

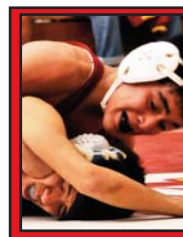
The Downey Patriot



February teen fashion tips
See Page 9



Sister Cities giving back
See Page 4



Downey wrestles away SGVL title
See Page 11

Friday, February 6, 2009

Vol. 7 No. 42

8301 E. Florence Ave., Suite 100, Downey, CA 90240



PRETTY EYES – Kristine Urzua of Downey was chosen to compete in the 2009 Miss Teen Los Angeles pageant competition, scheduled to take place later this month. Urzua was a Miss Downey Princess last year.

Young lady to compete in pageant

DOWNEY – Kristine Urzua of Downey was recently selected to participate in Nationals' 2009 Miss Teen Los Angeles pageant competition that will take place Feb. 21.

Urzua submitted an application and took part in an interview session with Patty Neidert, this year's Los Angeles pageant coordinator. Urzua learned of her acceptance into the competition when Nationals, Inc. announced their selections last week.

A Miss Downey Princess last year, Urzua will be competing for her share of thousands of dollars in prizes and specialty gifts. She will compete in the Miss Teen division, one of four divisions that will have young ladies between the ages of 7-19 competing in modeling routines which include casual wear and formal wear.

Urzua will also be judged on

her personality and interviewing skills by a judging panel.

If Urzua were to win the title of Miss Teen Los Angeles, she would represent Los Angeles and the surrounding communities at the Cities of America National Competition that will take place in Orlando, Fla. More than \$60,000 in prizes will be presented at the national competition, while each contestant enjoys an expense-paid trip of five nights and six days in Orlando.

Urzua is participating in the pageant at no cost. Through sponsorships, each contestant receives all the necessary training, rehearsals, and financial support necessary.

Anyone interested in sponsoring Urzua can call Patty Neidert, the pageant coordinator, at (800) 569-2487.

Suspicious odor remains a mystery

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – A "suspicious" odor swathed large portions of Downey last week, according to several residents who reported the smell by calling 911.

Residents began reporting the smell on the morning of Jan. 29, said Scott Pomrehn, an assistant deputy city manager for Downey. The odor was described as "natural gas, sewer gas or roofing tar," Pomrehn said.

Reports of the smell came from throughout the city, with a north boundary of Firestone Boulevard and a south boundary of Imperial Highway.

Firefighters confirmed an

unnatural odor in the air, but failed to find its source. Neither could the Gas Company, which received similar types of reports the same morning in Bell Gardens, Pomrehn said.

Gas Company officials said they conducted air-monitoring and did not find evidence of a "potentially dangerous situation." Firefighters also did not find dangerous conditions, Pomrehn said.

No calls for emergency medical services were made as a result of the odor.

"Had a health or explosive problem been detected at any time, city staff and resources would have significantly increased their level of response," Pomrehn said.

The odor dissipated by 1 p.m.

NFL Hall of Famer Jim Brown confirmed as GOOD speaker

■ Former Cleveland Browns running back will headline April 22 fundraiser at Rio Hondo Event Center.

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – Hall of Fame running back Jim Brown, a three-time NFL MVP who has dedicated the past two decades to saving troubled children and adults from a life of crime and self-destruction, will serve as the keynote speaker at the April 22 Gangs Out of Downey luncheon at the Rio Hondo Event Center.

Brown's appearance was confirmed at GOOD's regular meeting this week.

Brown is expected to speak on the Amer-I-Can program, a self-help training program he founded in 1988. The program addresses several life issues, including drug and alcohol abuse, family relationships, emotional control, decision-making, goal-setting, and more.

The program operates in a peer group setting with the help of a trained facilitator. Amer-I-Can has been successfully implemented in prisons, juvenile halls, probation camps, school campuses, and local communities, officials said.

Sponsored by a grant from Mace Siegel, Amer-I-Can opened an office at Stonewood Center last year.

Brown used a combination of speed, power and agility to dominate during his nine years in the NFL. He rushed for 12,312 yards (8th all-time) and ran for 106 touchdowns.

He is the career leader in yards-

per-game average (104.3) and yards-per-carry (5.2), and led the NFL in rushing eight times, including five straight seasons (1957-61).

Brown was elected to the Pro Football Hall of Fame in 1971, and was named by *Sporting News* as the greatest NFL player of all time.

The luncheon is GOOD's main fundraising event of the year and sells out annually. Ticket information is forthcoming.

For information on Amer-I-Can, call Julian Mendoza or Rock Johnson at (562) 299-1163.

Other news

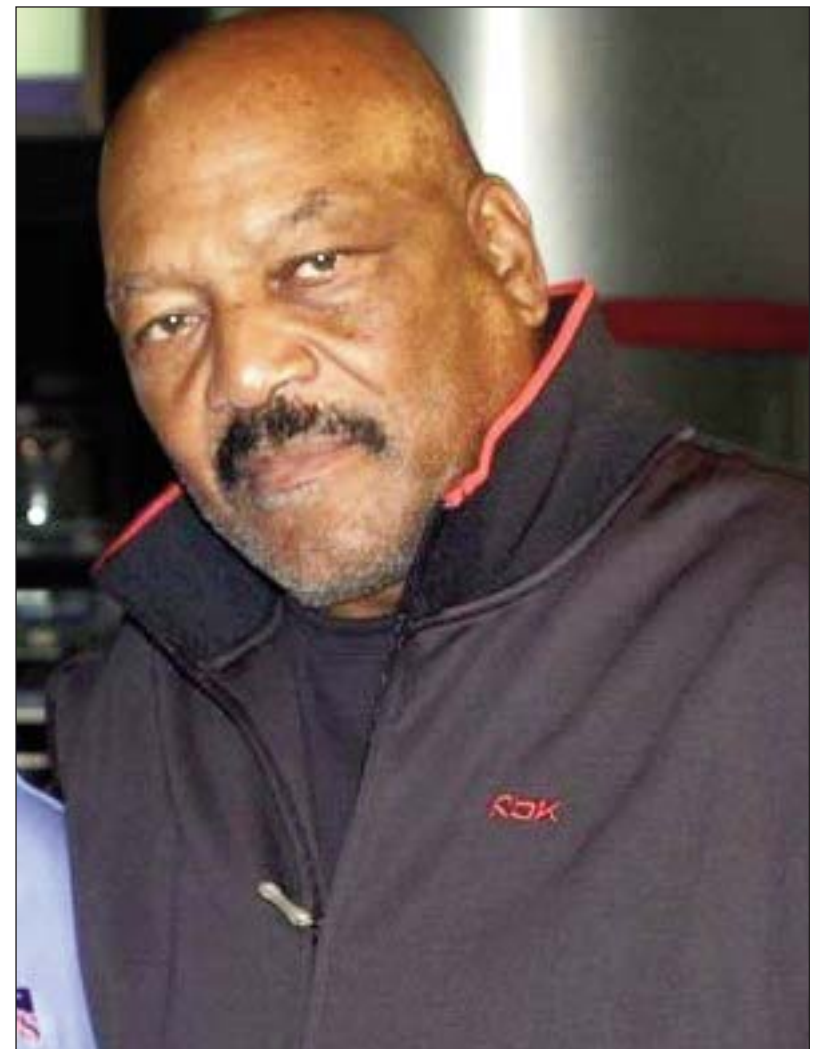
Brown's confirmation as speaker was not the only positive news coming from GOOD's meeting this week. President Carol Rowland said 92 volunteers attended Keep Downey Beautiful's latest clean-up near Brookshire Park.

Held the day before President Barack Obama's inauguration, Rowland said many children attended the clean-up.

Lisa Fox, of Downey's Public Works department, said 65,000 square feet of graffiti was removed in Downey last month. Apollo and Furman parks, with areas of South Downey, have seen rises in graffiti, but overall graffiti is down, Fox said.

Fox attributed the overall decline to aggressive cost reimbursement efforts by the city, and more local residents are reporting graffiti through the city's 24-hour hotline number, (562) 923-4484.

Downey Police Department



Jim Brown, a 3-time NFL MVP, will serve as keynote speaker at the April 22 Gangs Out of Downey lunch fundraiser at the Rio Hondo Event Center. Ticket information will be available soon. Photo by Phil Konstantin

officials said a teenage girl was recently accosted by gang members who threw oranges at her and used a handgun to rob her of her cell phone.

The robbery was part of a Florencia 13 gang initiation, police officials said. The girl managed to call her mother, who works for the

California Highway Patrol, and provided the car's license plate number, which Downey detectives used to make an arrest.

Police officials said they have also noticed gang activity near Paramount Boulevard and Comollette Street.

DCLO to present 'Dames at Sea'

CONTRIBUTED BY THE
DOWNEY CIVIC LIGHT OPERA

DOWNEY – One of the all-time, ultimate feel-good musicals, "Dames at Sea," is scheduled to start its 10-performance run Feb. 19 at the Downey Theatre.

The show pulses with the vibrant energy of a young America getting back on its feet and dancing again. Music by Jime Wise, book and lyrics by George Haimsohn and Robin Miller takes you on a musical trip back to the Depression era of the '30s with such songs as "Good Times and Here to Stay," "Dames at Sea," "Choo Choo Honeymoon," "Singapore Sue," "Bequine" and nine more lilting songs.

Immortals of the silver screen Fred Astaire, Ginger Rogers, Ruby Keeler and Dick Powell were shining young stars beginning their climb to stardom in productions such as this that put smiles on the American film audience and set their feet to tapping as they watched the rhythmic, synchronized choreography of the famous Busby Berkley.

Plan a family outing, gather a group of friends, members of your club/organization, and become part of this musical experience.

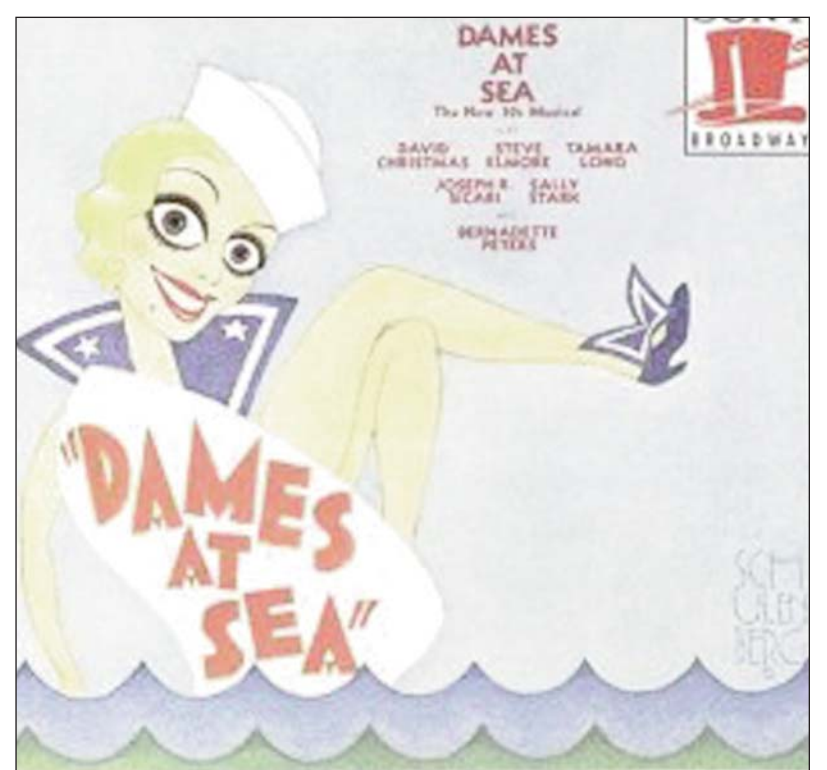
Tickets are on sale and can be purchased at the Downey Civic Light Opera office, 8435 Firestone Blvd., in person or by mail, or by phone, (562) 923-1714.

Performance dates are Feb. 19, 20, 21, 22, 27 and 28; and March 1, 6, 7 and 8. Show times are Friday and Saturdays at 8 p.m. and Sundays at 2:30 p.m.

Tickets are \$30 for balcony and \$35 for orchestra. Students ages 13-18 are \$25, and children 12 and under are \$15.

Senior citizen "rush" prices are \$25, offered 15 minutes before show time based on available seating.

For more information, or to inquire about special group rates, contact the Downey Civic Light Opera office.



"Dames at Sea," a production of the Downey Civic Light Opera, opens Feb. 19 at the Downey Theatre. Album cover courtesy Sony Broadway

Residents warned of tax scam

DOWNEY – Los Angeles County officials are warning homeowners to be wary of solicitations from private companies offering to file property assessment reduction forms for a hefty fee.

Property assessments can be done by the county's Assessor's Department for free.

"We are again receiving calls from homeowners who have been

sent these deceptive mailers, many of which could be mistaken for government notices and mislead property owners into thinking they must pay at least \$100 to apply for a review of their assessed value," said Los Angeles County Assessor Rick Auerbach. "Because of the real estate market downturn, however, my office will begin reviewing nearly 500,000 residential

properties for their 2009 assessed values.

"We don't charge a fee for this," Auerbach continued, "and anyone whose homes are reviewed will receive a letter in June notifying them of the results."

One firm is charging \$179 to file a decline-in-value application,

See **TAX SCAM, page 4**



The Southeast District Bar Association held its 46th annual installation of officers and awards banquet at the Rio Hondo Event Center last week. From left: Rep. Lucille Roybal-Allard, Joseph Lumsdaine, Lillian Vega Jacobs and Judge Larry S. Knupp.

Roybal-Allard lauds local lawyers

DOWNEY – Rep. Lucille Roybal-Allard (CA-34) congratulated members of the Southeast District Bar Association at its 46th annual installation of officers and awards banquet at the Rio Hondo Event Center in Downey on Jan. 31.

The congresswoman thanked the association's outgoing president, John Bunnett, for his contributions, and also recognized many others, including Downey attorney Joseph Lumsdaine for being named the association's Attorney of the Year.

The ceremony also honored incoming president Lillian Vega Jacobs, and Superior Court Judge Larry S. Knupp received the association's Lifetime Judicial Award.

The association provides an attorney directory and referral service to help the public find an experienced lawyer for their legal problems. They serve the Southeast Los Angeles County area, including Downey and surrounding cities.

Valentine's dance for students

DOWNEY – A Valentine's Day dance for middle school students will be held Feb. 13 from 7-10 p.m. inside the gym at Apollo Park.

The dance is open to middle school-age teens (6th through 8th grade) with a current school ID. Students must either live or attend school in Downey.

A dress code will be strictly enforced. Boys are expected to wear a collared shirt and slacks with a belt. A jacket is preferred but not mandatory. No jeans, sandals, hats or bandanas will be permitted.

Girls should wear a blouse or sweater (must cover the stomach), and a knee-length skirt, dress or slacks. No T-shirts, halter tops, jeans, sandals, hats or bandanas will be allowed. Top straps must be at least two inches wide.

Admission is \$5. Snacks will be available for purchase throughout the night.

For more information, call the city of Downey Community Services Department at (562) 904-7238.

Help sponsor Downey Street Faire

DOWNEY – Sponsorship and booth opportunities for the 16th annual Downey Street Faire are still available.

Sponsorships range from \$500 - \$2,500. In addition to booths and banners, all sponsors will be prominent in ads, posters, fliers to 10,000 Downey elementary school students, and publicity in local newspapers.

For more information, call the Downey Chamber of Commerce at (562) 923-2191.

Bingo luncheon scheduled Sunday

DOWNEY – The Italian Catholic Federation of St. Raymond's Catholic Church is sponsoring a bingo luncheon to be held Sunday inside the church's Msgr. Robert Gipson Hall.

Cost is \$10 and includes lunch at 12:30 p.m., followed by bingo. For tickets, call Aline Amatisto at (562) 693-9430 or Charlene Drobeck at (562) 928-1937.

Chamber mixer on Thursday

DOWNEY – Downey Federal Credit Union will host a Downey Chamber of Commerce mixer this Thursday at 5:30 p.m.

Admission is \$3 and includes networking opportunities, door prizes and refreshments.

For more information, call the Chamber at (562) 923-2191.

Homework help at local church

DOWNEY – Local school children are invited to study and do their homework at First Presbyterian Church of Downey through the church's Kidz Konection after-school program.

The program runs Monday through Thursday from 3:30 to 5 p.m. The program offers tutoring in reading and math as well as homework support. The program also offers music classes, sports and other activities.

A donation of \$40 per student per semester is requested by the church. For more information, call Alfredo Delgado or George Leiva-Ardon at (562) 861-6752.

Cardiovascular Fair tomorrow

DOWNEY – Downey Regional Medical Center will host its annual Cardiovascular Wellness Fair on Feb. 7 from 9 a.m. to 1 p.m. in the hospital's conference rooms.

The fair, which is open to the public, will feature a variety of complimentary screenings and activities, including: carotid and respiratory screenings, blood pressure checks, consultations with a DRMC pharmacist, nutrition consultants, massages, cooking demonstrations with Jennifer Miyagawa, giveaways, raffles, and Mended Hearts representatives.

The fair will also feature a heart healthy snack (served at about 9 a.m.) and a presentation by Paiboon Mahaisavariya, MD.

For more information, contact Downey Regional Medical Center's Cardiac Rehabilitation Department, (562) 904-5413.

The hospital is located on Brookshire Avenue, just south of Firestone Boulevard.

INTRODUCING STARTSMART... A NEW Medicare Advantage Prescription Drug Plan by CareMore

STARTSMART features a \$75 Medicare Part B premium reduction each month. So, you get all the benefits of Original Medicare – and more – as well as up to a \$900 annual savings in your Social Security check.

\$75 MONTHLY SAVINGS!



Get off to a great start with STARTSMART by CareMore.

With the new STARTSMART health plan from CareMore, we make it simple – and save you money at the same time!

Reserve your spot at one of the these events:

Mon, Feb. 2 • 2:30pm
Mimi's Café
8455 E Firestone Blvd
Downey

Tues., Feb. 3 • 2:30pm
Mimi's Café
12727 Towne Ctr Dr
Cerritos

Wed., Feb. 4 & 13 • 2:30pm
Mimi's Café
17919 Gale
City of Industry

Thurs., Feb. 5 • 2:30pm
Original Roadhouse
15156 E Whittier Blvd
Whittier

Fri., Feb. 6 • 2:30pm
Geezers
12120 Telegraph Rd
Santa Fe Springs

Mon., Feb. 9 • 2:30pm
Casa Gamino
9060 E Slauson Ave
Pico Rivera

Tues., Feb. 10 • 2:30pm
Mimi's Café
15436 Whittier Blvd
Whittier

Wed., Feb. 11 • 2:30pm
Mimi's Café
8455 E Firestone Blvd
Downey

Call TODAY to learn more about STARTSMART!

1-877-211-6614
1-800-577-5586 TDD
8 a.m. to 8 p.m. Mon. - Fri.
Se Habla Español
or visit www.CareMore.com

Water polo teams raising funds

DOWNEY – Downey and Warren high schools will hold a joint fundraiser for their girls' water polo teams Thursday at Frantone's Pizza & Spaghetti Villa.

From 5 to 10 p.m., 25 percent of purchases will be donated to the water polo programs. The offer is good for both to-go and dine-in orders.

For more information, call (562) 923-7248.

Children invited to make valentines

DOWNEY – Children can create a special valentine for someone special at a free storytime at the Downey City Library.

Children ages 3-5 and their parents are invited to the Valentine's Day celebration this Tuesday from 10:30-11 a.m. in the Cormack Room. The program will be offered again in Spanish and English on Wednesday at 10:30 a.m.

After listening to holiday stories, children will be invited to make a valentine card.

For more information, call (562) 904-7360, ext. 4.

Washington's birthday celebrated

DOWNEY – Noted historical impersonator Peter M. Small will perform as President George Washington at a Downey City Library event Feb. 22.

Small will present historical facts and myths on a wide-range of subjects from chopping down the cherry tree to crossing the Delaware.

Presented by the Friends of the Downey City Library, the program will start at 2 p.m. in the Cormack Room. Admission is free and refreshments will be served.

February auction items on display inside library

DOWNEY – The Friends of the Downey City Library February silent auction items are now on display inside the library.

Some of this month's choices include: "MGM – When the Lion Roars," richly illustrated with hundreds of full-color and black and white photos, posters, lobby cards, magazine covers and other memorabilia; "The Birds of America" by John Audubon, published to coincide with the 200th anniversary of Audubon's birth, it allows his paintings to be seen in all their splendor; "Team of Rivals – The Political Genius of Abraham Lincoln," illuminates Lincoln's political genius; "Ansel Adams – An Autobiography" covers the life of one of America's premier photographers of the 20th Century; "Ringling Bros. & Barnum & Bailey," four circus magazines with program guides from 1950-53; and "Picasso – bon vivant" tells us how food profoundly affected Picasso's life and art with more than 50 recipes of the food that inspired him.

Bids may be placed inside the Friend's Book Store and will be accepted until Feb. 28.



Actor William T. Peck will appear as Abraham Lincoln at the Downey City Library this Thursday. The free event, a commemoration of Lincoln's 200th birthday, begins at 7 p.m. Visitors should arrive early.

Lincoln to make special visit

DOWNEY – Children ages 3-12 and their parents can watch history come alive during a special visit from President Abraham Lincoln at the Downey City Library this Thursday.

"Abraham Lincoln's 200th Birthday Celebration" will be offered at 7 p.m. inside the Cormack Room. Actor William T. Peck will appear as Lincoln and explain how he wrote the Gettysburg Address.

"Kids are invited to join in and wish him 'Happy 200th birthday,'" said Children's Librarian Gina Orello. "This will be a wonderful experience for the whole family."

Free show passes will be distributed 30 minutes prior to show time. The event is sponsored by the Friends of the Downey City Library.

For more information, call (562) 904-7360, ext. 4.

La Mirada rabbi tapped to speak

DOWNEY – Rabbi Mark Goldfarb, rabbi of Temple Beth Ohr in La Mirada, will be the guest speaker at the Feb. 17 meeting of the Ezra Center for Mature Adults.

Goldfarb's topic is "My Favorite Mystic."

Registration begins at 9:45 a.m. and the program runs from 10 a.m. to noon.

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

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

Identify on-the-job drug abuse

DOWNEY – Eddie Estrada of Lighthouse Trainings will be the guest speaker at the Feb. 24 meeting of Rise 'N Shine Networking at Downey Brewing Company. The meeting begins at 7:30 a.m.

Estrada's topic will be "Identifying Substance Abuse on the Job."

The meeting is open to the public. Cost is an order from the breakfast menu.

RSVP by calling the Downey Chamber of Commerce at (562) 923-2191.

Embassy hosting networking event

DOWNEY – The Embassy Suites in Downey will host a multi-chamber mixer on Feb. 19.

Participating in the event will be the chambers of commerce of Downey, Santa Fe Springs, Paramount and Vernon. The Commerce Industrial Council is also a partner.

The networking event will include entertainment, door prizes, light refreshments and hor's d'oeuvres.

RSVP by e-mailing lorena.cortez@hilton.com or call (562) 299-1622.

Spring break camp at Wilderness

DOWNEY – Children ages 6-14 are invited to spend their spring break at Wilderness Park in Downey.

The city of Downey Community Services Department is offering the camp April 13-17. Children will participate in crafts, cooking and games. The camp will be managed by experienced camp staff.

The fee is \$80 and includes materials, supplies, a walking field trip to Rio San Gabriel Park, and a daily snack.

Extended care from 7 to 9:30 a.m. and 3:30 to 6 p.m. is available for an additional \$40.

Registration will begin Monday at City Hall. For more information, call (562) 904-7238.

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Valentine's Day Dinner Menu

Saturday February 14, 2009

Five Course Meal Prepared by Chef Zaya

1st Course
Canapé

2nd Course
Choice of:
Beef Sirloin wrapped Asparagus served with Soy Sauce & Sesame
or
Ahi Tuna Tartar with Truffle Oil on Belgian Endive Boat & Tobico Caviar

3rd Course
Mixed Green Salad with Gorgonzola Cheese, Caramelized Pear & Champagne Raspberry Vinaigrette Dressing

4th Course
Choice of:
Steak Dianne
(Medallion of Filet Mignon Covered with Black Peppercorns & Mushroom Cognac Sauce)
or
Encrusted Macadamia Nut Sea Bass on a bed of Risotto, Grilled Asparagus & Lemon Butter Pesto Sauce
or
Stuffed Chicken with Spinach, Topped with Mozzaella Cheese & Tequila Lime Sauce

5th Course
Choice of:
Grand Marnier Creme Brulé with fresh Raspberry
or
Chocolate Grenache with Vanilla Ice Cream

All Entrees Include
Unlimited Champagne

*** \$55 per person**
**(Tax & Gratuity not included)*



For Reservation & additional information
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Keep us in mind for a getaway during this special weekend. Ask for our Romance Package

ASSESSOR ID NUMBER	SERVICE NUMBER	DEE DATE	DATE AFTER
6245-022-020	060376245022020	02-26-09	02-27-09

SERVICE FEE IF NOT RECEIVED OR POSTMARKED BY REMIT AMOUNT OF	02/26/09 \$209.00
DEEDS DEBIT FORM FEB. 26, 2009	\$179.00
AFTER FEB. 27, 2009	\$209.00

MAKE CHECKS PAYABLE TO:
PROPERTY TAX REASSESSMENT
P.O. BOX 25519
LOS ANGELES, CA 90025

Please write the ASSESSOR'S ID. NO. on the lower left corner of your check.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Q: How was my Property Determined to have a Reduced Property Tax Amount?
A: Due to declining real estate values in California, Property Tax Reassessment has proactively completed a review of recent comparable sales in your area. This analysis indicates that the estimated market value of your property has decreased relative to its estimated Proposition 13 assessed value. Property Tax Reassessment encourages all homeowners to independently review the S&P/CASE-Shiller Price Indices for yourself to see what your average home value is this year compared to last year.

Q: What is Proposition 13?
A: Proposition 13 is either the purchase price and/or the cost of new construction, annually trended for inflation and not to exceed 2% per year.

Q: What is Property Tax Reassessment?
A: Property Tax Reassessment is providing a service to homeowners that have suffered a possible decline in market value. Property Tax Reassessment will prepare and submit all necessary documentation to the County Assessor's Office and Assessment Appeals Board, and will act as your agent in all dealings with the County Assessor's Office and at all Assessment Appeals Board hearings. Property Tax Reassessment is not a government agency and at no time should the service fee be construed as mandatory unless you wish Property Tax Reassessment to perform services on your behalf.

Q: Should I Hire You or do it Myself?
A: Self-representation is always an option. The difference in hiring Property Tax Reassessment is that you will have a company whose full time job is the preparation and representation of homeowners in the property tax appeals process. Property Tax Reassessment's proprietary software and industry specific databases will ensure an aggressive strategy that will obtain the maximum property tax reduction and greatest savings for you, our client. If you are still considering representing yourself, Property Tax Reassessment strongly suggests that you read the following article at <http://www.caltax.org/MEMBER/digest/Apr98/Apr98-6.htm> before making your decision.

Q: Are there any other fees?
A: No, there are no additional fees.

Tax property solicitations like the one above have been called misleading by county officials, who will perform the service for free.

Tax scam: Residents report receiving misleading mailers.

Continued from page 1

as well as a "late fee" of \$30. The company is the subject of investigations in several counties, Auerbach said.

"What is particularly disturbing about the latest solicitation from this firm is that it misleads the homeowner by mixing up years. The mailer states that the firm will represent the homeowner in an assessment appeal, when in fact, the last date to appeal was November 30th," Auerbach said. "If the solicitation is for 2009, assessments have not yet been made. Therefore, this firm won't know what the 2009 assessed value is until after our review of the 500,000 homes is completed in June and the homeowner is notified.

"At best, these are legal but sophisticated scams taking advantage of homeowners who don't understand that my office will do a reassessment on its own," Auerbach said. "Or anyone can file a simple application form available on our website...This can be completed in a few minutes. The form suggests including comparable sales if known, but that section can be left blank and we will still do the review.

"At worst, these private solicitations may even violate laws which require very specific language and disclaimers that they are not being sent by a government agency," Auerbach continued. "The 2008 decline-in-value review recently completed by my office resulted in lower assessments on nearly 130,000 homes and condos with an average property tax savings of \$750. At least 1,000 of the reviews we initiated involved unnecessary forms submitted by these private companies at great expense to the homeowner."

Anyone who has already paid for the unnecessary service may be eligible for a refund, particularly homeowners who thought they were dealing with a government agency, said Pastor Herrera Jr., consumer affairs director for Los Angeles County.

Residents can file a complaint, or review a company's complaint history, by calling (800) 973-3370.

While anyone has the right to file a decline-in-value application requesting a review of their property's value, Auerbach urged those who bought their house or condo in 2002 or later to wait until June when the results of the review will be mailed.

If a letter is not received, or the owner is not satisfied with the results of the review, a decline-in-value application can be submitted.



Leonard Zuniga, president of the Downey Sister Cities Association, recently presented a financial donation to Martha Sotetani of PTA HELPS. The Association voted last year to begin assisting local projects and organizations.

Sister Cities helping local projects

DOWNEY – The Downey Sister Cities Association, known for its affiliations with Ensenada and Guadalajara, Mexico, voted to focus on a local project this past holiday season, and chose the PTA HELPS program.

In the past, DSCA has primarily worked with Mexican cities to maintain international relations and friendships.

"The Association voted to help a local program this past year and Downey PTA HELPS is a valuable program," said Leonard Zuniga, president of DSCA.

PTA HELPS (Health Education Local Pantry Service) works to provide temporary emergency aid to Downey families. Emergency food is distributed throughout the year, and Thanksgiving and Christmas baskets are also given.

PTA HELPS also encourages drug and alcohol-free graduations by supporting local grad night celebrations. Completely run by volunteers, PTA HELPS relies on financial aid and non-perishable food donations to continue their work.

The DSCA presented a financial donation to Martha Sotetani of PTA HELPS at a recent meeting.

"The Downey Sister Cities Association is happy to be helping families in our own community," Zuniga said.

For more information on the DSCA, call Zuniga at (562) 869-5444. PTA HELPS can be reached at (562) 861-9833.

POET'S CORNER

Cruel Intentions

Brutality and lack of compassion
Fill the gullible and open minds of the human race.

Honest speech has been replaced
With cruel bluntness; We will pay the consequences.

The natural sanity and courtesy of humanity has been lost.

We see the one-sided affairs of everything and everyone
That we come into contact with.

No longer do we see the truth in the things we attempt to conquer.

Our minds are corrupt with mindless banter of our self-absorbed lives
And are no longer filled with a hope for humanity.

Young adolescents now rant and rave about the apathetic attitudes
And do not wish to better their lives or the world around them;
As long as it does not affect them, right?

I, for one, have lost respect for mankind, but obtain hope for those
Who see beauty and creativity left in the world.

—Ariana Rodriguez,
Downey

The Game of Life

We play the game of life, my friends
Sometimes we win or lose,
The cards we are dealt, we play to win
Our just and single dues,
Sometimes we play with rash desire,
And then when caution serves,
At other times we have the choice
Of playing on sheer nerve,
The lesson that we all should learn,
Is not what has transpired,
It's how you play the game, my friends
With courage, grace and style.

—George J. Geller,
Downey

My First Valentine

A small shallow lake
Where we used to go to skate
When the ice was frozen thick
An old burned out stump
Perfect for warming hands and feet
And behinds
And making hot chocolate
Toasting marshmallows on a stick
Cuddling together
Watching the splendor of the winter sky
A red heart shaped box
Tied with a big red bow
Filled with love to last our lifetimes
Filed with true love from
My first and only valentine
My special valentine

—Leona Swanson,
Downey

**DOWNEY
FEDERAL
CREDIT
UNION**

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Services to the Community

Since 1957

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Through All
Stages Of Life

Count on us for

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ASI
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Habitat for Humanity
Greater Los Angeles

THE FOLLOWING CRITERIA MUST BE MET IN ORDER TO QUALIFY:

- Must live or work in the city of Downey.
- Must meet our income guidelines and have decent credit.*
- Demonstrate need for adequate housing.*
- Willing to partner with Habitat for Humanity Greater Los Angeles and invest 500 hours of Sweat Equity.
- Attend an orientation – all orientations start promptly. If you are more than 10 minutes late, you will not be admitted.



FREE ORIENTATIONS / WORKSHOPS
WILL BE HELD AT

Good Shepherd Lutheran Church at 13200 Clark Avenue, Downey, CA.

Wednesday, February 4, 2009 at 6:30 pm

Saturday, February 7, 2009 at 11:00 am

Thursday, February 5, 2009 at 6:30 pm

Sunday, February 8, 2009 at 3:00 pm

Number in household	1	2	3	4	5	6	7	8
Maximum LIMITS	31,860	36,360	40,920	45,480	49,140	52,740	56,400	60,060
Minimum LIMITS	24,000	24,000	25,000	25,000	26,000	26,000	27,000	27,000

QUESTIONS? Please call Nadia Urieta @ 310-323-4663 ext. 112 – nurieta@habitatla.org

*Details will be given at the orientations

www.habitatla.org

A real coup

By Eric Pierce

Nothing against Michael Josephson of the Josephson Institute of Ethics, but this year's Gangs Out of Downey is on track to be something special.

Josephson, last year's speaker, was inspiring as he told the story of how he helped found Character Counts. His speech made me take a good, long look at myself and analyze ways I can become a better person.

But Jim Brown? The 3-time NFL MVP? He's guaranteed to be exciting.

His securement as speaker has to be considered a real coup for the city of Downey. We owe many thanks to Dr. Robert Jagielski of DUSD, who spent more than six hours at Brown's Los Angeles home, selling him on the principles of GOOD, the very principles that has helped it become a model program for organizations around the country.

Rock Johnson (what a name!), an executive with Brown's Amer-I-Can program, said Brown came away impressed with the anti-gang efforts being undertaken in Downey.

It would be Brown's honor to speak, Johnson said.

Tickets for the GOOD luncheon are not yet available, but mark your calendars for April 22. It's destined to be a heck of a meeting.

...

I don't know about you, but to me a 7-ft. tall Lady Liberty (see page 14) waving enthusiastically from the sidewalk is leaps and bounds more distracting than a man twirling a simple sign.

Look at the picture. It's almost a little frightening.

Molina launches green earth initiative

Los Angeles County Supervisor Gloria Molina, with the support of Fox Sports en Español, 400 elementary school students, Heal the Bay and the Environmental Protectors, at 9:30 AM today launched a campaign to fight the "Bag Monster" (symbolizing the number of plastic bags used by U.S. households annually) at Lillian Street Elementary School at 5909 Lillian Street in Southeast L.A.'s Florence-Firestone community.

First to join Molina's "earth defenders" team, the third to fifth grade students, learned about the negative impact of plastic bags on the environment and helped Molina introduce her "A Green Bag for a Clean Earth" campaign. The students will help promote the use of canvas bags in place of single-use bags with their parents, families and community. This first phase of the campaign concludes on April 22, 2009 - Earth Day.

"We want to affect behavioral change in environmental responsibility by starting with our children and initiating a new generation of earth defenders," said Molina.

"By learning early and helping educate parents about the importance of reusable bags, young people are taking action and participating in preserving a greener earth for their generation...and generations to come," said Molina.

Molina and students were joined by Fox Sports en Español's Senior Vice President and Assistant General Manager, Raúl de Quesada, and celebrated sports anchor Alejandro Luna, in fighting Heal the Bay's Bag Monster.

"Environmental concerns are significant social issues across cultures and Latinos are no exception. Therefore we must become more aware of how our daily choices affect the environment. "We are very proud to be part of Supervisor Molina's effort, this particular environmental program empowers our youth to take action and allow the whole family to get involved and make it a priority," stated Raúl de Quesada, Senior Vice President and General Manager of Fox Sports en Español".

For helping to promote the "Green Bags", the campaign's spirited incentive program offers participating students the opportunity to win prizes with the "Reduce, Recycle, Reuse" prize cards. Each time a family member uses the campaign canvass bag, the cashiers at El Super, Superior Grocers and El Tapatio Markets in Florence-Firestone, will place a sticker on the prize card. The incentive prizes will be awarded on Earth Day-April 22, 2009. Incentive requirements:

- The first 50 students to fill out their cards will receive special Disney goody bags.

- The classroom with the highest number of cards filled with stickers will win tickets to a Dodger game.

- The student with the second highest number of stickers will win a bicycle.

- The student with the most stickers will be invited to go to Dodger Stadium and meet the players on the Field.

Co-sponsoring the project with Molina is Fox Sports en Español. Other sponsors include AT&T, Disney, L.A.Dodgers, Southern California Edison and Southern California Gas Company. Partners include Heal the Bay, Lillian Street Elementary School, L.A. County Department of Public Works and San Gabriel Valley Conservation Corps, El Super, Superior Grocers and El Tapatio Markets.

The Downey Patriot

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Letters to the Editor:

Lady Liberty got off lucky

Dear Editor:

How ironic that Liberty Tax Service has their day in court on April 1 - April Fool's Day! They will learn like countless others in the fair city of Downey that running afoul of the jackbooted Code Enforcement officers is no fun at all.

Lady Liberty was lucky she wasn't thrown to the ground and handcuffed, like the owner of Arthur's was several years ago when the first sign ordinance was enacted. The Downey Dogooders then had his signs torn down, and sent him the bill for good measure.

Meanwhile, this past weekend I saw the Valero station at Florence and Lakewood with several sign-twirlers celebrating the opening of their car-wash, by making the public think it was to "help send them to camp." The signs they had were all professionally done, and quite expensive looking.

I saw through that scam and drove on by.

— Thomas D. Smith,
Downey

Editor's note: After our story published last week, the citation issued Liberty Tax Service was voided by the city of Downey. People in costume are again allowed to wave at cars from public streets, but they cannot be holding or twirling a sign advertising a business.

Letter of apology

Dear Editor:

I just wanted to write to let you know that I am saddened that nobody wrote a letter pertaining to the passing of John Quincy Adams.

If you print my letter please print it in its entirety. I want all to know of my wrongdoings.

As you know, I had written the Patriot three times and got my letters printed, once in the Eagle. Then for some unforeseen reason you would not print any more of my letters.

I then wrote mean letters calling Mr. Adams cruel names, that he must have Alzheimer's when he would not print any of my later letters. I went as far as to write that he should be replaced with a fresh new editor.

Then I repented. I wrote many apology letters, all with a heavy heart, as to this one I write now.

I was in near tears when I read of Mr. Adam's passing. "Did he ever read the letters of my cruelty? Did he ever read my letters of apology? I don't know? I may never know."

I just pray and hope he read my apology letters and accepted them. Because it hurts knowing I've done wrong and tried to apologize for my wrongdoings.

We should not go to our deaths without forgiving those who wronged us, even if the wrongdoer such as I was trying to apologize. I hurt so much in my heart.

Again, I apologize to all of the Patriot staff as well as to all of you who read my letter.

We all know where Mr. Adams is, and he has no pain, he is in a new body, having the time of his life with our Creator and His Son, and all the saints that went before us all.

I'll leave with this: I bet President John Quincy Adams is up there having the time of his life with our friend, John Quincy Adams. Yes siree!

I love all of you at the Patriot and all of you of our town of Downey.

— Paul H. Duran,
Downey



Boone's will be missed

Dear Editor:

I was very sorry to see that Boone's Shoe Repair Service was gone from Downey Avenue. It was a very convenient place for us to get shoes, purses, etc. repaired.

He was very courteous and efficient and would fix all kinds of problems for us, from soccer cleats to dress shoes and sandals. Just simple little things so we would not have to go buy new shoes when we really didn't need to.

I only hope that he decided to retire and it was nothing serious with his health. I was in there not too long ago and heard nothing of his closing. Maybe he will see this and know his service will be missed.

— Diana Borzi,
Downey

Thumbs up to fire, police

Dear Editor:

We want to take this opportunity to praise the Downey Fire Department personnel at Florence and Woodruff avenues for their quick A.M. response of a 911 call.

My wife barely had time to dress when they were at our door. Their professionalism and acts of kindness for my wife were many, such as: picking up our newspapers and backing the car out of the driveway. This trip wasn't the last one unfortunately; we were soon on a first name basis.

We want the people of Downey to know about their heroes, and our Downey Police Department is included also. We have always supported and give a "thumbs up" to both for jobs well done.

— Ted and Barbara Getzler,
Downey

Be a responsible pet owner

By the L.A. County Department of Animal Care and Control

The month of February is "Responsible Pet Owner's Month." The Los Angeles County Department of Animal Care and Control (DACC) would like to remind pet owners that animals, like humans, need necessities such as love, care, shelter, and food.

However, DACC also recognizes that additional responsibilities are crucial in order to maximize the quality of life for a pet. Pet owners must understand what it means to be a "responsible pet owner." DACC has included a list of tips that can help make everyone a responsible pet owner.

- Spaying or neutering your pet: The benefit of spaying and neutering is not only the best solution to controlling pet over-population, but it can also help prevent certain cancers and diseases in your pet. Spaying or neutering saves you money for pet license fees and it is the law in most of Los Angeles County.

- Licensing your pets: California law requires that every dog four

months of age or older must have a current license fastened to its collar, and be vaccinated against rabies. Making sure your pet has its current license is also one of the best ways to have your pet returned to you in case he or she becomes lost.

- Getting your animal microchipped: Besides having your pet licensed, a microchip provides an added layer of protection. In the event that your animal gets lost, the microchip can help reunite you with your animal by a simple scan of the animal. Microchips are an important additional identification tool, as tags can be lost or damaged. All six of our shelters offer free microchip clinics.

To help promote responsible pet ownership, DACC spays/neuters, vaccinates, and microchips all animals prior to adoption. Adoption fees are less than \$40. DACC believes that the best pet owner is a responsible pet owner.

How to stop being greedy

By Abbot Christopher Jamison

Businesses are currently the subject of conflicting popular emotions: we feel anger towards those banks that got us all into the current economic mess and sympathy for those companies that are going bust because of it. So it's time to take a hard look at companies' greed.

To get through this crisis to a better way of doing things, we need to recognize greed. While most of us readily admit to faults in the areas of food and sex, we tend to see greed as a quality in other people rather than in ourselves. We see it in the mega rich with their conspicuous spending, in city executives with their huge bonuses or in corrupt politicians taking bribes. We think that all greedy people are corrupt or rich, probably both, and since we're neither corrupt nor rich, logically, we are not greedy. By thinking like this, we avoid facing our own greed. We fail to see that greed is not an all-or-nothing event; it is a thought that exists on a spectrum from weak to strong but it affects us all to some extent. It is a subtle influence constantly present in all the decisions that everybody makes about material things. Our communal happiness and our individual happiness depend on our ability to acknowledge and curb our greed.

It comes as a surprise to most people when they discover that greed was a problem for the first Christian monks and nuns. After all, these monks and nuns had purposely chosen to give up all material wealth and, in the case of some of them, very considerable wealth. Yet those who were poor by choice still had to wrestle with thoughts about wanting more, just as those who become rich by choice are often driven by a demonic desire for still more wealth.

Here are three steps to restrain greed:

1. Recognize how it works for you

We all have a spontaneous understanding of how gluttony and lust work but we need guidance to understand greed. Greed is about the attraction of wealth and begins with apparently harmless thoughts: "what I have at present is not good enough and needs replacing." Sometimes this is, of course, true: if the bucket has a hole in it, you need a new bucket; if the dress is very old, get a new one. But, so often, that's not the case; it's just that we really fancy the latest iPod or the latest fashion.

Fashion is the hardest one to call: we can condemn our children to misery if we make them wear old-fashioned clothes but we still need to prevent them growing up impulsively buying the hottest new thing. If children only deal with greed by getting what they want, then they grow up to be miserable adults because even when they're wealthy, they'll still want more. And notice that even our language links unhappiness and avarice: the word miser is the root of miserable. Each of us needs to recognize and contain our own greed if we are to live happy and fulfilled lives.

2. Tell yourself a better story

Greed is the product of our imagination, not of our bodies. The attraction of food and sex is different from the attraction of wealth: humans are hard wired to respond physically when food and sex are attractively presented, but the same is not true of money. Once life's basic necessities have been met, the rest is determined by each person's description of the good life, their personal story. Someone can leave a marriage partner to have a wealthier lifestyle, somebody can get into debt in order to keep up with their neighbors, children can fret that they don't have the latest video game. We have to avoid the pitfalls of distorted descriptions of happiness that actually lead to frustration. We need to describe to ourselves a good life that is balanced, long-term and generous, the opposite of the consumer good life that is indulgent, short-term and self-centered.

3. Take stock of your life, literally

Once a year in Lent, English Benedictine monks have the custom of writing out "a poverty bill." They write down an inventory of everything they have for their personal use and hand it to the abbot. It's a very revealing exercise and enables them to ask: do I need all this? An excellent rule of thumb is this: if you haven't used an item in the last twelve months since the last poverty bill, then you probably don't need it, so you can give it away.

Abbot Christopher Jamison is from Worth Abbey in Sussex, the community of Benedictine monks that featured in the BBC TV series "The Monastery." He is the author of the international best-seller "Finding Sanctuary"

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For February

- Sat. Feb. 7: **Cardiovascular Fair**, DRMC, 9 a.m.
- Sun. Feb. 8: **Bingo luncheon**, St. Raymond's, 12:30 p.m.
- Thurs. Feb. 12: **Business mixer**, Downey Federal Credit Union, 5:30 p.m.
- Thurs. Feb. 12: **Abraham Lincoln visit**, Downey City Library, 7 p.m.
- Thurs. Feb. 12: **Warren, Downey water polo fundraiser**, Frantone's, 5 p.m.
- Fri. Feb. 13: **Valentine's Day dance**, Apollo Park gym, 7 p.m.

City Meetings

- 1st Tuesdays, 6:30 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.
- 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 862-6666.

Tuesdays

- 9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Pat Rooney at 923-5352.
- 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.
- 2nd and 4th Tues., 7:30 a.m.: **Chamber "Rise&Shine" Networkers**, for info. call (562) 923-2191.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call (562) 927-6438.
- 2nd Tues., 7 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
- Last Tues., 11:00 a.m.: **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, for information call 869-8782.
- 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Beard 869-7618.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
- 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.
- 1st & 3rd Weds., 7:00 p.m.: **AfterCare Post Cancer Therapy Group**, for information call 923-4800.
- 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 a.m. - **Downey Christian Women's Club**, at Los Amigos CC, Call 927-8488.
- 2nd & 4th Weds., 11:00 a.m. - **AARP**, at Barbara J. Riley CC, Call Lorene Frazier 861-6075.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 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**, for information call 869-1414.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.
- 12 p.m.: **Optimist Club of Downey**, at Sambis, for information call Steve Allen at 622-7655.
- 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

Fridays

- 7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Barbara Briley Beard at 869-7618
- 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

Saturdays

- 9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.

Sundays

- 3rd Sun. Odd # Months 1:30 p.m.: **Aerospace Legacy Foundation**, at First Baptist Church Room 120.

On This Day...

February 6, 1895: Hall of Fame baseball player George Herman "Babe" Ruth is born in Baltimore. He died of pneumonia in 1948. Also born Feb. 6: actress Zsa Zsa Gabor (92), broadcast journalist Tom Brokaw (69), teen idol Fabian (66), singer Natalie Cole (59), and rock singer Axl Rose (47).

1952: Britain's King George VI dies. His daughter, Elizabeth II, succeeds him.

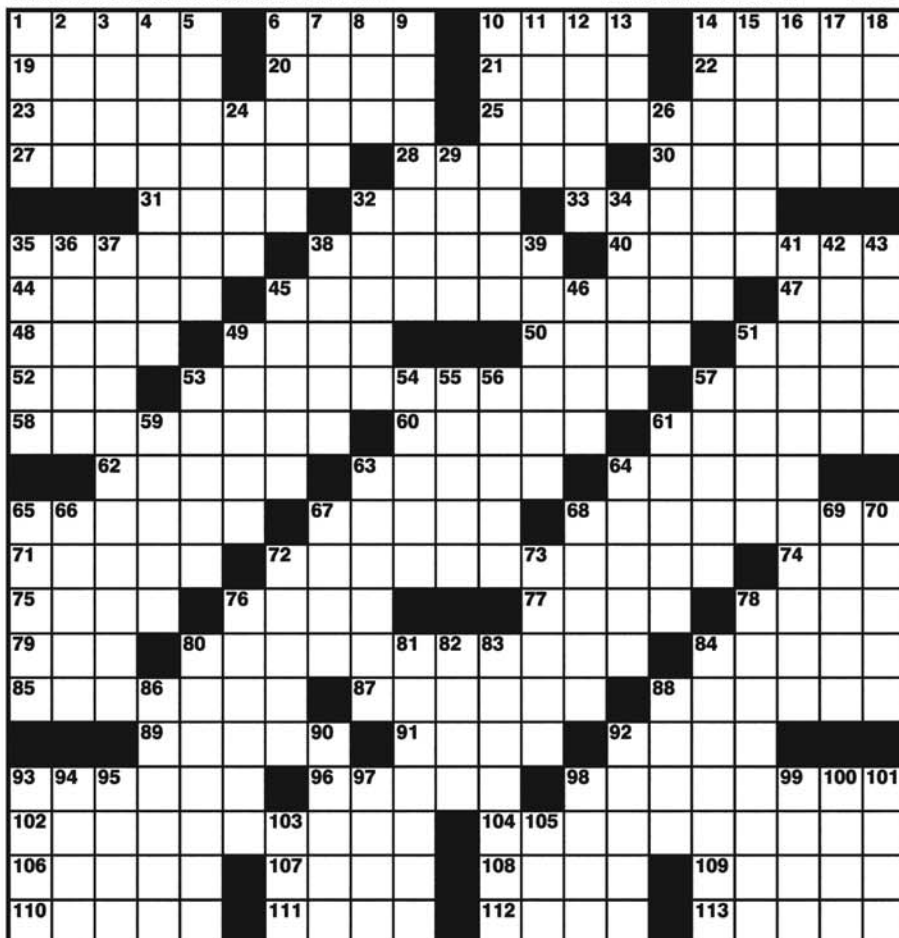
1993: Hall of Fame tennis player Arthur Ashe dies. He was 49.

1998: Washington National Airport is renamed Ronald Reagan Washington National Airport.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WINTER-Y: With 10 seasonally correct clues
 by S.N.

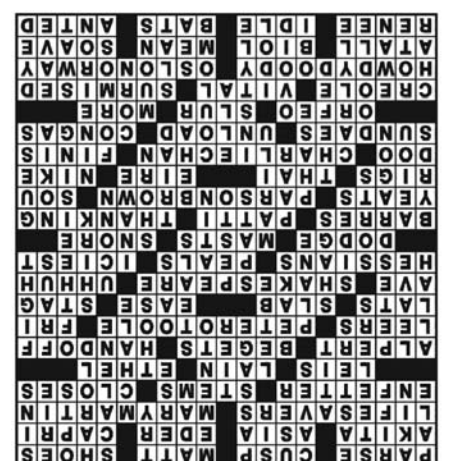
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| ACROSS | 1 Analyze grammatically | 6 Point of a crescent | 10 Marshal Dillon | 14 Brake parts | 19 Japanese dog | 20 Where Sri Lanka is | 21 German river | 22 Bay of Naples isle | 23 WINTERgreen candies | 25 She was Peter Pan in the WINTER Garden Theatre | 27 Put in chains | 28 Cherry attachments | 30 Completes a sales day | 31 Kauai neckwear | 32 Reclined | 33 Singer Merman | 35 Tijuana Brass leader | 38 Engenders | 40 Football play | 44 Impolite looks | 45 <i>The Lion in WINTER</i> star | 47 "Casual" work day: Abbr. | 48 Back muscles, for short | 49 Hunk of steak | 50 Nonchalance | 51 Men-only | 52 St. crosser | 53 <i>A WINTER's Tale</i> playwright | 57 Redcoat allies | 60 Rings out | 61 Most frosty | 62 Deception | 63 Sail holders | 64 Be noisy at night | 65 Ballet rails | 67 Soul singer LaBelle | 68 Showing appreciation to | 71 Poet from 77 Across | 72 "WINTER Wonderland" clergyman | 74 Minimal money | 75 Tractor-trailers | 76 Spicy cuisine | 77 Irish Republic | 78 Victory goddess | 79 "Inka Dinka " | 80 Roland WINTERS film role | 84 End of a French film | 85 Desserts in glasses | 87 Sell in a hurry | 88 Line dances | 89 <i>ed Euridice</i> (Gluck opera) | 91 Music-score marking | 92 "I'm still hungry!" | 93 Spicy cuisine | 96 Absolutely necessary | 98 Conjectured | 102 Kids' show with Princess Summerfall-WINTERSpring | 104 1952 WINTER Olympics site | 106 In any way | 107 HS class | 108 Spiteful | 109 Italian wine | 110 Actress Zellweger | 111 "At liberty," to performers | 112 6 Down dwellers | 113 Contributed, with "up" | 7 Software purchaser | 8 Knight's title | 9 Literary excerpt | 10 Souvenir | 11 First of all | 12 Of few words | 13 Have a sample of | 14 Type of triangle | 15 Foe of William the Conqueror | 16 Makes a choice | 17 Port of Pennsylvania | 18 Transgressions | 24 Take a crack | 26 Borgnine TV role | 29 Management level | 32 Don't bother | 34 Things pointed at | 35 Fifth word of the Koran | 36 Sarge's vacation | 37 Shelley WINTERS film of '77 | 38 Nestlings' noses | 39 Pilfers | 41 "WINTERgreen for President" musical | 42 Welmar wives | 43 Don't go quietly | 45 Woodworking tool | 46 Rowboat needs | 49 Thick heads of hair | 51 Be a goldbrick | 53 Opposing teams | 54 Minor misunderstandings | 55 Green sauce | 56 Have leftovers, maybe | 57 Nutmeg State sch. | 59 Varieties | 61 Extremely impressed | 63 Actress Henner | 64 Bereft of fleece | 65 Virginia political family | 66 The vowels | 67 Carson predecessor | 68 C-E-G, e.g. | 69 Finland's largest company | 70 It may be wild | 72 Stage of a process | 73 <i>Joy of The View</i> | 76 Prime-rate setter | 78 Fairway club | 80 Scottish historian | 81 Fashionable | 82 Singer Fitzgerald | 83 Electrical unit | 84 Taiwan alias | 86 Random drawing? | 88 Cereal grain | 90 Sort of circular | 92 Subatomic particles | 93 Scorch | 94 Learning method | 95 McGregor of the <i>Star Wars</i> series | 97 Admired one | 98 Venetian-blind part | 99 Mighty blow | 100 Icicle site | 101 Turned blue, perhaps | 103 <i>Wan</i> (role for 95 Down) | 105 Large quantity |
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The latissimi dorsi muscles, LATS (48 Across) for short, are used in rotating the front of one's arms towards the body. The German HESSIAN (58 Across) regiments represented about one-fourth of British forces during the American Revolution. One COULOMB (83 Down) is equivalent to the electric charge transported in one second by a steady current of one ampere.



STUDENT LIFE



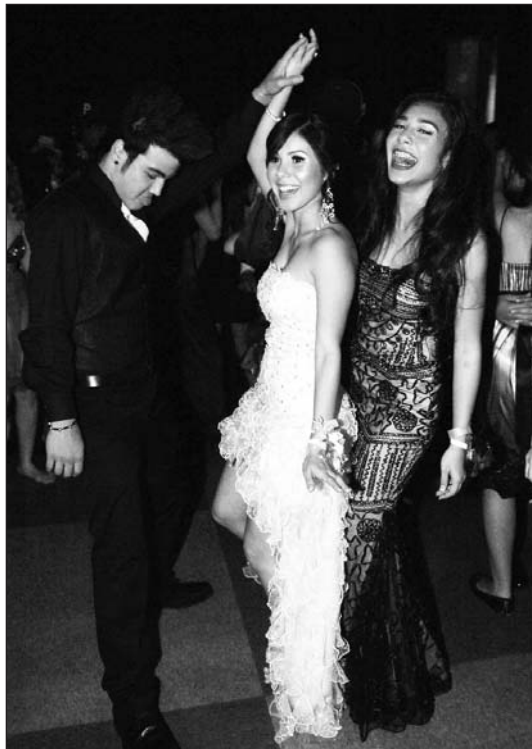
Winterformal 09'

By: Michelle Muller, Intern

The night felt short for Warren High School student's as they danced the night away at Sirona's at Santa Anita Race Track from eight to midnight on Jan 31st. The theme of this year's Winter Formal was "A Midwinter Night's Dream" hosted by Warren's Associated Student Body (ASB). "The venue for Winter Formal was beautiful," said Warren High School student Stephanie Garabay. The venue was set up as an indoor dance floor, but offered a view of the many glistening lights, and a fountain outside. Before reaching the dance floor, students walked across a red carpet, which gave it the Hollywood feel.

"The dance floor was spacious which made it great for a night of fun and dancing," said Garabay. "I had a lot of fun with my best friends." The night was full of fun for many, particularly seniors, it being their last year of High School.

Some of the students that attended both Homecoming which was at the start of this school year and Winter Formal, thought Winter Formal was in a much better location, not only because it was far from home, but because there was



Photos courtesy: Paul Heidecker

more space on the dance floor.

"It was so much fun definitely a memory I will never forget," said Garabay. "We decided to get a limo because we wanted to have a lasting experience from our senior year and the limo was definitely

that experience." The fact that the location required approximately 30 minutes drive time, it gave the opportunity to those students that were interested in riding a limousine to the dance, to do so.

"The fact that we had more

space on the dance floor, made it comfortable to dance," said Warren High School student Nilda Alecio. "At Homecoming we didn't have enough space to move which made it uncomfortable." For many, space on the dance floor was an important factor as to how the night would turn out, and the fact that there was a sufficient amount of space brought lots of satisfaction.

Throughout the night students had the opportunity to take pictures, administered by Sanford Studios, Inc.

This year, the company introduced a new feature. Students had the opportunity to choose from the backgrounds offered while using a green screen, which allowed them to create their own custom pictures.

"Compared to Homecoming, the line for pictures was a lot shorter," said Alecio. "And we were introduced to a new gadget that allowed us to customize our

pictures to our preference."

"I was a little bothered by the fact that it smelled like horse feces," said Alecio. Despite the fact that the venue was at a race track, many students enjoyed this night, and look forward to the next school dance.

Valentine's Day

By: Bridget Sagrero, Intern



Cupid, hearts, flowers, chocolate, candy, cards, love, all of these things revolve around the perfect day most single people and guys dread, February 14, which is known as Valentine's Day. Is Valentine's Day really a day of love and romance or is it just a day in which females expect too much of their boyfriends or husbands and end up disappointed?

Every February across the country gifts are exchanged between loved ones in the name of St. Valentine. The history behind the day of Valentine's Day is still for the most part a mystery that leads back to Christian and ancient Roman tradition.

One legend says that Valentine was a priest who served during the third century in Rome under Emperor Claudius II. Valentine performed marriages for young lovers in secret after Claudius had outlawed that young men get married, because he believed that young men were better soldiers than those with wives, but soon Valentine was discovered and sentenced to death.

According to another legend, Valentine was the first to send out a 'valentine' greeting to a young girl who he had fallen in love with while he was in jail. Before his death it is said that he wrote her a letter, and signed it 'From your Valentine'.

These legends have come a long way and to be honest I think that the way most people chose to celebrate this special day has gone overboard. Come January and girls already start to think about the next month to come, February, and start to image themselves indulged in chocolate, roses, teddy bears, and other gifts. February finally comes around and for some these things actually come true and others are left disappointed because their

loved one did not pull through with there expectations.

I sympathize with most guys that are in relationships, because they are left with the situation of "do or die" on this very day. Some guys completely forget about this day and others become train wrecks, trying to figure out what to do for their loved one. I remember a couple of year's back my friend's boyfriend completely forgot it was Valentine's Day and did not realize it until he got to school. He ended up taking away the gift his best friend had gotten her, since they were also good friends, and gave it to her claiming it was from him.

This so called holiday is becoming more of a "Hallmark" holiday. This "holiday" has become another business opportunity for jewelry, florists, and restaurants. The topic of Valentine's Day came up with my boyfriend and I mentioned to him that I did not mind not getting anything on this Valentine's. He looked at me with disbelief and was quick to accuse that it was all a "set up" and a "trick".

Just look at what it has people doing. We do not need a special day like Feb. 14 to show and demonstrate our loved one we care about them. I know that I would rather spend Valentine's with my boyfriend doing something minor, than have him go out of his way to buy me something. It would be more romantic and more significant to receive a gift from a loved one on any other random day out of the year, when it is not an "obligation".

How to Have the Perfect Date

By: Keysi Carrasco, Intern

Valentine's Day is fast approaching and it seems that the excitement of spending the day with your significant other is clouded by the panic of having the perfect Valentine's date. These are a few simple guidelines that will set you in the right direction.

A perfect Valentine's Day date is not an impossible thing to achieve. First and foremost, if you expect him to pick you up in a Rolls Royce, take you to a five-star restaurant, follow it up with expensive tickets to the theater, and conclude it with a moonlight stroll through the park with a romantic kiss and a diamond ring, I suggest you abandon those expectations as soon as possible or keep dreaming. Setting yourself up for disappointment is a quick way to ensure a lousy time. Instead of the five-star restaurant, be happy with an average, everyday café. Rather than expect a Royce, tickets, or diamond ring, take pleasure in being in his company and his efforts for trying to impress you and show you a good time.

As a rule of thumb the setting in which the date is to take place should be decided and agreed on by both parties. Location obviously determines the possible activities for the date. Talk it over with him and communicate. In addition, this guarantees that the two of you will enjoy yourselves and lays out the foundation for your perfect evening.

Once the location of the date has been determined, how one should carry oneself and dress should come naturally. If he is taking you out to some uptown, high-class place along the beach, it would be prudent to dress more formally and elegantly. If the two of you are going to a local café to hear some local artists perform, it would be ok to dress a bit more casual.

Wherever the date may be, be sure to make the most of the Valentine's Day experience. Try adding little details here and there to make your date just a little bit more romantic and having small little gifts to exchange is a perfect way to end the night.

How to celebrate Valentine's Day single

By: Britawnya Craft, Intern

Every year thousands of people throughout the country stomp into stores and buy out everything in sight that is red and/or pink. Naturally most teens feel the need to be in a relationship, but this mainly pertains to women. Guys have taken a different approach to the whole high school relationship. In staggering numbers "high school" guys have the tendency of breaking up with their partner right before these holidays, mainly pertaining to anything having to deal with gift giving. But how is one to spend this 'lovey-dovey' day, without a valentine to cuddle up with at night?

The best way to beat this "holiday" is to keep one constantly busy. By staying busy, no matter if its by engulfing one in homework or by just hanging out with friends, the purpose is to keep the mind off of the whole couple aspect. Hanging out with friends is one of

the best remedies to beat the loneliness Valentine's Day brings along. Attending a movie, going on a road trip, babysitting are just a few activities most single students partake in during these lonely times.

If being busy is not your cup of tea, there are other ways to keep occupied during this lovely holiday. Such as, making other couples miserable, one way would be by throwing water balloons at couples passing by. Naturally, it is not right, but it can be extremely funny to watch their day go down the drain. Hopefully they won't be a bad sport about the whole incident, but if not just be prepared to run. Most likely find a good friend who is also single so that you both can share Valentine's Day together making other couples days horrible. One thing to keep in mind is just in case the 'prank' goes south have running shoes on, just in case you may have to out run your friend.

HAPPY VALENTINE'S DAY

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CITY of DOWNEY

Community Participation Meetings for CDBG and HOME Programs.

The City of Downey has scheduled several meetings on the City's federal CDBG and HOME Programs for Fiscal Year 2009-2010. The City is now working on the required Action Plan and Application for these federal grants. These meetings are provided to give those in attendance information on these federal programs, and allow an opportunity to provide input in the annual development process. Interested Downey residents and representatives of community groups are encouraged to attend and comment on the City's housing and non-housing needs, program priorities and propose uses for either of these funding sources. The City estimates it will receive \$1,484,754 in CDBG and \$712,852 in HOME funds for this fiscal year.

Community meetings will be held on:

Wednesday, February 11th: Downey City Library Cormack Room, 11121 Brookshire Avenue 1:00 p.m.
Thursday, February 12th: Golden Park Activity Room, 8840 Golden Avenue 6:30 p.m.

A Public Hearing will be held on:

Tuesday, February 10th at 7:30 p.m.: Downey City Hall Council Chambers, 11111 Brookshire Avenue

For additional information or to arrange special accommodations to attend any meeting, please contact Ed Velasco at (562) 904-7167.



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Defending the classics

BY HELENA PARK,
DOWNEY PATRIOT INTERN

There has been much controversy on a recent article published in the *Los Angeles Times*. The article, "Teacher wants to expel Huck Finn," talks about how an English teacher, Mr. John Foley, objects to the teachings of "Huckleberry Finn," "Of Mice and Men," and "To Kill a Mockingbird," all of which are considered classic American novels that have been implemented into most school's reading list.

Foley wishes to replace "Huckleberry Finn" with "Lonesome Dove" and "Of Mice and Men" with "Going After Cacciato" because he feels that students will be able to relate to them better.

However, I feel that the books in question should never be removed from our school's reading list because they depict a life we never experienced and tell us

the horror and bigotry one had to face during those time periods.

In order to understand our nation better, we must learn about its history and these books guide us into events that should never happen again. These books are also a symbol of American literature as it defines the American life.

"Huck Finn, Of Mice and Men, and To Kill a Mockingbird are all great novels and I don't understand why it should even be considered to be removed from our reading lists," said Warren High senior Nancy Kim, "I learned a lot from these novels because they all hold a great message."

"I don't know about other people but Of Mice and Men is probably the best novel I have ever read because its written in such a vivid way and tells the story of true friendship that can never be broken," says Warren High senior Nadia Kim.

Huckleberry Finn, Of Mice

and Men, and To Kill a Mockingbird are all great novels. To remove such classic novels because students "can't relate to them" would be undermining our intelligence and our want for a good read.

Foley states that he doesn't want to ban the books but doesn't want them to be the backbone of the American literature curriculum in 2009, especially when it's a struggle to get kids to read anything. I believe that no matter what, Huckleberry Finn should be taught in classrooms because it deals with such a complex time in our country. Because race is such a sensitive subject to be talked about, literature helps in sparking conversation without offending many people.

There has also been much controversy with "Of Mice and Men," which tells the story of two friends during the Great Depression in California. Although it is considered one of the greatest American novels, it has been banned from various American public and school libraries because of its profanity, racial slurs, and for being pro-euthanasia.

I believe that students understand what they are reading and know that books shouldn't affect them personally. I believe that students merely want to know history and want to understand the conflicts that were presented during those time periods.

I believe we, as students, should be better acquainted with fine authors such as Mark Twain, John Steinbeck, and Harper Lee, who have all contributed to literature with timeless novels.

Helena Park is a student at Warren High School



Hunter Skill, center, donated 11 inches of hair to the Locks of Love Foundation. His hair was divided into 16 ponytails, and will be donated to children suffering from hair loss. Photo by Mary Forney

16 locks of love

BY MARY FORNEY,
STAFF WRITER

DOWNEY — Ed C. Lewis Elementary School children watched with enthusiasm as teachers took turns cutting Hunter Skill's locks of hair during a school assembly Tuesday.

Prior to Hunter's haircut, Principal Robin Martin spoke to the children about her personal experience as a cancer survivor.

"There are many different ways you can help people with cancer," Martin said. "What Hunter is doing today is one of them."

With his hair divided into 16 ponytails, Hunter's 11-inch tresses

were snipped as donations to Locks of Love, a non-profit organization that provides hairpieces to children suffering hair loss.

The cost of hair prosthetics ranges between \$3,500 to \$6,000, so Locks of Love provides the hairpieces to disadvantaged children free of charge or on a sliding scale, based on financial need.

Hunter's grandmother Charmon Skill stood on the stage and carefully placed the ponytails into a plastic bag as they were cut.

"We had to do multiple ponytails so they would all be at the length required to donate for a child's wig," Charmon said. "You can't just pull it into one ponytail and cut it."

Hunter, age 10, had not had his hair cut in more than 18 months. He started letting his hair grow after learning that right winger George Parros of the Anaheim Ducks shaves his hair annually to benefit the Childhood Leukemia Foundation.

Cheered on by his fellow stu-

dents, Hunter said he was a little nervous.

"My head's ticklish," he said.

After the ponytail locks were cut, Hunter and his family moved off stage where Johnny & Co. stylist Gigi Maidlow shaved his remaining hair.

"This is such a worthy cause and it's an honor to be here doing this for Locks of Love," Maidlow said.

Now sporting a fresh buzz-cut, Hunter wants to start letting his hair grow again for another donation.

"We are going to save so much money on conditioner, but I am flattered that he wanted to do such a random act of kindness," said his father Kevin Skill.

His parents want to enjoy his new haircut for awhile.

"He was constantly mistaken for a girl," said his mother Kelly Skill. "He was given My Little Pony girl toys at McDonalds — now he will be given the toys for boys again."

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FEBRUARY WHAT'S HOT TIPS



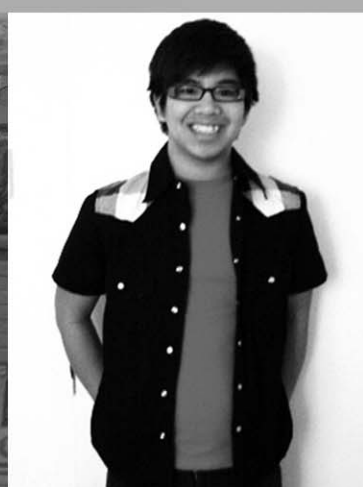
Joseph Szekula
"V for Valentines"

If you're like me, you like to be different, especially on the days when you're supposed to wear a certain color. For this Valentine's Day, what could be better than a v-neck? And to top it off why not make it turquoise, or better yet any color that has nothing to do with Valentines day. Zumiez has a variety of v-necks for under \$30.



Lauren Alvarez
"Hello Kitty"

When I hear February, I think of Valentine's Day! I'm going to admit I'm pretty Anti-Valentines day. So I was inspired this month to be free and go out and have some fun. I got this Hello Kitty pillow from the Sanrio Store at Stonewood Center. It's \$80, but how can you resist saying no to such cuteness! Splurge on yourself, get a carton of ice cream, and cuddle up with this Hello Kitty pillow on Valentine's night. It'll definitely make you feel better about the whole not having a Valentine thing.



Stanley Doeum
"My Black Valentine"

So this Valentine's Day, I decided to wear black and red. I got this black button up top from Hot Topic, which I thought looked very cool for Valentines. What I like most about this shirt is the white, gray, and black plaid on top and the white buttons which has a cowboy look to it. You can pick this up at Hot Topic at Los Cerritos Center for under \$30.



Sunnie Mao
"Exciting Options or A-V Options"

Let's face it: Valentine's Day just isn't for everyone. If you're one of those people dreading Single's Awareness Day, here are some exciting ANTI-Valentine's Day options. You can start by planning a girl's night in, renting some movies, and pre-ordering some take out. You'll be having so much fun with your girls, you won't even remember what day it is. While you're at it, buy yourself some Anti-Valentine's Day presents. I suggest taking a trip to Aeropostale at the Stonewood Center. They have your sleepover attire: Pajama Sweats in every color for \$34.50; tank tops on sale for only \$8.25; and the CUTEST penguin slippers for just \$16.50.



Tiffany Ford
"Valentines are so Overrated"

Hey ladies who are spending this Valentine's alone! Guess what? You don't have to worry about feeling sad any longer because Valentine's Day is out and Anti-Valentines Day is in. No more passing out cards shaped like hearts that say "I love you". No! This year you are going to switch it up a bit, drop the lovers and add some friends. But first you will need the perfect outfit to have some Anti-Valentines Day fun. Whether you are going out to TP an ex-lover's house or go love bashing, you must find cute but comfortable shoes, a cute top, and some nice jeans to keep you warm in this crazy Cali weather. This outfit is the perfect inexpensive outfit to have fun in all day long. This red vest was only \$13, and my yellow graphic tee was just \$8. These black jeans were only \$25, and the matching black and white chucks were only \$10. I got this huge deal all at Max Rave at Lakewood Center. It is time to have fun and get out of your sad zone and into your fun-free zone! Happy Anti-Valentines Day!!

New Titles at the Downey City Library

Fiction

- **"Best of Everything"** by Kimberla Lawson Roby. Reverend Curtis Black's daughter, Alicia, is all grown up and even more trouble than her rascally father in this latest novel from the author of "Love and Lies."
- **"Bordeaux"** by Paul Torday. A man finds himself being pulled into the world of an eccentric wine merchant in this novel about loyalty, obsession and fine wine.
- **"In a Gilded Cage"** by Rhys Bowen. Feisty investigator Molly Murphy is on the trail of an orphan's rightful inheritance, in the latest work in this delightful, award-winning series.
- **"Jack London in Paradise"** by Paul Malmont. Bestselling author Malmont writes a fictional account of the troubled life of the legendary adventurer and author of "Call of the Wild."
- **"The Rules of the Game"** by Leonard Downie, Jr. The editor of "The Washington Post" writes a debut novel about corruption at the highest levels of Washington politics.

Non-Fiction

- **"The Book of Dead Philosophers"** by Simon Critchley. Readers will get a new perspective on life through these thoughts on death from more than 150 philosophers—and discover how they died.
- **"Buy-ology: Truth and Lies about Why We Buy"** by Martin Lindstrom. A marketing guru draws on the results of a 3-year international study to shatter some of the myths about our consumer habits.
- **"The Cure for Money Madness: Break Your Bad Money Habits, Live Without Financial Stress—and Make More Money!"** by Spencer Sherman. Tips on achieving financial sanity for people who spend more than they earn, refuse to discuss money with their spouse or use money to manipulate others.
- **"The Next 100 Years: a Forecast for the 21st Century"** by George Friedman. Predicting the collapse of Russia and a U.S. confrontation with Mexico, a geopolitical forecaster gives us his view of the future.
- **"Why We Make Mistakes: How We Look Without Seeing, Forget Things in Seconds and Are All Pretty Sure We Are Way Above Average"** by Dr. Joseph T. Hallinan. An informative and eye-opening look at the science behind human imperfection.

Visit www.downeylibrary.org and click on "New and Notable Books" to browse more titles

The joy of a gala fundraiser dinner

By Rosalie Sciortino

DOWNEY – It isn't often that I refer to my "Joy of Cooking" for a word, but that is just what I did to prepare this article. I'll explain:

First of all, on Feb. 27 (that's about three weeks hence) at 6 p.m. the Downey Symphony Guild will produce another annual gala dinner fundraiser named "Celebrating American Freedom." It will take place at the Woman's Club of Downey and the pleasure of your company is requested.

Sometimes inserting a bit of French into our rich language is just the right touch, and so it is that the star of the American dinner will be *boeuf bourguignonne* (thanks, "Joy"), accompanied by a salad, green beans, hot biscuits, cherry crisp with ice cream, and coffee.

Illusions by Allen will entertain with incredible magic tricks and a silent auction with many unusual treasures to be featured.

All this, of course, is to benefit Music in the Schools and the Downey Symphony Orchestra.

Price of the dinner is \$65 per person and \$10 for children under 12. Your reservations are requested by Feb. 19 with checks made out to Downey Symphony Guild and mailed to 9700 Garnish Dr., Downey, CA 90240. For more information, please call (562) 861-6507.

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- ★ **THE PINK PANTHER 2** PG (11:40, 2:10, 4:45, 7:25, 9:45)
- ★ **PUSH** PG-13 (11:00, 1:50, 4:35, 7:20, 10:10)
- ★ **NEW IN TOWN** PG (11:45, 2:15, 4:50), 7:15, 9:40
- ★ **TAKEN** PG-13 (12:00, 2:30, 5:00, 7:40, 10:00)
- ★ **THE UNINVITED** PG-13 (12:20, 2:45, 5:10), 7:35, 9:50
- ★ **HOTEL FOR DOGS** PG (11:35, 2:05, 4:40), 7:10, 9:55
- ★ **PAUL BLART: MALL COP** PG (11:50, 2:20, 4:55), 7:20, 10:05

Times for Friday-Thursday, February 6-12, 2009
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Caregivers report strains on their marriages

LOS ANGELES – Eighty percent of baby boomers caring for an aging parent say that it has put a strain on their marriage. This insight is one of many garnered from a new research study conducted by Caring.com to measure the impact of caregiving on spousal relationships.

The Caring.com study of baby boomers caring for aging parents uncovered the following:

- 80% of baby boomers reported strains on their relationships.
- 46% of baby boomers stated that caregiving damaged their romantic relationships.
- 25% of divorced baby boomers said caregiving played a major role in their divorce.
- Baby boomers who are working full-time, are providing financial assistance to aging parents, and/or have aging parents living with them are at the greatest risk of marital strain.

The new insights on how stress affects marriage among caregivers have also been used to develop resources for those caring for an aging parent, including how to detect signs of stress in their marriages, as well as marriage tips to help caregiving couples make it work. The new content is supported by the "marriage doctors," Drs. Charles and Elizabeth Schmitz, authors of the award-winning book Golden Anniversaries: The Seven Secrets of Successful Marriage.

"Raising children is a challenge, but caring for aging parents can be an even greater challenge," said Dr. Elizabeth Schmitz. "The time spent caring for an aging parent can take a serious toll on the caregiver's relationship with their spouse. By providing relationship tips and pointing out warning signs, Caring.com is helping to nurture caregivers in a meaningful way by helping them keep their relationships strong."

Drs. Charles and Elizabeth Schmitz have worked with married couples for more than 25 years and have interviewed thousands of couples around the world to discover the secrets of successful marriages and to understand how to keep love alive during challenging times. With Valentine's Day

right around the corner, Caring.com is working with the "marriage doctors" to offer helpful tips on how to infuse a little nurturing and romance back into a relationship.

"Our study of successfully married couples over more than two decades reveals that caring for aging parents is yet another challenge they are capable of dealing with, because the strength of their relationship carries them through the good times and the bad," said Dr. Charles Schmitz.

Following are some helpful tips from the "marriage doctors" for coping with the challenges of caring for aging parents while maintaining and strengthening your marriage:

- Talk openly with each other about feelings, emotions, and stresses as they relate to your care of aging parents.
- Make a concerted effort every day to keep the flame of your love affair with each other alive.
- Approach all financial challenges with teamwork and open communication.
- Don't blame each other when things get tough, since casting blame never solved a problem.
- Don't wallow in self-pity; it's a wasted emotion.
- Enhance your love relationship by providing each other occasional time for privacy and solitude.

Remember that the simple things matter in marriage, and they need to be practiced each day.

"The relationship between husband and wife trumps everything else. If they continue to strengthen their relationship with each other, their marriage will survive the enormous challenges associated with caring for aging parents," said Dr. Charles Schmitz.

Caregivers can find marriage tips, information on how stress affects marriage, or to chat with other caregivers about their caregiving journey on Caring.com.

Dietetic Association urges committment to healthy lifestyle

CHICAGO – The American Dietetic Association has released an updated position statement on weight management calling for people to make a "lifelong commitment to healthful lifestyle behaviors" that includes the prevention of weight gain.

The statement also urges ADA members - primarily registered dietitians and dietetic technicians - to take an active role in addressing the country's obesity epidemic through partnerships among health professionals, government, schools and other organizations.

ADA's statement, which has been endorsed by the American College of Sports Medicine, is published in the February issue of the Journal of the American Dietetic Association and represents ADA's official position on weight management. It is the position of the American Dietetic Association that successful weight management to improve overall health for adults requires a lifelong commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity.

While the wording of this statement is identical to ADA's last weight management position issued in 2002, it is accompanied by a new 17-page evidence-based review of the latest research and interventions. That includes updated information on weight-loss surgery and weight-loss medications and other dietary and behavioral interventions.

The evidence-based approach uses ADA's evidence analysis process and information developed for ADA's Evidence Analysis Library, providing important added benefits to support its conclusions.

"The major advantage of the approach is the more rigorous standardization of review criteria, which minimizes the likelihood of reviewer bias and increases the ease with which disparate articles may be compared," according to the position's authors.

"The evidence supporting ADA's position is clear: Excess weight and

obesity affect the health and quality of life in all segments of the population, increasing health-care costs and putting significant burdens on our society," said registered dietitian and ADA Spokesperson Elisa Zied. "This new position provides guidance to ADA members who are uniquely qualified to improve the health of the public through effective weight management interventions and strategic partnerships."

Highlights of ADA's 2009 weight management position statement include:

- The importance of weight gain prevention and the challenge of weight loss maintenance in addition to the necessary continued attention on the implementation of effective weight loss interventions.
- The value of the unique contribution ADA members can make through collaborations with other health-care providers, government agencies, scientific organizations, schools, and community organizations to create social and environmental solutions to the epidemic of overweight and obesity.

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the American Dietetic Association at www.eatright.org.

Donate old phone, ink cartridges

DOWNEY – Century 21 My Real Estate is collecting used ink jet printer cartridges and cell phones through the Cartridges for Kids program in an effort to generate funds to benefit Easter Seals Southern California.

For each ink jet cartridge and cell phone collected, My Real Estate earns money for Easter Seal in order to help children and adults with disabilities lead fuller, more independent lives.

Residents can participate in the program by dropping their used ink jet cartridges and cell phones to the office located at 7834 Florence Ave. in Downey.

"Our relationship with Easter Seals enables our sales associates and employees to give something back to our community. We are pleased to participate in this worthwhile program that promises to garner substantial funds for Easter Seals," said Steve Roberson, broker and owner of Century 21 My Real Estate.


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Cecil Muchmore was police officer, pilot

DOWNEY – Cecil Loy Muchmore, an aviator who spent more than 30 years in a law enforcement career, passed away Jan. 28. He was 91.

Muchmore was born in Utica, Kans. on April 19, 1917. He came to California at 17 and worked for Safeway grocers.

He met his wife of 69 years, Neoma, at a local dance. He later served in the navy as a medic and joined the LAPD as a motorcycle officer.

Muchmore played the saxophone in the police marching band and orchestra. He later worked for Los Angeles Harbor in boat patrol, flew helicopters and worked LAX security for a combined police career of 31 years.

With a penchant for flying, he owned and operated his own plane for more than 50 years. He was also a member of Downey Moravian Church for more than 50 years.

He is survived by his wife, Neoma; daughters Nichol Siemens and Karen Schaefer; and grandchildren Cassidy, Kathelyn, Ryan, Natalie, Garrett and Sophia.

A family gathering was held Tuesday at Downey Zrelak Family Mortuary. Graveside services with military and police honors were held Wednesday at Loma Vista Memorial Park.



Marie Price, longtime resident, was 91

DOWNEY – Longtime Downey resident Marie Price passed away on Jan. 28 at age 91. She was surrounded by family at the time of her death.

She was born March 1, 1917 in Missouri. She lived in Downey for more than 50 years, and was a member of First Baptist Church of Downey. She had recently moved to an assisted living center in Rancho Santa Margarita.

She was preceded in death by her husband of 63 years, Clyde Price, and eldest son, Max.

She is survived by her son, Don (Judy) Price of Mission Viejo; daughter Nancy (Dale) Price Scarlett of Coeur d'Alene, Idaho; daughter-in-law Dixie Price of Anaheim; six grandchildren; and eight great-grandchildren.



Ann Marie Sigler was longtime resident

DOWNEY – Longtime Downey resident Ann Marie Sigler passed away on Jan. 29 at the Kaiser Permanente Hospital in Bellflower. She was 85.

Sigler was born Dec. 19, 1923 in Des Moines, Iowa to William J. and Nellie Marchino. She moved to Southern California in 1943 and married Homer Lee Sigler in 1944. They lived in Hollydale before moving to Downey in 1955.

She is survived by her husband, Lee; daughter Linda Hanson; and grandsons Bryan Lewis and Jason Sigler.

She was laid to rest at Forest Lawn Cemetery in Cypress on Feb. 4.

Hilda M. Hazzard passes away at 95

DOWNEY – Downey resident Hilda M. Hazzard passed away on Jan. 31 at her Casanes Avenue home. She was 95.

She is survived by her husband, centurion Ellsworth Hazzard, who is a widower for the second time.

Born Hilda Ahlberg in Hudiksvall, Sweden on June 23, 1913, she married Arne Sather in 1945. After many trips to visit Cecilia Petersen on Casanes Avenue, she married here in 1987 to Ellsworth Hazzard, a neighbor.

Funeral arrangements will be handled by Rose Hills.



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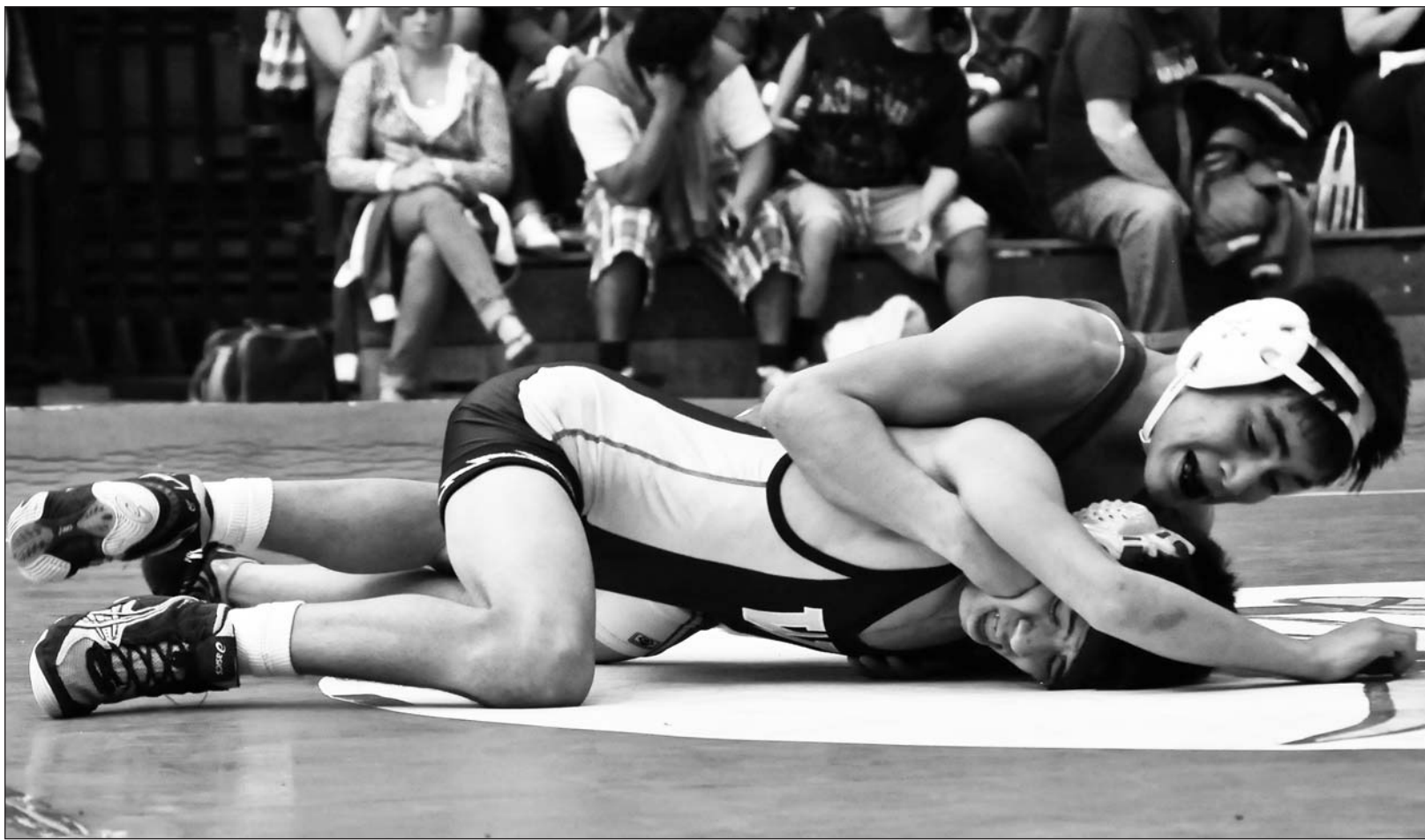
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Downey's Jacob Barberena pins Victor Hernandez of Warren as the Vikings rallied late to beat Warren and win the San Gabriel Valley League title. Downey wrestlers, below, celebrate. Photos by Carlos Ontiveros

Playoffs? Vikings don't want to talk about it

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – Downey's hole keeps getting deeper as far as playoff hopes go.

Losing games that needed to be won is not helping their cause as Downey dropped another one last Friday, 70-62, against Paramount.

The Vikings (12-11, 1-5) have a daunting task ahead of them if they plan on touching any hardwood come mid-February. After finishing a three-game home stand, Downey has to battle on the road if they plan on getting into the postseason, but boy's basketball head coach Larry Shelton's confidence is a bit shook.

"Right now this team does not deserve to go to the playoffs," said Shelton, who acknowledged he was very disappointed in his team's play. "We had three big games in league that we had to win and we came up empty so playoffs are something we don't want to talk about right now."

Shelton's team was plagued by poor shooting in the first quarter which buried the team from the outset. Downey made only three field goals in the quarter and scored only seven points. By the time the quarter was over, Paramount had already established a 14 point lead which was too steep of a mountain for Downey to climb.

The biggest blow taken in the first quarter was when forward Matt Taylor retaliated after being elbowed by a Paramount player.

As it so often happens, it's the response by the second player that is always caught by the officials. Taylor, who at the time was Downey's leading scorer, threw an elbow at the player who hit him and was immediately ejected from the game at the 1:43 mark in the quarter.

Downey crept back in the game slowly but surely, getting within six points at different junctures behind double-digit scoring from Matt Black, 13 points, and Royal Walker, 16 points, but was never able to push over the top.

Shooting fewer than 30 percent from the 3-point line also frustrated the Vikings. Their first 3-point make didn't come until the early parts of the third quarter. After that, they made only two more from behind the arc, which is very uncharacteristic of this team.

Shelton said Paramount had a great game plan and that a reason why they struggled from behind the line was because the Pirates switched on every screen defensively, putting pressure on the shooters.

Ultimately, according to Shelton, it wasn't the 3-point shooting, or the ejection of Taylor that lost the game. It was getting behind way too early.

"My kids are always going to battle but we don't have a lot of depth, we don't have much size, and we dug ourselves a little bit too much of a hole to come out of," he said. "You can't do that in this league and expect to be successful."

Shelton believes his team needs to get back to their philosophy if they want to be successful.

"We have to try to get better," he said. "We have two weeks. We know what we're up against. We have really tough games ahead of us. I'm just going to try to emphasize to the kids about going back and doing what we teach particularly on the defensive end. We've been giving up too many points and that's not like us."

Downey will be home for the last time tonight against Lynwood. Then in the final week, they'll be at Warren and at Gahr for their finale.

Warren still winless in league

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – Warren's boys basketball team can't stop the bleeding, losing again in league play to Lynwood 78-50 last Friday night at home.

The Bears continue to struggle for the second straight year and are now facing the possibility of going winless in league.

To make matters worse, Warren has only won one game in 16 league games under second-year head coach Brent Willis.

Showing some improvement from last year outside of conference play, the Bears were optimistic that they would surprise a few teams in the highly touted San Gabriel Valley League, but that has been far from reality.

While the Bears haven't won a league game this year, it's by how badly that has been the eye opener. In six league games, the Bears haven't lost by less than 18 points as of last week.

Dominguez High School gave them their biggest loss in league play this season, running the Bears out of the gym and off the planet, winning by 51 points.

With the season all but lost, the Bears can salvage what's left and play spoiler by beating the Vikings next Tuesday at home. With a win over the Vikings, it would all but eliminate their rivals from the playoffs.

Willis' comments from last week all but assures that whatever happens from here on out, it's Downey that his team will be gunning for.

The Bears will be at Gahr tonight for the final match up between the two teams this year. Game time is 7 p.m.

Cardiologist giving health talk

LAKESWOOD – Cardiologist Hossein Pedarsani, M.D., will discuss the basics of developing a healthy lifestyle when he presents Cardiovascular Disease 101 at the Lakewood Weingart YMCA on Feb. 11 at 12:30 p.m.

Topics include modifying behaviors and risk factors; and understanding the risks of cardiovascular disease could save your life.

Call (800) 813-4345 for reservations.



Lacrosse team still taking sign-ups

DOWNEY – A youth lacrosse team composed of 6th-8th grade students will begin playing games against neighboring cities in March, and it's not too late to join.

Sign-ups and practices are held every Wednesday and Friday at 3:30 p.m. and every Saturday at 10 a.m. at the Downey High School freshman football field (behind the gym).

The team is currently comprised of boys from Sussman, East and Griffiths middle schools. Students from both public and private schools are invited to join. Students must be between the ages of 12-14.

For more information, call Jeff at (562) 869-1431 or show up to a practice. All lacrosse gear is provided free of charge.

Video of the team is online at www.YouTube.com.

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Prudential 24 Hour Real Estate has announced the addition of Bree Poe to its sales staff. Poe, who completed the company's exclusive "Smart Start Success Course," said she was immediately attracted to Prudential 24 Hour Real Estate. "I saw a high level of professionalism among the agents and staff," she said. To reach Poe, call (562) 861-7257.

Networking meeting has two speakers

DOWNEY – Carina Huynh, CTE manager at Cerritos College, will be joined by Sandra Jean Hann of The Voluptuous Apple as guest speakers at Tuesday's meeting of Rise 'N Shine Networking at Downey Brewing Company beginning at 7:30 a.m.

The public is invited to hear the speakers and network with fellow members of the business community. Cost is an order from the breakfast menu.

RSVP by calling the Downey Chamber of Commerce at (562) 923-2191.

Float designs now being accepted

DOWNEY – The Downey Rose Float Association is now accepting submissions for next year's Tournament of Roses Parade float design.

Designs should be submitted on a 8 1/2x11 piece of paper with your name and contact information on the back. Anyone can submit a design and eligible Rose Float members will vote at their Feb. 10 meeting.

Submissions should be mailed to the Downey Rose Float Association, P.O. Box 765, Downey, CA 90241 by Feb. 9, or brought to the meeting in the Gallatin Room of the Barbara J. Riley Community and Senior Center on Feb. 10 at 7 p.m.

The parade's theme is "A Cut Above the Rest."

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CSULB fees ranks among state's lowest

LONG BEACH – Adding credence to its recent ranking among the top 50 "Best Value" public colleges in the nation by "The Princeton Review," officials at Cal State Long Beach released national data this week showing that CSULB fees are the lowest of any four-year institution in California and the lowest among all 23 campuses of the California State University (CSU) system.

For 2008-09, the national average cost of attending a four-year public university was \$6,585 while the national average of attending a private institution reached \$25,143. By comparing those rates to the 2008-09 average cost of enrolling at a University of California campus, which was \$8,007, or one of the 23 CSU campuses, which averaged \$3,849 for the year, CSULB at \$3,392 was one of the nation's best university values, college officials said.

Even within the CSU, the cost of attending CSULB is lower than the rest, in some cases much lower. The second lowest resident undergraduate student fee at a CSU campus in 2008-09 was at CSU Monterey Bay, where full-time undergraduate students paid \$3,535 or \$143 more than at Long Beach.

At the other end of the spectrum, Cal Poly San Luis Obispo had the highest student fees in the CSU system at \$5,043 for 2008-09. All University of California institutions charged considerably higher rates than all CSU institutions.

"At Cal State Long Beach, we work diligently to keep costs down for students wherever possible because we recognize that affording a university degree is an economic necessity for every child and student in the years to come," said F. King Alexander, president of CSULB. "Many of our students are among the first in their families to go to college, and they come from a wide array of diverse socio-economic backgrounds."

"We have thousands of middle and lower income students who would not be able to afford a university education if they lived in a state other than California. So, the issue of affordability is paramount, but it is also indisputably linked to the public commitment on the part of California taxpayers and legislators to keep it this way."

Although its fees are the lowest, CSULB has been recognized the past five years by "U.S. News & World Report" as one of the top five public comprehensive universities in the western United States. CSULB also attracts some of the brightest high school graduates in California through its President's Scholars Program, which has awarded more than 900 full scholarships to high school students.

"In addition to affordability, however, we also understand the value of providing a well-rounded and high quality education to our students," Alexander said. "It is this reputation that makes Cal State Long Beach one of the largest universities in the nation and California in terms of student enrollment. If we didn't provide a quality experience, students wouldn't want to come here, and their parents wouldn't want them here."

The difference within the CSU system is in the mandatory campus fees. While all 23 CSU campuses charged a state university fee of \$3,048 for full-time undergraduate students – the lowest system student fee in the nation – each campus has its own set of additional campus fees, which averaged \$801 system wide for 2008-09. CSULB campus-based fees were only \$344 for this year.

Campus fees are charged for a variety of university services that are not covered by state fees, including health services, technology enhancements and other instructionally related activities. Campus fees may also support

non-academic building projects (such as student recreation centers), athletics, student body associations and other specialized materials and services.

"Campus-based fees help us provide to our students an important margin of educational excellence that enhance student learning opportunities inside and outside of the classroom. These fees help us offer a wide range of educational experiences that would otherwise be excluded," Alexander said. "However, I do believe that no other university or university system in the nation does a better job at balancing the important issue of maintaining widespread affordability and providing high quality educational experiences."

CSULB is the largest campus in the CSU system with 37,891 students, and the state's second-largest university.

Group taking trip to San Manuel

HIGHLAND – The Los Cerritos District will host a fundraiser March 12 at the San Manuel Indian Casino in Highland.

The cost is \$15 and includes transportation to and from the casino, and \$10 in slot play.

The group will depart the Woman's Club of Bellflower at 9 a.m. and return at 4 p.m. The Woman's Club of Bellflower is at 9402 Oak St. in Bellflower.

Reservations are due by March 1. For reservations, call Barbara Briley-Beard at (562) 869-7618 or Debra Miller Hernandez at (562) 619-0268.

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Condo
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Commercial Lease
 Have you ever wanted a gym close to your office? This is a great opportunity to lease an office next to the YMCA in Downey. 4 nice offices are available, parking in rear and side. Fantastic corner location.

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After being cited by Downey Code Enforcement two weeks ago, Lady Liberty is again allowed to roam the sidewalk in front of Liberty Tax Service on Firestone Boulevard in Downey. But she can't twirl a sign, and the buckets of flag on the city sidewalk are gone. Photo by Mary Forney



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 <p>NE Downey Home! 3 BD, 2.5 BA, 2587 sq ft, large master bedroom, new roof, 3 car garage, 10005 sq ft lot. Priced right @ \$799,000 Call Michael Berdelis at (562) 818-6111</p>	 <p>A Real Steal! 5 BD + office, 4 BA, master suite w/ fireplace, 3,750 sq ft, 6,480 sq ft lot. Price: \$899,000 Call Michael Berdelis at (562) 818-6111</p>	 <p>Let's Make a Deal! 5BD, 4BA, 3800sq ft., pool and spa, 3 car garage. Price: \$929,000 Call Michael Berdelis at (562) 818-6111</p>
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Attention Downey Homeowners

Have you been told by "code enforcement" to "call for inspection" unexpectedly for "violations" which are NOT specified?

Has **code enforcement** invaded your privacy and forced "inspection" of your home on private property without a invitation?

Have you been "ordered" by building inspectors to report to city hall for a permit on something you are not responsible for - but were forced to alter to be "in compliance"?

Have you **been told** you didn't have to apply for a permit if you "Just Comply"?

Were your given a *fine* or ask to *pay money* for "non-compliance"?

IF your answer to any of these questions is – YES!

OR

If you know of James Eckart, Joe Eggart, Mark Detterich, Tim Boland, Lucy Reyes, or Mr. Forrester, or any other code enforcement officer (and it gives you a Quizzes feeling)

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