

The Downey Patriot



Gewelber to wield baton
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Good student gets new bike
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Fundraiser for Bryan Miranda
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Friday, March 20, 2009

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

Arc not immune to economic realities

BY ERIC PIERCE,
CITY EDITOR

Kevin MacDonald is walking a high-wire, high-stakes tightrope these days. He is executive director of Arc of Southeast Los Angeles County, a non-profit organization that is bracing itself for a slash in state funding – possibly as much as 10 percent, although the final figure is still unknown.

Arc serves people with developmental disabilities and MacDonald, who relies on the state for 50 percent of its funding, is grappling with the very real possibility of eliminating or reducing services to its approximately 400 consumers.

And if you think that's simply a scare tactic – a PR move to drum up donations for the upcoming Arc Walk for Independence on March 28, the organization's major yearly fundraiser – consider that MacDonald already was forced to downsize his office staff last year.

"Our funds have been frozen the past few years, but this is the first time we've ever had our funds cut," said MacDonald, who recently returned from a trip to Sacramento

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Arc Walk next week

DOWNEY – The annual Arc Walk for Independence will be held March 28 near Acapulco Restaurant at Stonewood Center.

Registration begins at 7 a.m., with opening ceremonies at 8. The walk begins at 8:30.

Walkers can choose a 1- or 3-mile course. Registration is \$10 per walker (kids under 10 are free) and money raised will go towards the Arc of Southeast Los Angeles County, which works with people with developmental disabilities.

Gene Gleason, news reporter for ABC-7, will emcee the event. The Los Angeles Laker girls are also expected to attend.

Registration will be accepted on-site, or walkers can sign-up online at www.arcwalk.org.



WHO WILL IT BE? – Tickets are now on sale for the Miss Downey and Miss Teen Downey pageant, taking place tomorrow at the Downey Theatre. The event begins at 6 p.m. Tickets are available by calling Susan Domen at (562) 824-7172. Photos courtesy Downey Rose Float Association

County to synchronize lights on Firestone, Imperial

■ Officials say \$1.27 million project will improve traffic along Firestone Boulevard and Imperial Highway.

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – A \$1.27 million traffic project may bring relief to Downey motorists traveling through some of the city's major thoroughfares, county officials have announced.

The project, approved Tuesday by the Los Angeles County Board of Supervisors, will include synchronizing traffic signals on Firestone Boulevard from Stewart & Gray Road to Imperial Highway

The county will also install fiber optic equipment and closed circuit cameras to monitor traffic.

The same will be done to Imperial Highway from Firestone to Carmenita Road, and Imperial from Paramount Boulevard to Bellflower Boulevard.

A wireless communications network will allow county officials to change traffic lights in real time, while responding to accidents and congestion more quickly.

Work is expected to begin in May and will be completed by

January 2010.

"Traffic synchronization works and is a huge benefit to commuters," Supervisor Don Knabe said in a statement. "As soon as we complete a project, it has an immediate impact on reducing commute times and reducing our impact on the environment."

A mass synchronization effort by the county began more than 20 years ago, and commuter travel times have been reduced by as much as 29 percent, county officials said.

District honors TLC, school psychologists

■ DUSD honors staff with Vision Awards in the area of culture.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – The Downey Unified School District Board of Education last week heard two presentations, both in the area of culture, that saw the True Lasting Connections (TLC) Family Resource Center staff of four and the district's 17 school psychologists honored with the superintendent's Vision Awards.

In introducing the four "fabulous" women who make sure TLC's services (low-cost dental care, counseling, medical/eye exams, emergency food and shelter, etc.) are made available to the district's 13 elementary schools, four middle schools, three high schools, the Adult School, and even the community-at-large, Dr. Robert Jagielski, director of pupil services, said people are amazed at the extent to which the 4-member

team's work has gone. TLC, he said, is part of the solution of providing health coverage to numerous millions in the U.S., starting with work within the district.

He cited certified insurance enroller Veronica Gonzalez, Healthy Start assistant Lori Roman, bilingual clerical assistant/receptionist Claudia Ramirez-Garcia, and on-site supervisor/TLC coordinator Lucy Perez for "providing a true lifeline that assists our students and their families with their physical and emotional well-being beyond what on-site school personnel can deal with."

TLC was initially funded by a State Healthy Start Grant in 2005; "the grant money expired in 2005, [but] the need for services needed by families did not"; now in its 9th year, TLC has been kept alive through fundraisers and

See DUSD, page 2



The Santana family of Downey was recognized with the mayor's Diakonia Award last week, an award honoring residents "who provide service and give back to the community." Photo courtesy city of Downey

Santana family honored with mayor's award

DOWNEY – Mayor Mario Guerra presented his second Diakonia Award to the Santana family during the City Council meeting held March 10.

Humberto and Irene Santana, along with their daughter, Isabel, were honored for "their honorable service to our community," Guerra said.

Humberto Santana returned home to Downey two weeks ago after serving his second stint overseas with the U.S. Army. He was stationed in Iraq for 18 months, and previously completed a tour of duty in Afghanistan. He has been in the Army for eight years.

"I wanted to honor the Santana family for their mutual service to our citizens," Guerra said. "While he was away risking his life for our freedoms, his family sacrificed the love of a husband and father. They inspire us and give hope to all other families who are going through the same situation."

The mayor's Diakonia Award is presented each month to residents who provide service and give back to the community. Diakonia translates to "servant" in Greek.

Anyone wishing to nominate a person for the award should contact the City Council office at (562) 904-7274.

Program helps cover 911 transportation costs

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – If they haven't already, Downey residents will be receiving, along with their water bill, an invitation to join the city's optional Emergency Transportation Subscription Program, which takes on added importance especially in view of the current economic times.

The program is a good hedge against incurring potentially huge costs should a resident ever require emergency transportation. For \$43.15 a year, Downey households will be assured of unlimited emer-

gency (911) transportation services in the city at no additional out-of-pocket costs.

The \$43.25 annual subscription fee entitles every member of the household to use the program. (In some cases, they may be required to provide proof of residency valid on the date of service, e.g., California ID card, California driver's license, or other ID).

Without this supplemental subscription, a Downey resident without any medical coverage will be saddled with ad hoc fees starting at \$851 for 'basic life support' (no paramedic service) emergency transportation in the city, and fees

starting at \$1,132 for 'advanced life support transportation' (with paramedic service). The Downey Fire Department estimates about 4,500 people are transported by ambulance annually in the city.

Should you join and have medical insurance, the city will bill that insurance carrier for the full cost of the service. Any unpaid balance will be paid by your subscription. (Billing your insurance company helps maintain the minimal annual fee charged to subscribers).

This year's program cycle began March 1, 2009 and runs through Feb. 28, 2010. This supplemental program has been in

existence and been benefiting residents since 1986.

Note the following points: 1) The program applies only when the pick-up location is within Downey city limits; 2) Apartment dwellers must be enrolled individually; 3) Enrollment is not retroactive; 4) You may enroll for the remainder of the year at any time.

Should you decide to join the program, just add the \$43.25 to your water/trash charges. By doing so, you will immediately receive the benefits of the program.

For additional information/enrollment form, call (562) 904-7254.

March 28, 2009



of Southeast Los Angeles County

Walk for Independence



www.arcwalk.org

Get Your Walking Team Together!

A one or three mile Walk to raise funds for people with intellectual and other developmental disabilities.

Stonewood Center – Downey

Acapulco Restaurant
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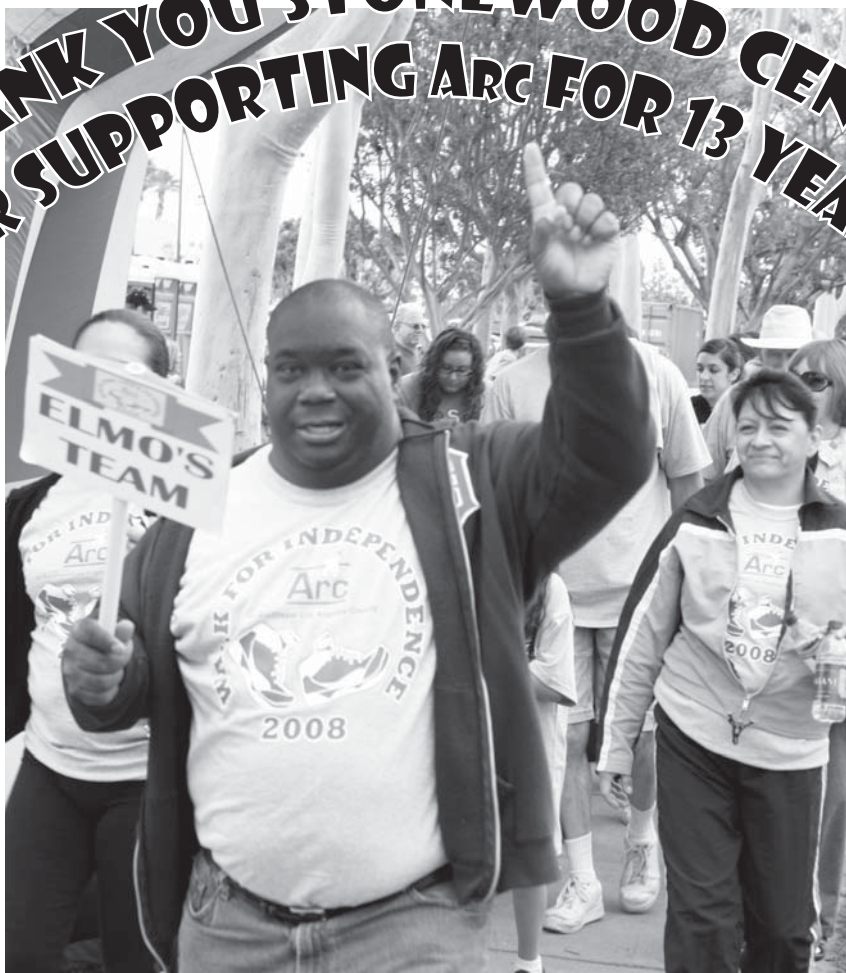
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Free Breakfast Courtesy of Acapulco Restaurant - for paid participants

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DUSD: School psychologists are 'professional, talented.'

Continued from page 1

donations. Kent Halbmeier, director of special education, lauded the school psychologists for their "professional talents, dedication, and contribution" in support of teachers, students, and parents. They provide specialized instruction, as well as counseling, he said, even addressing the psychological needs of school staff members and teachers themselves.

In additional comments, Dr. Wendy Doty said they have been known to respond to tragic events impacting district personnel. Board president D. Mark Morris said "so much of what they do is behind-the-scenes, one-on-one, and we really appreciate their work very much."

Boardmember Nancy Swenson said the new cafeteria at Warren is "absolutely beautiful," while Board vice-president Barbara Samperi said neither words nor photos of the new library "do enough justice to it. I was so impressed by it."

Board clerk Martha Sodetani meanwhile congratulated Doty for her forthcoming honor as County Soroptimist of the Year.

Boardmember Donald La Plante said the state's fumbling of the long-overdue budget is "an embarrassment," relegating California to 50th place in school (per pupil) spending, behind even Mississippi and because of it "we are forced to economize..."

Downey Educational Association (DEA) president Jeff Orlinsky meanwhile endorsed the district's handling of the budgeting process, saying it has maintained a "spare, lean" budget, and avoided the adverse fate of a neighboring district, Paramount, which has had to issue dreaded pink slips to a substantial number of teachers. "I appreciate representing the California Teachers Association (CTA) here," he said.

In other action, the Board:

- Accepted with gratitude cash and in-kind donations from various individuals and organizations/groups, including cash donations of \$3,500 from Carpenter Elementary School PTA, to be used for field trips at the school; \$4,333.04 from Lewis Elementary PTA, the bulk of the funds to be used for student field trips, and the rest for awards and office supplies, at Lewis Elementary; several small cash donations from various sources in support of the TLC Family Resource Center; as well as in-kind donations of speaker systems for 50 classrooms throughout the district, valued at \$69,596.75, from the Mary R. Stauffer

Foundation; dictionaries for 3rd grade student use, valued at \$2,760, from Downey Elks Lodge; and miscellaneous paper products valued at \$1,000, for school-wide use at Old River Elementary School, from Alpine Paper Company;

- Approved the payment of expenses for convention and conference attendance;

- Ratified the general agreements with Beacon Day School and Behavior Education for Children with Autism (BECA) for FY2009-09 effective July 1, 2008 through June 30, 2009;

- Ratified the payments for special education placements;

- Approved the revisions to BP/AR 3155, combination-grade classes, so they are aligned with the California Content Standards;

- Formally named the new two-story Downey High School classroom (Building "D"), "D. Mark Morris Hall.;"

- Ratified purchase orders by the Purchasing Department;

- Ratified the issuance of payroll orders for hourly, overtime, Civic Center work performed by classified personnel, Adult School, and Food Services, through February, 2009;

- Ratified B warrants;

- Ratified the student teaching agreements with Loyola Marymount University (effective Jan., 2009 through June 31, 2010); with Point Loma Nazarene University (eff. Jan. 1, 2009); and with the University of North Dakota (eff. Feb. 12, 2009 through Dec. 31, 2010);

- Approved the student field-work agreement with the University of Redlands, effective July 1, 2009;

- Approved the community-based English tutoring (CBET) program for FY2009-10, such approval required by the California Department of Education; this new agreement affords the funding to continue providing for free adult English language instruction for parents and other community members who have pledged to provide personal English language tutoring to K-12 English learners;

- Authorized the advertisement for bids for Warren High School modernization, phase 3 – Bldgs. P, Q, R, and S, to be charged to Bond Funds;

- Ratified the awarding of bids to Fleming Environmental, Inc., Buena Park, in the amount of \$64,350 for the purchase and installation of an enhanced vapor recovery (EVR) system for Transportation Services, to be

charged to M.O.T. Funds; to TruGreen Companies, Anaheim, in the annual contract amount of \$65,000 for weed control services, to be charged to M.O.T. Funds; and to Inland Building Construction Companies, Inc., San Bernardino, in the amount of \$2,816,100 for Warren High School modernization (Phase 3—Bldgs. O, P, Q, R, and S), to be charged to Bond Funds;

- Approved the change orders involving various work by various vendors doing the Warren High School new library, classroom building and modernization, as well as the Downey High School new classroom building (Bldg. "B"); and the educational services products contracted with the Downey Adult School;

- Reduced the retention amount being held for specified prime contractors against Bid #06/07-09, Warren High School new library, classroom building, and modernization, from 10 percent to 5 percent;

- Accepted as complete concrete, electrical, roofing, fencing, backhoe, and paving work performed by various contractors;

- Approved the purchase of equipment (Fortigate filtering units), as listed and costing more than \$5,000 each;

- Ratified routine Personnel items until subsequent action is taken by the Board;

- Ratified the establishment of new positions at Downey Adult School and at Warren High School, as well as new limited-term positions, to be assigned to Alameda Elementary School and Downey High School;

- Received the 2008-09 2nd Period (AR) Interim Financial Report as of Jan. 31, 2009, and approved the positive certification that DUSD can meet its financial obligations for the remainder of the 2008-09 fiscal year; Kevin Condon, asst. superintendent for business services, said the exact ramifications of the state budget vis-à-vis the district budget are not fully clear yet, but he cautioned that there might be a few cost reductions here and there ("to maintain fiscal soundness, we cannot spend down our General Fund reserves; under the circumstances, we'll do the best we can"); and

- Endorsed the actions taken by the superintendent on all student cases.

The next regular meeting of the Board will be at 5 p.m. on Tuesday, April 7 at the Gallegos Administration Center, 11627 Brookshire Ave.

Character Counts puppet show

DOWNEY – A puppet show about Character Counts will be presented at the April 8 meeting of the Downey Christian Women's Club. Irene McClanahan will make the presentation. The meeting's guest speaker is Gloria Feralio, who will speak on "How Your Life Can Have a Happy Ending." The meeting begins at 11:45 a.m. at the Los Amigos Country Club. Men are invited to attend. Cost for the buffet luncheon is \$13. Reservations are requested by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.

Local residents excelling at Azusa

DOWNEY – Four Downey residents have made the spring 2008 academic Dean's List at Azusa Pacific University, a designation for students with a grade point average of 3.5 or higher. Janette Fragoso is a graduate of Calvary Chapel High School and is majoring in social work. She is the daughter of Mr. and Mrs. Juventino Fragoso. Jessica Pena graduated from Warren and is majoring in marketing. She is the daughter of Mr. and Mrs. Casimiro Pena. Bethany Pillow graduated from Calvary Chapel and is majoring in journalism. She is the daughter of Mr. and Mrs. Richard Pillow. Timothy Sipos graduated from Downey and is majoring in marketing. He is the son of Mr. and Mrs. Emery Sipos.

Learn more about ZRii

DOWNEY – The National Association of Active and Retired Federal Employees (NARFE) will meet at noon Wednesday inside the west building at Furman Park. The featured speaker will be Christy Weist, who will speak on the nutritional supplement ZRii. Her presentation begins at 1 p.m. The public is invited to attend.

Comedy fundraiser April 4

DOWNEY – Improv groups, stand-up comedians, and dancers from OnStage Dance Center will headline a comedy fundraiser April 4 at the Downey Theatre to benefit the Downey Rose Float Association. The event is titled "A Night of Comedy," and proceeds will help with the construction of Downey's 2010 float, "Jewels of the Pacific." Tickets for the 7 p.m. show are \$10 and available by calling (562) 760-9880 or e-mailing chameleoncomedy@yahoo.com.

Bunco fundraiser at Woman's Club

DOWNEY – The Woman's Club of Downey will host its first annual Bunco Fundraiser tomorrow. Cost is \$15 per person. For more information, call Debra at (562) 619-0269.

Census rep to speak at meeting

DOWNEY – Carlos Vasquez, a representative of the U.S. Census Bureau, will speak Tuesday at 7:30 a.m. at Downey Brewing Company, 10924 Paramount Blvd. Vasquez's topic will be "Preparing for the U.S. Census." The meeting is part of Rise 'N Networking, a program of the Downey Chamber of Commerce. The cost to attend is an order from the menu. RSVP by calling (562) 923-2191.

Casino night tickets on sale

DOWNEY – Soroptimist International of Downey invites the community to "A Night at the Copacabana Casino" on April 17 at the Rio Hondo Event Center. The event begins at 6:30 p.m. and will feature live music with a DJ, \$100 in scripts, silent auction, 50/50 drawings, and more. Pre-sale tickets are \$40 and available now. For tickets, contact Dorothy Pemberton at (562) 927-9908 or Monica Goel at mgoel@tldlaw.com. All money raised will go to local high school scholarship winners.

Bus trip to Pechanga April 6

DOWNEY – The Woman's Club of Downey is sponsoring a bus trip to the Pechanga Resort and Casino on April 6. The bus will leave the Woman's Club at 8 a.m. and return between 5:30-6 p.m. Cost is \$6 for Woman's Club members or \$11 for non-members, and includes a \$5 casino voucher. Bingo is played on the bus and guests must be at least 21 years old. Funds raised by the trip will go towards the club's scholarship fund. For reservations, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-0377.



Cpl. Mike Pope with the Downey Police Officers' Association and John Haynes, vice principal at Warren High School, surprised student Luis Au with a new bicycle this week. Au, an honors student with perfect attendance and a 4.167 GPA, had his bike stolen recently while he was at baseball practice. READ THE FULL STORY IN OUR LETTERS TO THE EDITOR, PAGE 5



Rep. Lucille Roybal-Allard (D-34) joined small business leaders who are members of five area chambers to update them on what Congress is doing to help small businesses and bolster the local economy. Roybal-Allard explained that the American Recovery and Reinvestment Act, which she supported, contains a package of loan fee reductions, higher guarantees, new Small Business Administration (SBA) programs, secondary market incentives, and enhancements to current SBA programs that will help unlock credit markets and begin economic recovery for the nation's small business sector. Pictured at left is Roybal-Allard with Sue Nordin, executive director of the Downey Chamber of Commerce.

Grand opening set for Citibank

DOWNEY – The new Citibank at Lakewood and Firestone boulevards will celebrate its grand opening Thursday at 5 p.m. The Downey Chamber of Commerce will assist with the ribbon-cutting ceremony. The bank was previously located at Stonewood Center while their new location was constructed.

Relive memories of Downey's aviation days

DOWNEY – Lifelong resident Bob Thompson will be the guest speaker at Thursday's meeting of the Downey Historical Society at the Barbara J. Riley Community Center. Thompson will narrate 30-minute 8mm home movies shot by Peter Vultee, son of Jerry Vultee. The film includes footage of Burt W. Kinner in Downey in the 1930s. The meeting will be held inside the John Downey Room at 7:30 p.m. The public is invited. Bob Thompson grew up in Downey. He attended Alameda Elementary, E.W. Ward, South Junior High, and in 1959 graduated from Downey High School. After high school, he enlisted in the Army, where he was a bridge specialist. After leaving the Army, Thompson entered the workforce and, after a few jobs, was hired at North American Aviation in 1965. He started as a power trucker on night shift. In 1966, he became a plastic fabricator and worked on fairings for S-II Stage. In 1967 he began working at the Seal Beach plant which installed spray foam insulation. He moved on to autonetics in 1972 where he worked in maintenance. After a short stint at the Los Angeles plant, he eventually returned to Downey in 1980 and worked in logistics. Thompson went back to Seal Beach in 2000, and finally retired from Boeing in 2007. That same year he became a volunteer at the Downey Historical Society.

Aircraft history in Downey

Unlike many American aircraft companies of the 1920's and 30's, North American Aviation (NAA) did not bear the names of individual founders, such as Boeing, Curtiss, and Douglas. NAA was incorporated in December, 1928. In July, 1934 Duth Kindelberger, chief engineer for Douglas, left Douglas to become president and general manager of NAA. NAA came to Los Angeles sometime in 1935-36 and leased the Downey plant in December of 1947. NAA merged with Rockwell Standard to become North American Rockwell on Sept. 22, 1967. On Dec. 6, 1966, Boeing took over Rockwell, and the Downey plant closed in 1999.

Crime Watch

Friday, March 13: During the early morning hours, a burglary occurred at 8311 Florence Avenue (Talbert's Medical Group). The loss was an undisclosed sum of money and Vicodin.

At 9:25 a.m. officers responded to a residential burglary call in the 11900 block of Downey Avenue. The suspects, two 16-year-old Downey residents, were arrested and booked for attempted burglary.

Sunday, March 15: At 2 a.m. officers attempted to stop a stolen vehicle in the area of Stewart & Gray Road and Garfield Avenue. The driver refused to comply and a short pursuit ensued. Ultimately, the vehicle yielded and both the driver, a 25 year-old from San Bernardino and the passengers, a 30 year-old from Los Angeles and a 27 year-old from Cudahy, were arrested.

Monday, March 16: At 2:45 p.m. a street robbery occurred in the 8400 block of Telegraph Road. The loss was a wallet. The victim sustained a minor neck injury and was treated at a local hospital.

Source: Downey Police Department

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FREE ORIENTATIONS / WORKSHOPS WILL BE HELD AT

March 25th
 Barbara J. Riley Community and Senior Center
 The Galatin "A" Room
 7810 Quill Drive, Downey, CA 90242
 English orientation starts at 12pm
 Spanish orientation starts at 1:30pm

March 28th
 Downey Adult School
 12340 Woodruff Ave.
 Downey, CA 90241
 Spanish orientation starts at 1:30pm
 English orientation starts at 3:00pm

March 31st
 Barbara J. Riley Community and Senior Center
 The Galatin "A" Room
 7810 Quill Drive, Downey, CA 90242
 English orientation starts at 6pm
 Spanish orientation starts at 7:30pm

* Number in household	1	2	3	4	5	6	7	8
Maximum LIMITS	\$ 31,860	\$ 36,360	\$ 40,920	\$ 45,480	\$ 49,140	\$ 52,740	\$ 56,400	\$ 60,060
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QUESTIONS? Please call Nadia Urieta @ 310-323-4663 ext. 112 – nurieta@habitatla.org

**Details will be given at the orientations

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Arc: Despite economy, Arc is still growing.

Continued from page 1

to meet with state legislators. Still, despite economic straits, Arc is staying optimistic and maintaining a course of growth. Last month, Arc unveiled a new, state-of-the-art kitchen. Swathed in stainless steel, the kitchen is large enough to accommodate about 20 consumers at a time, all training for a job at a restaurant or hotel. "This is a real industrial kitchen," MacDonald proclaimed, adding that a portion of the kitchen was paid for using a grant from the Weingart Foundation. "These are the same dishwashers they have at the Marriott, because if our students want to work at a hotel, they need to know how to use the equipment." Students start work at 8 a.m. in preparation of two lunch shifts, where they may serve up to 70 meals, said Domenica Cowan, a kitchen supervisor. After the final meal is served, the students mop the floors and scrub the counters, returning the kitchen to its original pristine condition. Students receive beneficial job training for sure, but a side benefit is a measurable boost in self-esteem, Cowan said. "When they come in here, they are so shy," she said. "But after they start working, their confidence goes straight up. You can just see it." The kitchen is located adjacent to a cafeteria, which can double as a banquet hall and be rented for special events. The room has already hosted a wedding reception

and 70th birthday party. (As part of the rental agreement, caterers using the kitchen must hire Arc students as employees for the day. While California's unemployment rate hovers at 10 percent, the unemployment rate for people with mental disabilities is closer to 70-80 percent, MacDonald said.) Meanwhile, Arc is also increasing promotion of its Center for Human Rights. Located in a small, nondescript office on Woodruff Avenue, the center is a vital resource for intellectually disabled people seeking different forms of help. Some people need assistance collecting Social Security, while others were left homeless when their parents passed away, said Nan Stoudenmire, the center's outreach director. "We help people navigate the system," Stoudenmire said. "We're advocates for people with developmental disabilities, and we also do a lot of referrals. We're not lawyers, but we do try to help." A jilted and unpredictable economy is Arc's reality, but for now MacDonald and his Board of Directors are dedicated to continuing Arc's growth and development. Next week's Arc Walk will be an opportunity to celebrate the organization and, more importantly, the consumers it serves. "I hope people will come out and forget about their troubles for just that one day," MacDonald said. "We want people to have fun and celebrate our hopes and our dreams."



Pacific Western Bank is a diamond sponsor of the Arc Walk for Independence, scheduled for March 28 at Stonewood Center. "Pacific Western Bank takes great pride in responding to the needs of our community by supporting organizations and activities that enhance the quality of life such as Arc," said Jan Scott, an accounts relationship officer with the bank. From left: Kevin MacDonald, executive director of Arc; Pam Powers and Scott, Pacific Western Bank.



Soroptimist International of Downey made a \$1,000 donation to Arc of Southeast Los Angeles County on March 12, a show of support for the upcoming Arc Walk for Independence. Soroptimist has been a long-time supporter of Arc, and will have a team of walkers at this year's event, scheduled for March 28. For more information on the event, visit www.arcwalk.org. For membership in Soroptimist, call Dorothy Pemberton at (562) 927-9908.

Warren boosters plan fundraiser

DOWNEY – The Warren High School Football Boosters invites the community to its first fundraiser for the 2009-10 football season, to be held at Santa Anita Race Track on April 4 from 10:30 a.m. to 5 p.m. The boosters club has reserved the Santa Anita infield for Warren High School supporters. The infield provides a family picnic setting which includes a children's play area. Cost is \$20 per adult, and includes admission, parking, daily program and a meal. Children 17 and under are admitted free, but meals are \$5. Tickets to the event will be sold until March 29. Due to space availability, same-day tickets will not be available. To purchase tickets, call Cesar Lopez at (562) 805-4021 after 1 p.m. or e-mail cnlprod@yahoo.com.

Quake scrimmage tomorrow

DOWNEY – The California Quake of the IFWL, an all-female tackle football league, will host a multi-team scrimmage tomorrow at Downey High School from 11 a.m. to 7 p.m. Tickets to the all-day scrimmage are \$3. Teams from Seattle, Tuscon and Orange County will participate, and more than 100 players are expected. The Quake will open the regular season April 11 when they host the Los Angeles Amazons.

Curves collecting food for needy families

DOWNEY – During the month of March, Curves of North Downey is collecting food to donate to local food banks. Over the past five years, nearly 50 million pounds of food has been distributed to local communities through the national Curves Food Drive. Curves of North Downey is also waiving its normal service fee for any new member who brings in a bag of non-perishable groceries and joins between March 9-28. "The Curves Food Drive is always exciting," said Meena Katakia, owner of the Downey club, located at 9206 Lakewood Blvd. "We have a chance to help so many people at a time when the food banks are lowest. Especially during these uncertain times, this food is needed more than ever." For more information on the food drive, call (562) 862-2220.

POET'S CORNER

Chairman of the Board

You pound your drum, it sings,
Guard your head, your heart you're free.
Bridge this world gentle warrior,
You're the man you're meant to be.
You're Chairman of the Board.

You might climb Kilimanjaro
And stare down at the clouds.
You take a different rising,
Far from the madding crowds.
You're Chairman of the Board.

You give your wife the love,
And pluck raindrops from her eyes,
You squeeze her and you dance,
Through the midnight hour of sighs.
You're Chairman of the Board.

You pound your drum, it sings,
Guard your head, your heart you're free.
Bridge this world gentle warrior,
You're the man you're meant to be.
You're Chairman of the Board.

–Ben Plat,
Downey

Be a mench

My mother said "I hope you'll be
a mench when you grow old like me,"
and so I went one day to find,
where they could teach me menchenkind,
I learned some Spanish and some French
But no one taught just plain old mench,
The days and weeks and months went by,
until one day it dawned on me,
To find a learned wise rebbe
and this his answer was to me,
"Just live with more humanity
and you a mench, my son, will be."

–George J. Geller,
Downey

The New Trend

Suppressed by the establishment
a poet of our time
he sings the things he wants to say
with neither voice nor rhyme.
He travels o'er this land of ours
with just his plaintive song --
just singing out to everyone
to prove that he's not wrong.
He tries to talk to older folks
and younger people too
although he talks to all of them
much good, it doesn't do.
He tried to tell the president
of the injustice done
but everyone just laughed at him
they took it all in fun.
And now he keeps on struggling
to prove his music trend,
he'll sing in protest till he dies
That's where his story ends.

–Sue Roupe,
Downey
(A tribute to Rod McKuen)

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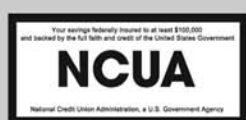
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State budget raises more questions than answers for DUSD

By Henry Veneracion, Staff Writer

As everybody knows or should know, the albatross on the much-delayed compromise state budget which finally passed last month is a \$41.6 billion shortfall which, among other things, impacts the budgets/operations of school districts highly dependent on the state for its funding such as Downey Unified (DUSD).

For a long time, DUSD had been on tenterhooks about the outcome of the excruciatingly frustrating state budget process which in any case has been historically, deplorably erratic anyway. When it was finally resolved, it came of course at a price.

Still, a collective sigh of relief could be heard loud and clear across the state. But at bottom it comes as hardly reassuring to school administrators and budget watchdogs.

Consider the state's indicated course(s) of action to address the shortfall: 1) Borrowing \$5.4 billion from 'securitized' state lottery receipts (via private investment funds); 2) revenue increases (\$12.5 billion), through a personal tax increase of 0.25 of a percentage point, a sales tax increase of one percentage point, an almost doubling of the vehicle tax to 1.15 percent, and a reduction by \$210 of the dependent tax credit ; 3) expenditure cuts of \$14.9 billion (according to a funding reduction formula under Prop. 98) to the K-14 program; and 4) anticipated federal stimulus funds amounting to about \$7.9 billion.

As structured, the borrowing aspect especially hinges on a lot of if's. For instance, as asst. superintendent/business services Kevin Condon pointed out, the desired propositions must first be approved by the voters, after which investors must be found willing to finance them. "This is a tall order right there," he said.

Thus, if the five propositions, especially the linked Props. 1-A (state's rainy day fund) and I-B (restore mental health/etc. funding), as well as I-C (borrowing from state lottery receipts) were to fail on the special May 19 ballot, the whole budget will fall terribly out of whack yet again, making another restructuring a foregone conclusion. In any case, the prognosis is that, because of the worsening economy, the state may further be bedeviled by an additional gap of \$8 billion.

The state will address this situation in its May budget revise, after tax receipts will have been tabulated.

Anyway, because the district has been frugal and operated on a lean budget these past few years, said Condon, the district has been able to maintain at least a 5 percent reserve (the state mandates 3 percent). "Out of about 300 school districts in the state, DUSD ranks 5th or 6th in lowest administrative expense," he said.

Yet, unavoidably, because per pupil revenue base has decreased from \$5,800 in '07-'08 to an adjusted \$5,580 for '08-'09, the district has had to draw down on its reserves to meet fiscal demands.

Further savings have been realized from cutting some support services, as well as a freeze on purchases of equipment, such as trucks, lawn mowers, forklifts, etc., not to mention previous classified staff cuts. Additional cuts apply also to travel, conference/convention attendance, school supplies, and miscellaneous items on departmental budgets.

The solid positives for the district, in the meantime, include: 1) no pink slips have been issued (i.e., "We have avoided permanent teacher layoffs"), which cannot be said of other districts; 2) Student enrollment in general has leveled off, instead of declining; and 3) the district was afforded more local control/flexibility regarding certain of its categorical programs (school and library improvements, arts and music, professional development block grants, GATE/Gifted and Talented Education), and teacher credentialing programs can be shifted around.

At any rate, the next district budget study session is scheduled for the last week of April, when ideas and suggestions will be solicited from all concerned parties, including members of the community, before a practical and realistic district budget is prepared.

"We're really looking at a three-year budget adjustment process here," Condon said. "I call it our long-range stabilization plan."

Fundraiser to benefit Rio Hondo Home

NORWALK – A comedy fundraiser to benefit the Rio Hondo Temporary Home in Norwalk will be held inside the James Hall Theater at Metropolitan State Hospital on March 28.

Two 2 1/2-hour shows will be presented at 2 and 7 p.m. Each show will include six local entertainers, ranging from comedians and jugglers to ventriloquists.

Million Laughs is producing the shows.

"We have had several shows before provided by Million Laughs. Our families thoroughly enjoyed the quality and variety of the talent," said David Littlehales, executive director of Rio Hondo Temporary Home. "We hope that as many people as possible can support our homeless families during these difficult economic times."

Tickets are offered at a suggested donation of \$15 each. To order tickets, call (562) 863-8805, ext. 221, or e-mail info@riohondohome.org.

The Rio Hondo Temporary Home provides transitional shelter and support services to homeless families with children. They also assist with case management and transportation needs.

Letters to the Editor:

Remembering John

Dear Editor:

John Adams was a man who had a special sense for capturing history and making it interesting. Downey is a better place because of John. He was a man of integrity, fairness, and inspiration.

My first exposure to John was through the "Time Traveler" series of articles about Downey's fascinating history. As I got to know him, having a conversation with John was an interesting event.

On one occasion, I went up to the Downey Eagle's offices to drop off an article on Helen Sachs, who had recently passed away. Timidly, I walked in and asked for John. A nice woman pointed over to a desk. I walked over to John and told him I had the article we spoke of. We had a conversation for the next few minutes of which I'm not sure I understood much of what he said, but at the conclusion it was apparent we were both on the same page.

On another occasion John called me about the NASA site, asking if he could get an update on our activities at the former Boeing plant. At that time ALF (Aerospace Legacy Foundation) was going through every building at the site and finding loads of historical documents and items related to the site's history. John met me at the site for a tour and we ended up in Building 14 where everything was being stored and he asked to take some pictures. He flailed around quite a bit, trying to get his camera to work (it looked pretty beat up). I asked if I could help but he stubbornly refused.

Basically, the camera flies up into the air and lands on the floor, knocking its lens attachment off. John methodically (with persistence) got the camera together finally but it was all somewhat chaotic and funny. After he got it all together we laughed a lot and I showed him my camera, which was similar, and I had a small twig in the viewfinder to keep it in place. Anyone but me using my camera might be in for a surprise, but it worked for me.

And that was John; he had his own way of dealing with life. He did not let any handicap stop him from covering his beat. When John wrote articles he always tried to include all sides of the story.

At John's memorial service I enjoyed listening as each speaker shared their memories of him. He lived life in his own unique way. As Henry David Thoreau said, "How vain it is to sit down to write when you have not stood up to live." And so, John Quincy Adams lives on in our hearts and also the great body of articles, poems and "Time Traveler" stories he penned.

Downey was fortunate to have John document our lives. He was an inspiration to me and I will never forget him.

— **Larry Latimer,**
Aerospace Legacy Foundation

Firemen to the rescue

Dear Editor:

I have lived for more than 74 years, 50 of them in the fine city of Downey. All I ever hear now is bad news and people complaining about everything. So I want to tell your readers about some good news and where you can get excellent professional treatment.

On Feb. 26, I started having really bad chest pains. I have already had two heart attacks so I put nitro under my tongue two times the proper length of time, but after two hours the pain was getting worse, so my husband called 911. We needed help fast! Within minutes a bright, shiny fire truck and an ambulance drove up.

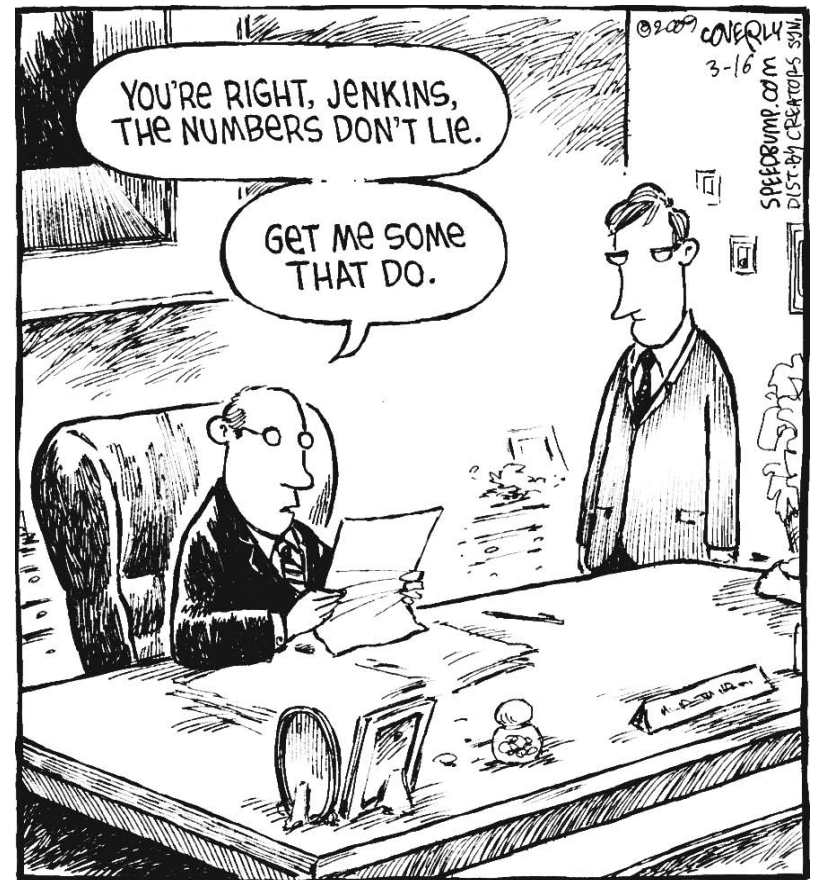
The firemen were neatly uniformed, polite and got the information they needed from my husband, while another took care of me. He questioned me, examined me, and they made calls to the hospital and decided to transport me.

Within minutes I was in the back of the ambulance and siren wailing, we rushed to the hospital. One guy even put an IV in my arm while speeding through Downey, and I never even got a bruise!

The pain was terrible, like an elephant sitting on my chest. Arriving at the hospital I quickly had a doctor and two nurses treating me. After a few days of tests I was able to come home.

I cannot thank the firemen who are so dedicated, trained and, might I add, good-looking, who work so hard every day to help all of us. Thanks, guys.

— **Shirley Pugh,**
Downey



Police, school step up

Dear Editor:

Last week, Luis Au, a student at Warren High School, had his bicycle stolen out of the bicycle racks while he was at baseball practice. Normally, an incident report would be taken and the student would be informed if the bicycle turned up at some point.

While gathering information about the student, his attendance record showed that he had not missed one class the entire year so far. It was incredible to think of his dedication to his education and we decided to look at his grades. It figured that he would have good grades based solely on his attendance, but a 4.167 GPA with multiple honors classes was extraordinary.

This was an opportunity to show this young man that when you work hard and dedicate yourself, good things will happen to you.

I called a friend over at the Downey Police Department, Cpl. Mike Pope, and relayed the story. Pope was impressed with the student's attendance and grades and offered to take the matter up with the Downey Police Officers' Association. A couple of days later, he called back to tell me that the association wanted to help the student by partnering with Warren High School to replace the stolen bicycle.

Fortunately, when the situation was discussed with a few staff members, an anonymous donation was made on behalf of the school.

Last Thursday, Cpl. Pope went to Russell's Bike Shop on Firestone Boulevard and purchased a new bicycle for Luis. The folks at Russell's went above and beyond and deeply discounted the new bicycle and gave Luis a free lifetime service plan.

Luis was very humble when receiving the new bicycle and thanked everyone involved. He told us that his dad wanted to be there, but needed to stay at work. Luis told us that his dad had always told him that if he worked hard and stayed focused, he would be amazed at his good fortune. Luis said that he was going to continue to listen to his father and continue to work hard at school.

Warren High School would like to thank the Downey Police Officers' Association, Cpl. Pope, and Russell's Bike Shop for helping a deserving student get back on track with a new bike.

— **John Haynes,**
Vice Principal, Warren High School

Letters to the editor may be submitted by writing to *The Downey Patriot*, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.

The Downey Patriot

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One giant leap for educator astronauts

Contributed by Teachers in Space

The successful launch of the Space Shuttle Discovery with educator astronauts Joe Acaba and Ricky Arnold onboard is an important symbol for education, but NASA's education programs need more support, according to leaders of the nonprofit Teachers in Space program. "We congratulate Joe Acaba and Ricky Arnold on [Monday's] successful launch, and we look forward to their historic space walks," said Teachers in Space project manager Edward Wright. "The educator astronaut program is getting back on course, and we look forward to an exciting two week mission. At the same time, while NASA finishes work on the International Space Station, a lot of work still needs to be done to repair NASA's neglected education programs."

A 2008 review of NASA's pre-college education program by the National Research Council noted both management difficulties and budget problems. "Over the past five years, [NASA's] education priorities and management structure have changed multiple times," the NRC report said. "In the 13-month period between September 2005 and October 2006, there were four different assistant or acting assistant administrators for education. NASA's education program has also faced a downward trend in the budget and specifically for K-12 STEM education activities. The reduction in funds is due in part to reductions in budget allocations from Congress as well as redistribution of funds within the agency.... In addition, the percentage of mission funds that must be allocated to education

and public outreach in the Science Mission Directorate was recently reduced as the result of an agency-level decision."

"NASA's education programs, like science and aeronautics, have suffered due to competition with larger NASA programs" said Space Frontier Foundation Chairman Berin Szoka.

The NRC report stated that, "There has been a general decline in education funding across the Office of Education Programs, from \$201 million in fiscal 2003 to \$162 million in fiscal 2006... The budget request for 2007 funding for the headquarters Office of Education Program was comparable to 2006; the total 2008 budget request dropped substantially, to \$121.9 million."

"The Obama Administration has made revitalizing science, technology, engineering, and math education a key point in its technological policy. NASA can play an important role in that revitalization, and Teachers in Space stands ready to help any way we can," said Wright.

Teachers in Space is a joint project of the Space Frontier Foundation and the United States Rocket Academy. Working with the companies that are now developing low-cost, reusable spacecraft, Teachers in Space wants to put a thousand astronaut teachers in American schools within the next decade. For more information about Teachers in Space, see www.TeachersInSpace.org.

Sports concussions are preventable

Contributed by Marianjoy Rehabilitation Hospital

Sports and recreation related concussions impact an estimated 1.6 to 3.8 million individuals in the U.S. each year according to the Centers for Disease Control and Prevention (CDC).

A concussion is a type of traumatic brain injury (TBI) caused by a blow or jolt to the head and can range from mild to severe. It is important to note that even if you do not lose consciousness after a fall, it is possible to have a concussion.

Symptoms of concussion can include headache, nausea, dizziness, and visual changes, but it is important to note they are different for every individual and are not always immediately evident. In fact, it can take days or weeks before symptoms are present. Therefore it is important to seek medical attention immediately following any type of blow to the head.

"Recovery from concussion and brain injury never really stops, so

even if an injury occurred in the past, it is not too late to seek medical advice," according to Patrick Walsh, Marianjoy Director of Psychology and Brain Injury Program Coordinator. "It can be a very slow process and usually requires long-term rehabilitation."

March is National Brain Injury Awareness Month; this year the focus is on sports and concussions. It is important to wear protective gear -- including a helmet -- when engaging in physical activities such as snowboarding, skiing, bicycling, rollerblading or contact sports.

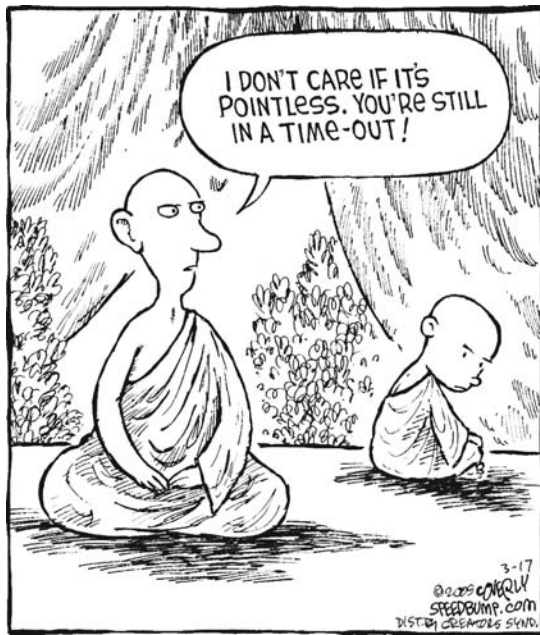
The Marianjoy Post Concussive Institute Program offers treatment for individuals experiencing physical, cognitive or emotional difficulties following a mild head injury.

Visit the Marianjoy website for more information on concussion and brain injury: www.marianjoy.org.

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For March

- Sat. March 21: **City Council priorities meeting**, Downey City Library, 8:30 a.m.
- Sat. March 21: **Quake football scrimmage**, Downey High School, 11 a.m.
- Sat. March 21: **Miss Downey Pageant**, Downey Theatre, 6 p.m.
- Sat. March 21: **Songfest '09**, Church of Jesus Christ of Latter-day Saints, 7 p.m.
- Tues. March 24: **Rise 'N Shine**, Downey Brewing Co., 7:30 a.m.
- Wed. March 25: **NARFE meeting**, Furman Park, noon
- Thurs. March 26: **Women of Distinction breakfast**, Rio Hondo Event Center, 7:30 a.m.
- Thurs. March 26: **Grand opening/ribbon cutting**, Citibank, 5 p.m.
- Thurs. March 26: **Jerry Vultee home videos**, Community Center, 7:30 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., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
- 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.
- 4th Weds., 6:30 p.m.: **Emergency Preparedness Committee meeting**, Fire station 1, 12222 Paramount.
- 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...

- March 20, 1413: England's King Henry IV dies in Westminster, London. He was 46.
- 1727: Sir Isaac Newton, physicist and astronomer, dies in London. He was 84.
- 1815: Napoleon Bonaparte returns to Paris with an estimated 140,000 troops to begin his Hundred Day rule.
- 1922: Movie director Carl Reiner is born. Also born March 20: basketball coach Pat Riley (64), director Spike Lee (52), actress Holly Hunter (51), wrestler Sting (50), model Kathy Ireland (46), and singer Lady Gaga (23).
- 1969: John Lennon and Yoko Ono are married in Gibraltar.
- 1996: Erik and Lyle Menendez are convicted in the murders of their millionaire parents.

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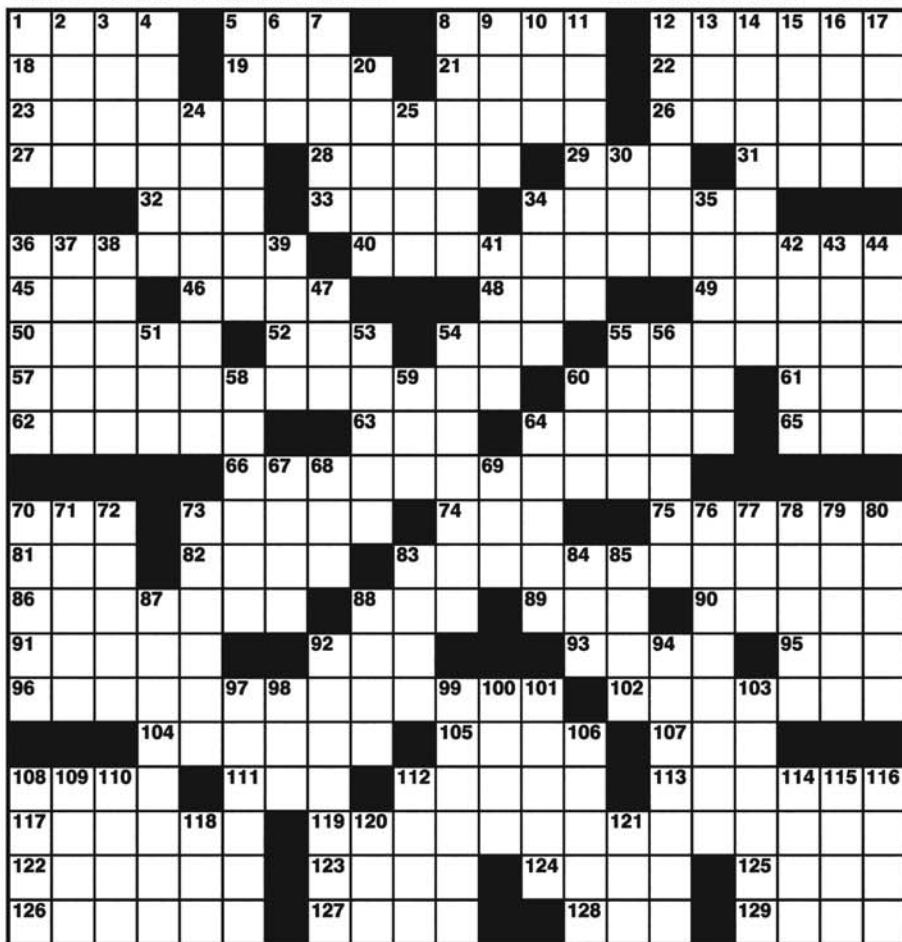
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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
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 by Fred Piscop

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 - 48 ___ Cruces, NM
 - 49 Brown hue
 - 50 *The Bell Jar* author
 - 52 KLM competitor
 - 54 Part of wpm
 - 55 In a garish way
 - 57 Supposed hangover remedy
 - 60 One-and-only
 - 61 Lincoln's loc.
 - 62 More pretentious
 - 63 Top of some scales
 - 64 Ready to take a break
 - 65 Language suffix
 - 66 Fjord or bay
 - 70 Muppeteer Henson
 - 73 Oak nut
 - 74 Mantra syllables
 - 75 Discard
 - 81 Recipe phrase
 - 82 Neighbor of Lanai
 - 83 Place for a boudoir board
 - 86 To the point
 - 88 Whse. container
 - 89 Hoo preceder
 - 90 Levels
 - 91 "Vidalia" veggie
 - 92 Scale note
 - 93 Strait-laced
 - 95 Whiz
 - 96 Index's location
 - 102 Restrain
 - 104 Wiped away
 - 105 Additional, in ads
 - 107 Itinerary abbr.
 - 108 Crude org.
 - 111 Polish site
 - 112 Raga instrument
 - 113 Speak out
 - 117 Café order
 - 119 Valedictorian's position
 - 122 Out-of-it state
 - 123 Chip in
 - 124 Oktoberfest instrument
 - 125 "___ Diary" (Twain short story)
 - 126 Had a hunch about
 - 127 Legendary T-man
 - 128 Decompose
 - 129 Spanish muralist
- DOWN
- 1 First Stoic
 - 2 AC or DC
 - 3 What churls lack
 - 4 Acid neutralizer
 - 5 Sure thing
 - 6 Qty.
 - 7 Skater Sasha
 - 8 Layette item
 - 9 Lip-balm ingredient
 - 10 Jar cover
 - 11 Most animals
 - 12 Hinder
 - 13 Hinder
 - 14 Gone up
 - 15 Go up
 - 16 "Yeah, sure!"
 - 17 Camera setting
 - 20 US Grant adversary
 - 24 Winter wear
 - 25 Undulating
 - 30 Stadium cheer
 - 34 Way out there
 - 35 Put forth
 - 36 ___ Centauri
 - 37 Like some eclipses
 - 38 Fold of cloth
 - 39 Use a dry mop
 - 41 Designer Cassini
 - 42 Voice one's views
 - 43 Ticks off
 - 44 Waffler's word
 - 47 Word after "boom"
 - 51 Prefix for cycle
 - 53 First American saint
 - 54 Seaplane part
 - 55 Bush's successor as VP
 - 56 Blue Jays' div.
 - 58 Free-for-all
 - 59 Hip-hop "cool"
 - 60 Word before "boom"
 - 64 In a foul mood
 - 67 Scoundrel
 - 68 Med. scan
 - 69 Med. insurance group
 - 70 Ebenezer's partner
 - 71 Massey of old movies
 - 72 Frenzied
 - 73 Key lacking black keys
 - 76 Topical
 - 77 Gun the engine
 - 78 Type of girder
 - 79 Property boundary, perhaps
 - 80 Henry Ford's son
 - 83 Work unit: Abbr.
 - 84 "Alley ___"
 - 85 Army outpost
 - 87 Some recyclable aluminum
 - 88 Like many dorms
 - 92 Anti-war activist Cindy
 - 94 "Once more..."
 - 97 Like a Biblical calf
 - 98 General on
 - 99 Rust and water
 - 100 Director Preminger
 - 101 Borden competitor
 - 103 Bowling pins, informally
 - 106 Pianist Rubinstein
 - 108 Muesli morsels
 - 109 24-karat
 - 110 Verve
 - 112 HS exams
 - 114 Roof overhang
 - 115 ___-friendly
 - 116 Furtive whisper
 - 118 Bartender's supply
 - 120 Compass reading
 - 121 *The Sopranos* channel

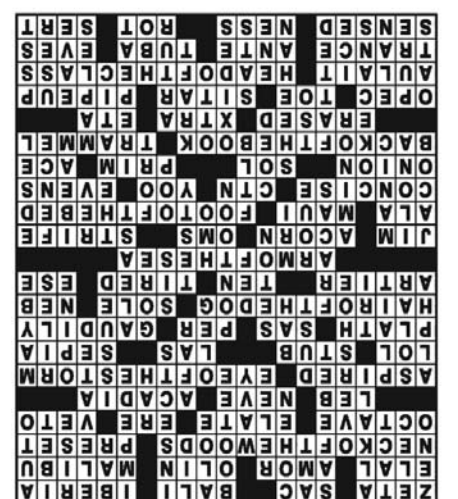
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- 77 Gun the engine
- 78 Type of girder
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The name of EL AL (18 Across), Israel's national airline, literally means "to the sky" in Hebrew. The Vidalia (91 Across) variety of sweet onions is the state vegetable of Georgia. In physics, the energy of one foot-pound (83 Down) is equivalent to about one-third of a calorie.





The Economy: How it affects students

By: Helena Park, Intern

America's current economic crisis has had an impact on just about every segment of society. Whether it be banks that can no longer function or the average American family struggling to make ends meet, the economic crisis is greatly affecting everyone in America. But not only are businesses and families struggling, school clubs and the California education system are feeling the economic pinch too.

While this current economical climate does not affect students as much as adults, consequences are still felt. The underclassmen do not have to worry as much, as they have two to three years to wait for the economy to hopefully turn around. But for current seniors heading to college, the economic crisis might be of a greater concern. In simpler terms, because of the recession, jobs are being cut and wages are being lowered. As a result, many students will turn to public universities and community colleges versus out-of-state or private universities in order to cut costs.

The increase in demand for higher education can affect admission rates because many students are trying to gain admission to schools, now more than ever. The economic crisis is affecting tuition rates and the likelihood of getting loans and federal aid as well.

Many high school seniors are feeling the pressure of the economic slump. For some students like

Warren High senior Kristena Hall, the recession affects her whole family. "My dad works for a Cal State and there have been a lot of cut backs recently. He doesn't know whether or not he will have work. It's a big concern," said Hall. Hall also plans to apply for as much financial aid and scholarships as possible and is considering getting a job as well.

Another senior, Parisa Mazandarani, said, "I planned on going to Iran this summer but due to the economy, I will probably have to postpone my trip." Mazandarani also plans to "cut back on excessive spending" and will work part-time as a lifeguard and swim instructor for financial support.

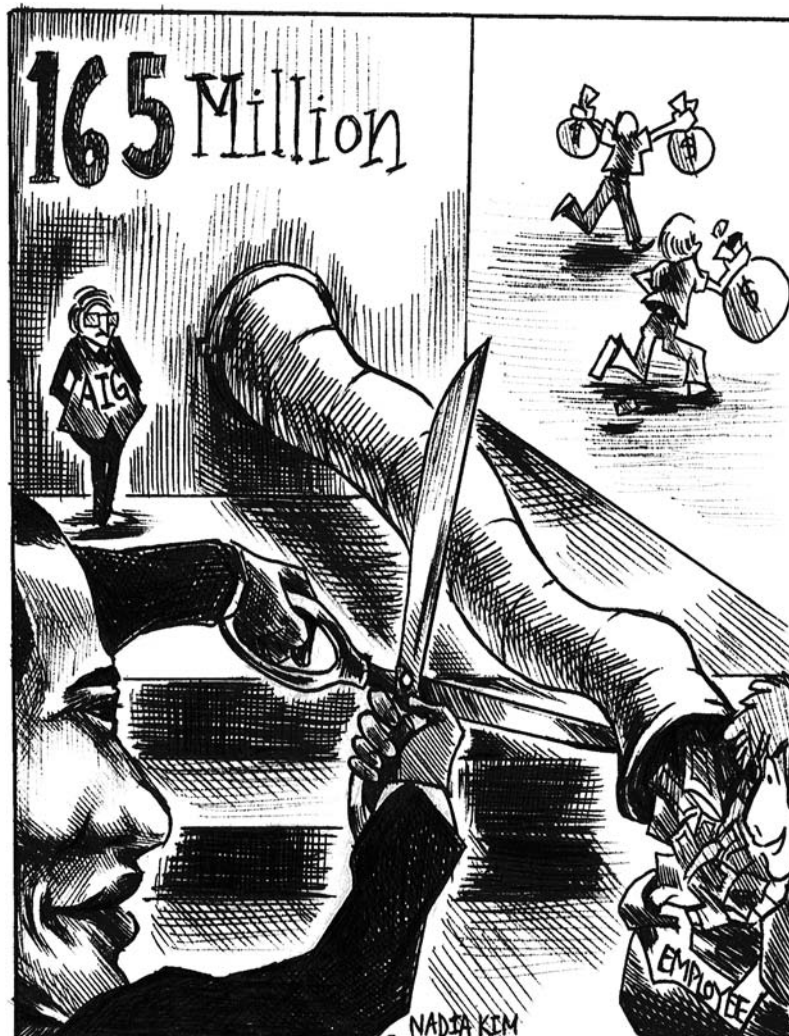
The best way for students to find funding for college is to explore scholarships from public and private entities and to work part time. Despite the economy, a college education is the best investment you can make in your future. Student loans still have a very low interest rate, compared with other types of loans. Make sure that you choose a major that will be a stepping stone to a good income when you become employed, so that you will be able to pay off the student loans.

Senior Danny Rosa thinks optimistically saying, "This recession is going to teach us a lot of really good lessons. We, as a society, will learn how to discern between faulty investments and to budget our money." Rosa will be attending

New York University this fall and says, "my education is a great investment and it is something people will never be able to take from me." When asked how students can lessen the burden of the economy, student counselor Brian Ofner replied that we should "cut back on excessive spending for things like:

renting limos for dances, getting credit cards and buying things that are unnecessary."

Students should not be brought down by this recession. Those who take advantage of this slump in the economy to get more training and education will end up on top when the economy picks up again.



Arc Walk

By: Keysi Carrasco and Britawyna Craft, Interns

Arc of Southeast Los Angeles County is an organization that devotes itself to providing services for the developmentally disabled. Arc works to ensure that the lives of the disabled and their families can both live an ordinary life.

With over 400 children and adults from many different cities in the Southeast Los Angeles County involved in the organization, Arc manages to provide various interesting programs to their consumers.

Each program teaches their consumers how to live their lives as normal as possible even with their disability. They run programs that teach each individual how to keep good hygiene, how to read and write, how to live on their own, and help prepare them for the workforce. They try to help make it easier for their consumers to survive in the real world.

The program does not stop as soon as they have found a job. Arc follows up on how well they are

doing and that includes speaking with managers to go over problems and additional training they might need to succeed at an even higher rate. Arc has also developed a senior citizens program which helps make sure they get their exercise on a regular basis while still enjoying exciting things like field trips.

Arc has received an abundance of support from the community throughout the years. They have held special events that help raise money and awareness as well.

The Arc Walk is an event held every year where the entire community can get involved and walk the streets of Downey with the members and staff of the organization. It is a highly popular event that usually includes the city mayor and even the Los Angeles Laker girls. There's something there that almost everyone can enjoy. But most importantly, it is to help ensure the people that everyone can be a big part of the community, disability or not.

Street Fighter tournament a hit at Best Buy

By: Britawyna Craft, Intern

Best Buy of Downey hosted its seasonal video game tournament challenging gamers to battle each other for bragging rights in Capcom's newly released Street Fighter IV on March 7.

"[It's] about bringing people out for a great cause, bringing gamers together," said Best Buy associate James Melton.

The tournament took place in the front of the store where many gamers were gathered around several televisions to take part in the experience. Assistant store manager Alex Flores said it was the biggest turn out for a tournament recorded.

Previous tournaments included grand prizes like a Nintendo Wii and Xbox which was given out to the top competitors. The Street Fighter IV tournament was not any different with top competitors receiving a gift card to Best Buy for an undisclosed amount. There were no requirements for players and anyone was eligible to play.

Players ranged from all ages and some came from different cities. The crowd was very enthused by the tournament and for certain players. A crowd favorite was a 6-year-old player named Candy from Hollydale.

"I want to play today and I want to win a prize and be the best at something," said the young player. "I'm going to tell my friends all about it."



Power 106: DJ's Mix It Up

By: Michelle Muller and Bridget Sagrero, Interns

Warren High School's gymnasium was the place to be on March 5, as the annual Power 106 game was held as a fundraiser where all proceeds went toward the senior class. With over 1,000 tickets sold, the Associated Student Body (ASB) raised a total of \$9,112.

The crowd was excited to see not only their teachers play, but play versus a celebrity team that had the crowd going wild. Less than five minutes into the first quarter, the Bears scored their first point after making a free-throw shot. The Bears put up a good fight throughout the game, but fell short by a score of 51-59.

The home team consisted of Warren High, Griffiths Middle School and West Middle School teachers. Representing Warren were Kent Kiess, Chris McEvoy, Joey Tendler, and Bradley Simons. The guest team consisted of Power 106 disk jockeys E-Man, Virman, Jaycee, Vinny, Yesi Ortiz, Eric D-lux, George, Deelon, Sourmilk, Johnny, and Nick The Intern alongside special guest Bow Wow.

Reservations were made back in September for this event with efforts from Connie Quintero, Cari



Photo credit to Ruby Muller

White and Monique Willis and all of ASB members.

The halftime shows consisted of a special performance by the group Rich Girls, followed by a one-on-one game between Bow Wow and Power 106 DJ Tattoo. In

was during the half time period, two individuals had the opportunity to attempt a half-court shot, but neither was fortunate to make the shot and be the winner of the \$1,000 check on behalf of Jarritos.

"Tonight was a really good turn-out," said Power 106 DJ JC. "This school has everything together." The night was a success, with a turnout of over 1000 spectators. JC went on to say that "It [came] together really well, and it's one of the best schools we [have] gone to."

"It was a great opportunity for students to come support favorite radio stations," said Griffiths Middle School art teacher Ed Plant. It was a night full of fun for the players. Plant went to say "It was great, the hardest thing was trying to keep the earplugs in from all the girls screaming for Bow Wow."

"This is the vibe," said Power 106 DJ Inferno. "All the kids just have so much energy, and we haven't had any kids that had so much love for us [in a long time]." "This game is gonna be going [down] in the books."

the end, Bow Wow came out victorious with a score of 3-5.

"We gave out lots of prizes," said Power106 Dj Neze Nice. "Kids loved it." Throughout the night there were several prizes given out. One of the opportunities

First Presbyterian Church of Downey
2009 Celebration Concert Series
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KNOX BRASS ENSEMBLE
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Made up of 11 of the top studio/freelance brass players in Hollywood, the Knox Brass Ensemble showcases its talented members' virtuosity and versatility of style. Join us as world-renowned trumpeter Fred Mills guest starts in an evening of music from Brazil, Argentina, Italy, the US and more, including some original compositions. Drawing from great brass traditions such as Philip Jones and the German Brass, Knox Brass seeks to create a uniquely authentic musical experience for its audience.

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Happily N'Ever After 2
Secrets of the Furious Five
The Riches: Season 2
Star Wars: The Clone Wars - A Galaxy Divided

MARCH 31

Marley & Me
Seven Pounds
Slumdog Millionaire
The Butterfly Effect 3: Revelations
In Plain Sight: Season 1

'Bye Bye Birdie' in LB tomorrow

LONG BEACH – "Bye Bye Birdie," the original teen phenomenon and winner of four Tony Awards, will bring its charm and energy to the Long Beach Terrace Theater for two performances tomorrow at 2 and 8 p.m.

Tickets, ranging from \$30 to \$50, are available the theater box office and at all Ticketmaster outlets.

The momentous hit tunes include "Put on a Happy Face," "A Lot of Livin' to Do," "One Last Kiss," "One Boy," the riotous lament of parents with teenagers "What's the Matter with Kids Today?," and the uproarious salute to the greater glory of Ed Sullivan entitled "Hymn for a Sunday Evening."

"Bye Bye Birdie" won four Tony Awards, including Best Musical and Best Choreography. It received an additional four Tony Award nominations.

'Assassins' delves into minds of killers

LA HABRA – Stephen Sondheim's bold, gripping and provocative musical, "Assassins," runs at the La Habra Depot Theatre through April 5.

A 7-piece orchestra supports this Tony Award winning musical's darkly-comic and compelling look at the lives, loves and legacies of nine presidential assassins. The production is directed by David Anthony Blair and Stephen Hulsey musically directs.

"Assassins" is by no means a conventional musical. It delves into the minds of those nine people, including John Wilks Booth, who either failed or succeeded in the obscene practice of assassinating American presidents.

Constructed in a form somewhere in the twilight zone between book musical and all-star revue, Sondheim's most controversial musical tells the story of presidential want-to-be killers who, through madness or political conviction (or both), too often succeeded in changing the course of history and bringing immense pain to the world.

In addition to Booth, the assassins and would-be assassins featured are Charles Guiteau, who killed James Garfield; Leon Czolgosz, who murdered William McKinley; Giuseppe Zangara, who tried to kill President-elect Franklin D. Roosevelt; Lee Harvey Oswald, who assassinated John F. Kennedy; Samuel Byck, who tried to kill Richard Nixon; Lynette "Squeaky" Fromme and Sara Jane Moore, who shot at Gerald Ford; and John Hinckley, who shot Ronald Reagan.

Crossing the lines of time and space, the assassins talk and sing to one another. On a surreal set that includes gallows, an electric chair, enormous counterfeit-quality five-dollar bills and a multimedia pres-

entation of the Zapruder film of JFK's fateful day in Dallas, the assassins gather to reenact their tales of disillusionment, rage and dreams gone awry. John Wilkes Booth, who serves as their leader, declares "no one can be put in jail for their dreams," and encourages them to grab their share of the American Dream by pulling the trigger.

"While Booth's actions in real life were definitely evil, he believed what he was doing was important and necessary for the nation," said Alex Warren, who plays Booth. "I can't play him goopy-eyed crazy."

"Assassins" has intrigued audiences with its musical travelogue through American history and wide-ranging song styles from the era of each assassin, including show tunes, barbershop quartets, spirituals, soft rock and folk. Through his score, Sondheim compels the audience to come to grips with this group of misfits and crazy zealots, whose only common ground may be their dissatisfaction with how the American dream has eluded them.

Stephen Sondheim and John Weidman's "Assassins" opened in 1990 to theatrical and box office success, but abruptly closed because of the politically volatile time that followed 9/11. The musical roared back on Broadway in 2004 and received five Tony Awards, including Best Musical Revival.

"Assassins" runs through April 5 on Friday and Saturday nights at 8 p.m. and Sundays at 2:30 p.m. Tickets are \$18 for adults, \$12.50 for students and seniors.

Reservations are available by calling (562) 905-9625 or online at www.lhdepottheatre.org. The play contains some adult language.



Rhona Weinberg Gewelber, a Miss Downey in 1971, was winner of the 2008 Baton Auction, and will help lead the Downey Symphony in concert on March 28.

Something is missing from Gewelber's resumé

BY JOYCE SHERWIN,
DOWNEY SYMPHONY

DOWNEY – It sounds like a remarkably satisfying life – happy childhood in Downey, great schooling, solid marriage, accomplished daughters, steady involvement in tons of volunteer activities and philanthropies – but we know of one unfulfilled shining Camelot moment that has proved elusive for Rhona Weinberg Gewelber.

Be Miss Downey? Did that, 1971. Graduate from college? Did that, Stephens, 1975. Husband of 32 years? "Very patient." Children? Achievers. Services on Boards of Directors? This paper doesn't have enough column space.

But still on Rhona's magical To Do List there is this: "I have always loved beautiful music and [would be] excited to hear what an orchestra sounds like as I am surrounded by them from the conductor's position on stage."

Well it's going to happen Saturday evening, March 28, when Rhona Weinberg Gewelber, winner of the 2008 Baton Auction with the Downey Symphony, steps onto the podium to conduct the orchestra in that splendid, world-famous, out-

and-out crowd wower, the Radetzky March by Strauss, and you, dear reader, don't want to miss it.

Nor do you want to miss hearing violin soloist Nigel Armstrong, 19, a new, soaring talent recently announced as the finalist of our symphony's Young Artist Competition. Then you can round out the evening immersed in the happy nature of Brahms' Second Symphony, followed by a patio reception where audience and orchestra members munch and mingle.

Data: Downey Symphony in concert Saturday, March 28, 8 p.m., Civic Theatre, 8435 Firestone Blvd. Reserved seat tickets are \$20 and \$25, students \$10, available by phone, (562) 403-2944, or at the theater box office Wednesday afternoon, March 25, noon to 4 p.m., and from 6:30 p.m. the night of performance.

Music Director Sharon Lavery's pre-concert discussion begins at 7:15 p.m. Show your tickets for 10 percent off those delicious dinners at Mimi's Café, adjacent to the theater. Concert parking and post-concert reception are free.

Students to get symphony experience

BY JOYCE SHERWIN,
DOWNEY SYMPHONY

DOWNEY – Fifth-grade students from every elementary school in the city will enjoy a field trip on March 25 to the Civic Theatre to hear a concert by the Downey Symphony Orchestra.

Music Director Sharon Lavery has selected works by Beethoven, Tchaikovsky and Mussorgsky, along with themes from the film "Pirates of the Caribbean," to familiarize the students with accessible classical music and to demonstrate how vivid and exciting a live

orchestral performance feels.

Three consecutive performances are required during the Wednesday morning to accommodate some 1,600 school kids in the theater. Such an event costs \$17,000, and the Symphony Board is grateful to the Downey Kiwanis Foundation for their full and continuing support of this vital aspect of the Music in the School program.

Logistics are handled by Downey Unified's Director of Elementary Education, Denise Takano, and her invaluable aide, Ana Thorne.

New Titles at the Downey City Library

Fiction

- **"Indignation"** by Philip Roth. Against the backdrop of the Korean War, a young man faces life's unimagined chances and terrifying consequences.
- **"L.A. Outlaws"** by T. Jefferson Parker. Allison Murrieta is a modern-day Jesse James who loves a good armed robbery. She has a compulsion to steal, a knack for publicity, and the conscience to give all the money to charity.
- **"The Leisure Seeker"** by Michael Zadoorian. This unforgettable story follows the cross-country journey of a runaway elderly couple determined to meet the end of the road on their own terms.
- **"Ruins"** by Achy Obejas. When the Cuban Revolution triumphed in 1959, U.S. Navy was just a young man and eagerly signed on for all of its promises. But as the years have passed, the sacrifices have outweighed the glories, and he's become increasingly isolated.
- **"The Samaritan's Secret"** by Matt Beynon Rees. A member of a tiny but ancient Samaritan community has been murdered. The dead man had controlled millions of dollars of government money but if Omar Yussef cannot solve the murder and find the money, many Palestinians will suffer.

Non-Fiction

- **"Adobe InDesign CS4 Bible"** by Galen Gruman. This authoritative resource describes the power and potential of InDesign--whose popularity as a page-layout program is growing stronger and gaining new converts every day.
- **"American Thighs"** by Jill Conner Browne. Browne pens a hilarious life maintenance program to help women navigate society's obsession with nips, tucks, carbs, and clothes.
- **"Freedom by Any Means"** by Betty DeRamus. This latest work by DeRamus is a collection of inspiring stories of how slaves used the law--against all odds--to gain freedom for themselves and loved ones.
- **"The Invention of Air"** by Steven Johnson. Bestselling author Johnson recounts the story of Joseph Priestley--scientist, theologian and 18th-century radical thinker who played pivotal roles in the invention of ecosystem science, the founding of the Unitarian Church, and the intellectual development of the U.S.
- **"Official Price Guide to Pop Culture Memorabilia"** by Ted Hake. A trip down memory lane covering toys, posters, books, and more from the 1800s through the present day. Perfect for serious collectors as well as for general interest readers who will enjoy learning the histories behind their favorite toys.

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

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We know that a lot of you have spent money on systems that are not energy efficient. We would like to help save you on energy costs.

Even though our Service Department is a nice profit center too, we know sometimes people end up spending money to repair a system that really should be replaced. That's not always fair to you which is why I'm making this offer.

We'd like to "Buy Back" your last repair bill - **all of it** - with a credit toward a new system. We'll even do this if your repair was from another company.

I know this is an unusual offer. (But again, most companies would rather keep this a secret.) We know some sound financial reasons to replace instead of repair, and here they are:

First, a new system means NO repair bills for 5 solid years. And at **Cooling 4 Less by Dockstaders**, that includes parts AND labor. You can get a full warranty that covers you on repairs - no matter how small or large.

Secondly, you can save a tremendous amount on energy. People think that energy savings are "nickels and dimes", but in reality, this couldn't be farther from the truth. Look at this...

The typical area homeowner will save twenty-five percent (we **guarantee** it in writing) on energy. This averages \$540 per year. So for just the 5 years of warranty, you can spend **ZERO** on repairs and SAVE

\$2,700 in energy. I'm afraid that numbers like these mean... **Right now, you may be paying for a new system, but you're not getting one.**

While our business is a little slow. I wanted to offer all of my repair customers (about 2183 in all) a **100% Credit** of their last repair bill toward a new system. So, you could say that we fixed your system for **FREE**. And again, even if it was from another company, just show us the receipt and we'll give you credit.

But I can only do this for about 35 or 40 customers until the weather changes and we get busy, again. So, if you'd like to get a completely **FREE** survey, with no obligation whatsoever, just call **Cooling 4 Less by Dockstaders** at 562-698-0201.

We'll set up your free no-obligation survey and send someone right out. Then you can see how much a new system can save you and we'll take 100% of your last repair bill right off the top or our book price for a new heating and cooling system. What have you got to lose?

Thank You very much.

Doug Farnik

P.S. Remember, this offer is only good for about the next 35-40 customers. Oh yes, and if your last repair bill was less than \$300, I'll give you full credit of \$300. I just thought that seemed fair.

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I LOVE YOU, MAN R (11:30, 2:10, 4:50), 7:25, 10:10
KNOWING PG-13 Fri to Sun: (11:05, 1:15, 2:00, 4:15, 5:00), 7:10, 7:55, 10:00, 10:35; Mon to Thu: (11:05, 1:15, 2:00, 4:15, 5:00), 7:10, 7:55, 10:00
THE LAST HOUSE ON THE LEFT R (11:25, 2:05, 4:45), 7:40, 10:15
MISS MARCH R (11:50 AM), 9:50 PM
RACE TO WITCH MOUNTAIN PG (11:00, 11:40, 1:30, 2:15, 4:05, 4:50), 6:35, 7:20, 9:15, 9:55
WATCHMEN R Fri to Sun: (12:00, 3:30), 7:15, 10:30; Mon to Thu: (12:00, 3:30), 7:15
TYLER PERRY'S MADEA GOES TO JAIL PG-13 (2:15, 4:55), 7:30
TAKEN PG-13 (11:55, 2:20, 5:05), 7:45, 10:05
Times for Friday-Thursday, March 20-26, 2009
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(562) 861-1616

Calvary Chapel celebrating military

DOWNEY – Calvary Chapel Christian School in Downey will host Armed Forces Day on May 16. The community is invited to attend.

The event will feature a breakfast, memorabilia displays, and guest speakers, in addition static displays, a rock wall, miniature F-16 jet fighter, a Humvee, and possibly a helicopter.

All branches of military will be represented. Army Gen. William Boykin (retired) is scheduled to make an appearance.

For more information, call (562) 803-4076. Calvary Chapel Christian School is at 12808 Woodruff Ave., at Imperial Highway.

Lifeguard training offered at DHS

DOWNEY – Lifeguard certification training, approved by the American Red Cross, will be offered during spring break, April 13-17, at the Downey Aquatic Center at Downey Adult School.

The course, offered Monday through Friday from 9 a.m. to 5 p.m., will provide the necessary minimum skills training for a person to qualify to serve as a non-surf lifeguard. Students must be at least 15 years old at the time of the course to participate (proof of age is necessary at time of registration).

Students will receive certificates of completion on the final day of class if they pass both the written and physical testing.

The fee for the week is \$110, which includes the training book, pocket mask and certification card.

Registration is underway at City Hall. For more information, call (562) 904-7238.

Scholarships for students available

DOWNEY – The Assistance League of Downey is once again offering \$1,000 scholarships to graduating seniors from DUSD high schools who have "excelled as community volunteers."

To qualify, students must have a minimum 3.0 GPA and be in good standing with their school, including citizenship and attendance.

Applications are available at school guidance offices. Completed applications should be mailed to the Assistance League of Downey, Scholarship Award Committee, 11026 Downey Ave., Downey, CA 90241. Applications must be postmarked by March 31.



Downey Adult School is now accepting new students for its Dental Assisting class. "We will teach you the components of becoming a successful dental healthcare team member," a school representative said in a statement. "Our objective is to provide, demonstrate and allow students to practice each skill with hands-on learning in an actual dental office during non-patient time." For more information, call Downey Adult School at (562) 940-6200.

Downey clobbers California High, ready for league

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – Downey might have been a little tired after their doubleheader against California High School on Wednesday, but it was most likely from running around the bases and scoring a combined 29 runs in the two-game sweep.

The Condors were unable to muster any run support for their pitchers and laid two goose eggs in the runs column at the end of each game. California from the beginning of Game One never seemed to have a chance.

Downey pitcher Alex Jimenez set the tone early, mixing his pitches well and keeping California off balanced in a 10-0 victory in the first game. The Condors were unable to read the curveball or

catch up to the fast ball and watched a lot of called third strikes go by.

Downey outfielder Ivory Thomas in the first game was given the Barry Bonds treatment, being handled with kid gloves by California's pitchers and even intentionally walked during one at-bat.

Thomas was taken out of the game in the fifth inning once the score started to get out of hand.

In the second contest, Downey accumulated 19 runs off 16 hits and shortened the game to six innings with the mercy rule in effect. California went quietly into the night with only one hit in the 19-0 loss.

Downey will begin league play today at defending league champion Paramount. Game time is 3:15 p.m.

Warren's defense a no-show

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – If defense wins championships, then Warren baseball is in trouble after losing 6-5 to Cerritos last Wednesday in the Newport Elks Baseball Tournament.

The Bears started off hot, scoring two runs in the first inning and three runs in the second inning. But they gave up the two winning runs in the bottom of the sixth inning off an error.

In that fateful sixth inning, the Bears committed three errors, allowing all base runners to score. Only one run that Cerritos scored during the game was an earned run.

The amount of errors during the past few games has become an alarming trend to the Bears with losses that should have been wins starting to pile up.

Warren begins their league play today at 3:15 p.m. They will be traveling to Lynwood, a team they have had great success against in the past.

With work and proper care, diabetes is a controllable disease

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

LAKEWOOD – When you were a kid you probably thought that there was no possible way that anyone could ever have too much sugar, right? How could something that tastes so sweet and good be bad?

According to the National Diabetes Information Clearinghouse (NDIC), a division of the National Institute of Diabetes and Digestive and Kidney Diseases, too much sugar in the blood for extended periods of time may cause diabetes problems. For example, high blood sugar can cause damage to the heart, kidneys and blood vessels. For the diabetic patient there is a lot that must be done and maintained for blood sugar levels to remain at normal levels.

According to the U.S. Department of Health and Human Services, diabetes is a disease that affects more than 16 million Americans. Ninety-five percent of all diabetes cases can be attributed to Type 2 diabetes. Those most prone are over the age of 40, obese, inactive or have a family history of the disease. It is responsible for blindness, amputations, kidney failure, heart disease, stroke and

death.

The NDIC has several recommendations for the diabetic patient to follow to control their diabetes in the best way possible. These include things that should be done every day and things that should be done every time you have a check-up.

Daily diabetic care:

- Stay on the diet that has been established by your physician or dietician. Eat your meals and snacks at about the same time every day.

- Get at least 30 minutes of physical activity.

- Take your diabetes medications at the same time every day.

- Check your blood sugar. Keep a record of the time you took your blood sugar and the numerical result.

- Examine your feet for cuts, blisters, swelling, redness or sore toenails.

- Brush and floss your teeth.
- Don't smoke.

What should be done during a check-up:

- Share your blood sugar records with your physician.

- Get weighed. If your weight is too high, discuss ways to reduce it.

- Have your blood pressure taken. A good goal for most people is less than 130/85. If yours is higher, discuss ways to reduce it.

- Discuss your diabetes medications and any problems you may have from them.

- Go over your diet, the times you eat, and how your blood sugar levels respond.

- Discuss your emotional health and how you are handling the affects of your diabetes.

- If you are a smoker, make a plan to quit.

As a kid, you probably never would have thought that sugar could cause you to have to pay attention to so many issues. Controlling diabetes can be a lot of work, but preventing complications and diseases that are associated with diabetes makes it well worth the effort.

Doctor to discuss diabetes

LAKEWOOD – Dr. Paul Gallardo, practitioner of internal medicine at Talbert Medical Group, will lead a discussion on diabetes Thursday from 6:30-8:30 p.m. at Lakewood Regional Medical Center, inside conference rooms A and B.

Gallardo will discuss how diabetes is diagnosed and what treatment options are available. He will also present warning signs for diabetes and explain why controlling the disease is so important.

A light dinner will be served. To reserve a seat, call (800) 813-4345.

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Precious Jacobson was only 25

DOWNEY – Precious Blessing Jacobson, 25, passed away unexpectedly at her parents' home in Downey.

She was born July 12, 1983 in Bellflower to Gary and Diane Larsen Jacobson. She was enrolled in the Downey Unified School District at age 3, and graduated with a certificate of completion at the same time as her younger sister, Lovey, graduated Downey High School in 2005.

Precious was a consumer at Arc of Southeast Los Angeles County, attending adult classes and working in the workshop. According to family, she enjoyed going to Arc and watching Disney movies with her 17 nieces and 10 nephews.

She is survived by her parents and siblings: Lars and Wendy Jacobson, Star and Jorge Festini, Mitzi and Paul Hyer, Lon and Regina Jacobson, Treasure and Geoff Vaughn, Layne and Stacia Jacobson, Heavenly and Scott Shelley, and Lovey Jacobson.

Funeral services will be held today at the Church of Jesus Christ of Latter-day Saints, 12425 Orizaba Ave. in Downey, at 10 a.m.



Leona Shumake was dedicated nurse

DOWNEY – Leona Frances Siemonsma Shumake, a Downey resident for 59 years, passed away in her home March 8 surrounded by family.

She was born into a large family on March 1, 1912 in Le Mars, Iowa. She attended St. Mary's High School in Remsen, followed by St. Joseph's Mercy Hospital in Sioux City, where she obtained her RN license and graduated in 1933.

She moved to Michigan and worked on staff at hospitals in Ann Arbor, Detroit and Hamitranck. In 1941, she came to Los Angeles by bus and began working at St. Vincent's Hospital. After the attack on Pearl Harbor, she enlisted in the Army Nurses Corp and was stationed in New Guinea and the Philippines.

After the war, she completed her bachelor's degree at UCLA. She met and married Vernon Shumake in 1949 and they bought a home in Downey in 1950 where they lived the rest of their lives.

She worked as a school nurse for more than 20 years in the Norwalk-La Mirada school district. She retired in 1973 to care for her husband who then passed away several months later. She went back to work doing vision and hearing tests for children for almost another 20 years.

She is survived by her son, Vernon Charles; daughter, Barbara Faulkner; and son-in-law, Brett Faulkner, of Burbank.

A rosary vigil was held March 12 at Downey Zrelak Mortuary. A Mass was held March 13 at Our Lady of Perpetual Help Church, followed by interment at All Souls Cemetery in Long Beach.



Marlys O'Connor passes away

DOWNEY – Downey resident Marlys Ann O'Connor passed away of pulmonary obstruction on March 8.

She was born in Neche, N.D. A member of the Downey Church of Spiritual Living, she worked as a bookkeeper for White Metal Products.

She is survived by her husband, John O'Connor; son, Dennis Pariseau; grandchildren, Sherry Lynne and David Pariseau; and nephews Lon and Lan Schweitzer.

She was predeceased by her father, Carl Warren Forsgren; sister, Jean Schweitzer; and a niece, Gayle Diddon.

In lieu of flowers, the family has requested contributions to the City of Hope in Duarte.



Beverly Thomas operated daycare

DOWNEY – Beverly Lynn Thomas, who was born Oct. 27, 1955 to Robert and Genevieve Wartenbe in Downey, passed away March 13 with her husband and children by her side.

Thomas grew up the youngest of three children. A talented musician and singer, she traveled with the Christian band The New Beginning.

During one performance, she met her future husband, Michael. She married Michael when she was 19. He was still in the Marine Corps, so she pursued a career in banking with the El Toro Marine Federal Credit Union, and within weeks was promoted to executive secretary for the president of the bank. When they moved into their first house in Encinitas, she transferred to San Diego Federal Credit Union for the same position.

After having children she quit work to become a stay-at-home mom, and later opened a daycare business. As their children grew older, Beverly and Michael began working with church youth groups.

Beverly is survived by her husband of 33 years, Michael; father, Robert Wartenbe; sister, Linda (Steve) Hutchens; brother, Bob (Deborah) Wartenbe; daughters, Jennifer (John) Thompson and Katelyn Thompson; sons, Ryan (Sarah) Thompson and Cameron Thompson; and grandchildren, Caiden, Dylan, and Curren.

Services will be held tomorrow at 11 a.m. at Calvary Chapel Camarillo, 380 Mobile Ave., in Camarillo. Graveside services will immediately follow at Conejo Mountain Memorial Park.

After services, friends and family will gather at 2572 Leafwood Dr. in Camarillo.

Sochi Phann passes away on 25th birthday

DOWNEY – Socheata Phann, also known as Sochi, passed away on March 13 after a two-year fight with colon cancer. She passed away on her 25th birthday.

She was born March 13, 1984. She is survived by her parents, Henry Phann and Ellen Thong; older brother, Chris Phann; and younger sister Nancy Phann.

Sochi graduated from Downey High School and was attending UC Irvine.

Services will take place Sunday at Rose Hills Memorial Park in Whittier. The viewing is from 9 a.m. to noon, and will be followed by the funeral service at 1 p.m.

The family is asking for donations to help offset funeral costs. For more information, call Nancy Phann at (562) 355-0439.



Bryan Miranda was killed in a traffic collision last week in Downey. His family will host a fundraiser at three local Chili's restaurants on Monday. Photo courtesy Miranda family

Fundraiser for man killed in crash

DOWNEY – Friends and family of Bryan Miranda, the Bell resident who was killed in a motorcycle accident in Downey last week, will hold a fundraiser Monday at three local Chili's restaurants.

With each flyer presented to Chili's between 3-11 p.m., the restaurant will donate 10 percent of the sales to Miranda's family. The Chili's at Downey Landing – along with locations in Lakewood and Pico Rivera – is participating in the fundraiser.

For a flyer, call Alicia Cuellar at (562) 688-4477 or e-mail her at aliciacuellar@yahoo.com.

Miranda, 25, was killed March 8 when the motorcycle he was riding crashed into another vehicle at Lakewood and Firestone boulevards. Witnesses told police Miranda was turning on a green light, but directly in the path of an oncoming vehicle.

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Russell Lauriston Palmer

Russell Lauriston Palmer passed away May 18, 2008. His services were held in Downey conducted by Pastor David Norczyk, his son David & daughter Brenda. He leaves behind his wife, two sons, three daughters and many other family members and friends. He walked a lot (even the last month of his life) in our neighborhood and Stonewood. He was in the Merchant Marines as a youth, and worked diligently at Ford Motor Company and Bills Body Shop for 50 years. He loved gardening and fixing things, and leaves behind a tremendous void. Nevertheless the Lord's will was done...and he's now with our other loved ones in that better place.

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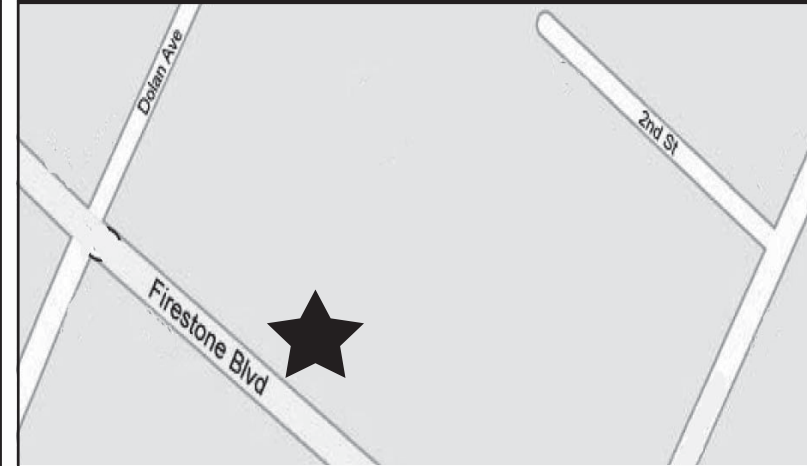


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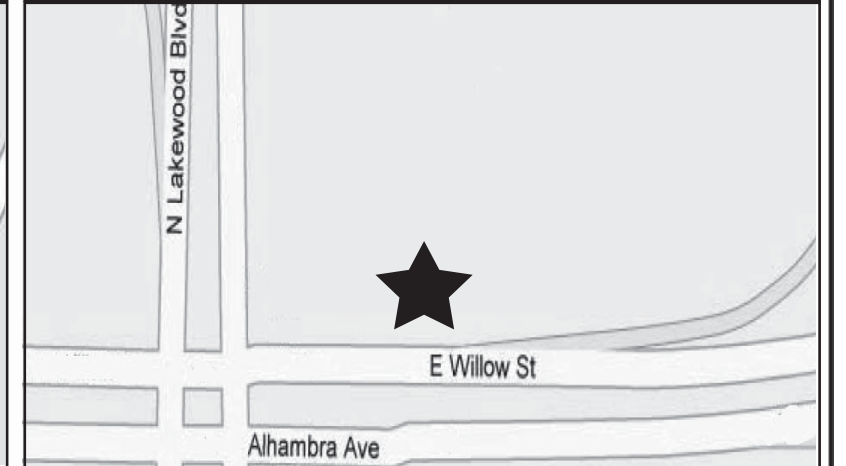
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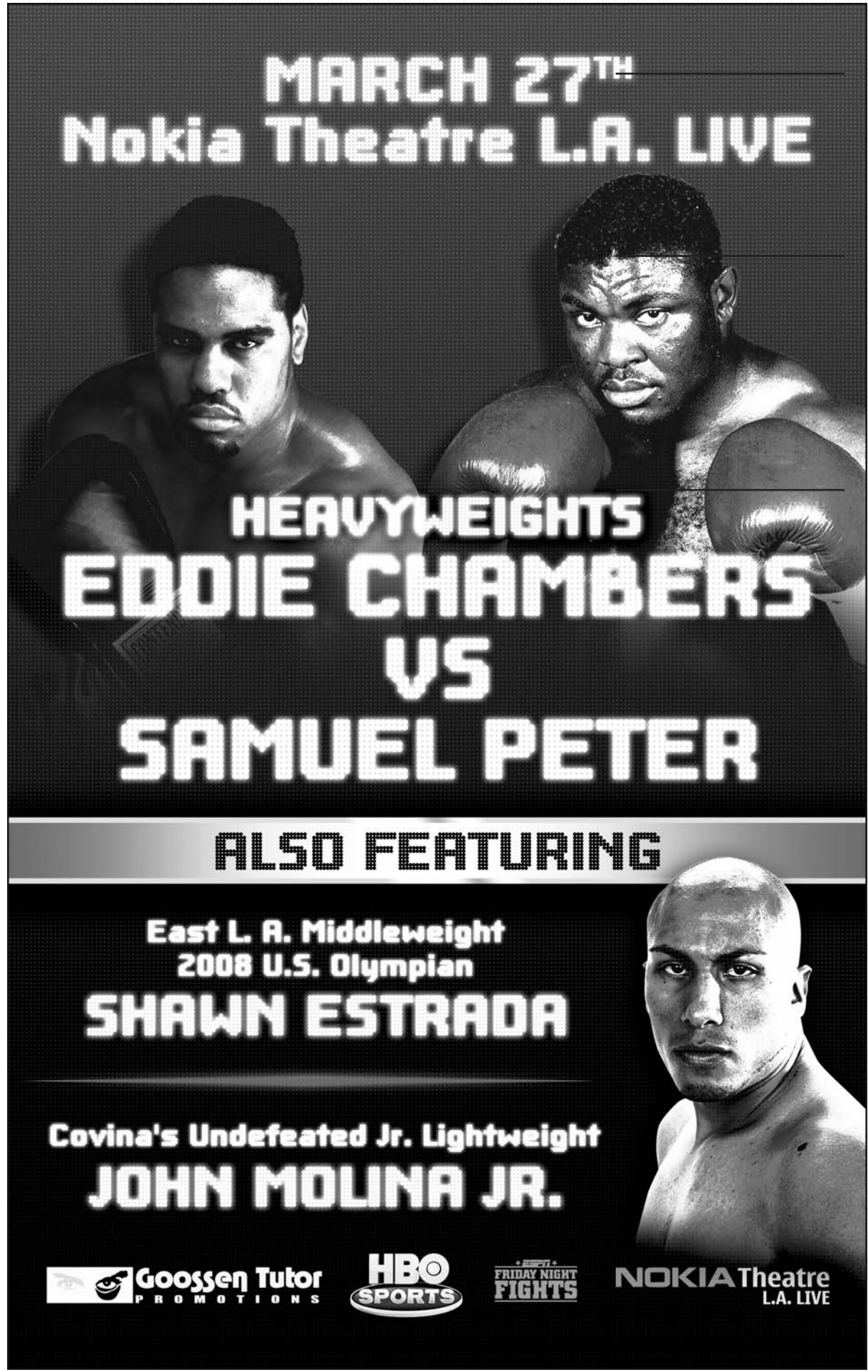
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Mario Persico, an agent with Prudential 24 Hour Real Estate, has been named a President's Circle Award Winner for 2008. The President's Circle is awarded to agents who are in the top 3 percent of sales professionals in Prudential Real Estate nationwide. "Mario's dedication, knowledge, and drive are what help to make him an industry leader," said Mel and Rita Berdelis, brokers and owners of Prudential 24 Hour. "We look forward to recognizing his outstanding achievements at Sales Convention 2009 this month at the Mandalay Bay Resort Hotel & Casino in Las Vegas."

Day camp for kids available

DOWNEY – Kids ages 6-14 are invited to spend spring break at Wilderness Park for a day camp offered by the city of Downey Community Services Department.

From April 13-17, children can enjoy crafts, cooking and games, all managed by an experienced staff. Cost is \$80 and includes materials, supplies, a walking field trip to Rio San Gabriel Park, and a daily snack.

For an additional \$40, extended care is available from 7-9 a.m. and 3:30-6 p.m.

Registration is currently underway at City Hall. For more information, call (562) 904-7238.

Golf tournament in Pico Rivera

PICO RIVERA – The Hispanic American Airborne Association will present their annual golf tournament March 29 at the Pico Rivera Golf Club.

Cost is \$50 and registration begins at 10 a.m. The event will include contests, prizes and raffles. Lunch will be served at VFW Post 7734.

To register, or for more information, call Javier Curiel at (562) 699-8901.

Father's Day golf tournament

DOWNEY – Sponsorships and donations are being accepted for the Light and Life Christian Fellowship Father's Day Golf Tournament on June 29.

The event will be at the Rio Hondo Golf Club and begins with a shotgun start at 12:30 p.m.

For more information, call Nathan Sharp at (562) 862-0910.

Call **Linda Larson** to put your ad in **The Downey Patriot Classifieds** section. **Deadline is Wednesday at 11:00 am (562) 904-3668**



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Songfest '09 begins tomorrow

DOWNEY – The 17th annual interfaith, multi-cultural Songfest, sponsored by The Church of Jesus Christ of Latter-day Saints, will be held tomorrow at the church's south Downey facility, 12425 Orizaba Ave.

Songfest will feature choral and gospel singing, along with performances and talent from Downey and neighboring communities.

Seven musical groups and soloists are scheduled to perform, including: Beverly Taylor; the New City Parish Choir of the Ascension Lutheran Church, led by "gospel cheerleader" Mark Coates; the Voices of Inspiration and Immanuel Community Gospel Choir, led by Alexander Hamilton; the Hollywood Mass Choir of the Presbyterian Church, led by director Patrick Hare; Tapestry, a Redondo Beach women's choir; the Hacienda Heights 5th Ward Chinese Choir; and a women's choir representing the Downey stake of The Church of Jesus Christ of Latter-day Saints, led by Kristie Larsen.

"We are happy to once again have such marvelous talent at our annual musical togetherness event," said Lois Buchanan, community relations director for the Downey stake and coordinator of the event. "It is our pleasure to again offer an evening of music and togetherness to the people of Downey and to our neighboring communities."

"It is also a great opportunity to meet as friends from various religions and from different cultures. May we continue to build upon the love and respect for one another throughout our communities. Everyone is invited to this free evening of harmony."

Prelude music begins at 6:45 p.m., and the program will begin at 7. Admission and parking are free.

For more information, call (562) 861-8450 or (562) 927-9790.



Diana Norton has joined the staff at Century 21 My Real Estate in Downey. Norton holds a BA degree in Child Development and a teaching credential, and worked for the Los Angeles Unified School District. "Diana is a great addition to our team," said Steve Roberson, owner/broker. "She has great communication and organizational skills, is self-motivated, community-minded and goal-oriented." To reach Norton, call (562) 927-2626

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FEATURED PROPERTY

JUST LISTED

A Grand Opportunity
New Construction in Downey. 4 separate houses with private yards. Each unit has 3 bedrooms, 2.5 baths, central heat & A/C, fire sprinklers, granite countertops, and interior laundry. This has great opportunity!

TOP PRODUCERS

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First Time Home Buyer
Spacious 3 bedroom, 2 bath, 2 car garage, laundry area. This is a great opportunity for the first time home buyer. Short Sale

Budget Priced
3 bedroom, 2 bath, atrium, formal living room w/fireplace, great pool. Virtual tour – www.towncenter.com/5347 First time home buyer opportunity! REDUCED

PENDING

Accent on Value
Located in a beautiful area of Downey. 3 bedroom, 2 bath, 2 car garage, formal dining room, family kitchen, newly installed hardwood floors, fireplace.

PENDING

Go Cal State...
Great opportunity to live by Cal State Fullerton. 3 Bedrooms, 2 baths, central heat & A/C, tile floors, fruit trees. This is a short sale and could be a fantastic buy.

REDUCED

Close To The Beach
Two units in a very desirable area that is close to the beach. 3 bedrooms, 2 1/2 bathrooms and 3 bedrooms, 2 bathrooms. Wood floors, formal dining room, move-in condition.

Try To Find A Better Value
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

A Nice Starter Home!
This is a really nice starter home with 3 bedrooms, 1 bath, dining area, eating area in kitchen, updated kitchen, copper plumbing, 2 car garage, and a pantry.

REDUCED

Thrifty Buy
Live In One...Rent The Other? This one has it all! Clean and move in condition, corner lot, 1 @ 2 bedroom/1 bath, 1 @ 1 bedroom/1 bath and a huge reduction in price.



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The SoCal 12's are led by veteran volleyball coach Bob Crowell. From left: Morgan Donaldson, Caroline Fuentes, Madison Flareau, Amy Crowell, Cheyanne Guyon, Molly Donahue, Kathleen Bastidas, and Alyssa Nicklas. Back row: assistant coaches Josh Melton, Cynthia Fuentes and Janae Miley. For more information, visit www.scevolleyball.com.

SoCal 12's earn second place in Anaheim

DOWNEY – The SoCal Elite 12-asics volleyball team recently traveled to Santa Clara for three days to play versus Northern California teams.

The team is trained by veteran volleyball coach Bob Crowell, who is now in his 24th year of coaching. "The experience was great and competition was tough, but we learned a lot and found we are faster and thinking quicker on our feet," Crowell said.

The SoCal 12's, as they call themselves, recently went 5-2 at an Anaheim tournament to earn second place.



Downey High School's varsity girls' lacrosse team made its debut on March 7 at the annual Rose Bowl Lacrosse Tournament. Downey, under the direction of Coach Thompkins, played three games and finished 1-2. The girls began practicing in December.



Downey High School's boys' lacrosse lost a heartbreaker last week, 6-5, versus visiting Harvard-Westlake. Downey went into the last quarter leading, 5-4, but Harvard-Westlake scored to tie the game. They scored the go-ahead goal with 7 minutes left and blocked a flurry of Downey shot attempts to seal the game. Photo by Art Montoya