival. Because we cannot manufacture blood, all Californians share a responsibility to donate blood regularly, so that this life-saving product may be available to all in the event of a disaster, large or small."

The American Red Cross reported only a four-hour supply of Type O-negative blood and a ½ day supply of O-positive blood in its Southern California inventory.

Type O-negative, known as the "universal" blood type, is often used in emergencies because it can be transfused into anyone, regardless of the patient's own blood type.

Type O-positive is the most frequently transfused blood type in

See BLOOD, page 4

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## TRAVELER

Continued from page 1

cause, and the California Walnut Growers Association was formed.

A notable woman of the time was Mrs. H.W.R. Strong who lived across the valley on the old Pio Pico Ranch. Pampas grass had become popular with Eastern dressmakers as decoration, and it grew nicely between rows of walnut trees locally.

In 1889 she boarded a train to Philadelphia along with carloads of pampas grass. On arrival she sold 134,000 plumes in that one city, and was largely responsible for getting both the Republican and Democratic parties to adopt pampas grass symbols. After Grover Cleveland's election she named pampas "The Colombian Plume" and marketed it at the World's Fair.

An advocate of women in business (as well she might be!), Strong supported a project known as Queen Isabella Colleges, business colleges for women. Hadn't it been Isabella who used her jewels to finance Columbus's discovery of the new world?

California in the 1880s and '90s was sprinkled with the unconventional and innovatively successful.

Originally published August 25, 1995

## Aerospace Foundation holding meeting

**DOWNEY** – The Aerospace Legacy Foundation will hold their meeting this Sunday inside the Downey Studios main lobby, 12214 Lakewood Blvd. The meeting starts at 1:30 p.m.

RSVP by calling (562) 922-8068.

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Your net worth is what's left over when you add up your financial assets and subtract your financial liabilities. Your assets may include money in bank accounts, stocks, bonds, mutual fund shares, retirement accounts and the value of any real estate you own. Your liabilities should include all of your debt, such as your mortgage, credit card debt, student loans or auto loans. You may need to include assets and liabilities of your spouse or partner to get a complete picture of your family's finances.

You may want to consider tallying you net worth at least once a year to stay focused on your most important number. Your financial advisor can help you analyze your net worth and develop a long-term strategy for building wealth.

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## BLOOD

Continued from page 3

Southern California because it is the most common type in the population and among local hospital patients.

The inventories of Types A-negative and B-negative blood were also critically low, with less than a one-day supply of each type available, according to the Red Cross. A five-day supply of each major blood type is generally considered adequate.

"Everyone takes the availability of blood for granted, and that need is often never realized until you or a loved one is involved in a life-threatening emergency," said Jennifer Bayer, director of public affairs for the Hospital Association of Southern California. "Without an ample supply of blood, hospitals in Southern California will be forced to defer all non-emergency surgeries."

The Red Cross cited several factors as contributing to the blood shortage. The demand for blood in Southern California has increased in past years because of a growing population, an aging population requiring more medical care, and increasingly sophisticated medical procedures that improve health care but also require blood transfusions.

Meanwhile, blood donations routinely drop during the summer months when high schools and colleges are out of session - campus blood drives produce 20 percent of Southern California's blood donations during the school year, Red Cross officials said.

Although approximately 60 percent of the population is eligible to donate blood, less than three percent of Southern California residents actually donate, officials said. The Red Cross said it imports about 40 percent of the local blood supply from Northern California and other parts of the nation.

This reduction in imports, combined with blood shortages in Northern California and the typical drop in summer donations, have reduced the amount of blood available for Southern California hospitals, officials said.

"Local hospital patients are counting on us to ensure an adequate blood supply," said Charles Wilcox, CEO for American Red Cross Blood Services, Southern California Region. "We are urging people in our local communities to make an appointment today to donate blood. We are also asking businesses, churches, and other groups of 100 people or more to schedule blood drives to support the community blood program."

Any healthy person age 17 or older and weighing at least 110 pounds may be able to donate blood.

Downey Regional Medical Center will host a Red Cross blood drive this Tuesday from 7 a.m. to 7 p.m. in the lower level conference rooms. Eligible donors are asked to call (562) 904-5321 or (800) GIVE-LIFE to schedule an appointment.

## Adult School hosts Advisory meeting


**DOWNEY** – The Downey Adult School Office Skills Center will be holding an Advisory Committee meeting on July 27 at 8 a.m. at Mimi's Café in Downey.

The meeting will provide an opportunity to examine the subjects and software being taught within the Office Skills Center, and allow participants to voice their opinions and suggestions.

To RSVP, call (562) 940-6247.

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## The Poets' Corner

### Beaches

Sometimes I dream of faraway places  
sandy white beaches and beautiful faces  
where I can finally rest, and close my tired eyes  
and not be disturbed by withering skies.  
At present it's just a dream, but if I have my way  
I'll be lounging on that beach on a day not far away

-- Eric Maxim,  
Downey

## Downey Museum of Art: 'A Sense of Place'

BY BROOKE KARLI, STAFF WRITER

**DOWNEY** – After 50 years of being tucked away in Furman Park, the Downey Museum of Art (DMOA) is looking to relocate, going green in the process.

Although a place where people of all ages and races can go to get a dose of contemporary art, the museum has not only become too small to host many exhibits, but has also practically become invisible to the community.

"This museum was cutting-edge in the 50's and 60's because it was the only museum dedicated solely to modern art," said Kate Davies, DMOA executive director and curator. "But there just isn't enough space for significant exhibits - and that prohibits us from being today's cutting-edge." Davies said there are talks of possibly building a new museum at either of the Downey Studios or Stonewood Center properties.

"As long as it's visible to the community," she said. In addition to the 10,000 square foot museum - projected to open in three to four years - DMOA @ The Glidehouse will also be erected and is expected to open fall of next year.

DMOA @ The Glidehouse, approximately 2,500 square feet in size, will include exhibit galleries, an interactive education site and exhibit, home theatre and outdoor film wall, meeting room, cultural program space, custom collection storage, small catering kitchen, Web radio studio, visitor's and sculpture deck, new museum project office and community visitor's center.

The building will host world-class art exhibits and cultural programs, special exhibits on sustainable design, green-building and the new museum project, and Web radio programs on art, culture and ecology.

Its green design consists of renewable resources and recycled materials, solar and wind power, water conservation technology, Energy Star appliances, Integrated Pest Management and special collection storage, native drought-tolerant plants and will serve as an educational demonstration site for sustainable and green living.

DMOA @ The Glidehouse is also Platinum Certified under the Leadership in Energy and Environmental Design (LEED) Green Building Rating System.

"We want The Glidehouse and new museum to give the community a chance to connect with culture through art and nature," said Davies. "Sustainability is the art of living and we are looking to sustain nature, culture and art."

Davies hopes the new buildings will not only serve as museums, but also cultural visitor centers, increasing current attendance of 18,000 a year to 100,000.

The Downey Museum of Art is currently exhibiting "A Sense of Place" - an exhibit highlighting places you can meet with friends, see world-class art, have fun, meet with leading thinkers and visionaries, learn something unique and useful, and find beauty and inspiration. Artists featured in the exhibit include Vasken Brudian, Ara Oshagan, Dean Larson and Jeff Marks.

Admission to the museum is free and hours are Thursdays through Saturdays from 1 to 5 p.m. and Wednesdays from 4 to 8 p.m.

For information, call (562) 861-0419.

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## Wiseguys, eh?

By Eric Pierce

For the first time ever, *The Downey Patriot* is the official media sponsor of the annual summer concerts at Furman Park.

I'm not sure what this means exactly, other than it's our official confirmation that we believe in the importance of the concerts and its numerous contributions to the community.

I think we also get luxury box seats, but I'm not sure.

The concerts officially kicked off Wednesday with the Wiseguys Big Band, a highly talented, thoroughly entertaining group.

It sounds mushy, but it really was a great way to spend a summer evening. And it didn't cost one dollar to attend.

Somebody behind me snickered because CareMore, a major sponsor of the concerts, was giving away free pill boxes to anyone who asked. True, the majority of the audience was markedly older, but that didn't stop some seniors from getting up and jiving their hips to big band music.

Paramedics, thankfully, were standing by.

Kidding!

I did notice, unfortunately, that many people brought food with them to enjoy. Did they not know that the Downey Rose Float Association had you covered? They had prepared a cornucopia of junk food, including hamburgers, hot dogs, chili, ice cream, cake, soda and coffee, all at affordable prices, and with all proceeds benefiting the Rose Float.

So maybe next time we can leave the Little Caesars pizza at home and try a homemade cheeseburger instead.

Don't worry, I checked with Dr. Frischer and he said it's OK.

All in all, it was a relaxing night. I went home happy, full and with a free pill box.

...

It'd be nice if city council members had voicemail at city hall. Maybe it's just me, but I have an awfully hard time getting responses to e-mails sometimes.

Voicemail would let constituents have better access to their district representatives. Think of it as a public *communication* tool.

## Roybal-Allard pushes to reauthorize COPS

WASHINGTON, D.C. — Congresswoman Lucille Roybal-Allard (CA-34) is calling on the U.S. Senate and the Bush Administration to reauthorize the COPS hiring grants program that enabled local law enforcement agencies serving the 34th District to hire more than 4,500 additional officers.

Nationally, the program was responsible for the hiring of 117,000 additional police officers in every state from 1995 to 2005, according to the congresswoman.

The U.S. House of Representatives voted 381 to 34 to reauthorize the program on May 15. The measure now needs Senate approval.

"Fighting crime and protecting our communities are top priorities for the new Democratic majority in Congress," Roybal-Allard said. "Unfortunately, over the last few years, despite evidence of the program's effectiveness, the Administration and the then Republican-led Congress sharply reduced and eventually eliminated funding for the COPS hiring grant."

The COPS program was created in 1994 and provides 75 percent of an officer's salary for three years.

## Water expert spouts knowledge

DOWNEY — Elsa Lopez from the Water Replenishment District of Southern California was the guest speaker at this week's meeting of Citizens for Downey, which meets for breakfast every month at Los Amigos Country Club.

The Water Replenishment District (WRD) oversees the groundwater supply in Southern California, ensuring its quality. It serves 43 cities and a total of 3.7 million people. It was formed in 1959.


A large part of WRD's work is focused on water preservation, according to Lopez. WRD has initiated programs to impede the intrusion of salt-water plumes into water basins and also frequently tests its over 600 wells for chemical contamination.

The company offers public education tours at its facilities throughout Southern California to both children and adults. Speakers, like Lopez, frequently travel to schools and businesses to tell the WRD story and offer tips on how and why to conserve water.

Lopez also said WRD will be purchasing nearly 33,000 acre-feet of imported water to keep the local basins full, but are hopeful that future programs will eventually eliminate a reliance on imported water.

Citizens for Downey is a non-partisan, non-profit organization "for business and community benefit." Its meetings are free and an optional breakfast is available for \$5.

### The Downey Patriot

	<b>Jennifer DeKay-Givens..... Publisher/Adv. Director</b> <b>John Adams..... Editor Emeritus</b> <b>Eric Pierce..... City Editor</b> <b>Henry Veneracion..... Staff Writer</b> <b>Brooke Karl..... Staff Writer</b> <b>Robert Tolentino..... Display Advertising</b> <b>Dorothy Michael..... Display Advertising</b> <b>Gwynn Gustafson..... Display Advertising</b> <b>Linda Larson..... Classified Advertising</b> <b>Jonathan Fox..... Production</b> <b>Gibran Latif..... Webmaster</b>
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 Phone (562) 904-3668 \* Fax (562) 904-3124  
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## Letters to the Editor:

### A smart use of water

Dear Editor:

After reading the letter to the editor regarding the "powers that be" who planned such a waste of water with the Imperial Highway project, ("All Wet Over New Planters," 7/6/07), as a licensed plumber and past project manager for many similar types of projects for the County of Los Angeles, I felt it was my duty to respond.

The new center medium strips being constructed on Imperial Highway look to me like they are going to be irrigated with reclaimed water. The use of the special purple-colored PVC piping is a clear indicator of use of this type water. Reclaimed water is produced by the sewage treatment plants and is very suitable for irrigation. By law, there can be no potable (drinking) water connections to a reclaimed piping system. If the reclaimed water is not used then it is discharged down the San Gabriel River channel, and that is wasteful.

The new landscaping improvements to Imperial Highway will do a lot for Downey's image. I tip my hat to the "powers that be" for their foresight in planning this project and especially their wise use of this valuable reclaimed water resource.

— John Wehrly,  
Downey

### Secrets to a Successful Teen

Dear Editor:

Two weeks ago I was one of thousands of parents who participated in graduation ceremonies at Warren High School. It truly was inspiring to see these graduates lined up anxiously awaiting to enter the stadium in their blue robes, then entering a tunnel of teachers lined up on the field.

Students hugged teachers and parents were teary-eyed. Over 700 Warren graduates were announced one by one and they flipped their tassels as they became graduates embarking on a new road.

As I watched my daughter and all her friends walk to the podium receive recognition, I thought to myself what a great school district we had because all these teenagers were so successful. A friend had mentioned that they attended a recent graduation ceremony in Los Angeles where 1,000 students should have graduated and less than 200 did.

What do I see as the secret to raising a successful teenager? Here is my (and other parents') opinion:

1. Get your child involved in sports, volunteer activities or anything to occupy their time in a positive way.
2. Reward your child for their positive accomplishments.
3. Have consequences for negative actions.
4. Be involved with your child and go to their events, volunteer in the schools and show them how to be a positive role model. Your actions speak louder than words.
5. Know who your child's friends are and talk to them. Listen when they do talk.

Grad Night this year was the perfect example of parent participation and involvement. Close to 100 parents were involved or volunteered to go out to Boomers in Upland to make the night a success and the students loved it. The Grad Night committee should be commended.

Recent editorials portray Downey negatively. I've been here all my life and Downey still has a lot to offer.

I'm glad to be a resident here, mansions, traffic and all.  
— Dorothy Pemberton,  
Downey

### How about some imagination

Dear Editor:

As I ride my bike through the streets of Downey, it is clear we've lost the battle of the mega-mansions. They're springing up everywhere, much like dandelions, and apparently no amount of lamentation and debate will put a stop to it.

But I have questions burning a hole in my brain: Is there no construction company or contractor that can come up with a design for a house that does not include a terra cotta tile roof, a gun-turret style cylindrical entry-way and cheesy pillars? Is there no one out there with even the slightest desire to be unique? Good grief!

— S. Courtney,  
Downey

## City adopts 2007 water system report

BY HENRY VENERACION, STAFF WRITER

DOWNEY—A report by Public Works Director Desi Alvarez vouching for the drinkability and safety of Downey's drinking water, calling it akin to spring water, has been endorsed by the City Council.

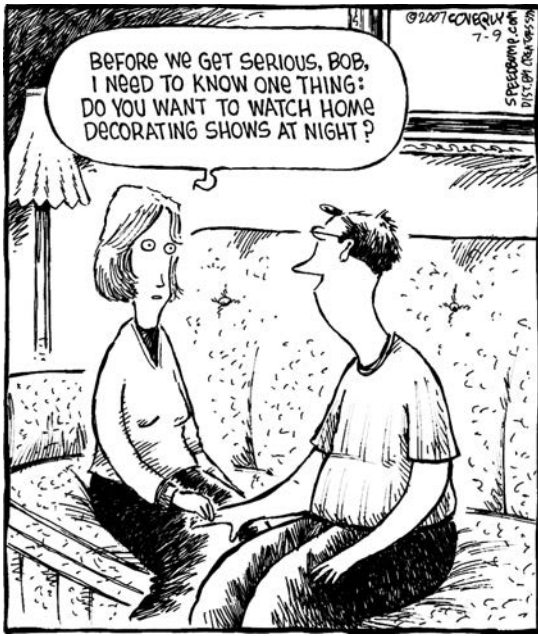
This was in conformance with a requirement of the California Health and Safety Code that the city conduct a public hearing to consider comments on the city's Water System Public Health Goals Report.

The report, supported by relevant data and presented in striking graphics, deals with information on the "detection" of any contaminants in the public water system from 2004 through 2006 that exceed the Public Health Goals (PHGs). Since there were only insignificant amounts, the City Council adopted a resolution adopting its 2007 Water System Report on Public Health Goals.

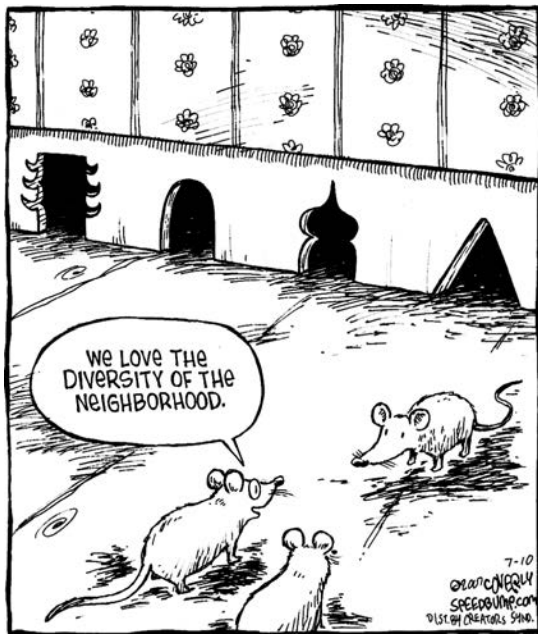
In other action the Council:

- Approved an agreement with Global Learning, Inc. to provide training services for the ASPIRE after-school program and Kid Smart child care programs;
- Approved a Memorandum of Understanding with the Los Angeles County Metropolitan Transportation Authority (MTA) in order to receive reimbursement for the city's reporting of FY2005 transit data for submission to the National Transit Database through MTA's consolidated report;
- Set a public hearing for July 24, 2007 for city-initiated Code Amendment No. 07-72, to add Section 9166.05 to the Downey Municipal Code to require a Conditional Use Permit for new industrial, commercial, and multi-family residential structures and additions to existing structures;
- Approved the form that all non-profit organizations receiving a grant from the city must complete;
- Approved a contract with the Fair Housing Foundation in the amount of \$15,600 to provide fair housing services during FY2007-08;
- Adopted a resolution adopting new pay ranges for certain part-time classifications;
- Adopted a resolution supporting the Los Angeles County Coordinated Transit Plan and approved the agreement for fare-free services for eligible riders, usually disabled riders;
- Adopted a resolution approving the appointment of Luis Marquez to the Parking Place Commission for City Council District 1;
- Adopted a resolution consenting to the establishment of the Imperial Highway Bridge over the San Gabriel River within the city of Downey as

## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### Events For July

Fri. July 13: **Benefit Concert**, The Epic Lounge, 7 p.m.  
 Mon. July 16: **Harry Potter Book Discussion** (part of week-long activities @ Downey Library), 2 p.m.  
 Wed. July 18: **"Community Mapping Project" Exhibit**, DMOA, 5 p.m.  
 Wed. July 18: **Andy Rau Bluegrass Band**, Furman Park Summer Concert Series, 7 p.m.

### City Meetings

1st Tuesdays, 6:15 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.  
 1st & 3rd Wednesday, 7:30 p.m.: **Planning Commission**, Council Chamber at City Hall.  
 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.  
 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.  
 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.  
 2nd & 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 Compañeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

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

#### Thursdays

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

#### Fridays

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

## On This Day...

**July 13, 1793:** French author and controversial Revolutionary journalist Jean Paul Marat is stabbed to death in his bathtub by rival Charlotte Corday.  
**1863:** Riots erupt in New York City in response to new laws by Congress aimed at drafting men for the ongoing American Civil War.  
**1940:** Actor Patrick Stewart is born. Also born on July 13: Harrison Ford (1942), Cheech Marin (1946), Cameron Crowe (1957) and Deborah Cox (1974).  
**1978:** Lee Iacocca is fired as president of Ford Motor Company.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**TERSE VERSE: Some rhyming one-liners**  
 by Shirley Soloway

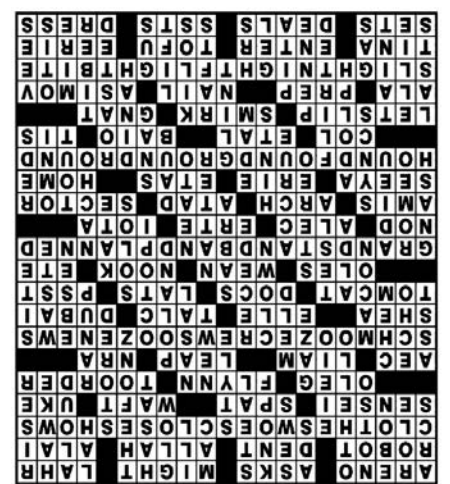
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You can contact puzzle editor Stanley Newman at his e-mail address: [StanXwords@aol.com](mailto:StanXwords@aol.com). Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The books of Isaac Asimov (123 Across) include every major category of the Dewey Decimal System except philosophy. Cassio (5 Down) is the Florentine lieutenant of the title character in Shakespeare's "Othello." The reference at 44 Down is to the invasion of Poland, which began on September 1, 1939.



## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Try taking two vegetarians out to lunch and see if they can agree on what to order. It's quite possible that the diets they follow differ substantially.



Today's column will be another (probably welcome) change from some of our more serious topics. Discussions about diet so far have talked about the full range of foods available to us: which ones to avoid, which ones to focus on, and which ones to limit. Some people begin this process already defining or limiting what they are willing to eat. Today I will define for you the vegetarian, vegan, macrobiotic, and raw diets.

Vegetarian diets include lacto-ovo-vegetarian (includes both dairy products and eggs, and is the most common), lacto-vegetarian (includes dairy but not eggs), and vegan. Vegan diets do not include dairy products, eggs or any other animal products.

Veganism, often referred to by its followers as strict or pure vegetarianism, is based on a philosophy and lifestyle that excludes the use of animals for food, clothing or any other purpose. Vegans do not use or consume meat, fish, poultry, eggs, or other dairy products. Some of the most common reasons for practicing a vegan lifestyle include ethical concerns for animal rights or the environment, perceived health benefits, and spiritual or religious concerns.

The standard American diet is high in fat and low in fiber and vegetables. It is now widely recognized that this is not a healthful diet! Vegetarians and especially vegans avoid consuming artificial substances such as growth hormones and antibiotics, which are given to farmed animals in some countries. Also, diets that avoid meat tend to have lower levels of saturated fat, cholesterol, and animal protein, and higher levels of carbohydrates, fiber, magnesium, potassium, folate, antioxidants, and phytochemicals. People who avoid meat are reported to have lower body mass than those following the average diet. As a result, we see lower death rates from heart disease, lower cholesterol levels, lower blood pressure, and lower rates of hypertension, type 2 diabetes, and stroke.

It's not easy to get all of the proper nutrients while observing a vegetarian diet - proper planning is necessary to avoid deficiencies in Vitamin B12, Vitamin D, calcium, and iodine and omega-3 fatty acids. Vitamin and mineral supplements are especially recommended for vegan diets.

The macrobiotic diet is a dietary regimen that involves eating grains as a staple food supplemented with vegetables, brown rice, seaweed, beans and bean products, fish, soy products, seeds, nuts and fruit. Macrobiotics dates back to the time of Hippocrates.

Ohsawa, a Japanese philosopher, formalized modern day macrobiotics. He brought his macrobiotic teachings to North America in

the late 1950's. Followers of the macrobiotic approach believe that food and food quality powerfully affect health, well being, and happiness. The macrobiotic approach suggests choosing food that is less processed and more natural, combined into meals according to the principle of balance known as yin and yang.

Since Japan is the cradle for contemporary macrobiotics, followers of this diet often use Japanese ingredients. However, the philosophy of macrobiotics suggests that people should use foods grown and found locally. This diet also addresses the method of eating. One should eat until full, chew well before swallowing, and avoid sugar, coffee, and all processed and non-ecologically produced food.

You can see how this set of recommendations very closely matches up with the ideal diet outlined in our previous articles. More details such as time of year, method of food preparation, age, sex, health conditions, etc. are also part of this diet and will not be covered here.

It is interesting to note just how similar the macrobiotic and vegetarian diets are. They differ in that the macrobiotic diet may include fish, and pays special attention to the preparation of food and the principle of balance (yin and yang). As with vegetarianism, critics state that certain nutrients may be deficient, so proper planning and vitamin supplements are important.

Finally, let's take a look at raw foodism. This is a movement promoting uncooked, unprocessed, and often organic foods as a large percentage of the diet. A raw food diet consists fully of foods which have not been heated above 92 to 118 degrees, depending on the food. Raw foods may include fruits, vegetables, nuts, seeds, whole grains, eggs, fish, meat and un-pasteurized dairy products such as raw milk, cheese, and yogurt.

A raw foodist consumes primarily raw food, or nothing but raw food. They believe that the greater the percentage of raw food in the diet, the greater the health benefits, and that raw food prevents and or heals many forms of illness and chronic diseases. Freezing food is generally considered acceptable.

Some people believe that pre-historic humans were largely vegetarians, and thus the ideal for the human digestive system is raw vegetarianism. Those who follow this diet believe raw foods contain enzymes which aid in digestion.

When these enzymes are destroyed by the cooking process, digestion becomes more difficult. Raw foods also contain bacteria and other micro-organisms that stimulate the immune system. Raw foods have higher nutrient values than cooked foods. The benefits of the diet are said to include a stable body mass, clear skin, more energy, and minimizing a range of common illnesses.

As you can see, there is a vast diversity in the types of diets people choose to follow. Eat healthfully in whatever manner supports your own health and personal beliefs.

As always, I wish you good health.

## Improper foot care can be your Achilles' heel

Contributed by the American Osteopathic Association

**DOWNEY** - Ah, summer; the time of year when the outdoors beckons us for barbecues, baseball games and lazy days at the beach or pool. This also is the time of year when feet often slip into a pair of sandals to soak up the sun. But this choice of summer fashion could become painful without proper foot care.

"I tell my patients, 'If your feet aren't happy, nothing above them will be,'" says Natalie Nevins, D.O., an osteopathic physician who serves as director of medical education at Downey Regional Medical Center. "Most people think that their feet being in pain is normal but it's not."

That new pair of strappy sandals might look cute but they could lead to foot problems if they are too tight, notes Nevins, adding that people can still pick shoes that look nice as long as they fit properly and provide good arch support.

"If you're getting a blister from a shoe, it's not the right shoe. It's rubbing or slipping," explains Nevins. "When you try on a pair of shoes, if it's not comfortable immediately, it never will be. You're just torturing your feet."

Nevins offers the following summer foot care tips:

- You can get skin cancer on your feet so apply sunscreen.
- Keep the heels of feet well moisturized to keep them from cracking and to prevent infection.
- Keep toenails trimmed properly.
- Wear walking shoes to work and change into sandals at the office.

When women do break out the sandals, Nevins says that's a good time to examine feet for any foot problems, such as fungal infections. "You're more likely to notice and pay attention to these problems when your feet are on display."

For more information on osteopathic medicine, visit [www.osteopathic.org](http://www.osteopathic.org).

## Chiropractor offering free screenings

**DOWNEY** - The CHER Clinic at 7444 Florence Ave., #H, in Downey is offering free spinal screenings and evaluations for children from now until the end of August.

The clinic is the health facility of the Chiropractic Health Education and Research (CHER) Foundation and was founded in 1984 to offer alternative health care services to lower-income individuals and families.

"Chiropractic is for everyone, not just for those who have insurance or the income that will afford them this beneficial and life-saving service," said Dr. Gerald L. Coy, founder and administrator of the CHER Foundation.

Over the years Coy has conducted thousands of postural and scoliosis screenings for children in the Downey Unified School District.

Children who are showing symptoms of poor health or who are frequently ill with colds and the flu, as well as kids with poor posture, should be evaluated, said Coy. No child will be turned away.

To set up a screening appointment, call (562) 776-1727.

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## 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.

## Low-impact exercise for seniors

**DOWNEY** - Movin' Better, a low-impact exercise for men and women age 55 and older, is offered every Thursday from 12:15 to 1 p.m.

Comfortable clothes such as sweats, shorts and tennis shoes are recommended, and registration is required.

Cost is \$3 per class.

Classes are held at Downey Regional Medical Center. For information, call (562) 904-5551.

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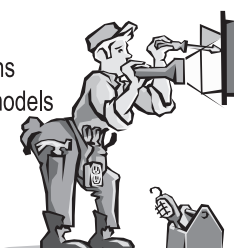
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## BLUEGRASS

Continued from page 1

continued to perform at venues such as Disneyland, Knott's Berry Farm, Six Flags, Sea World, Paramount Studios, Disney Studios and Burbank Studios.

In the mid 90's their first CD, "On the Horizon," was released, followed a few years later by, "Different Man," and "Penny Moon." With the success of these albums the band began to receive airplay and reviews from around the world.

They began touring the United States and Canada and received endorsements with The Deering Banjo Company, GHS Strings and ProPik Finger Picks while feature articles started appearing in magazines such as *Acoustic Musician*, *Frets*, *Bluegrass Unlimited*, *Bass Player* and *Banjo Gazette* (Great Britain).

In 2006, after a long hiatus from the recording studio, The Andy Rau Bluegrass Band re-emerged on Anchovy Artists Records with the release of 15 original compositions on the CD, "Higher Ground." The recording continues to introduce inventive new material to the world of acoustic music.

The Downey Museum of Art will be open before the performance Wednesday and the Downey Rose Float Association will be selling snacks. For more information on the concert series, call the City of Downey Community Services Department at (562) 904-7238.

## More than a puppetry lesson for children

BY JACQUELINE MEJIA, CONTRIBUTOR

**DOWNEY** – Puppets and literacy have long gone hand in hand with each other. There were the famed Mister Rogers and Barney, who both supported reading, drawing, and expressing your creative self.

Joe Gandelman, a performer from San Diego, emphasized his love of reading and the importance it holds in the life of children when about 100 children sat in the Cormack Room at the Downey City Library on Wednesday, listening and participating enthusiastically with Gandelman and his entourage of puppets. Several puppet animals joined him on the trek from San Diego: a shaggy dog, a basset hound, a pit bull, a dragon, an elephant, and even an alien.

Certain puppets had neat effects that even the helpful librarians taking care of the kids were impressed with. The elephant squirted water out of its trunk and the dragon blew out vegetable oil smoke. With each animal that appeared from the luggage cases he brought with him, Gandelman provided useful information regarding facts about them that he learned from none other than books.

Some tips that he offered were that washing a dog with tomato juice can cause the penetrating odor of a skunk to leave its fur; that smoking is bad; and to not leave food out or inside tents when camping (in order to not attract bears).

Facts that colored Gandelman's presentation included that cats have a sense of smell that is 14 times better than humans, while dogs beat humans by even more: between 500 to 1000 times more!

Most of all, Gandelman made sure to help the children understand that they must read. He told them that each time they read they become more and more intelligent. The kids were taking hold of his advice. When asked if they read books on dragons, or various other subjects, nearly every youngster lifted a hand high in the air.

This was more than just a presentation – Gandelman managed to engage his audience with entertainment, all the while providing insightful lessons on life.

Programs like these are offered every Monday for middle schoolers and Wednesday for children ages 5-12 at the Downey City Library.



Downey native Jason Neville formed 4th Man Music Group in 1999 and has signed 19 artists.

## NEVILLE

Continued from page 1

Neville is also in the midst of planning a series of summer tours and concerts. In fact, he and several of his talents will perform Sept. 22 at the Warren High School football stadium before departing for another tour in Europe.

But Neville won't be gone long. He needs to get back to look after the church he recently established, Praise Chapel Christian Fellowship.

The church just held its grand opening last month at the Los Amigos Country Club, where it will continue to meet at least through the end of the year. The atmosphere there is casual and non-intimidating; parishioners don't need to wear a suit and tie and weekly sermons consist more of a discussion of modern-day events.

A large video screen hangs on the wall to broadcast any videos Neville might want to share. Sunday mornings average between 40-50 people and are a mix of young and old alike, some of which have not been to church in quite a while.

"Believe it or not, there's a lot of churches in Downey, almost one on every block," said Neville, "and a lot of people believe in God but got burned out by the Church. Either they were hurt or rejected by the Church in some way. That's why we're here, to help them."

As word of mouth of Downey's newest church slowly spreads, Neville keeps busy. He gets fan mail from throughout the United States and one of his signed artists has an album debuting in August.

But you can still find him every Sunday morning, 9 a.m., at Los Amigos, prepping his weekly sermon.

He'll be the one with the bald head and Chuck Taylor sneakers. Holler at 'cha boy.

## Harry Potter fans descending on library for week-long celebration

**DOWNEY** – Kids can join in a week-long celebration of Harry Potter beginning Monday at the Downey City Library.

From July 16-21, the library will offer events featuring the beloved children's series by J.K. Rowling. On Monday at 2 p.m., the library will have a book talk about Harry, Ron, Hermione and other characters from the popular books.

Also Monday, the film, "Harry Potter and the Sorcerer's Stone," will be shown from 6 to 8:30 p.m. in the Cormack Room.

On Tuesday, kids are invited to play a Hogwarts trivia game from 2 to 4 p.m. The film, "Harry Potter and the Chamber of Secrets," will be shown Tuesday from 6 to 8:30 p.m.

Children can play a game called "Find the Golden Snitch" on Wednesday from 2 to 4 p.m. The film, "Harry Potter and the Prisoner of Azkaban," will be shown starting at 6 p.m.

On Thursday, kids can create their own wizard robe, hat and wand during a craft event from 2 to 4 p.m. The film, "Harry Potter and the Goblet of Fire," will be shown from 6 to 8:30 p.m.

Friday will feature "Diagon Alley" from 2 to 4 p.m., a shopping event for kids with free tickets distributed at all programs during the week.

On Saturday, children can win a free copy of the last book in the series, "Harry Potter and the Deathly Hallows" during prize drawings held between 10 a.m. and 5 p.m.

"The first six books in the Harry Potter series have sold over 325 million copies and changed the world of children's literature," Children's Librarian Gina Orello said. "We will have something exciting every day for fans of the series."

All programs are free and sponsored by the Friends of the Downey City Library. For information, call (562) 904-7350, ext. 4.

## Artists signed to 4th Man Music Group



## New Entertainment this week

<p><b>CD Releases</b></p> <p><i>Paper Walls - Yellowcard</i>  <i>We Are the Night - The Chemical Brothers</i>  <i>Absolute Garbage - Garbage</i>  <i>Coco - Colbie Caillat</i>  <i>An End Has a Start - Editors</i>  <i>After Hours - Raul Malo</i>  <i>Source: Amazon.com</i></p> <p><b>DVD Releases</b></p> <p><b>MOVIES</b></p> <p><i>The Hills Have Eyes 2</i>  <i>Premonition</i>  <i>Factory Girl</i>  <i>Poison Friends</i>  <i>Dynamite Warrior</i>  <i>Avenue Montaigne</i>  <i>The Life and Times of Allen Ginsberg</i>  <i>Red Dawn</i></p> <p><b>BOXED SETS</b></p> <p><i>Esther Williams Collection</i>  <i>Source: Box Office Mojo</i></p> <p><b>Video Game Releases</b></p> <p><i>Rugby 2008 - PS2</i>  <i>NCAA Football 08 - PS2, X360, PS3</i>  <i>Hot Shots Tennis - PS2</i>  <i>NHRA Countdown to the Championship - PS2</i>  <i>All Pro Football 2K8 - X360, PS3</i>  <i>Source: ebgames.com</i></p> <p><b>Book Releases</b></p> <p><i>"Harry Potter and the Deathly Hallows (Harry Potter #7)"</i> by J.K. Rowling  <i>"Devil's Labyrinth"</i> by John Saul  <i>"Someone to Love"</i> by Jude Deveraux  <i>"First Commandment"</i> by Brad Thor</p>	<p><b>Concerts</b></p> <p><b>FRIDAY, JULY 13</b></p> <p><i>Willie Nelson - OC Fair</i>  <i>Beach Boys - Pechanga</i>  <i>Pat Benatar - HOB Anaheim</i>  <i>WASP - Galaxy Concert Theatre</i></p> <p><b>SATURDAY</b></p> <p><i>Beach Boys - Pechanga</i>  <i>Dread Zeppelin - Coach House</i>  <i>Josh Gracin - HOB Anaheim</i>  <i>Kottonmouth Kings - Grove of Anaheim</i>  <i>Mojarar Flamenco Jazz - Skirball Center</i>  <i>She Wants Revenge - OC Fair</i>  <i>Silverchair - Wiltern</i></p> <p><b>SUNDAY</b></p> <p><i>Earth, Wind &amp; Fire - OC Fair</i>  <i>Silverchair - HOB Anaheim</i></p> <p><b>TUESDAY</b></p> <p><i>Fergie - HOB Anaheim</i>  <i>Boz Scaggs - Grove of Anaheim</i>  <i>Mayhem - Galaxy Theatre</i>  <i>Psychedelic Furs - OC Fair</i>  <i>Raul Malo - El Rey Theatre</i></p> <p><b>WEDNESDAY</b></p> <p><i>Weird Al - OC Fair</i>  <i>Fergie - Wiltern</i>  <i>Fray, Gomez, Easley - Greek Theatre</i>  <i>Kenny Loggins - Fred Kavli Theatre (Thousand Oaks)</i>  <i>Polyphonic - El Rey Theatre</i></p> <p><b>THURSDAY</b></p> <p><i>Fray, Gomez, Easley - Greek Theatre</i>  <i>Kenny Loggins - OC Fair</i>  <i>Scarlet Crush - Coach House</i>  <i>Shout Out Louds - Coach House</i>  <i>Zohar - Skirball Cultural Center</i>  <i>Source: Casenet</i></p> <p><b>More Books</b></p> <p><i>"What Matters Most"</i> by Luanne Rice  <i>"The Tin Roof Blowdown: A Dave Robicheaux Novel"</i> by James Lee Burke</p>
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# For Sodetani, it's all been about the kids

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY**—Martha Sodetani, who took over the Downey Unified School District Board District 1 seat vacated by good friend Cheryl Andresen two years ago, admits that “as a child my stuttering was so pronounced that I was pretty much silent. I was silent in school, even if I knew the answer.” Today, she still “stumbles over words now and then,” but her near conquest of it has become a metaphor for pursuing her other dreams, and, despite a near chaotic broken first marriage, looking for not one, but multiple, silver linings.

At age 8, she knew she was someday going to adopt a child; today, in addition to her three biological children (Kimberly, Robert, Melissa), she has three adopted ones (Nachelle, Gordon, Skyler). She also knew she later wanted pets in her house: currently the Sodetani household enjoys the company of four birds (two of them parakeets), two dogs, and two outdoor cats “who show up for food and the occasional vet visit.” Here’s how she describes the family’s special pet crow, a fifth bird, named Taylor: “We’ve had a pet crow who was injured in the nest and required home care for the past 18 years. His cage is in the living room, with the door always open *except* for when he gets in a snit and he slams his door shut to close us out!”

As a part-time trainer in foster parenting (P.S.-M.A.P.P.—Permanence and Safety in Medical Approval to Partnership Parenting), K.E.P.S.—Kinship Education, Preparation and Support), as well as a variety of renewal classes—workshops on self-esteem, discipline, attachment issues, etc.) for Cerritos College and Long Beach City College, Martha gets to work for the welfare of children, an area that that is the passion of her life (“My stand in life is service to children,” was a major theme in her board seat campaign statement). She says there’s nothing more rewarding than spending time with or in the pursuit of serving children.

She has welcomed numerous (many ongoing) duties in several community service fronts, including being an active member of the Assistance League over the years. She has tended Second Tyme Around, taken part in Operation School Bell, acted as a puppeteer for Kids-on-the-Block, and served on the Hug-a-Bear Committee; as a volunteer for the Downey City Library, she serves/has served as chairperson of Books on Wheels; member of the executive board of directors of Downey PTA H.E.L.P.S.; secretary to the Downey Coordinating Council; active memberships in Los Angeles Youth & Family Collaborative, and both Cerritos Community College and Long Beach City College Foster Care Advisory Boards.

For these contributions, she has been honored with the Downey PTA Golden Oak award, the highest award given by PTA, and as Soroptimist Woman of Distinction, among other recognitions.

Service on the DUSD board, “with the possibility of making a difference in the lives of 22,000 children,” greatly appealed to her. Her declared goals of focusing on the classroom (“to improve education for all children in the school community”), supporting the district’s zero tolerance policy on guns, weapons or drugs on campus, upholding the Character Counts crusade in addition to insisting on strong academics, backing the AVID and other after-school programs (ASPIRE, etc.), and supporting such programs as GOOD, remain as strong as ever.

As she had hoped, she thinks she has fit in well with the board in its deliberations on a variety of issues, as its members sometimes “agree to disagree,” and otherwise treat each other “with respect and leave their differences at the table.”

Of Superintendent Wendy Doty, she says she “sets the tone for the district and I admire her greatly, both professionally and personally.”

Martha had several things going on even as a youngster. “My mother, bless her heart,” she narrates, “enrolled me in dancing lessons, singing, and piano. This was in addition to singing in the children’s choir at First United Methodist Church in Long Beach. The piano and singing did not pan out, but the dancing was my joy!”



**Martha Sodetani, far right, top row, has six children, three biological and three adopted. The family picture above is from a recent trip to Disneyland. Photo courtesy Martha Sodetani**

She continues: “By age 14, I started teaching [dancing] so I could earn credit for more lessons each week. Also, at age 14, I was as tall as I am now and joined the American Guild of Variety Artists (AGVA), and started dancing professionally.” It was primarily TV work and occasional local shows. Her first TV show was dancing in the Miss Universe Pageant in Long Beach.

“My grades were excellent as the dancing had given me the structure and discipline to practice at home and that discipline transferred over to academics,” she says. She was also captain of the Polyettes, Long Beach’s Poly High School drill team, and taught the modern dance class in school. “From first grade at Edison Elementary through Washington Jr. High, I was in every talent contest and loved it,” she says.

She then paints a mosaic of her first marriage that also didn’t pan out but undoubtedly showed what she was made of: “I married a fellow I met in church choir and the result are my two eldest children, Kim and Robert. He was the sole provider and I thought the marriage would last. When we split after three years, I had no marketable skills. The only thing I knew was how to dance. So dance I did, in Reno, Lake Tahoe and Las Vegas, with my two little children in tow.”

She goes on: “Some of my dearest friends to this day are of my childhood, from school, church and dancing school. Four of us from the Marion Rankin Dance Studio in Long Beach went on to dance together professionally. While with the Follies Bergere in Las Vegas, though, my heart yearned for Southern California.” A group consisting of former classmates and associates—all dear friends—fly in here every year for a reunion, she says.

It was just last year that her beloved Gordon, whom she married in 1975, passed away. She recalls: “He was just so much fun to be with that I never got bored. Growing up in Hawaii, he lived close to the earth. And he had a good singing voice. Each day I thanked God for the gift of Gordon in my life.”

She has two favorite sayings: The first one is: “Today is what counts. If you live on what you did yesterday, it is an ego trip.” The other: “Never give up.”

## Last chance to sign up for Ponytail

**DOWNEY**—Downey Ponytail will be having sign-ups for the fall season on July 14 and 15 from 9 a.m. to 5 p.m. at Independence Park.

Registration is open to girls ages 7 to 18 and no previous softball experience is necessary. There is no t-ball division for the fall season.

Registration cost is \$65 per player (\$45 for sister) and includes a uniform jersey, secondary insurance and umpire fees.

The registration dates are the last two days for coaches and players to sign up. Teams will be formed after sign-ups and practices will begin in August. The season runs from Labor Day weekend until the week before Thanksgiving.

Independence Park is located at 12334 Bellflower Blvd. in Downey. For information, call (562) 904-8000.

## Mile-long yard sale on Pangborn

**DOWNEY**—The 7th Annual Mile-Long Yard Sale on Pangborn Avenue will be held tomorrow from 7 a.m. to noon.

The community is invited to shop.

Pangborn Avenue is located in Downey between Florence Avenue and Firestone Boulevard.

## 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.

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<b>TUESDAY</b> Meat Loaf Supper Honey Baked Ham Roast Half Chicken	<b>FRIDAY</b> Red Snapper Roast Turkey B.B.Q. Beef Ribs	<b>SUNDAY</b> Honey Baked Ham Roast Turkey B.B.Q. Beef Ribs

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<b>CAPTIVITY R</b>	(10:40 1:00 3:20) 5:40 8:00 10:20
<b>HARRY POTTER 5 PG13</b>	(11:40 2:50) 6:00 9:10
<b>HARRY POTTER 5 PG13</b>	(12:40 3:50) 7:00 10:10
<b>TRANSFORMERS PG13</b>	(11:30 2:50) 6:10 9:30
<b>TRANSFORMERS PG13</b>	(12:30 3:50) 7:10 10:30
<b>LICENSE TO WED PG13</b>	(12:20 2:45) 5:10 7:35 10:00
<b>RATATOUILLE G</b>	(10:15 1:10 4:05) 7:00 9:55
<b>RATATOUILLE G</b>	(11:15 2:10) 5:05 8:00
<b>LIVE FREE OR DIE HARD PG13</b>	(10:30 1:30 4:30) 7:30 10:30
<b>EVAN ALMIGHTY PG</b>	(11:30 2:05 4:40) 7:15 9:50
<b>1408 PG13</b>	(12:10 2:45) 5:20 7:55 10:30

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<b>HARRY POTTER AND THE ORDER OF THE PHOENIX PG-13</b>	<b>Fri to Sun:</b> (9:20, 10:00, 12:30, 1:10, 3:40, 4:20), 6:50, 7:30, 10:00, 10:40; <b>Mon to Thu:</b> (10:00, 12:30, 1:10, 3:40, 4:20), 6:50, 7:30, 10:00, 10:40
<b>LICENSE TO WED PG-13</b>	<b>Fri to Sun:</b> (10:15, 12:35, 2:55, 5:15), 7:35, 10:05; <b>Mon:</b> (2:55, 5:15), 7:35, 10:05
<b>Tue to Thu:</b>	(10:15, 12:35, 2:55, 5:15), 7:35, 10:05
<b>TRANSFORMERS PG-13</b>	<b>Fri to Sun:</b> (9:30, 10:30, 12:45, 1:45, 4:00, 5:00), 7:15, 8:15, 10:30; <b>Mon to Thu:</b> (10:30, 12:45, 1:45, 4:00, 5:00), 7:15, 8:15, 10:30
<b>RATATOUILLE G</b>	<b>Fri to Sun:</b> (10:45, 1:35, 4:25), 7:10, 10:00; <b>Tue to Thu:</b> (10:45, 1:35, 4:25), 7:10, 10:00
<b>LIVE FREE OR DIE HARD PG-13</b>	(10:40, 1:40, 4:45), 7:50, 10:45
<b>1408 PG-13</b>	(10:05, 12:35, 3:05, 5:30), 8:00, 10:35
<b>EVAN ALMIGHTY PG</b>	(10:10, 12:25, 2:50, 5:10), 7:45, 10:10
<b>OVER THE HEDGE PG</b>	<b>Mon:</b> (10:00 AM, 12:30 PM)

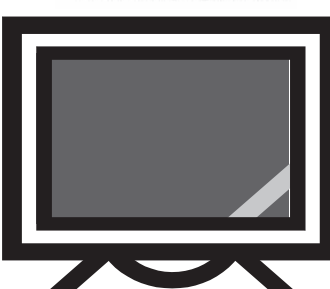
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## The Downey Patriot



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# Faith in Downey: Kingdom Hall of Jehovah's Witnesses

BY BROOKE KARLI  
STAFF WRITER

At one point or another, many of us have spoken to a Jehovah's Witness. It may have been at a bus stop or community event, or it may have even been on your doorstep.

For over 50 years, Jehovah's Witnesses in Downey have worked to enlighten people about Bible prophecy and current times with the help of *The Watchtower* and *Awake!*, two journals written and published by Jehovah's Witnesses.

According to Jack Mazur, a presiding overseer at the Kingdom Hall on Florence Avenue, over 28 million copies of *The Watchtower* are published twice a month in 161 languages, and over 34 million copies of *Awake!* are published monthly in 81 languages. Both publications are printed in New York and offered to the public for free.

Since 1879, *The Watchtower* has served as the main journal, "comforting all peoples with the good news that God's Kingdom will soon destroy those who oppress their fellow men and that it will turn the earth into paradise," said the journal's introduction.

In addition to the two journals, Jehovah's Witnesses also study the Bible, specifically the "New World Translation of the Holy Scriptures."

"The Bible is our sole source of authority," said Mario Geraci, elder at Kingdom Hall on Florence Avenue. "We desire to understand it, explain it, apply it and use it."

According to [www.watchtower.org](http://www.watchtower.org), Jehovah's Witnesses believe:

- No Trinity – The Bible does not teach the Trinity doctrine. Rather, it says that there is only one true and eternal God. "Jehovah our God is one Jehovah" (Deut. 6:4). He is the Creator – eternal, almighty, without equal. Jesus is not Almighty God. Jesus lived on earth as a perfect man and died for imperfect mankind. God kindly accepted the life of Jesus as a ransom, and thus through him is the salvation of the faithful. This is God's will.

- No Immortal Soul – What happens to people when they die? God's Word says: "The living are conscious that they will die; but as for the dead, they are conscious of nothing at all" (Ecc. 9:5). Man does not have an immortal soul. People who think they are talking to the dead are really communicating with demons. Similarly, prayers for the dead benefit no one except the clergy who are paid to utter them.

- Resurrection – Man's real hope is the resurrection, the coming forth of the dead to an earth restored to Paradise conditions. Those who have served God will be blessed for their faithfulness. Those who have died without finding God will have that opportunity then. Thus, "there is going to be a resurrection of both the righteous and the unrighteous" (Acts

24:15). Only those whom God judges unworthy will not receive a resurrection.

- No Hellfire – A loving God would not create a place where the dead suffer eternally. God himself described the burning and torturing of humans as "a thing that I had not commanded and that had not come up into my heart" (Jer. 7:31).

- No Fate – God does not write anything on the foreheads of people. There is no fate that determines our future before we are born. We are responsible for what we do, for the choices we make. "Each of us will render an account for himself to God" (Rom. 14:12).

- No Clergy Class – Everyone dedicated to God is equal in His eyes. True worshipers are all brothers and sisters. God did not appoint an elevated clergy class. Jesus said: "Everyone that exalts himself will be humiliated, but he that humbles himself will be exalted" (Luke 18:14). God will judge adversely those who through religion elevate themselves over others.

- No Idolatry – "God is a Spirit, and those worshipping him must worship with spirit and truth" (John 4:24). True worshipers do not use idols.

- Neutral in Politics – Jesus said his followers would be "no part of the world" (John 17:16). Hence, Jehovah's Witnesses do not interfere in national or local politics. Further, they are law-abiding people.

- High Moral Standards – Jesus described how to recognize true worshipers when he said: "This is my commandment, that you love one another just as I have loved you" (John 15:12-13). Another chapter in the Bible says: "The fruitage of the spirit is love, joy, peace, long-suffering, kindness, goodness, faith, mildness, self-control" (Gal. 5:22-23). Those manifesting these qualities do not lie, steal, gamble, abuse drugs, or commit sexual immorality. They love God, so they avoid things that God hates. These principles govern the lives of Jehovah's Witnesses.

Jehovah's Witnesses do not allow blood transfusions, pass collection plates, recite the national anthem and pledge of allegiance, and celebrate holidays such as Christmas, said Jack Mazur.

There are two Kingdom Halls in Downey – one on Woodruff Avenue and one on Florence Avenue – both hosting English and Spanish gatherings. Downey's overall Witness congregation is over 800 in size, adding to the 1 million Jehovah's Witnesses throughout the United States.

"Our Halls are education and learning centers," said Geraci. "Every Hall is built by volunteers, and although inexpensive, they are very beautiful."

A typical meeting includes a public talk followed by a Watchtower study. Prayer and worship are incorporated into the meeting, but liturgy and clergy are not used.

Jehovah's Witnesses are dedicated to serving the community – promoting racial harmony, respect for private property, strong families, and respect for local, state and national authorities, and refraining from participating in demonstrations and protests, said Geraci.

According to Mazur, Jehovah's Witnesses have advanced civil liberties of all Americans by winning over 40 Supreme Court cases.

Meetings are held at the Woodruff location on Sundays at 11:45 a.m. and 5:15 p.m. (English), and Saturdays at 10 a.m. and Sundays at 2:30 p.m. (Spanish). Meetings at the Florence location are on Sundays at 5:15 p.m. (English), and Saturdays at 4 p.m. and Sundays at 9 a.m., 11:45 a.m. and 2:30 p.m. (Spanish).

## Kingdom Hall of Jehovah's Witnesses

12112 Woodruff Ave.  
(562) 940-0738

7439 Florence Ave.  
(562) 806-1885

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

## A message from the congregation:

How can following the Christ help you to improve family life, deal with life's difficult problems, draw closer to God, oppose the Devil and gain everlasting life? To find the answers to these questions and many others, the local congregation of Jehovah's Witnesses invites you to attend "Follow the Christ!," a district convention that will be held at the time and location shown below:

Long Beach Convention Center  
300 E. Ocean Blvd.  
Long Beach, CA 90802

Friday, August 31, 2007 9:20 a.m. – 4:55 p.m.  
Saturday, September 1, 2007 9:20 a.m. – 4:55 p.m.  
Sunday, September 2, 2007 9:20 a.m. – 4 p.m.

Among the many subjects that will be featured on the program are the following:

- God's Word "Is Alive and Exerts Power" – A sound drama on Friday afternoon, based on Mark chapters 4 and 5.

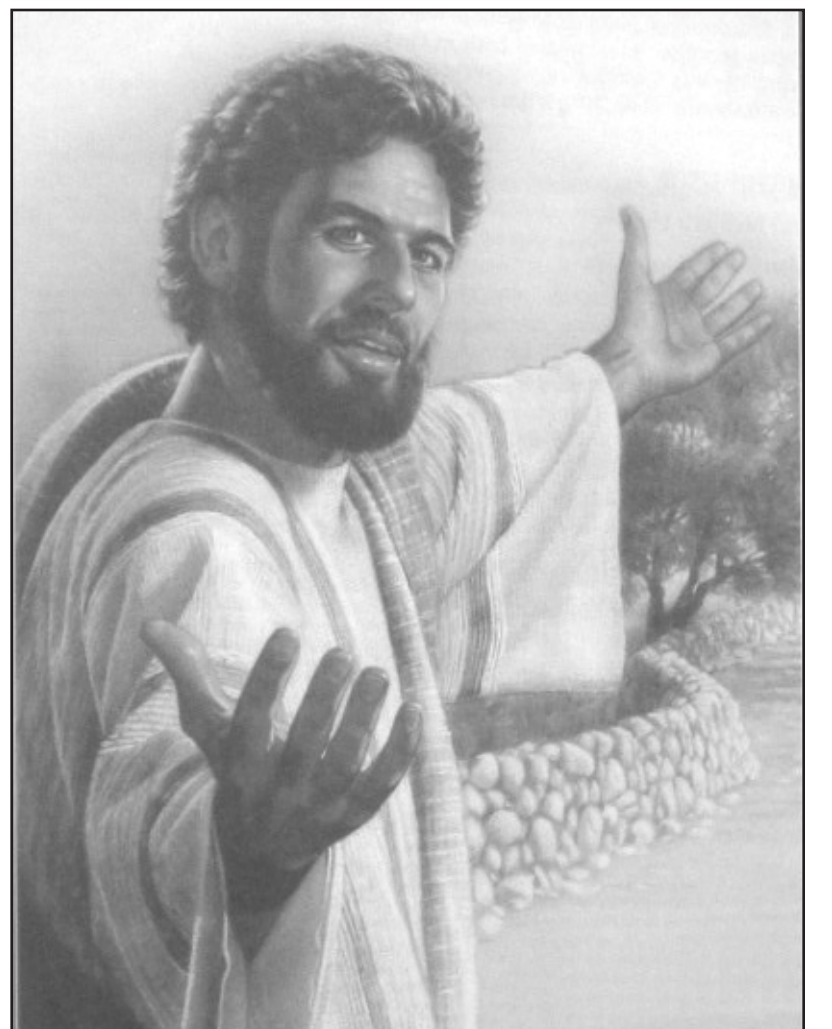
- Husbands, Wives, Parents, Children – Follow the Model! – On Saturday afternoon, a talk highlighting the role of each one in the family (1 Peter 2:21).

- Precious Gems From the Sermon on the Mount – A six-part, fast-moving symposium on Sunday morning (Matthew, chapters 5-7).

- Who Are the Real Followers of Christ? – A thought-provoking public talk on Sunday morning (Matthew 16:24).

- Full-Costume Bible Drama – On Sunday afternoon, a cast of over 25 characters will present this drama based on Colossians 3:12.

If you would like more information about the Bible-based message that Jehovah's Witnesses teach, feel free to attend the convention – admission is free and no collections will be taken.



A painting of Jesus Christ hangs inside the Kingdom Hall located on Florence Avenue. Photo by Brooke Karli

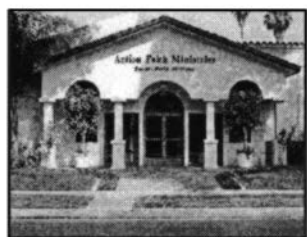


A typical gathering at Kingdom Hall of Jehovah's Witnesses consists of study and discussion, prayer, and worship. Photo by Brooke Karli



Kingdom Hall of Jehovah's Witnesses has two locations in Downey – Woodruff Avenue and Florence Avenue. Photo by Brooke Karli

**Worship With Us @ First Baptist Church of Downey**  
Interim Senior Pastor, Rod Layman  
Sunday Morning 8 am & 11 am (Spanish bilingual @ 11am)  
Wednesday 6:30 pm Children/Youth programs Sept-May  
8348 Third St. (562)923-1261 fbcdowney.org



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

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

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

Sponsored by: KAISER PERMANENTE

Check out what's new at the Downey Family YMCA!

Learn how to cook healthy and tasty meals in our... **Healthy Kitchen**

**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.

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

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## Rosemary S. Newkirk funeral services today

**DOWNEY** – Rosemary S. Newkirk, longtime Downey resident, passed away on July 9 at the age of 93.

Newkirk was born in Streator, Ill. in 1913, later moving to California and graduating from UCLA in 1935. She was married to Dr. Merlin L. Newkirk for 55 years. He predeceased her in 1992.

Newkirk was involved with the Assistance League of Downey, Los Angeles County Medical Association Alliance, Downey Regional Medical Center Auxiliary and Messiah Lutheran Church.

She was very active, traveling to Europe, Asia, Africa, Iceland, Greenland, the Caribbean and the South Pacific. In celebration of her 85th birthday, Newkirk climbed the Great Wall of China, followed by a visit to the Egyptian Pyramids at the age of 90. At age 91 she parasailed in Cancun, Mexico.

She is survived by children Merlin L. (Jeanette) Newkirk, Jr., Mary E. (Robert) Robinson, John M. (Mary) Newkirk, and Kathleen Newkirk Leong; grandchildren Johnathan, Matthew, Thomas and Katherine Newkirk; and five great-grandchildren.

A memorial service will be held today at Messiah Lutheran Church. No time was available.

## Exhibit to feature students from Warren

**DOWNEY** – As part of Downey Museum of Art's current exhibition, "A Sense of Place," the Warren High School Art Club and Photography class, under the supervision of Nadia Roldan and George Redfox, will be presenting "Community Mapping Project: Mapping Place."

For the class term project, students were asked what gives them a sense of place in Downey, and then were instructed to draw and photograph their impressions.

"Community Mapping" is often used in the environmental field to study biodiversity in other ecologically important elements. Increasingly, it is being used by communities to designate areas and landmarks that are important to residents – neighborhoods, trees and places to meet.

The exhibit will open on July 18, with a reception to follow from 5 to 7 p.m.

Admission is free and the community is invited to attend.

For information, call (562) 861-0419.

## Shabbat service tomorrow morning

**DOWNEY** – Temple Ner Tamid will be having a Shabbat morning service tomorrow at 10 a.m.

The service will be conducted by Rabbi Len Muroff and Cantor Ellen Jaffe-Gill.

Temple Ner Tamid is located at 10629 Lakewood Blvd. in Downey. For information, call (562) 861-9276.

## Silverman talks about modern Israel

**DOWNEY** – The Ezra Center will have their next meeting on July 17 at 10 a.m.

Jerry Silverman will be presenting, "From Judea to Palestine to Israel," a discussion about the history of Judea and the events that led to the establishment of modern Israel.

Refreshments will be served at 9:45 a.m. A catered Kosher luncheon will follow the program and is \$6 for Ezra members and \$7 for non-members.

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



**Rosemary S. Newkirk was a longtime Downey resident, involved in many organizations including the Assistance League of Downey and Messiah Lutheran Church.**

## Temple to show 'Gentlemen's Agreement'

**DOWNEY** – Temple Ner Tamid will be hosting a "Summer Sunday at the Movies" this Sunday at 2 p.m.

"Gentlemen's Agreement," a movie starring Gregory Peck, will be featured.

The event is free and the community is invited to attend.

For information, call (562) 861-9276.

## Kids get a chance to visit the 'God's Word'

**DOWNEY** – The Moravian Church of Downey invites children ages 3 to 12 to attend this year's Vacation Bible School, "A Wild Ride Through God's Word," July 30 to Aug. 3.

The week-long event will take place from 9 a.m. to noon each day. Cost is free.

For information, call (562) 927-0718.

## Oldies Concert featuring The Beach Toys

**DOWNEY** – The Downey Chamber of Commerce, in conjunction with Century 21 My Real Estate, will present the 4th Annual Oldies Concert on Sept. 15, with half of the proceeds to benefit Easter Seals.

Performing this year will be The Beach Toys, a tribute to the Beach Boys, Monkees and Beatles.

Tickets, priced at \$25 each, are now on sale. For information, call (562) 923-2191.

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## Soledad Arguello, 94, was lifetime resident

**DOWNEY** – Soledad Arguello, a lifelong Downey resident, passed away at her home June 30. She was 94.

Retired from the printing industry, she was born in Los Angeles on Jan. 25, 1913. She belonged to St. Raymond's Catholic Church.

She is survived by sons, Benjamin Arguello, Alfred (Alicia) Arguello, and Augustine (Bareara) Arguello; daughter, Mary Mirelez; nine grandchildren and 11 great-grandchildren.

A rosary was held July 9 at Miller-Mies Mortuary Chapel. A funeral mass was held July 10 at St. Raymond's. Burial was at Holy Cross Cemetery in Culver City.

In lieu of flowers, the family has requested donations be made to St. Raymond's, 12348 Paramount Blvd., Downey, 90242, for their T.J. Orphans Fund.

## Florence Louise Bloch survived by children

**DOWNEY** – Mother and grandmother Florence Louise Bloch passed away June 30.

Born in Gaastra, Mich., to Polish immigrants, Bloch was one of six children. She graduated from high school in 1942 and left for California soon afterwards, settling in Downey where she married and raised her four children.

She worked briefly at North American Rockwell, then spent many years working for the Los Angeles County Probation Department. She retired in 1990.

She is survived by her children, James M. Bloch, Louis P. Bloch III, Susan D. Bloch and Steven J. Bloch.

A rosary and viewing was held at St. Pius X in Santa Fe Springs on Wednesday. A funeral mass was held Thursday with interment in Long Beach.

## Loretta Marie Wenz was longtime registered nurse

**DOWNEY** – Loretta Marie (Lolly) Wenz, Downey resident for over 40 years, passed away on July 3 at the age of 69.

Wenz retired in 1989, ending her 40-year career as a registered nurse.

She is survived by daughter, Ricki Ann; granddaughter, Felicia; sister, Jeri; and brother, Ted.

In lieu of flowers, the family requests that donations be made in her name to SEAACA, 9777 Seaaca St., Downey, 90241.

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## COUNCIL

Continued from page 5

part of the county system of highways of the County of Los Angeles;

- Tabled and scheduled for another date the introduction of an ordinance amending Section 3186 of the Downey Municipal Code relating to the speed limits for Suva Street, due to numerous issues raised by several residents that go beyond the proposed speed limits;
- Introduced an ordinance amending Section 3186 of the Downey Municipal Code relating to the speed limits (unchanged at 30 MPH) for Rives Ave.;
- Adopted an ordinance amending Section 1200 of the Downey Municipal Code related to parking enforcement (through parking citations);
- Introduced two ordinances confirming that eminent domain does not exist for the Downey Redevelopment and Woodruff Industrial project areas;
- Favorably considered a feasibility study on video broadcasting City Council meetings;
- Proclaimed the month of July as Parks and Recreation Month; and
- Presented a certificate of appreciation to Carmen Herrera for submitting the winning name suggestion, "Discovery," for the new city park.

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

### Holy Convocation this week in Long Beach

**DOWNEY** – The Love, Peace and Happiness Church of Downey will be joining the Convention of Covenanting Churches for the 8th Annual International Holy Convocation July 16 – 20 at the Long Beach Convention Center.

The Convocation will begin with a "Music and Arts Extravaganza" on Monday at 7 p.m. at Christ is the Answer Church, located at 7510 S. Vermont Ave. in Los Angeles. Tuesday's speaker will be Rev. Edward Smith of Zoe Christian Faith Church (Whittier); Wednesday's speaker will be Bishop John Benford of Valley Harvest ministries (Bentonville, Ark.); and Thursday's speaker will be Bishop Flynn Johnson of Atlanta Metropolitan Cathedral (Atlanta, Ga.).

For information, visit [www.The3cs.org](http://www.The3cs.org).



**Century 21 My Real Estate** was recently recognized for their 30-year anniversary in Downey. "Century 21 My Real Estate joined the Century 21 system in 1977 and has established a solid and successful real estate firm in the Downey area with a reputation for the highest quality customer service," said broker/owner Steve Roberson. Pictured, left to right: Regional Vice President Andrew Cooper, Darlene Roberson and Steve Roberson.

### Hot Dog on a Stick helping foundation

**DOWNEY** – Hot Dog on a Stick, producer of hot dogs on a stick and fresh-squeezed lemonade, will donate 25 cents of every large lemonade cup sold on National Lemon Day – Aug. 20 – to Alex's Lemonade Stand Foundation, which helps raise awareness and research for childhood cancer.

This is the second year Hot Dog on a Stick has partnered with Alex's Lemonade Stand Foundation.

Customers wishing to help the cause can visit any of Hot Dog on a Stick's 105-plus stores located throughout the United States. Funds raised will go directly to supporting grants for research and education on childhood cancer.

### Vardiabasis gets appointed to commission

**LOS ANGELES** – Gov. Arnold Schwarzenegger recently appointed Downey resident and Pepperdine University's Graziado School of Business and Management faculty member Demos Vardiabasis, Ph.D., to the California Commission for Economic Development.

Vardiabasis has been a professor of economics at Pepperdine University since 1983 and chairs the Presidential and Key Executive MBA Program Committee at the business school. From 1995 to 1997, he served as chair and chief executive officer for IQ Now, which he also founded.

Forescee Hogan-Rowles of Los Angeles was also appointed to the commission.

The California Commission for Economic Development serves as a bipartisan advisory board on economic development issues to the executive and leadership of the state.

### Learn to create a simple Word document

**DOWNEY** – A free class to teach adults how to quickly compose a simple letter or document using a home computer will be offered at the Downey City Library this Wednesday from 10:30 a.m. to noon in the computer lab.

"Beginning Microsoft Word" will teach students to create, select and modify text, as well as how to edit and save documents.

"This class is ideal for the beginning user," instructor Claudia Dailey said. "Our computer classes offer students time to practice and ask questions as they learn."

For information, call the Adult Desk at (562) 904-7360, ext. 3.

### Beginning Internet class offered for free

**DOWNEY** – Adults can learn to navigate the Internet and gain valuable computer skills in a relaxed setting when the Downey City Library offers a "Beginning Internet" class July 14 from 10:30 a.m. to noon in the computer lab.

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

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

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- #3 "Marijane Ramirez & Salvador Gutierrez did a fantastic job! I have already referred a couple of people to them." - **Karen & George Elkind**

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5 BD, 3 BA, Each room is cable ready & is capable of having 4 telephone lines. 2 of the rooms are wired for surround sound w/ monster cable. Fireplace inside and outside, perfect for entertaining. Freshly painted.  
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**North Downey Home!!!**  
4 BD, 3 BA, 2,800 Sq. Ft. NE. Downey home on a 8,500 sq. ft. lot, fresh paint, hardwood floors, dual french doors (up & downstairs) large living room & family room, formal dining room & large kitchen.  
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**NEW LISTING!**  
**3 Units!**  
Near Downey! Remodeled and upgraded! Owners unit has 3 bedrooms travertine floors, remodeled kitchen, with granite counters! 2 large additional 1 bedrooms can help out with the payments!  
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**Reduced \$60,000**  
4 bedrooms, near Downey Landing! Hardwood floors 2 Car garage, Sunny kitchen, 1,423 Sq. Ft. Won't last!  
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**MUST SEE!**  
**9232 Horley Ave. Downey**  
3 BD, 2 BA, Open kitchen, Living room w/ Fireplace, Master Suite, Newer roof (June 2006), Fresh Paint exterior (April 2007) Central Heat & Air (4 years new), & 1,722 Sq. Ft. & So Much More!  
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See Virtual Tour @ www.MarioPersico.com



**NEW LISTING!**  
**Downey!! Downey!! Downey!!**  
3 BD, 2 BA, formal dining room, freshly painted, large garage, with carport, nearly 1,700 Sq. Ft. located on a quiet cul-de-sac. Priced at \$634,900  
Call Mario Persico @ 562.533.7433  
See Virtual Tour @ www.MarioPersico.com



**MAKE OFFER!**  
**9705 Julius Ave. Downey!**  
4 BD, 3 BA, Newer Carpet, freshly painted interior, Copper Plumbing & 2,111 Sq. Ft. Compare & Save!!! Reduced to \$649,900  
Call Mario Persico @ 562.533.7433  
See Virtual Tour @ www.MarioPersico.com



**REDUCED!**  
**Nearly 20,000 Sq. Ft. Lot in Garden Grove!**  
2 BD, 2 BA, formal dining room, hardwood floors, large garage/ workshop, with carport, Tons of possibilities  
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**NEW LISTING!**  
**N. E. Downey**  
This 3 BD, 2 1/2 BA, home features living room, family room, remodeled bathroom, 10,080 Sq. ft. lot, Price to sell: ONLY \$899,900  
Call Jose @ 562-519-4010



**N. DOWNEY!**  
**9374 Sq. Ft. Lot!**  
Located in Orange Estate this home features 3 BD, 2 BA, 9,374 Sq. Ft. lot. Builders Delight.  
Call Jose @ 562-519-4010



**DOWNEY**  
**Price to sell!**  
3 BD, 1 BA home features newer windows and roof. Price can't be beat! \$484,900  
Call Jose @ 562-519-4010



**N.E. DOWNEY**  
**Prime Location!**  
6 BD, 7.5 BA, executive office, bonus room, Approx. 6,500 Sq. Ft. 10,880 sq. ft. lot w/ pool and state of the art amenities and bonus room. Downey's most prestigious home!!!  
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**Honey, Stop the Car!**  
4 bedroom, 4 bath home, large living room w/ fireplace, central air & heat, remodeled kitchen w/ granite counter tops and amazing cabinets, RV parking and backyard features a tree house w/ deck. Plus complete guest house! Your house hunting is over!  
**Price: \$825,000.**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**

**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.  
**Price to sell @ \$749,950**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**

**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



**OPEN HOUSE**

**So Many Extras!**  
3 bed, 2 bath, family room, extra detached bonus room, RV parking  
**Price: \$565,000**  
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: \$695,000**  
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



**OPEN HOUSE**

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



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



**Summer Delight!**  
This spacious floor plan includes 3 bedrooms, 2 bath, large living room, large family room, spacious backyard w/ pool and 2 car detached garage.  
**Price: \$799,950**  
Virtual tour at www.MichaelBerdelis.com



**OPEN HOUSE**

**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



**OPEN HOUSE**

**Pretty As A Picture!**  
4 BD, 3 BA newly constructed home w/ marble floors, kitchen w/ granite countertops, living room and formal dining room, and large master suite w/ bathroom featuring dual sinks, large tub, and separate shower. Such a deal for this North Downey home at \$899,950.  
Virtual tour at www.MichaelBerdelis.com

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