

The Downey Patriot



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Boxes of love for children
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Friday, February 13, 2009

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



Perfitt reiterates goals for downtown

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – Five “really strong” proposals to redevelop the Avenue Theatre and Verizon building have been received by city staff, which is now poring over the information and preparing to make a recommendation to the City Council, economic development director John Perfitt said this week.

Speaking to the Downey Chamber of Commerce’s City Affairs Committee on Wednesday, Perfitt reiterated the city’s desire to redevelop and transform Downtown Downey using a combination of housing and retail mixed-use development.

The city is taking a four-pronged approach to the redevelopment, Perfitt said, which includes building high-density apartments or condominiums; attracting unique, “quality” restaurants unlike the chain eateries at Downey Landing; reinventing the Downey Theatre and its entertainment options; and improving the “pedestrian experience” throughout the downtown.

“It’s a slow process, painfully slow at times,” Perfitt said, while estimating it could take 3-5 years before the downtown really begins to take shape and its impact felt.

City, union come to new agreement

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – The city of Downey has agreed to a new 1-year contract with the Downey Miscellaneous Association, which currently represents 98 city employees.

The new deal, adopted Tuesday by the Downey City Council, is retroactive to Nov. 1, 2008. It expires on Oct. 31 of this year.

The contract calls for a 4 percent pay raise, an increase in life insurance programs as provided by the state’s Public Employees Retirement System, and a hike in sick-leave payoff from 90 to 100 percent.

“In addition to the new compensation items, language has been modified in certain areas in order to clarify benefits and provisions,” Lee Powell, assistant city manager, wrote in a staff report.

Downey clobbers Warren

■ Vikings outmuscle Warren in 72-38 win. Downey sets sights on CIF playoffs.

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – From down-and-out to sneaking in under the radar, Downey basketball is now looking at the possibility of another surprising playoff berth for the second year in a row after dismantling rival Warren, 72-38, Wednesday night.

After a crucial road victory at Lynwood last Friday, the Vikings kept the momentum rolling with tons of help from forward Matt Taylor, who continues to play like a man on a mission after his one-game suspension for throwing an elbow versus a Paramount player two Fridays ago.

Taylor, who scored 19 points against Lynwood, again rung his opponents’ bell, this time to the tune of 21 points and nine rebounds. At the half, he led all scorers with 13 points, most coming in the paint.

“Matt [Taylor]’s just a very good player,” said Downey head coach Larry Shelton. “I know he felt bad about what happened [against Paramount], getting thrown out of a key game for us. But Matt’s a great kid. He was just playing hard.”

Downey’s other forward, Matt Black, also had a good night, scoring 13 points and pulling down 13 rebounds.

The two Matts have been a consistent force all season for the Vikings, usually leading the team in scoring and rebounding. Together, they accounted for more than half of Downey’s points and close to a third of their rebounds against the Bears.

“Matt [Taylor] and Matt [Black] are the cornerstones of the team,” Shelton said. “They’re both 3-year-varsity players. They carried us last year after I had to get rid of a lot of our starters due to disciplinary reasons. We were a young, inexperienced team last year and this year they have been the leaders. I can’t say enough



Downey junior guard Josh Carreto drives against a duo of Warren defenders last Tuesday. The Vikings went on to win, 72-38. Photo by James Quick III

about them.”

The Vikings led from start to finish Friday and were never threatened. After the first quarter, the Vikings were up nine points. They gave up only 10 points per quarter after that.

Just a week ago, Shelton said he didn’t want to talk about the playoffs. He’s changed his tune.

“We are [talking playoffs], I’m not going to kid you,” Shelton said. “I think our win over Lynwood the other night energized us and I’m really, really excited about tonight.”

Talking is one thing, but getting into the playoffs is another, and Shelton said he knows they are not a lock just yet. But they’re getting close, and a win over Gahr last night would be huge for them

(results were unavailable at press time).

If Downey does not get a wild card berth for the playoffs, they can still be proud of helping to keep Warren winless in league play.

Coming into Wednesday’s game, the Bears were last in the San Gabriel Valley League, never losing by less than 18 points. Playing against Downey was no different, with the team’s shooting slump continuing.

Warren head coach Brent Willis said he liked what he saw from his team in the first half, including being physical and playing good on-ball defense. It was his team’s lack of effort in the second half that bothered him.

See VIKINGS, page 2



The Downey Kiwanis Club coordinated an assembly Jan. 21 for Gauldin Elementary School’s ASPIRE program. John Casillas, past president of Kiwanis, spoke to the kids about the importance of being good students, demonstrating positive citizenship and getting involved in the community. Superintendent Wendy Doty spoke to students about Character Counts, while Mayor Mario Guerra provided students with fun and historical facts about Downey. Each ASPIRE student and staff received a Character Counts T-shirt, a gift from the Kiwanis Club.

Students never ingested tainted peanut butter

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – Among the school districts that received a shipment of possibly salmonella-contaminated peanut butter produced by the Peanut Corp. of America of Blakely, Georgia was the Downey Unified School District.

It turns out that none of the peanut butter in question was ever served to students. The U.S. Department of Agriculture (USDA), which administers the purchase and distribution of other farm products, had earlier served notice that all shipments of the product in question were to be put on hold and those already delivered were not to be consumed.

Christine Woods, director of food services for DUSD, said the district had frozen all 28 cases of peanut butter it has in its warehouse. The district’s product purchases are made through the centralized, state-sanctioned Commodity Cooperative.

Peanut butter sandwiches do not constitute a huge part of student lunches, she said. It satisfies the need for variety, though. More popular meals among DUSD students are pizza, hamburger, and chicken nuggets. Cereal and chips are snack favorites.

The district’s breakfast, lunch,

Jarred peanut butter OK to eat, FDA says

For a complete recall list, visit www.fda.gov

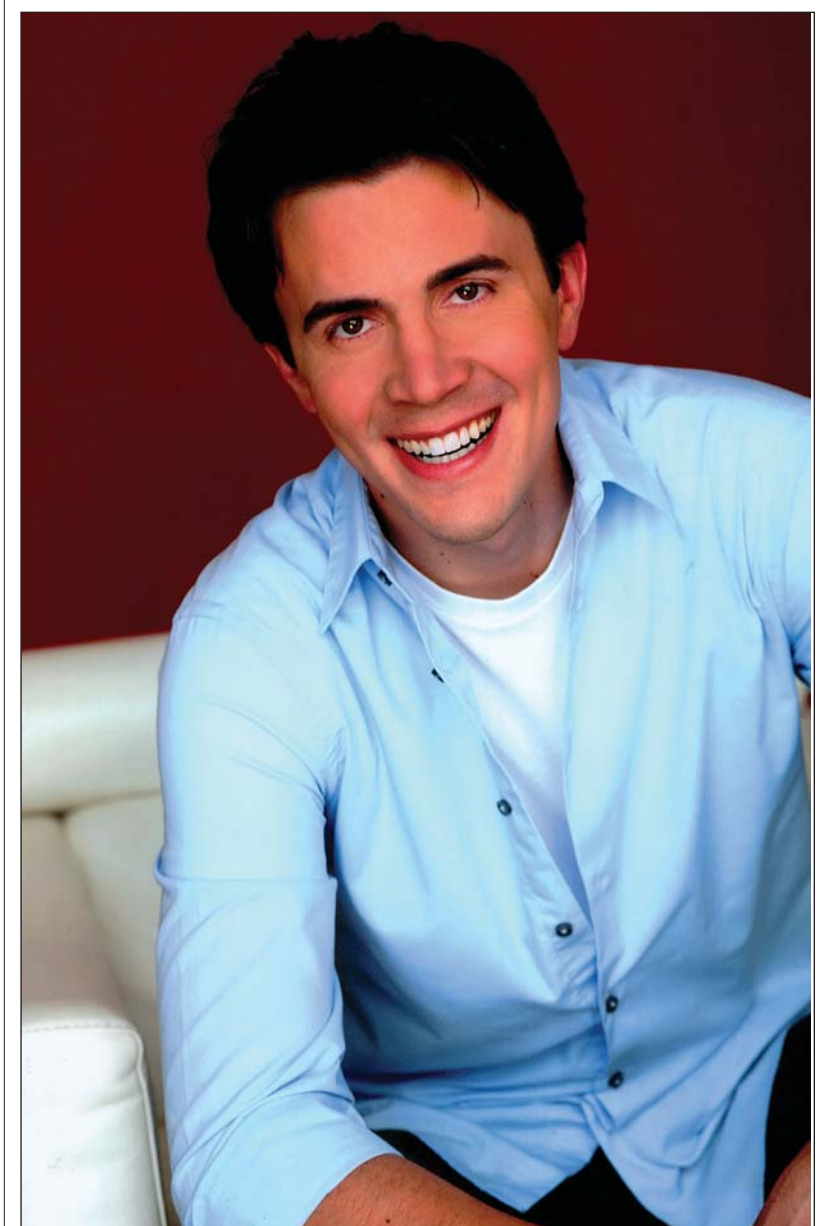
and after school snack programs have registered significant increases over the last two years. The district has been engaged in a host of programs (nutrition, training, education, etc.) all aimed at promoting a healthy lifestyle among students and their families.

The contamination warning came after the most recent inspection conducted last month by the Food and Drug Administration (FDA) of the Peanut Corp of America’s plant, which yielded results similar to its earlier inspection in 2001. At that time the FDA found the company’s products to have been potentially exposed to insecticides as well as rodent infestation. In addition, according to an Associated Press report, “workers at the plant used an insecticide fogger in food-processing areas and didn’t wash out the exposed equipment. They also found dirty duct tape wrapped on broken equipment.”

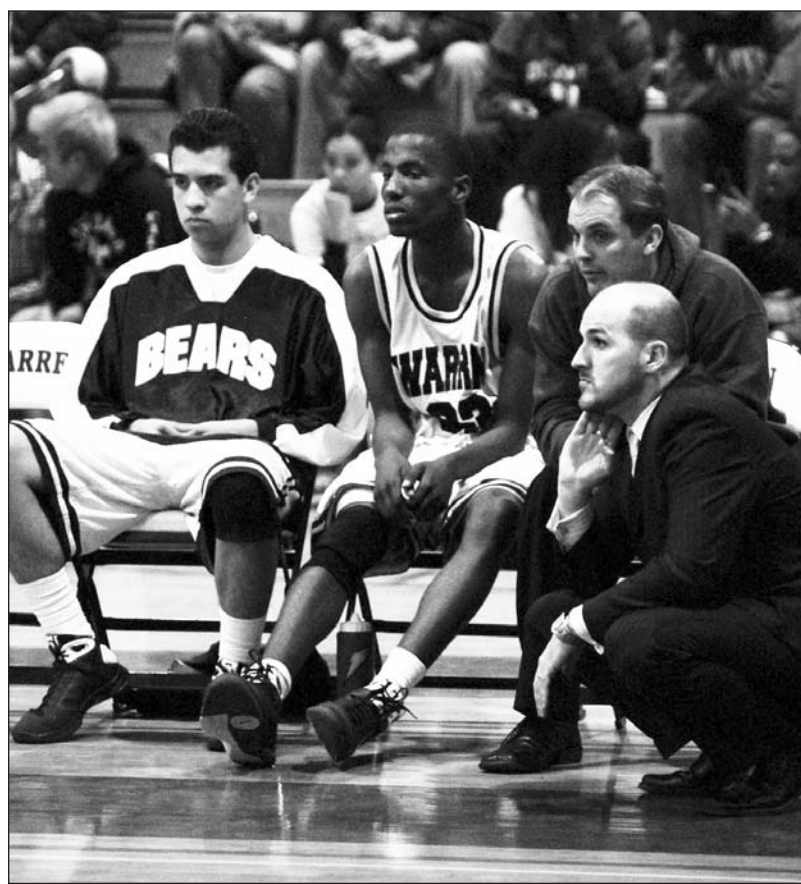
In the meantime, the USDA has suspended all business with the company. In fact, the company is under investigation by Congress.

Woods said disruptions in the district’s food services program happen from time to time, and these developments are nothing new. There was the beef recall last year, she said, and the spinach scare scarcely two years ago. There was also the infamous ‘boil water order’ here in Downey last year.

Thus, aside from the occasional curious student inquiring about the missing peanut butter sandwich, it’s business as usual at the district.



Wesley Alfvén will star as Dick in the Downey Civic Light Opera’s presentation of “Dames at Sea,” opening Thursday at the Downey Theatre. “Dames at Sea” will run through March 8. For tickets and information, call (562) 923-1714.



As of Wednesday, Warren was 1-18 in their last 19 league games, but head coach Brent Willis remains optimistic about the future. Photo by Art Montoya

Vikings: Downey 'out plays and out hustles' Warren.

Continued from page 1

"I thought we got out-played, out-hustled," Willis said. "That's not my style of basketball and that's not my program and I think the boys know that. That's what disappoints them the most. I think they know that's not the way we want to play at Warren anymore."

The Bears had two players scoring in double digits with forward Kareem Aly and center Manny Sterling scoring 11 apiece. Warren also kept the rebounding margin closer than the previous game against Downey.

However, Warren received very little production from its bench and the team struggled throughout the second half defensively, turning a reasonably close game into another blowout.

When asked if his comments two weeks ago about gunning for Downey may have backfired and revved up the wrong team, Willis rejected the idea.

"You better guarantee, 100 percent, 5-star lock it, we're going to come with that mentality whenever I'm coaching this team," he said. "It's not going to be soft, it's not going to be cozy. It's going to be up

in your face, it's going to be tight, it's going to be hot, it's going to be rough and that's the way basketball is supposed to be played."

Willis' 2-year tenure has been anything but soft and cozy. With the loss against Downey, Warren is now 1-18 in their last 19 league games, and going into last night's game at Dominguez, it was looking like a possible 0-10 in conference play this year.

"That is unacceptable and I'll accept responsibility for that," Willis said, after comparing a trip to Dominguez to visiting a lion's den with a pork chop tied around your neck. "1-19 is not a record you should have in a conference regardless of how tough the conference may be."

But ever the optimist, he believes big things are coming Warren's way in the years to come and that the Bears will be a player in SGVL play soon enough.

"I know what's coming up on the horizon," he said. "People look for instant gratification in high school basketball. You can't look for that in a program after two years under the leadership of a new coach with a different philosophy."

Seniors said thankful for CDBG/HOME programs

BY HENRY VENERACION, STAFF WRITER

DOWNEY – To receive both Community Development Block Grant (CDBG) and HOME Investment Partnership funds from the federal government, one of the requirements is for the city to hold two public hearings to receive public input to help determine the funds' most effective allocation benefiting especially the community's low and moderate-income residents.

The city has historically allocated a larger share of both grants for housing rehabilitation, code enforcement and public service activities. On occasion, the grants have been used to finance capital improvement projects. Such was the case when some of the funds were used to partially fund the new Discovery Sports Complex; the renovation of the Barbara J. Riley Community Center was another.

However they are used, each grant has its own defined use parameters and administrative conditions. Observance of these requirements and caveats is vitally important. The resulting Action Plan that outlines the city's proposed funds distribution program becomes its application to the U.S. Department of Housing & Urban Development (HUD) which dispenses the funds.

Tuesday the Council opened its first public hearing. For one reason or another, not too many people spoke. One who did, though, was the executive director of the Rio Hondo Temporary Home, David Littlehale, who expressed appreciation for the city's support through the years of its operations using CDBG/HOME funds.

Another appreciative speaker was Arc's executive director, Kevin MacDonald, whose developmentally disabled constituents can look forward, he said, to brighter futures due in no small measure to the funds.

In this regard, housing manager Ed Velasco, who made the PowerPoint presentation, said most appreciative e-mails detailing how their homes and thus their lives have been enhanced by the use of the funds have come from senior citizens.

The amounts available to the city next fiscal year are \$1,484,754 in CDBG funds, and \$712,852 in

HOME funds.

The second hearing is scheduled for the City Council meeting of May 12.

In other action, the Council:
 • Approved \$2,254,355.82 in carry-forward appropriations for the fiscal year ended June 30, 2008; these cover items approved in the 2007-08 budget, and were either ordered, contracted for, or in progress before the end of the fiscal year, but were not received or paid for until the current fiscal year;

• Approved the agreement with Gateway Cities Council of Governments involving Phase 2 of the truck-impacted intersection project, and appropriated \$210,000 from the Gas Tax Fund for the purpose;

• Authorized the donation of surplus Motorola 520 Mobile Data Computers to other fire departments, such as those of Chattanooga, Tennessee and Kootenay Boundary Regional Fire Rescue, BC, Canada, which have requested said units for their pilot programs to establish viability for mobile data use in their apparatus;

• Approved the expenditure of \$75,000 for the construction of masonry block walls (to promote orderly traffic flow, and enhance pedestrian and traffic safety, while beautifying the subject Lakewood Blvd. corridor) at the Sun Trailer Park property located at 12532 Lakewood Blvd.;

• Adopted a resolution appointing specific representatives to the Independent Cities Risk Management Authority; Mayor Mario Guerra is to serve as primary representative on its governing board, with John Michicoff reappointed as primary alternate;

• Adopted a resolution reappointing Diane Boggs to the City Hospital Commission for Council District 5;

• Adopted a resolution ordering the city engineer to prepare and file a report evaluating the assessment rates for the various zones within the Lighting and Landscaping Assessment District No. 121 for FY2009-10 (for the purpose of maintaining landscaping and public lighting facilities within the city);

• Introduced an ordinance approving the city's membership in the Los Angeles Regional Interoperable Communications



Downey officials had the opportunity to meet with State Controller John Chiang and talk about the budget crisis in Sacramento at the Independent Cities Association workshop last week. Discussion varied on the budget impact for Downey and reductions in education and redevelopment, along with projected tax increases. "While Downey is situated in better shape than most cities, there is still concern about the impact for our city and our residents," Mayor Mario Guerra said. From left: Gilbert Livas, deputy city manager for economic development; Councilman Roger Brossmer; Chiang; Councilman Luis Marquez; Guerra; and Desi Alvarez, deputy city manager.

System (LA-RICS) and approving the execution of the Joint Powers Agreement (the countywide communications system will address public safety operations, especially in times of emergency);

• Appointed a Council Subcommittee composed of council members Dave Gafin and Luis Marquez to have a thorough review of the food and beverage operation at Rio Hondo Event Center; this year marks the midpoint of the city's 10-year contract with the current licensee, Shelton Food and Beverage, Inc.;

• Also appointed Councilman Marquez as alternate director to Los Angeles County Sanitation Districts Nos. 2 and 18;

• Presented Downey's Girl Scout Troop 248 (represented by girl scouts from St. Mark's School, Griffiths and East Middle Schools) with a certificate of appreciation, and the Silver Award, for their volunteer services with the Keep Downey Beautiful program;

• Proclaimed the month of February as American Heart Month, in recognition of, in the words of Mayor Mario Guerra's proclamation, "the importance of the ongoing fight against heart disease," identifying cardiovascular disease as the nation's leading cause of death, with direct and indirect costs estimated to be \$475.3 billion in 2009;

• Heard Police Chief Roy Campos formally confer promotions on Sgt. Daniel J. Shapiro (19 years of service with Downey

Police) and Senior Forensic Specialist Ted Hiler (10 years of service);

• And heard Councilman Roger Brossmer present a certificate of appointment/reappointment to Roy Beard, to the Emergency Preparedness Committee, District 3; similarly heard Mayor Pro Tem Anne Bayer, designating Dwight and Julie Simpson, to the City Hospital Commission, District 4; and likewise heard Councilman Luis Marquez present the document reappointing Andy Doyle, to the Emergency Preparedness Committee, for District 5.

The meeting was adjourned to tomorrow, 9 a.m., at the Barbara J. Riley Community and Senior Center, John Downey Room, located at 7810 Quill Drive, for the first of two special City Council sessions.

The purpose of the sessions is to accommodate/address a) departmental presentations and Council discussion/direction of departmental priorities, and b) Council discussion/direction of city goals and integration of goals with departmental priorities, for the upcoming fiscal year. Provision has been made for a non-agenda public comment portion at the special session.

The second session is scheduled for Saturday, Feb. 28. This is without prejudice to the next regular public meeting of the Council scheduled for 7:30 p.m. on Tuesday, Feb. 24 at City Hall, 11111 Brookshire Ave.



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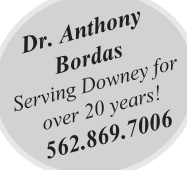
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Senior center busy with spring events

DOWNEY – The Barbara J. Riley Community and Senior Center is offering a variety of classes for all ages this winter and spring season. Visit the center in person at 7810 Quill Dr., or online at www.downeyca.org and click the "Community Services Guide" link.

•Tickets are still available for Downey residents age 50 and older to see Vicki Lawrence at the La Mirada Performing Arts Center. Lawrence is formerly of the "Carol Burnett Show" and the star of "Mama's Family."

Orchestra seats have been reserved for the May 9 matinee show. Tickets are \$77 per person, and the show runs from 1-5:30 p.m. Price includes admission and transportation from the senior center.

•Sign-ups began earlier this month for the free California Telephone Access Program (CTAP) screening and distribution scheduled for April 10. Doctors from Presbyterian Intercommunity Hospital provide screenings and distribute telephones to those who qualify.

Sponsored by the state Public Utilities Commission, eligible persons must have existing phone line service and be visually and hearing impaired. Screenings will be held at the senior center April 10 from 9 a.m. to noon.

•The community and senior center is now hosting game nights every Thursday from 1-4 p.m. Guests can enjoy cards, puzzles, trivia games, and board games, including Monopoly, Scrabble, Rummikub and Mancala.

•Beginning March 4, residents are invited to join the Wednesday Walkers, a walking club for adults ages 50 and older. The group will meet Wednesdays at 8 a.m. at the center's atrium area for a light stretch before a 1-hour walk around Apollo Park. Free pedometers will be provided to walkers.

•The senior center is looking for acts to perform in the 6th Annual Downey Senior Follies Show, scheduled to take place June 26-28. Call Colette Fowler at (562) 904-7226 for specific information.

For more information regarding any of the programs, or to learn about other classes and programs at the Barbara J. Riley Community and Senior Center, call (562) 904-7227.

Nishimoto on the Dean's List

WINONA LAKE, IN. – Abigail Marie (Hocking) Nishimoto earned a place on the Dean's List at Grace College for the fall semester of the 2008-09 school year.

Full-time students who achieve a minimum-semester GPA of 3.94 or above and maintain a cumulative GPA of 3.3 are eligible to be placed on the Dean's List for that semester.

Nishimoto is the daughter of Thomas and Tamra Hocking of Downey and is a 2006 graduate of Downey High School. She is a senior at Grace College this year and plans to graduate in December with a bachelor of arts in Communications and Bible.

Grace College is an evangelical Christian liberal arts college that enrolls 1,200 students from 37 states and 17 countries.



Actress and entertainer Vicki Lawrence will present a May 9 matinee show in La Mirada. Tickets and transportation are available through the Barbara J. Riley Community & Senior Center.

Rose Float installing 29th president

DOWNEY – The Downey Rose Float Association will install their 29th president and the 2009-10 board of directors Feb. 21 at the Barbara J. Riley Community & Senior Center.

Tickets to the event are \$23. In addition to the installation, the Association will also honor outgoing officers, members and major donors. Tickets may be paid at the door or reserved by calling (562) 824-7172.



DOWNEY PARTY RENTALS

10900 Paramount Blvd.
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Luncheon to touch on Lenten

DOWNEY – Sister Kathleen of the Notre Dame Sisters will be the guest speaker when the Our Lady of Perpetual Help Women's Guild will hosts a luncheon Wednesday at 10 a.m. inside the church's parish center.

The topic will concern the Lenten season.

A roast beef lunch will be served for \$10. Each guest will receive six tickets for a 50/50 drawing.

The public is invited to attend.

Tacos Mexico opens new location

DOWNEY – Tacos Mexico will celebrate its grand opening inside Stonewood Center with a ribbon cutting ceremony today at 3 p.m.

The Downey Chamber of Commerce is assisting with the event.

The public is invited to attend and enjoy refreshments and mariachi music.

Neighborhood watch meeting Tuesday

DOWNEY – Downey First Christian Church, in conjunction with the City Hall and Downey Police Department, will host a neighborhood watch meeting Tuesday at 6:30 p.m. The public is encouraged to attend.

The meeting will be held inside the church's New Life Cafe. The church is at 10909 New St., off 4th Street.

For more information, call Kelly Garcia at (562) 413-1070.

Crime Watch

Feb. 9: A robbery at Fashion City, 8520 Paramount Blvd., results in a loss of approximately \$40. No weapon was seen.

Feb. 8: At 12:25 p.m., shots were fired into the air in the alley north of Lyndora Street and west of Lakewood Boulevard. The suspect fled before officers arrived. No one was injured.

Feb. 7: A newspaper delivery man was carjacked at 5 a.m. near Bellder Drive and Imperial Highway. Minutes later, an officer saw the victim's car in the parking lot of a local motel and detained two suspects seated inside.

As the officers investigated, they learned another robbery had previously taken place at Bellflower Boulevard and Steve Horn Way. The loss was a purse.

The suspects, a 19-year-old from Los Angeles and a 20-year-old from Downey, were positively identified and arrested for robbery and carjacking.

• At 5:40 p.m., a man was walking near Lakewood Boulevard and Gallatin Road when a car jumped the curb and struck him. The driver fled the scene and was later arrested for felony DUI. The victim was taken to a local hospital and is listed in stable condition.

• At 6 p.m., a street robbery occurred near Bellflower Boulevard and Washburn Road. The suspects used a handgun to steal a cell phone.

Feb. 6: At 4:40 p.m., a person used a handgun to commit a street robbery near Paramount Boulevard and Orange Avenue. The loss was approximately \$7.

Source: Downey Police Department



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The Downey chapter of Delta Kappa Gamma presented 24 "Jared Boxes" to Long Beach Memorial's Miller Children's Hospital last month. From left: Denise Taylor, president of the local chapter; Joan Martin and Theresa Petit.

Club donates boxes of love to children

DOWNEY – Delta Kappa Gamma presented 24 "Jared Boxes" to Long Beach Memorial's Miller Children's Hospital in January.

The members of Delta Kappa Chapter decorated plastic shoe boxes which were then filled with an assortment of donated children's toys and games. Each Jared Box contained items selected for a specific age group and gender.

The purpose of the box is to lift the spirits of chronically ill children. They also serve as diversions for young patients as they receive chemotherapy and other medical treatments.

Jared Boxes were inspired in 2001 by a 5-year-old boy who battled cancer. He always brought his backpack filled with toys and games to his appointments and wondered why other children did not do the same, project organizers said.

In addition to creating Jared Boxes, Downey's chapter of Delta Kappa Gamma also sends books each month to the TLC Center, a local program that offers a variety of assistance to families in need, including medical help, legal aid, and counseling.

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

Embassy hosting networking event

DOWNEY – The Embassy Suites in Downey will host a multi-chamber mixer on Thursday

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.

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.

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, 10,000 fliers to Downey elementary school students, and publicity in local newspapers.

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

Celebrating Valentine's Day every day

BY YOLANDA ADELE,
WRITERS' WORKSHOP WEST

It was the first week of February, 1955. I remember following my Nana down a long corridor lined with people sitting in wheelchairs, and staring with vacant eyes. Just above their heads the walls were decorated with bright red hearts; trimmed in glitter on white paper lace doilies.

An intercom radio played my grandparents' favorite song which they often hummed. Until then I had never heard all the lyrics:

*"My Funny Valentine
My sweet and comic Valentine,
You make me smile with my heart.*

Don't ever change a hair for me,

*Not if you really care for me
Stay, my Funny Valentine, stay,
And each day will be my Valentine Day."*

When Nana reached the door to my Papa's room she paused, as was her custom, for a brief prayer before seeing him there. Tacked to the door was a poster of a precocious cherub with a bow and arrow in hand. The angelic facial expression was one of cheer, hope and jovial wonder. It had been signed and scribbled by their many children, grandchildren and great-grandchildren of various ages, most of which, Nana said, rarely visited him since his illness. Because of that, the sight of the poster evoked a profound disappointment within her, she confessed to me.

I quickly ran over to where Papa sat in his wheelchair. I knelt in front of him and kissed his hand. "Happy Valentine's Day, Papa! I got an 'A' on my history test."

I couldn't think of anything else to say. But it didn't really matter anyway. He didn't even look at me. His eyes only followed my Nana's movements as she took off her coat, removed her hat-pin and hat, and put a cheery expression on her face, blotting out the creases of sadness that was there just moments before entering the room.

He once told me that I was his "most favorite" grandchild, because I was the one most like my Nana. But, now I guess Papa forgot that too, I told myself as I went to sit on the gray plastic chair in the corner of the little room.

I watched Nana take a pretty box out of her shopping bag. All the while she was humming that familiar melody (that was playing on the radio). She sat on the chair that she placed in front of Papa.

She leaned to kiss his tear-stained cheek. She smiled at him and said, "Rest your searching eyes, it's me. Your sweetheart is here now. I know that your heart remembers me, even if your mind doesn't. And that will have to be enough, because that's all we have."

He looked down at the box on her lap.

"Look what I brought with me today, sweetheart," she said in a cheerful voice, as she removed the lid and picked up the heart-shaped locket. She opened it to show the picture pressed inside. It was of him, in a military uniform, with her standing alongside him in her wedding gown.

She opened his fist and placed the locket into his palm. He looked at it for a long time, with a blank expression on his face. A tear escaped down Nana's face when she whispered, "I will remember for both of us. That's what keeps my heart smiling."

I curled up in the chair and continued to watch Papa, watch Nana. She patiently unfolded a handkerchief, yellow with age. It revealed a small satin, heart-shaped pillow. There was a lock of hair and a little printed verse tied to it with a scarlet ribbon. Nana softly read the verse close to his ear. When she finished, he smiled at her and appeared content for the first time.

A nurse intruded to say that visiting hours were over. Nana turned to gather her things when Papa mouthed something to her. Then, in a barely audible sound, he began to hum.

I didn't understand, but Nana did. She went to him and kissed him tenderly on the lips, and said, "I can't stay My Funny Valentine. I can't stay yet."

Both my grandparents are gone now. My Nana passed away within days of burying Papa, on Valentine's Day.

Though I was very young, witnessing my grandparents' unconditional love for one another left a lasting impression on me that has sustained and comforted me during my own trials through the years. It taught me that love is not fragile like some love songs would have us believe. Instead, love endures like nothing else on earth can.

I know that my grandparents are now in a place where they never have to change, where they can stay sweethearts, and it is Valentine's Day every day.

Yolanda Adele is a member of the Downey Writers' Workshop West, and of the Bonnie Mansell's Norwalk Memoirs writing group.

POET'S CORNER

To Someone

Silver bells
strung gently through your hair
afloat like angel dust
on some sea of time

My chapter
lost
yet remembered as a dream

Space music hung
like Homer by some elder of the past
chant thunder
chant symphonies

—John Quicy Adams,

Untitled

What a wonderful life
when you're truly in love
knowing your marriage
was blessed from above
tender were your kisses
as my body you embraced
as I lay there beside you
with a smile on your face
the tears that we shared
too soon passed us by
not knowing one day
like the birds they did fly
then you had left me
for God took you away
and the day that He took you
was Valentine's Day

—Rose Sciascia Neal,
Downey

Valentine

God made the sun above
And put it in its place
A symbol of His love
And His amazing grace.

He gave us sun for light
To see the things He made.
And when it gets too bright,
He gave us trees for shade.

God made the stars and moon
To give us mellow light
Without the heat of noon
So we could sleep at night

So morning, noon and night
God makes a light to shine
So I can have in sight
What is, and isn't mine.

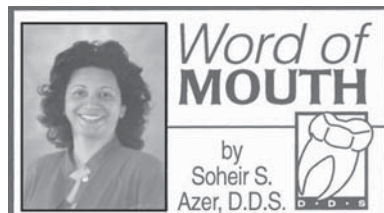
Most precious light I know
Is not up in the skies
That tiny little glow
Of love-light in your eyes.

God made me realize
Of all the lights that shine
The love-light in your eyes
Tells me that you are mine.

God put the love-light there
And caused the light to shine
In answer to my prayer
Cause you're my valentine.

Not just a passing sign
But love that's meant to be;
And you're my valentine
For all eternity.

—Bill Millburn,
Downey



Word of MOUTH

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

Some patients find the procedure of taking a traditional dental impression to be uncomfortable. It involves inserting a metal tray with plastic-like material into their mouths, which is used to make a negative impression of teeth, jaws, and gums. Once the impression hardens, it is filled with plaster of Paris or artificial stone to produce an exact model of the structures in the patient's mouth. More recently, advanced technology has provided a way for impressions to be created quickly and more comfortably. A chairside oral scanner (C.O.S.) utilizes a wand that is placed strategically in the patient's mouth, where it collects data that leads to the creation of a precise 3-D image, which is used to create models for restorations.

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P.S. A chairside oral scanner creates an impression instantaneously by creating an image on a touch screen.

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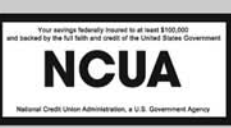
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California dreaming

By Eric Pierce

The thing I hate about newspapers and – to a degree – journalists, is their over-inflated sense of self-worth, often accompanied with a stubborn inability to change. It's a toxic combination that is killing the newspaper industry – page by page, section by section – before our very eyes.

The latest newspaper to further alienate itself is the *L.A. Times*, which announced plans recently to drop the California section in an effort to slash production costs. The idea has "failure" written all over it because, like most major metropolitan newspapers, the *Times* doesn't understand what its readers want to read, and that is local news.

Besides Sports, the California section was the only part of the *Times* worth reading anymore. (Even the *Times*' Sports section is becoming increasingly nauseating to digest, with T.J. Simers now writing about dog shows, but that's a separate matter.) People want local news. They want to know what their city representatives are doing, and how their actions and decisions affect them as citizens. The California section was the final tangible link between the *Times* and its readers, and when a newspaper loses connection with readers, its days of survival are numbered.

This business isn't what it used to be. We live in a multimedia world where vats of information are a simple Google search away. Newspapers are competing not only with other publications, but with the blogs, YouTubes and Twitters of the world. Anybody with a laptop and half a brain can become a "journalist" these days.

It's important for newspapers to give readers something of value and importance, and be of high enough quality for the community to take pride in. Newspapers shouldn't be boring, and articles should be written a way that the average person can understand them. That's not to say newspapers shouldn't be smart and insightful (they should be), but they should also entertain.

Historically, a newspaper's bread and butter has always been its local news coverage. That will never change.

So please, *L.A. Times*, stop with the gimmicks and bring back California. Los Angeles needs its newspaper.

Stimulus ignores country's small businesses

Contributed by the American Small Business League

According to the latest statistics from the U.S. Census Bureau, firms with fewer than 20 employees account for over 90 percent of all U.S. businesses and are responsible for more than 97 percent of all new jobs in America. CNNMoney.com and Inc.com reported on the findings.

The stimulus bill completely ignores this fact.

There is no need for Congress to reinvent the wheel. America already has a stimulus bill based on the realization that small businesses drive our nation's economy and create 97 percent of new jobs. That stimulus plan is called the Small Business Act. Current federal law stipulates that a minimum of 23 percent of the total value of all federal contracts and subcontracts shall be awarded to America's small businesses.

Unfortunately, since 2003 more than 15 federal investigations have been released which uncovered hundreds of billions of dollars in federal small business contracts actually went to Fortune 500 firms. (<http://www.asbl.com/documentlibrary.html>) Every major newspaper has covered the story along with ABC, CBS and CNN.

In 2005, the Small Business Administration (SBA) Office of Inspector General (OIG) released Report 5-15, which described the diversion of federal small business contracts to Fortune 500 firms as, "One of the most important challenges facing the Small Business Administration and the entire Federal government today."

In February of 2008, President Obama responded to the problem with the statement, "Small businesses are the backbone of our nation's economy and we must protect this great resource. It is time to end the diversion of federal small business contracts to corporate giants."

To date, neither President Obama, nor any member of Congress have proposed even a single policy to address the diversion of up to \$100 billion a year in federal small business contracts to "corporate giants."

If President Obama and Congress are sincerely interested in creating jobs and stimulating our nation's failing economy, the existing economic stimulus plan designed to direct federal infrastructure spending to the firms that create over 97 percent of new jobs must be addressed.

The Small Business Act defines a small business as "independently owned." Publicly traded firms do not qualify as small business, and are obviously not "independently owned."

One sentence in the stimulus bill could completely halt the diversion of federal small business contracts to Fortune 500 firms and create millions of jobs across the country: "The federal government and prime contractors shall not report awards to publicly traded firms as small business awards."

Letters to the Editor:

Stimulus deprivation

Dear Editor:

Look at the stimulus bill for money earmarked for Downey and prepare for disappointment.

Why? Did our City Council offend our congresswoman so we got cut off? Is Downey rich and does not need it?

Surely we could pitch funding our boutique movie theater downtown renovation.

— Gordon Lundene,
Downey

Bowling inaccuracies

Dear Editor:

As the Junior League director at Del Rio Lanes, I was shocked to read an article written by student writer Brienne Schaefer ("Ballbusters Thriving in Bowling League," (1/30/09).

I'm sure her writing skills will improve and her fact-finding ability will be tested over and over. There are a few facts that need to be clarified immediately:

We would never allow the team name "Ballbusters" to be used in Junior League. Our leagues are for kids 3 to 21 years of age.

Kevin Gonzalez's average is 186, not 187. David Wilson's average is 181, not 167. Cody Trepte's average is 182, not 167.

The "Teen Mania" league bowls at 11 a.m. on Saturdays, not 1 p.m.

They bowl three games, not four.

We invite all interested kids to bowl with us on Saturdays. No kids "sit on the bench."

— Christine Tarvin,
Junior Director
Del Rio Lanes



Correction: In an obituary last week for Downey resident Hilda Hazzard, her husband, Al Hazzard, was described as a "centurion," the spelling of an ancient Roman soldier. It was meant to read "centarian," for being 100 years old.

Al Hazzard is a longtime Downey resident, and not an ancient Roman soldier. We regret the error.

Credit unions are thriving

Contributed by the American Credit Union Mortgage Association

One by one, as the big "money center" banks stagger and fail, Americans hold their breath and clutch their statements, wondering if their institution will be the next victim.

During these difficult economic times, consumers look for a financial institution to trust, and for many Americans, that will mean joining a credit union.

As consumers read about banks dying each day they worry about where and how they will find the funds to purchase or refinance a home in this new economy. But for many they have a surprising alternative to banks -- credit unions.

Credit unions are among the few financial institutions that have mortgage money to lend to struggling consumers while at the same time operating for the benefit of their members. For the most part, credit unions will not be included with the growing list of financial institutions paying large salary bonuses to executives or throwing large parties at the expense of the financial institution or the American taxpayers.

"Credit unions never made the kind of risky loans banks made," explained Fred Becker, CEO of the National Association of Federal Credit Unions (NAFCU) based in Arlington, Virginia. He points to the industry's most recent numbers on loan defaults, which show loans originated at credit unions are defaulting at a rate less than half that of loans made by institutions insured by the Federal Deposit Insurance Corp. (FDIC), meaning banks.

Richard Maxstadt, SVP/COO of CUC Mortgage agrees. "We take our direction from our credit-union members," said Maxstadt, "Credit unions as a rule are conservative in their lending. Our loans tend to be plain vanilla, primarily 20- and 30-year fixed rate," he said, adding: "Too

many consumers forget that credit unions do make mortgages."

In addition, the soon to open Realtor FCU, will be the first Internet-based credit union -- without branches -- serving a nationwide, single association, the National Association of Realtors.

"Many of the nation's largest CUs are experiencing substantial increases in mortgage loan volume as millions of homeowners seek to lock in lower rates through refinancing their existing loans," stated ACUMA Chairman, John Reed, President/CEO of the Main Savings FCU in Hampden, ME. "This is just another example of how America's credit unions are seizing the incredible opportunity in the current lending markets."

Most consumers are unaware they can join a credit union and apply for a mortgage loan. Even a large percentage of the more than 87 million Americans currently members of credit unions do not understand the benefits. There is a credit union available for anyone who wants to join.

One hundred years ago the nation's oldest credit union opened its doors in New Hampshire and successfully weathered world wars and the Great Depression without once closing its doors. With that kind of track record, common in the credit union movement, major media outlets like the *New York Times*, *Wall Street Journal* and *NBC/Universal* can't help but take a new interest in this potential sleeping giant as a means for coming to the rescue of the slumping American housing market.

"Being the best kept secret for mortgage loans is not the distinction we desire or deserve. We have thousands of sound and trustworthy financial institutions ready to help American homeowners or those pursuing the American dream of homeownership" said Bob Dorsa, ACUMA President.

My toxic valentine

Contributed by Sharon Guynup

It's Valentine's Day. You have a big night out planned. You jump in the shower, soap up and shampoo. Dry off, roll on deodorant, spray perfume or cologne. Mousse your hair. Brush your teeth. Girls, apply makeup. Guys, lather up and shave.

You smell good, look good, and exude a clean, healthy glow. But ask yourself: what exactly is in the products you just drenched your body in, and how safe are they?

Naturally, we assume our government has tested and approved any personal care product that can be absorbed through the skin into the bloodstreams, right? Wrong. In fact, the U.S. Food and Drug Administration (FDA) doesn't review or regulate any cosmetic product before it hits the shelves. And the \$50 billion cosmetics industry (encompassing all personal care products except soap) is among the nation's least-regulated.

The disturbing news is that manufacturers can put essentially anything they please into those tubes and bottles, and are intimately exposing us to substances known or suspected to be gender-bending, cancer-causing, or otherwise harmful.

For example, your luscious red lipstick may contain lead, which brightens the color and keeps it on your lips longer. But when you eat or lick your lips, you ingest that lipstick — about four pounds worth over a lifetime, says *Glamour* magazine. Lead may also be found in your sunscreen, foundation makeup, or whitening toothpaste. Lead accumulates in the body over time, and may disrupt fertility, trigger miscarriages, or seep from mother to unborn child, causing brain damage.

According to the nonprofit Environmental Working Group (EWG), just 11 percent of the approximately 10,500 chemicals used in personal care products have ever been safety tested — and those were assessed by the fox-guarding-the-henhouse Cosmetic Ingredient Review panel, funded by manufacturers. In thirty years, that group has identified just nine unsafe ingredients. Compare that with the European Union's approach. In 2003, the EU Cosmetics Directive outlawed the use of 1,100 chemicals in cosmetics suspected of causing cancer, genetic mutations, or birth defects.

Our government also fails to protect us through labeling. While companies are required to list ingredients, there are no labeling standards. So any manufacturer can legally trumpet its products as "safe," "natural," "non-toxic," or "organic," even when they contain numerous synthetic, petroleum-based chemicals.

Scientists know with certainty that some toxic ingredients should be avoided. Foremost are parabens, which disrupt hormone, immune, and brain function and are linked to cancer. But they are widely used by manufacturers as preservatives — pesticides that allow us to leave shampoo in the shower for years without growing bacteria or fungus. They are used in so many products that researchers have found traces in nearly all

urine samples taken from American adults. They've also been found in breast tumors.

Three-quarters of us also have detectable levels of triclosan in our bodies, a "germ-fighting" ingredient in most soaps that lowers testosterone and alters other hormone levels, and interferes with metabolism by disrupting thyroid function.

But many of the most dangerous components of your shaving cream, hair dye, or deodorant are not even listed on the label. Many are byproducts created in the manufacturing process, such as 1,4-dioxane and formaldehyde, which readily penetrate the skin and are classified as probable human carcinogens by the U.S. Environmental Protection Agency.

And as much as we love wearing an alluring cologne or soaking in a scented bath, we're barred from knowing what makes up those fragrances. Since fragrance is considered a trade secret, companies are exempted from revealing the innumerable synthetic compounds brewed into their products.

What scientists also find alarming is that little is known about how chemicals in personal care products accumulate or interact inside the body, or how exposure in-utero or in childhood impacts health. We do know that mothers exposed during pregnancy to phthalates (common in deodorants, makeup, and soaps) are giving birth to sons with smaller and feminized genitals. And a 2006 university study suggested that the earlier your daughter starts using certain cosmetics — and the more she uses — the greater her risk of developing breast cancer.

It's obvious that voluntary self-regulation of the cosmetics industry is putting us, the consumer, in harm's way. Critics charge that the FDA essentially functions as a marketing arm of the cosmetics industry, not a public protector. We deserve stronger federal oversight and regulation of toxic chemicals in cosmetics.

But until safety standards are overhauled, we must make informed choices. You can assess product safety at EWG's "Skin Deep" [www.cosmeticsdatabase.com]. It ranks the hazards of 30,000 beauty products and 10,000 ingredients, using data compiled from over 50 international government and university databases.

On average, an American adult is exposed to 120 chemicals daily through personal care products. To be truly safe, use less, since what we slather on our bodies can have consequences that go much further than skin deep.

Sharon Guynup's writing has appeared in *The New York Times*, *Syndicate*, *Popular Science*, *The Boston Globe*, *National Geographic*, and other publications. © 2009 Blue Ridge Press

The Downey Patriot

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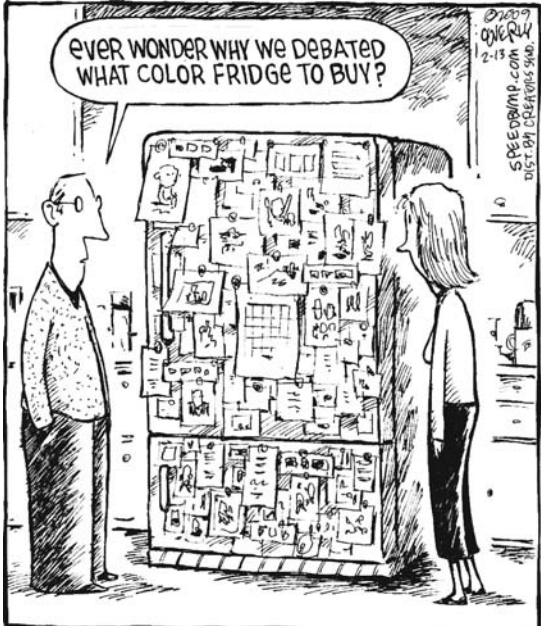
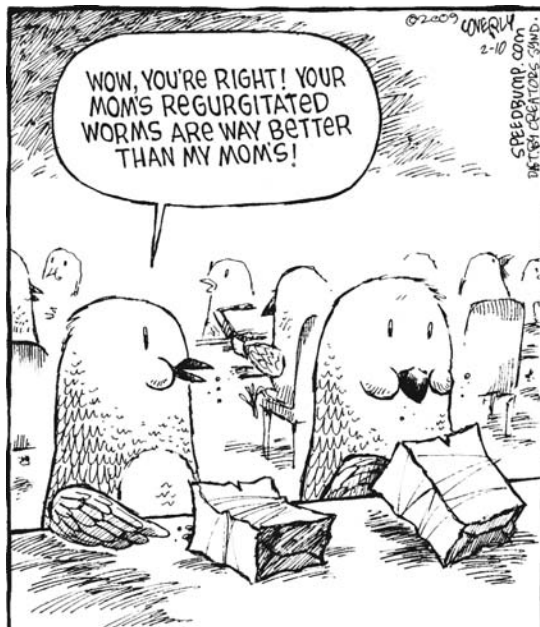
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For February

- Fri. Feb. 13: **Valentine's Day dance**, Barbara J. Riley Community Center, 7 p.m.
- Sat. Feb. 14: **City Council goal meeting**, Community Center, 9 a.m.
- Sun. Feb. 15: **"Etched in Stone" travelogue**, Downey Theatre, 2:30 p.m.
- Tues. Feb. 17: **"My Favorite Mystic,"** Temple Ner Tamid, 10 a.m.
- Wed. Feb. 18: **Lenten discussion**, Our Lady of Perpetual Help Church, 10 a.m.
- Thurs. Feb. 19: **Business mixer**, Embassy Suites, 5 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

- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.
- 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 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.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Brian Saylor at 927-2000.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call (562) 927-6438.
- 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at Apollo Park.
- 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.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 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.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 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.

On This Day...

Feb. 13, 1542: Catharin Howard, wife of England's King Henry VIII, is beheaded on charges of adultery. Howard denied guilt, but apologized for behavior "unbecoming of a queen."
 1635: The Boston Public Latin School, the first public school in the United States, opens its doors.
 1947: Duke basketball coach Mike Krzyzewski is born. Also born Feb. 13: Test pilot Chuck Yeager (86), actress Kim Novak (76), TV host Jerry Springer (65), rock singer Peter Gabriel (59), and singer Robbie Williams (35).
 1960: France detonates its first atomic bomb.
 2005: Ray Charles wins eight posthumous Grammy awards for his final album, "Genius Loves Company."

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

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by Gail Grabowski

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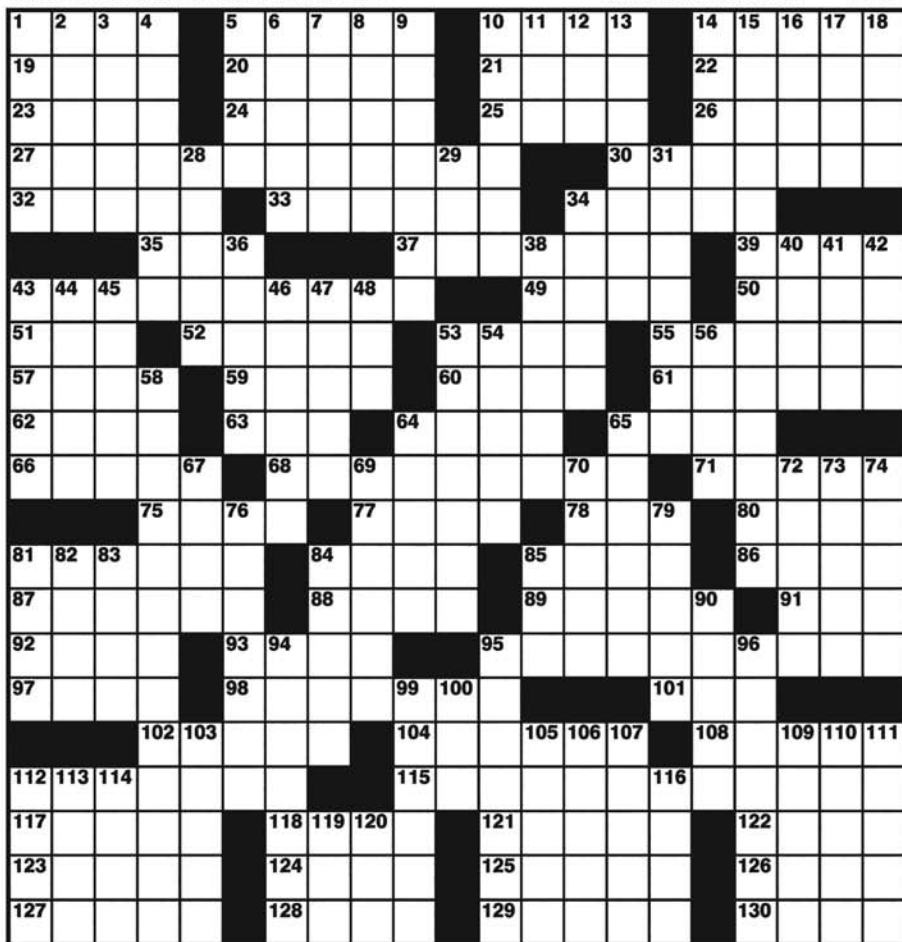
- 1 Dentist's directive
- 2 Metal worker?
- 3 Enlighten

- 4 Scientific site
- 5 Cupid alias
- 6 Shinbone
- 7 Congregational cries
- 8 Hazards
- 9 Cola cooler
- 10 Iris covering
- 11 Prospector's yield
- 12 Symbol of ancient Egyptian royalty
- 13 Letter writing, it's said
- 14 Inner tension
- 15 Reasonably competent
- 16 On a liner, e.g.
- 17 Bring up
- 18 Inexact figures, briefly
- 28 Rot
- 29 Live and breathe
- 31 Break, as a law
- 34 Wards (off)
- 36 Icy precipitation
- 38 Memorable marshal
- 40 Studies
- 41 Face-to-face test
- 42 *Titanic* heroine
- 43 Circulation director?
- 44 Eis of the links
- 45 Witherspoon of *Four Christmases*
- 46 "Where to?" asker
- 47 Name of eight popes
- 48 Some ER workers
- 53 Old reception aids
- 54 Smooth-barked tree
- 56 Far from polite
- 58 Ended unsuccessfully
- 64 *Don Giovanni*, for one
- 65 Abundance

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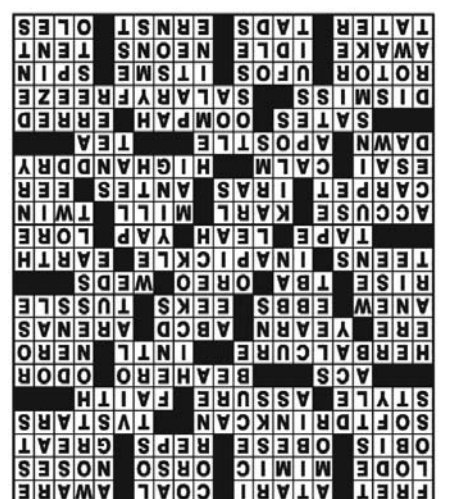
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- 67 MS. enclosure
- 69 Morning warnings
- 70 Making things up
- 72 Used oars
- 73 Taste tester, e.g.
- 74 Colonial patriot Patrick
- 76 Some furry friends
- 79 Fabric fold
- 81 Served perfectly
- 82 Honduras house
- 83 Gullet
- 84 Metric weights, for short
- 85 *Avril* follower
- 90 Vile smile
- 94 Halloween attire
- 95 Skirt's edge
- 96 Has the nerve
- 99 Sleeps restlessly
- 100 Mauna
- 103 Broadcaster
- 105 Dover dad
- 106 Fiery felony
- 107 Songs of praise
- 109 Force back
- 110 Cyberspace mag
- 111 Fender depressions
- 112 "Doggone it!"
- 113 Davenport's home
- 114 Sports-page number
- 116 Suffix with song
- 119 HHS agency
- 120 Archaic

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.

name, reigned from 1623 to 1644. VIII (47 Down), the last with that known as Loplop. Pope URBAN (Across) feature a birdlike alter ego known as Loplop. Pope ERNST (129) the works of Max ERNST (129) and personal computers. Many of games, home video-game consoles was a pioneer in video arcade. Founded in 1972, ATARI (5 Across)



Paging Dr. Frischer...

By Dr. Alan Frischer



It is once again time to attack (I mean...discuss) fast food. Even as I counsel my patients as to how they can find healthful food even at a fast food restaurant, I am astounded at how just plain awful some of the menu choices can be.

Let's begin with some nutritional target goals. For simplicity, we'll assume that we need 2,200 calories per day, a reasonable target for an "average" adult.

• We all need some fat in our diet. Ideally, approximately 20% of our calories should come from fat, so 20% of our goal of 2,200 daily calories means that 440 calories should come from fat. Since each gram of fat has 9 calories, we should eat no more than 49 grams of fat each day. Less than half of that should be saturated (as is the fat in a hamburger, cheese, mayonnaise, and other common components of fast food).

• The target for protein is around 20%. Typically, this is not difficult to reach.

• It's also necessary to have sodium in our diet. For our "average" adult, let's target about 2,500 mg each day maximum. (A brief reminder: too much salt can raise the blood pressure, put some people into congestive heart failure, and give many others swelling throughout their body and especially in the legs.)

• Sugar, a refined simple carbohydrate, has no nutritional value, and ideally none of our calories should come from it. A perfect goal would be to eat only complex carbohydrates. Nevertheless, sugar surrounds us, is very difficult to avoid (read those labels!) and very few of us choose to steer clear of it completely. The World Health

Organization suggests that a maximum of 10% of our total calories be sweeteners. 10% of our 2,200 daily calorie goal is 220 calories, and at 4 calories per gram, that results in a limit of 55 grams of simple carbs each day.

With fats representing 20% of the calories in our diet, protein representing another 20%, and simple carbs (sugar) representing a maximum of 10%, the remaining 50-60% should be complex carbohydrates, such as fruits, vegetables, and whole grains.

Now, let's examine some common fast foods!

• I have recommended that patients go to *Quizno's* for the low fat items on the menu, but I would hate to discover that they ended up ordering the "Tuna Melt" (regular). It has 1,420 calories, 118 grams of fat, and 1,535 grams of sodium. Note those targets, above. This single sandwich has more than double the fat and 3/4 of one day's calories.

• Everyone loves *In and Out Burger*. If you order a hamburger with onions, tomatoes, and lettuce you will consume 650 mg of sodium, 19 grams of fat and 390 calories. It may not be considered health food, but it's not too far out of the target range for a meal. Now, add some french fries, along with their 245 mg of sodium, 27 grams of fat and 400 calories. If you are brave enough to order a hamburger, fries and a shake, you will consume 1,245 grams of sodium, 101 grams of fat, and 1,480 calories, and your pretty decent fast food choice has turned into a nightmare.

• I have also referred people to *Subway* for reasonable fast food items. They offer eight six-inch sandwiches that have 6 grams of fat or less, 370 calories or less, and 1,260 mg of sodium or less. However, if we chose the "Sweet Onion Chicken Tempura" sandwich, we would end up consuming 2,400 grams of sodium (our target is 2,500 for the day) and 750 calories.

• I like *El Pollo Loco* for fast food. They promote their "Pollo Bowls" as a healthy alternative. These offer 543 calories and 10 grams of fat, but 2,159 mg of sodi-

um (nearly an entire day's target amount). Compare these to their "Chicken Tostada Salad" at 990 calories, 52 grams of fat (your full day's amount) and 1,755 mg of sodium.

• Many of *McDonald's* salads will run around 300 calories, under 10 grams of fat and under 900 mg sodium. As another nutritious alternative, try their "Fruit 'n Yogurt Parfait" at 160 calories, 2 grams of fat and 85 mg of sodium. On the other hand, how about their "Deluxe Breakfast" (without syrup and margarine)? It has 1,140 calories, 59 grams of fat, and 2,250 grams of sodium, nicely covering your dietary needs for fat and sodium for the entire day. At least it's not the "Chocolate Triple Thick Shake" (32 ounces), with 1,160 calories, 27 grams of fat and 510 mg sodium. That's half your daily fat and caloric requirements in just your drink for one meal!

• *Outback Steakhouse* prepares a "Steakhouse Aussie Cheese Fries with Ranch Dressing". This is a french fries appetizer...with 2,900 calories and 182 grams of fat, more than a day's calories and three day's fat - before the meal!

• *Domino's* "Deep Dish Extravaganza" (two large slices) contains 860 calories, 46 grams of fat, and 2,260 grams of sodium. You've got the hang of these calculations by now: that's enough fat and sodium for the day.

• We all know people who visit *Starbucks* (or their favorite coffee house) daily. If you try their "Peppermint White Chocolate Mocha with whip" (medium size) at 560 calories, 22 grams of fat and only 240 mg sodium, then your daily Starbucks run ends up costing you a quarter of your desired calories and half of your desired fat (and saturated, at that!). We won't discuss here the dollar cost for this treat. (Does anybody out there still drink black coffee or tea?)

• Fast food restaurants make a huge portion of their profits on the sale of soda. A 12-ounce serving (equal to a can) contains between 22 to 32 grams of sugar. Drinking two cans of soda will meet that 55 gram daily maximum target for sugar, all in liquid form. (Note that

teenagers drink "on average" 1.4 cans per day!)

• Let's wrap up with an indulgence that will neatly take care of roughly 100% of your goal for calories and sodium, and 200% of your goal for fat (saturated, naturally), all in one. Now, that's convenience. We would all expect a *Baskin Robbins* shake to be loaded with fat and calories, but could you have guessed just how much? Their "Heath Shake" (large) has 2,310 calories, 108 grams of fat, and 1,560 grams of sodium!

So what does this all mean? The typical American eats fast food every four days on average, which makes it quite difficult to achieve our goals to limit sodium, sugar, and fat. Making one poor selection from a fast food menu will put us near or over at least one of our targets before we even eat a whole meal, much less satisfy our hunger for the rest of the day.

Every fast food restaurant offers an enormous variety of food with just as enormous a range of nutritional content. Nutrition information is readily available on restaurant websites, and increasingly available at the fast food restaurant itself. I strongly advise you to research what you are eating, read labels, and be knowledgeable about the calories and fat, sodium and sugar grams in common foods. It is just too easy to go way over reasonable goals and never even know it.

I wish you healthful and SMART eating!

Dr. Alan Frischer is former chief of staff and current chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

Stick to your gym

Contributed by Dr. Warren Willey

Would you like to stay motivated and use that gym membership for more than three months? Gym memberships seem to be the easy answer to losing weight since money will be withdrawn from our accounts whether we show up or not, we'll formulate a habit of exercising if we can just stick with it for a few days, and the environment lends itself to success (who wants to look like the Michelin Tire Man around all of those hard bodies?). Here are three ways to stick with your gym membership when others are quitting - and reap the benefits of good health for life:

1.) Understand the role of your diet in weight loss. Exercise alone is not very effective for weight loss. You need to learn how to eat. The real reason the dreaded scale does not budge with your serious exercise endeavor is the fact that our bodies are homeostatic wonders. They will find balance no matter what we do to them, to what environment they are exposed, or what stresses they are placed under. With the induction of exercise into a daily regimen, calories are utilized (as we hoped and wished). We have been repeatedly informed that weight loss is a function of calories in to calories out. You are bound to gain weight with more calories being consumed than utilized, and you will lose weight when caloric expenditure exceeds intake - i.e. the purpose of our gym membership. Unfortunately, our bodies quickly figure this out and subconsciously (or not) start to consume more calories to make up the difference. Homeostasis is one of nature's durable laws - like taxes, it is unavoidable. Your body's ability to maintain its current condition is surprisingly powerful. Unless you work on your diet, you'll lose your motivation to continue your exercise because you won't get the results that you seek. You need to understand how food effects you in terms of total caloric intake, the macronutrients involved (protein, carbohydrates, and fat) if you really want to reach your weight loss goals.

2.) Find an "accountabilabuddy". A friend, a loved one, your co-worker, a personal trainer may be conscientious for your success. We all know the strength in numbers. This most certainly applies to exercise as well. Long term compliance to exercise protocols has demonstrated that support network and/or group participation are essential for success.

3.) Monitor your progress correctly. Trusting the scale as the only measure of your success (or failure) is like asking your doctor to fix your toilet. He or she might be able to do it, but you can certainly be more prudent in your choice. With your new found exercise effort, you need to follow both objective and subjective data. Objective data is information that is impartial or independent of the user's frame of mind or input. This would include blood pressure, cholesterol levels, cardiovascular endurance, muscle strength, how your clothes are changing, blood sugar, and most importantly, body composition (lean mass and fat mass). A lot of us tend to gain weight with an exercise program. Are we getting fatter, or leaner? Is that weight muscle or fat? Tracking your body composition is an excellent way differentiate the two and allows you to see your progress on a more objective level. Subjective Data is information that is biased or inclined by the user's state of mind or perception.

Dr. Warren Willey is the medical director of the nationally recognized, physician directed, Walk In Weight Loss program and author of What Does Your Doctor Look Like Naked: Your Guide to Optimum Health (Tate Publishing). Visit him online at www.walkinweightloss.com, and www.eatright4u.com.

The many faces of Ann Peck McBride



Tickets on sale for "Dames at Sea"

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Dena Semponis mourned by family

DOWNEY – Dena J. Semponis, born in Bell and a graduate of Bell High School, passed away on Feb. 4. She was 82.

She was married to James Semponis for 57 years before he died on Nov. 28.

She is survived by her children, Virginia Semponis, Tom (Dimitra) Semponis, and Debbie (Robert) Wiedbusch; and four grandchildren, Constance, Frank, Christina and Alex.

A viewing was held Wednesday at Miller-Mies Mortuary and was followed by a recital of the Trisagion. Funeral services were held Thursday at St. George Greek Orthodox Church. Burial followed at Riverside National Cemetery.



Raymond Prichard was WWII veteran

DOWNEY – Raymond W. Prichard, a World War II veteran, passed away Jan. 27 in Downey. He was 86.

He was born March 10, 1922 in Los Angeles and served in the U.S. Navy during World War II. He worked for 10 years as a surveyor and 25 years as a civil engineer for Cal Trans.

He is survived by his wife of more than 61 years, Margaret; children Michael, Claudia and Kathleen; 10 grandchildren; and 15 great-grandchildren.

He was preceded in death by his eldest son, Brian. A memorial service was held Jan. 31 at Peace Lutheran Church in Pico Rivera. His burial was Feb. 3 at Rose Hills.

Mona Maley, 68, passes away

DOWNEY – Mona Maley, a homemaker from Las Vegas, died Jan. 30. She was 68.

Before moving to Las Vegas, Maley was a longtime Downey resident. She was involved with Downey Pop Warner and the Downey High School Boosters Club.

She is survived by her husband, Darrel; and children Dee Ann, Monica, Danny and Brian.

A service will be held Feb. 20 at Good Samaritan Lutheran Church in Las Vegas. In lieu of flowers, the family requests donations to Celebrate Recovery, c/o Good Samaritan Lutheran Church, 8425 Windmill Lane, Las Vegas, NV, 89113.

'Pepper' Goracke was librarian at Piux X

GRANTS PASS, ORE. – Philomine Ursula "Pepper" Timko Goracke, a former longtime librarian for St. Matthias High School in Downey, died Feb. 4 at her home in Grants Pass, Ore.

The youngest of nine children, she was born Oct. 11, 1920 in Garrison N.D. to John and Anna Timko. She graduated from Lakefield High School in Lakefield, Minn. in 1936.

She married Conrad Goracke on May 26, 1945 in Los Angeles. They remained married until Conrad's death in 1998.

For nine years, Philomine Goracke was a librarian at Hollydale Public Library in South Gate. She later was a librarian for 17 years at St. Matthias High School (then known as Piux X High School) in Downey. She and her husband moved to Grants Pass in 1980.

In Grants Pass, she volunteered at St. Vincent de Paul for 20 years. She also volunteered at St. Anne Catholic School and was a member of the St. Anne Altar Society and Ladies of St. Anne.

She is survived by a son, Mark Goracke; daughter, Anne Guevara; five grandchildren; and a great-granddaughter.

A recitation of the rosary was held last week at Chapel of the Valley-L.B. Hall Funeral Home. A memorial service was held at St. Anne Catholic Church, with Monsignor Gregory Moys officiating. Private inurnment was at Hillcrest Memorial Park.

Elmer 'Red' Fields was patriotic man

DOWNEY – Elmer Fred "Red" Fields, 54, passed away Jan. 21 at 7:04 p.m. in La Mirada. He was diagnosed with small intestinal cancer in 2006 and tried very hard to fight it.

He was born Dec. 23, 1954 in Terre Haute, Indiana to Herman and Juanita Fields (both preceded him in death).

He is survived by his wife, Loretta Fields; sons Benjamin Scott Fields, Shawn Walter Fields, Aaron Vance Fields, Jesse Reese Hancher and Alex Blane Hancher (and their spouses); daughters Serene Bisson (and spouse) and Baily Otillia Fields; sisters Barbara Pauline Johnson, Alberta Darlene Kane and Deborah Sue Wehr; brothers Richard Edward Fields, Billie Ray Fields, Harold Eugene Fields and Vance Allen Fields (and their spouses); and nine grandchildren.

A patriotic man, he served in the Army and was a member of the Moose Lodge, Elks Lodge and American Legion.

His wishes were to be cremated and have his ashes scattered at sea. A memorial ceremony will be held in his honor at Moose Lodge #663 on Feb. 21.



Tea fundraiser at Embassy Suites

DOWNEY – The Women's Ministry of Breath of God Christian Fellowship Church will present a high tea fundraiser Feb. 21 at the Embassy Suites in Downey.

The event is titled "Women of Change" and begins at 10 a.m. Cost is \$25.

For more information, or to purchase a ticket, call (310) 767-9620.

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 Konnection 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.

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Joanna M. Shultz
June 16, 1955 - January 22, 2009

Joanna M. Shultz was born June 16th 1955. She grew up in Downey & graduated in 1973 from Warren High. She was an avid swimmer with the swim team at John Riley's pool winning many competitions. She swam against Olympic medalist Shirley Babashoff and won! Surfing & camping were also her thing. She started in the oil industry as a woman in a mans world but she persevered and was accepted. She worked hard to become a Registered Environmental Assessor, a title she was proud of. Joanna also had a love for cooking, reading all her cook-books like novels. She had a successful catering business with her sisters and mother until an injury made it to difficult to keep going. last but not least she was the best Auntie that any child could ask for. Last year she was diagnosed with a rare blood disease called Hemochromotosis. She passed away January 22nd 2009, was cremated and her ashes were sprinkled in the ocean. She is survived by a Mother, two sisters, two nieces one nephew and one great nephew. The loss is deep.

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Kurrasch says 'new beginnings' require courage

BY HENRY VENERACION,
STAFF WRITER

While an undergraduate at UC Riverside, Dr. Richard Kurrasch, senior minister at Downey Memorial Christian Church since January of 2006, immersed himself in social science and literature, emerging with a bachelor's in psychology. He then attended Bethany Theological Seminary of the graduate school of religion, Church of the Brethren (at the time located in suburban Chicago and now in Richmond, Indiana), for his master of divinity degree.

His bio continues: "He has served Congregational churches in the Great Lakes area, which included a 15-year pastorate in suburban Detroit, and in California where he had the opportunity to study at the Claremont School of Theology and earn his Doctor of Ministry degree" in 1987.

He was also 'on loan', he says, "for a memorable two-year period" to a United Methodist congregation on Maui.

He was born in Watertown, South Dakota but was raised in the Los Angeles suburb of Westchester.

Downey Memorial Christian Church, located at 8441 E. Florence Ave. just west of Brookshire Avenue, is affiliated with the Christian Church (Disciples of Christ), one of a number of mainline Protestant denominations which include the Evangelical/Lutheran Church, the United Church of Christ, the United Methodist Church, the United Presbyterian Church (USA), and the Episcopal Church.

Downey Memorial Christian Church was established in Downey in 1958 as part of the flowering of a host of institutions - housing units, commerce, culture, schools, churches, and more - that catered to an exploding population spawned by the aerospace industry.

"It was a time of prosperity. Downey was a mecca. People came in droves," said Kurrasch, whose engineer dad worked here. "I came to California as a kid, in 1954. At the time, people in Downey could live on one paycheck. A huge cadre of moms provided a pool of volunteers at every imaginable level. There were women's groups, outreach programs, Bible study programs. It was incredible. Today, when families became dependent on two incomes, the volunteer pool, for one, began to shrink."

Also, church attendance in general is on the decline, along with a marked demographic shift, noticeable in the schools, in the local government complement, everywhere one looks.

"We've had to seriously assess the local situation," he says. "We called our project 'new beginnings.' It's really a church revitalization program. Downey is now 65 percent Latino. Since it's our responsibility to respond to the challenges implicit in this cultural change, we've had to figure out what changes were needed to take place for a church to continue in a different context."

The obvious course of action? "Add a full-time Latino pastor to serve as associate minister," Kurrasch says. "I have been, and will continue to be, resident theologian, resource person, worship leader, and, in keeping with our covenantal relationship with the church community, help in going in the direction the collective church teaches us to go. We hope we'll have our assistant minister by the summer."

"The demographic shift first surfaced about 35 year ago," he says. "It became increasingly noticeable within the last ten years. Many of the local churches have not adjusted to their changed ministry. The step we are taking takes a lot of courage."

He has had a lot of exposure to these dynamic issues. Kurrasch has held numerous regional, national, and international offices that included chairing his denomination's executive committee and moderating an international fellowship which included a quadrennial meeting in Seoul, South Korea. At the local level, he has also worked with school district committees and other social service agencies that focus on the needs of children and youth and with coalitions that, he says, "work cross-culturally to address ethnic and racial issues." He has been a member of the Rotary Club for two years. He was sponsored by dentist Dr. Wayne Wilcox.

He says his other pastoral interests include "explorations in desert and wilderness spirituality," and the intersection between religion and the arts, particularly in contemporary American novels. Among his favorite authors are John Updike (who died recently), Walker Percy, and Gore Vidal. He also acknowledged the heavy influence of Mark Twain on the development of his literary tastes. Of German-Swedish ancestry,



Dr. Richard Kurrasch is senior minister at Downey Memorial Christian Church. His education and expansive culture have helped his church adjust to a changing demographic.

Kurrasch, whose wife Ann is a musician and composer (she holds a master of music degree in music composition; they have two children and two grandsons) also enjoys photography and writing.

Here are excerpts from one of his messages featured in the Dec. 14, 2008 issue of The Chalice, his church's Sunday newsletter, and the bases for his weekly sermons:

"Luther put it that when God wants to communicate with humankind, he speaks in baby talk...As it turns out, baby talk—the basic language of goo, goo, ga, ga, and cootchie, cootchie, coo—is a critical building block that connects infants with the world they so recently entered. Words are connectors in general, of course, but Erik Erikson has pointed out that trust is developed in a child during the very first weeks of life and it all happens in those very rituals of greeting for which the words are goo, goo, ga, ga. No goo, goo, no trust, or at least a deficiency in the ability to trust, for baby talk is that language of love, and love confirms that we can trust one another and a benevolent world beyond... Words nourish the soul and shape the ever-emerging self.

"According to the Story, when God wanted to address the human condition, a Child appeared..."

"So has God spoken to us, in a Word, a Word we can understand [because it's a kind of baby talk], a Word that nourishes the soul and shapes the ever-emerging self. Like the infant just beginning to make the connection with the universe, baby talk is what we need and so baby talk is what we get. The power of love, the ability to love, the foundation of trust, the reason to hope, the wherewithal to continue along the Way—all this follows from the words that connect us to one another and the wider world on which we ultimately depend."

Pretty powerful stuff. In these turbulent, trying times, Kurrasch, with his pragmatic, nuanced take on things sacred and profane due to his wide culture, is one to reckon with. Would that his voice be heard far and wide and his ministry flourish.

Sunday film travels through seas of Europe

DOWNEY - The Downey Theatre will represent the seventh film of its 2008-09 Armchair Adventure Travelogue Series, "Etched in Stone: Scotland to Provence," filmed and narrated by Monty Brown, this Sunday at 2:30 p.m.

From (Irish) sea to shining (Mediterranean) sea, the film is a historic spiritual journey from Solway Firth on the Irish Sea in Scotland, to the North Sea coast of England, south through the Midlands, the West Country, and across the English Channel to France. Finally, from Normandy and Brittany in the north, through the redolent French countryside to romantic Provence on the Mediterranean Sea.

Everywhere, stories and legends of the glorious past are written in stone: churches, castles, monuments, monoliths and remnants.

Part 1: Scotland and Northumberland: Whithorn - the White House - where the Scottish St. Ninian arrived from Rome with a mission to spread the Gospel. Christianity arrived in Scotland and England, and spread outward and downward from these remote northern climes. Evocative red stone ruins of Sweetheart Abbey, surely the inspiration for Valentine's Day. Massive Bamburgh Castle, the Farne Islands of the North Sea, and the Victorian heroine, Grace Darling.

Part 2: Yorkshire and The Heartland: Tickhill, a typical English village, with its medieval church, castle duck pond and buttercross. John Wesley's roots; Ivanhoe's Conisborough Castle and nearby Roche Abbey; St. Ives and Huntingdon and the story of Liver Cromwell, the Puritan leader. Peaceful byways rarely seen by tourists.

Part 3: The West Country: Glastonbury Abbey, sacred site in a spiritual land. Abbotsbury: medieval monks and thousands of nesting swans. Carn Euny Ancient Village. Stonehenge; new etched glass windows at war-damaged Moreton Church; Salisbury Cathedral, tallest spire in Europe; Dorset buttons; Cleeve Abbey and the seaside holiday town of Minehead.

Part 4: Northern France: Norman and Breton country churches and Benedictine Le Beq Hellowin monastery; Orbec and Debussy; Mont St. Michel and Le Dol de Bretagne; American tombs at Port de Plaisance; plinths and obelisks; the Cathedral of St. Tugdual at Treguier, and Cathedral at Coutances.

Part 5: Provence: Charleval and La Roque d'Antheron, Provencal villages; Lamanoun caves and cliffs; pilgrimage at Lambesc; cathedral and town of Aix-en-Provence. Le petit train in Marseilles: the Major Cathedra; mountain village of Gordes and the stone shepherds' huts (Bories); castles, monstons and Tatarin's House in Tarascon on the River Rhone. Notre Dame de Beauregard: church built on a rock. St. Maries de la Mer, where Mary Magdalen arrived, as do we, on the shores of the Mediterranean.

Producer

Born in Doncaster, England, in 1940, Monty Brown was raised and educated in British Columbia, Canada. He studied theater at the University of B.C. and, after touring with a repertory company in Canada for a year, he returned to England to study acting at the Stratford East Theater School. In London during the 1960's, he worked first as an actor, then as a production assistant at BBC television for five years.

In 1972, he moved to New York to take up a career in song-writing and musical performance. He and his wife, Marsha, who was born and raised in upstate New York, have written many songs together, including two - "Would You Fly?" and "Cajun Christmas" - which were used in the movie, "Steel Magnolias."

The Browns spent more than a year working for the Louisiana Folklife Center at Northwestern State University in Louisiana, where they produced the music and handled the publicity for the 1989 Folk Festival.

"Etched in Stone: Scotland to Provence" is the seventh Armchair Adventure of a 10-film series. The series features full-color, feature-length travelogues with live, in-person narration by the travel adventure producer. All films are on Sundays at 2:30 p.m. at the Downey Theatre.

Tickets for individual films may be purchased on the day of performance only, beginning at 1:30 p.m. at the theater box office. Adult tickets are \$7 and senior/student tickets are \$6 (cash or check only).

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*** CORALINE 3D (DIGITAL 3DX)** (PG)
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HE'S JUST NOT THAT INTO YOU (PG-13)
(12:25, 4:00), 7:10, 10:05
THE PINK PANTHER 2 (PG) (11:40, 2:10, 4:45), 7:25, 9:45
PUSH (PG-13) (11:05, 1:50, 4:35), 7:15, 10:15
TAKEN (PG-13) (11:55, 2:25, 5:05), 7:40, 10:00
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HOTEL FOR DOGS (PG) (11:45, 2:15, 4:55)
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Digital bookmobile stopping in Downey

DOWNEY – Downey City Library patrons can learn how to download electronic books when the library hosts a Digital Bookmobile on Feb. 21. The 74-ft. long, high-tech tractor trailer will be available in the library parking lot from 10 a.m. to 5 p.m. Readers of all ages are invited to the free event to see interactive demonstrations on how to download audio books and e-books.

Operated by Overdrive, Inc., the Digital Bookmobile is housed inside an 18-wheel tractor trailer, a high-tech update of the traditional-style bookmobile. The vehicle is equipped with broadband Internet-connected PCs, high-definition monitors, premium sound systems, and a variety of portable media players, all of which help visitors explore the Downey City Library's download service.

Interactive learning stations will provide an opportunity to search the digital media collection, use supported mobile devices, and download and enjoy e-books, audio books, music, and video from the library.

"In this exciting, hands-on demo, patrons will discover how easy it is to enjoy our digital collection," said Librarian Nancy Messineo.

Patrons can take advantage of the download service 24 hours a day when they visit the library's website at www.downeylibrary.org. From there, they can browse the growing collection of best-selling, new releases and classic titles, and check out a digital title with a valid library card.

Once downloaded, digital titles can be enjoyed on a computer or transferred to supported mobile devices. Many audio titles can also be burned to audio CD. At the end of the loan period, titles will automatically expire and are returned to the digital collection. There are never late fees or damaged items.

For more information, visit the library or call (562) 904-7360, ext. 113.

Former resident publishes book

DOWNEY – In her new book, "So You Want to be a Christian?" former Downey resident Myisha J. Blackman introduces readers to elementary truths of the Christian life.

Published by Tate Publishing and Enterprises, Blackman's books "presents Jesus with such power and conviction that skeptics will have to reconsider their doubt and atheists will be compelled to revisit their commitment to reject Him," according to a press release.

The book is available at bookstores nationwide or can be ordered through the publisher at www.tatepublishing.com/bookstore. It is also available at barnesandnoble.com, amazon.com, and target.com.

An audio version of the book is also available from the publisher. Blackman currently resides in Van Nuys.

February auction items on display

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.

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.



Lightning strikes were reported in different parts of Downey earlier this week, including the intersection of 4th Place and Smallwood Avenue, where a bolt of lightning struck a 30-ft. pine tree. No injuries were reported. Rains are expected to continue through the weekend. Photo by Eric Pierce

New Titles at the Downey City Library

Fiction

- **"Dog on It"** by Spencer Quinn Roby. This is the first book in a funny, touching and often scary new mystery series featuring Chet, a canine narrator.
- **"Drood"** by Dan Simmons. At the height of his career in 1865, Charles Dickens traveled by train to London with his secret mistress and was hurled into a disaster that changed his life forever. Did Dickens begin living a dark double life after the accident?
- **"Eve: a Novel of the First Woman"** by Elissa Elliot. With a twist on the Biblical narrative, this is the world's oldest story told through the eyes of Eve and her three daughters.
- **"If You Eat, You Never Die: Chicago Tales"** by Tony Romano. Fabio and Lucia Comingo are Italian immigrants who build a new American life and struggle to comprehend the influences that change their restless young sons.
- **"Land of Marvels"** by Barry Unsworth. In this intelligent thriller set at the close of World War I, a British archaeologist fears that his recent discovery of an ancient tomb will be compromised by the construction of a new railway.

Non-Fiction

- **"Bringing the Garden Indoors"** by P. Allen Smith. A garden designer shows how to use beautiful bouquets and containers to decorate every room of your home.
- **"Decoding Love: Why It Takes Twelve Frogs to Find a Prince and Other Revelations from the Science of Attraction"** by Andrew Trees. The author reveals the science and psychology behind falling in love—and says most relationship assumptions are wrong.
- **"The One Thing Holding You Back"** by Raphael Cushnir. Advice on making positive emotional connections to help you fulfill your life purpose.
- **"Postcards from Heaven"** by Dan Gordon. Funny, poignant and inspirational stories about messages from the other side.
- **"Training the Hard to Train Dog"** by Peggy Swager. This illustrated book includes effective training techniques for working with shy, controlling and stubborn dogs.

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

Patriotic fundraiser benefits symphony

By ROSALIE SCIORTINO,
DOWNEY SYMPHONY GUILD

DOWNEY – Downey Symphony Guild's Katy Hare and her patriotic board are busily preparing for their annual gala, "Celebrating American Freedom."

The "fun-raiser" will be held at the Woman's Club of Downey on Feb. 27 at 6 p.m. to benefit Music in the Schools and the outstanding Downey Symphony Orchestra.

Besides the delectable meal being planned, guests should be prepared to be astounded and amazed at the artistry of Allen Oshira, a performing member of the famous Magic Castle. His acts, "Illusions by Allen," includes astonishing slight of hand, fun and comedy for all ages. Children will be enchanted with this man's outstanding, well-polished performance.

The community is invited to share in this unusual evening by sending their reservations by Feb. 19 at \$65 per person and \$10 for children under 12 to Downey Symphony Guild, 9700 Garnish Dr., Downey, CA 90240.

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

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TOP SALES
Maria
Cibrian

Only 3 Units Left

3 spacious bedrooms, 3 baths, delightful fireplace, sparkling stainless appliances, granite countertop in a spacious kitchen, 2 car garage. An unbelievable low price and they are new!

Sell It Fast

Said the owner! 3 bedroom, 2 bath home, gorgeous Travertine floors, fireplace, electric gate to a 2 car garage, close to school, park and golf course. Short Sale

Seller Wants It Sold NOW!

So seller has made another BIG REDUCTION! 1593 sq. ft., central heating & A/C, fireplace in living room, large family room, new interior paint and across the street from middle school!

What A Playground!

A cute, cozy and ready to move-in 3 bedroom, 2 bathrooms, fireplace, assoc. pool, spa and PLAYGROUND, central heat and A/C

Steal Home

Benefit by buying this large two story home located within the Downey School District. 3 bedroom, 2 bathrooms, new stucco, new paint inside and out, new carpet throughout, laundry room, sunroom.

Close To Downey Landing

This property is zoned R2. Nice & clean 4 bedroom, 2 bath home and 2 car garage. Not a REO or short sale. Think about the future potential!

Home Sweet Home

Downey 4 bedroom, 3 bath home, 3 fireplaces, large pool, spa, formal living room, family room, alarm system, formal dining area, copper plumbing. Virtual Tour – www.towncenter.com/9327

Hot Downey Buy

A tasteful 4 bedroom, 4 bathroom home. Central heating & A/C, sparkling pool, fireplace, and granite counter tops in kitchen but not a big price.

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FOR RENT
SHORT TERM RENTAL!
3 bed, 1 bath home in North Downey. Looking for Short Term Tenant 2-4 months only!
Call Carrie @ 562-382-1252

JUST LISTED
GREAT VALUE!
3 bedroom 2 bath 1275 square feet in North Downey. Move in condition!
PRICE: \$399,000

NICE PROPERTY!
HOUSE AND GUEST HOUSE!
Super clean 3 BD, 2 BA home with central air & heat and 1 BD, 1 BA guest house.
Price: \$479,900
Call Carrie @ 562-382-1252

REDUCED TO SELL!
THIS IS A STEAL!!
4 bedroom 3 bath with newer windows, roof, remodeled master bedroom. North Downey!!
PRICE: \$499,000

CALL FOR INFO!
OPPORTUNITY KNOCKS!
Charming Duplex in Downey with 2 BD, 2 BA and other unit 1 BD and 1 BA.
Price: \$420,000
Call Carrie @ 562-382-1252

A REAL STEAL!
NEW CONSTRUCTION 2009
5 BD, 4 BA, 7,600 sq. ft. lot.
Call Jason Lockwood 562-619-2979

CORNER LOT!
SWEET & LOW!
Lovely 3 bedroom 2 bath home in Downey with living room & fireplace.
Price \$374,900
Call Carrie @ 562-382-1252

AVOID PROBATE!
• Living Trusts
• Wills
Make Your Living Trust!!!
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TURNKEY!
MOVE TO THE BEACH!
Exquisite 3 BD 2 BA, gourmet kitchen, hardwood floors! PRICE: \$519,000
Call Marie Picarelli (562) 618-0033

IN ESCROW!
GREAT CURB APPEAL
2 BD, Large Family Room w/ Fireplace PRICE: \$399,000
Call Mary Jane Lee 562-618-0390

★ **Top 5 Reasons to Buy or Sell with MARIO in 2009:** ★★★★★★

- Top 1% of ALL Downey-Based Realtors**
- Prudential Real Estate WORLDWIDE**
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Award Winner 2004 THRU 2008
- Prudential 24 Hour Real Estate's "Ultimate Service"**
Award Winner 2004, 2005, 2006 2007 & 2008
- 99% Successful Closed Sales Rate!**
- INTEGRITY, INTEGRITY, INTEGRITY !!!**

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REDUCED
Northeast Downey Estate!
5 bed, 4 bath, 3966 sq ft house + 1000 sq ft guest house on a 20,040 sq ft lot. Remodeled like new 6 years ago and priced to sell @ \$1,799,000.
Call Michael Berdelis at (562) 818-6111

OPEN HOUSE
A-1 Neighborhood
NE Downey 5 BD, 4 BA home w/ entertaining floorplan, 3240 sq ft, large master suite, oversized 3 car gar w/ workshop, many great amenities, & large yard with pool/spa.
Price: \$995,000
Call Michael Berdelis at (562) 818-6111

REDUCED
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 @ \$769,950
Call Michael Berdelis at (562) 818-6111

DOWNTOWN DOWNEY DEVELOPMENT!
2BR+den, 1BA house w/ 2 car garage & large parking in backyard, on a 8799 sq ft lot, can be built into a 7000 sq ft office/retail bldg.
Price: \$499,900
Call Michael Berdelis at (562) 818-6111

The Dream Deal in Downey!
5 BD, 3.5 BA main house + 3 BD, 1 BA guest house with amazing amenities, awesome pool & spa, and approx 20,000 sq ft lot in North Downey.
Price: \$1,499,000
Call Michael Berdelis at (562) 818-6111

Bank Says "Sell It!"
6BR, 6.5 BA, 5219 sq ft living space, on a 7,709 sq. ft. lot, including a large master suite with retreat, fireplace, walk-in closet, master BA, and an entertainer's backyard with pool/spa and slide.
Call for NEW price!
Call Michael Berdelis at (562) 818-6111

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

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

Cherokee Estates Charmer!
4BD, 2.75 BA, N. Downey Home w/ spacious family rm, updated kitchen w. newer appliances & granite counters, pool size yard, 9900 sq ft. lot, and a master bedroom.
Starting: at \$679,000!
Call Michael Berdelis at (562) 818-6111

Great Neighborhood, Great Price!
3 BD, 2 BA Northeast Downey home with large yard, enclosed patio, hardwood floors, and living room with fireplace.
Price: \$469,000
Call Michael Berdelis at (562) 818-6111

A Sizzling Buy!
4 BD, 3 BA remodeled North Downey pool home, large master bedroom, travertine floors, granite counters, and much more.
Price: \$610,000
Virtual tour at www.MichaelBerdelis.com

OPEN HOUSE
Centrally Located!
3 BD, 2 BA North Downey home, 1539 sq ft living space, 6360 sq ft lot, 2 car det garage.
Price: \$399,900.
Call Michael Berdelis at (562) 818-6111

View these homes at: www.MichaelBerdelis.com

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<p>Tues., Feb. 24 • 2:30pm Mimi's Café 15436 Whittier Blvd Whittier</p>	<p>Wed., Feb. 25 • 2:30pm Mimi's Café 8455 E Firestone Blvd Downey</p>	

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