

The Powner Patriot



'Iron Man 2' shoots locally See Page 13



DUSD hands out awards See Page 10



Jan Miller, volunteer, dies See Page 8

Friday, June 12, 2009

Vol. 8 No. 8

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

Downey Marine killed in action

■ Joshua Whittle, 20, was killed after being struck by a land mine in Afghanistan. Funeral scheduled Monday.

By Eric Pierce & SCOTT COBOS, CITY EDITOR AND STAFF WRITER

DOWNEY – Marine Lance Cpl. Joshua R. Whittle, a Downey resident, was killed June 6 after he was struck by a land mine while supporting combat operations in Helmand Province, Afghanistan.

He was 20. Whittle was assigned to the 2nd

Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force based in Kaneohe Bay, Hawaii. He had been in Afghanistan only three weeks.

Whittle was born Feb. 11, 1989. He grew up in Downey and attended Warren High School, and competed in the Mr. Downey Competition as a sophomore. He received his high school diploma from Downey Adult School in

Towards the end of high school his mother and stepfather purchased a home in Fontana. But Whittle wanted to graduate with his friends so he stayed with the families of Kyle Cooper and Johnathan Polgar, who said they considered Whittle family.

Whittle's mother, Crystal, said her son decided to join the Marines after the attacks of Sept. 11, 2001. He enlisted in the Marines before he even finished high school.

During his service, he was honored with awards such as a Global War on Terrorism Medal and a National Defense Service Medal.

Friends and family said Whittle enjoyed skateboarding, listening to music, dancing, drawing, being with friends, and writing poems about his feelings.

"He was kind-hearted, inspiring, brave, determined, and had a great spirit," friends and family of Whittle said in a statement. "Josh will truly be missed but will always remain in our hearts."

Gov. Arnold Schwarzenegger said Capitol flags would be flown at half-staff in Whittle's honor.

"Lance Corporal Joshua Whittle was a courageous American who fought tirelessly to country," protect our



Lance Cpl. Joshua Whittle

Schwarzenegger said. "Joshua went above and beyond the call of duty and his selfless dedication and sacrifice will not be forgotten. Maria and I send our thoughts and prayers to Joshua's family, friends and fellow Marines as they mourn this devastating loss."

Mayor Mario Guerra said he remembered Whittle from his coaching days at West Downey Little League.

"Our city is saddened by the passing of one our own hometown heroes," Guerra said. "Heroes give of themselves and Joshua contributed the ultimate sacrifice on

behalf of his country. We are extremely proud in Downey of this young man but suffer from broken hearts and ache for his family and friends.

"As a parent I shed tears with his parents, as an American I salute his bravery and say thank you."

The city will also fly its flags at half-staff, Guerra said.

"On behalf of the citizens of Downey, I want the Whittle family to know that our prayers, thoughts and hearts are with them during this time," he said. "We know Joshua loved this community and we want them to know that our community loves him and will never forget."

Whittle is survived by his mother, Crystal; stepfather, Carl; and grandmother, Shirley.

A viewing will be held Sunday night at Miller-Mies Mortuary in Downey. Funeral services will take place at 10 a.m. Monday at Downey First Baptist Church, where Whittle was a member. Burial will immediately follow at Riverside National Cemetery with full military honors.

Volunteers portraved disaster victims in a drill conducted by Rancho Los Amigos and Downey Regional, along with local fire agencies, on Wednesday. Photos by Art Montoya

Disaster drill keeps hospitals on their toes

■ Drill was the first between Downey Regional and Rancho Los Amigos.

> By Eric Pierce CITY EDITOR

DOWNEY – A realistic disaster drill testing the responses of two major hospitals and local emergency services has been hailed a success by authorities.

The drill began Wednesday morning when a power plant at Rancho Los Amigos National Rehabilitation Center "exploded," injuring approximately 30 students who were touring the campus as part of a school field trip.

"It's not an unrealistic scenario," said Cheryl Guinn, an administrator of ancillary services at Rancho and acting public information officer. "We often times have groups that come here for tours, including dignitaries from other countries.'

Rancho has an active power plant on its campus, in addition to two 500-gallon tanks of sulphuric acid, Guinn said.

The drill was done in conjunction with Downey Regional Medical Center and fire departments from Downey and surrounding cities.

While each hospital is required by their respective accreditation agencies to stage two disaster drills per year, it was the first time Rancho and Downey Regional had collaborated on such a project, offi-



cials said.

Stephen Cuthbertson, director of safetey and disaster planning at Downey Regional, organized the drill. At approximately 8:45 a.m. Wednesday, he began the drill by placing a phone call to Downey Fire Department Captain John Day, simulating a call to 911.

At 8:53 a.m., the first Downey fire engine arrived at the scene, followed by a Compton ambulance. Los Angeles County police were soon on the scene as well.

Firefighters feared the victims (portrayed by volunteers) may have been exposed to sulphuric acid and took a cautious approach.

"Is there anybody that can walk?" a firefighter shouted, as he stood about 25 feet away from the cluster of students.

"Help me, please help me!" was the response from the injured students, who writhed on the floor

By 9:05 a.m. fire agencies from

See DRILL, page 4

Groups pledge support for fireworks

By Eric Pierce CITY EDITOR

DOWNEY – Three local service clubs and "many" residents have offered monetary support for the city's recently-approved July 4 fireworks show, city officials have

The Downey Optimist Club, the morning Kiwanis Club, and International Soroptimist

cost, said Mark Sauter, deputy city 6107. manager for emergency preparedness and organizer of the event.

Several other sponsorship commitments are pending, he said, adding that many residents have made sponsorships of \$100.

All donations are taxdeductible, Sauter said. Residents or community groups interested in

Downey have each pledged \$1,000 becoming a show sponsor can call to help offset the show's \$50,000 City Administration at (562) 904-

> Local youth sports teams are also encouraged to contact Community Services if they are interested in playing exhibition games during the daylong event. Team organizers should call (562) 904-7128 for more information.

Downey volunteer groups interested in hosting a food booth should call (562) 904-7238 for information.

The event will include games, a park ribbon-cutting ceremony carnival games, jumpers, food booths, live music and a fireworks show.

The event begins at 10 a.m. and culminates with the 9 p.m. fireworks display.

Group pushes for input on Avenue Theatre, mayor pushes back

By Eric Pierce CITY EDITOR

DOWNEY - A testy exchange between Mayor Mario Guerra and a young Downey resident Tuesday night served to highlight the growing acrimony between city officials and members of the public wanting to restore the Avenue Theatre into an arts and cultural complex.

Downey resident Jared Head, speaking during the public comment portion of Tuesday's City Council meeting, accused the City Council and its staff of being secretive in regards to proposed redevelopment of the Avenue Theatre and the downtown.

Head, the owner of a local comedy group, said the Council "seems not to care" about public input and questioned their communication

As evidence, he pointed to a recent story in the Downey Patriot depicting a proposed redevelopment of the Gourmet Café property, which reported the restaurant owner had no knowledge of the plans.

Guerra, speaking loudly and clearly agitated, denied the allega-

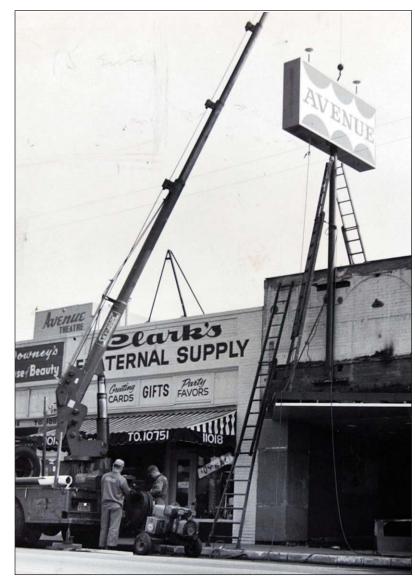
Guerra said Tuesday's hiring of a planning firm would open discussions of future downtown developments. Part of the city's deal with Hogle-Ireland for a new downtown site plan calls for at least two public "kick-off sessions" and "community outreach."

Guerra also said a seismic retrofit of the Avenue Theatre would cost millions, a fact corroborated by City Manager Gerald Caton. According to Caton, the city paid for the Avenue to meet the minimum seismic retrofit requirements in 1994, but those requirements have since become more stringent.

Regarding Gourmet Café, Guerra said it was the responsibility of the property owner to inform his tenant of redevelopment plans. History

The city of Downey agreed to pay \$1.23 million to purchase the

See AVENUE, page 13



The Avenue Theatre was built in 1922 and has undergone several renovations but would not meet today's seismic requirements, city officials say. Supporters of the theater's renovation disagree. Photo courtesy Downey Historical Society

Page 2 Friday, June 12, 2009 Community.

Mystery authors discuss their craft

BY HENRY VENERACION, STAFF WRITER

DOWNEY – For the nth time, Cleo Latimer will lead the Friends of the Downey City Library into their next activity year. Latimer said she's been serving as a Friends volunteer off and on since 1982, and "for me, this has really been a labor of love."

Financially, the past year yielded gratifying results, said treasurer Eunice Hammond, with receipts of about \$64,000 (mainly from Book Store income) against expenses of almost \$50,000. This of course had a soothing effect all around.

In her introductory remarks at Saturday's Friends annual meeting and author luncheon, City Librarian Nancy Messineo warned everybody that there was going to be "mystery and murder on the

She was referring to the books by mystery authors Jeff Sherratt, Darrell James and Michael Mallory, who were there for a little book signing (with the help of Stonewood Center's Borders Books) and who proceeded to discuss aspects of their craft in a freewheeling panel discussion.

Sherratt has just published his second Jimmy O'Brien mystery novel ("Guilty or Else") set in Downey (he went to high school here), which if I understand it cor-

rectly is actually a sort of prequel to his first.("The Brimstone Murders"). He has imbibed the noir style of Dashiell Hammett, Raymond Chandler, and even James Cain.

James is basically a short story writer also specializing in the murder mystery genre. His book, "Body Count: a Killer Collection," is an anthology of 15 short stories and his stories have appeared in numerous mystery magazines as well as book anthologies. His first stab at full-length mystery writing is going the rounds of publishing houses, he says.

Mallory is with the Los Angeles Times who has written children's stories and mystery novels featuring Amelia Watson (the "second wife of Sherlock Holmes' sidekick") set in Edwardian England.

A few Friends apparently are passionate devotees of the genre (they burst into applause at the mention of Elmore Leonard). The three guest authors took turns describing the genesis of their stories. Sherratt said seeing noir movies when he was young left vivid impressions. He said Elmore Leonard's characterizations, as well as Chandler's use of setting, have been ingrained into his [soul] - ("I try to recreate the period faithfully"). He also said writing is fun.

James also mentioned Elmore



Mystery authors Darrell James, Jeff Sherratt and Michael Mallory were speakers at the annual lucheon of Friends of the Downey City **Library**. *Photo courtesy Downey City Library*

Leonard as having an indelible impact on his development, saying he could see Leonard's character(s) visually" and it was "this effect on me that made me become a mystery writer"; "I tried to write in his style, but in the end you have to find your own voice." (Sherratt and Mallory were in total agreement on this).

A random factoid, "something weird," gets Mallory going, he says. It could be a particular setting, or a description, or a place that I like, "and off I go looking for maps of the period or go do research. Now I do my own sketching too." He's particularly fond of Dickens, and Arthur Conan Doyle,

and the city of Bath.

All three agree, though, that: 1) "You'll hear from readers if you make a mistake"; and 2) "Characters take on a life of their own and they dictate the [direction] of your story."

The rest of the Friends' 2009-10 slate of officers: Nora Szechy, 1st vice president/programs; Sharon Macias, 2nd vice president/membership; secretary (open); Eunice Hammond, treasurer; Lucy Aguero, director of fundraising; Colette Stallcup, director of Book Store; Kathy Callahan, director of publicity; and Carol Woods, newsletter editor.

Memory loss topic of workshop

DOWNEY - A free workshop on memory loss and aging will be presented Monday at Downey Memorial Christian Church from 7-8 p.m.

Presented by the Alzheimer's Association, the workshop will show how memory works, the changes in memory as we age, and tips on how to maintain and improve memory.

For more information, call the church at (562) 869-7291.

CalMet collecting yard waste

DOWNEY – During the entire month of June, CalMet Services will pick up extra yard waste placed on the curb on residents' regular trash pick-up day.

The service is free and should be scheduled with CalMet one business day prior to pick-up. Bundles of branches should be kept under 4 feet in length and less than 50 pounds.

Residents should not use their trash barrel or recycle bin for yard waste. To schedule a pick-up, call CalMet at (562) 259-1239, ext. 244.

Students rewarded for volunteerism

DOWNEY - The Assistance League of Downey, working with the Gypsy Johnson Auxiliary, has awarded nine \$1,000 scholarships to local students in recognition of their volunteer service to the community.

Receiving scholarships were Jenna Beaver, Erin Beyrooty, Victoria Beyrooty and Ruth Tan, of Downey High School; Jeffrey Enriquez, Kristena Hall, Parisa Mazandarani and Catherine Nguyen, of Warren High School; and Jesus Perez, of Columbus High School.

"The Assistance League values the contributions these students have made to the community and encourages them to continue with their volunteerism in the future," the Assistance League said in a statement.

The Assistance League of Downey is a non-profit organization of volunteers who raise money to provide and administer vital services to Downey residents. They support Operation School Bell, H.O.M.E., a dental program, Kids on the Block, the Hug-A-Bear Project, Christmas distributions, and more.

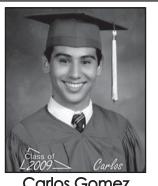
To learn more about the Assistance League, call (562) 869-0232 and leave your name and phone number.

Congratulations, Graduates Class of

2009



Gabbie Poveda Downey High School So very proud of you! Go for it at LBCC! Love you! Mommy and David



Carlos Gomez Downey High School You make us very proud for all that you have accomplished. This is the beginning of your new journey. We are so blessed having you as our son. God bless we love you. Mom, Dad, Sarai and Ralphie



Joey Fox Norwalk High School Congrats! Everybody is proud of you and all the awards you recieved in Track & Field. Jon & Family

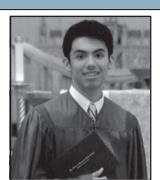


"Never let age define your dreams".

It may have taken 30 years since graduating from Warren High in 1978 but Kelly Thomas Crowell of Downey celebrated earning her college degree at Azusa Pacific University. Worth the wait was added blessing of graduating along side her son and daughter-in-law, Kris and Ally Linscott.



Karla Michelle Corona Downey High School The sky's the limit for a graduate as talented as you! Congrats & sincere wishes. Love, Mom & Dad



Alixander J. Saavedra O.L.P.H. We are so proud of you. May God bless you always. Mom & Dad Angels Rule!

Nicolette J. Kleszynski

Warren High School

Dream Big! Onward to

Sports Medicine and

success in all you do.

Congrats! Your Grandpa &

Grandma & Family



Markus A. Garcia Jr.

Downey High School

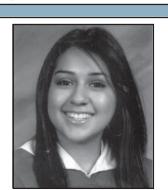
"The world is yours"

Granite tops etc.

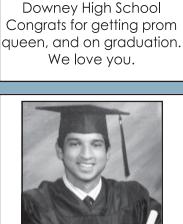
Dad, Mom & Ellesse

SGMS Congrats Princess! Keep following your dreams. Love your mommy, daddy, grandparents, tia, tio's





Minta Ramey Warren High School Congrats on the wonderful achievement knowing you will always succeed.

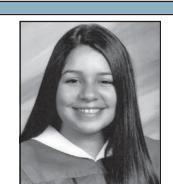


Geneve Melendez

Enrique Macias III St. John Bosco High School Congratulations Ricky/Class of 2009. With all our love and may God bless you always. Tia Yolie and Cuz Christopher



Ms. Teresa E. Hoover UCLA - BS in Sociology Congratulations! We're proud of you! Love - Mom, Lola, Tita May



Stephanie Rodriguez Warren High School Congratulations! We are all very proud of you and love you very much!



Mason Shelton Warren High School Congratulations on your graduation. From your #1 fans for life! Dad, Mom, Josh, Katrina & Tyler



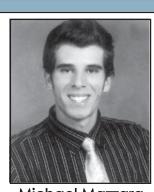
Jasmin Velasco Cal-State University Long Beach Congratulations on your graduation! Your family is very proud of you!



Columbus High School Jesus, look what you've accomplished! The future is yours! The Seniors.



Ashley Nicole Ballou Downey High School Ash, we are so proud of you! We hope the new chapter in your life brings you much happiness. Love, Mom, Dad & Family



Michael Mazzara Downey High School "Wherever you go, go with all your heart" enjoy the journey! **MDCS**

Community Page 3 Friday, June 12, 2009

American Cancer Society Relay For Life Survivors - Celebrating Life!

Last Saturday's Relay for Life at Downey Adult School raised more than \$75,000 for the American Cancer Society, organizers said. The amount was down from last year, when more than \$100,000 was raised, "but that's to be expected with today's economy," said adult school Principal Roger Brossmer. (By comparison, the city of Long Beach, with five times as many residents as Downey, raised \$77,000 at their Relay for Life held June 7.) Photo by Eric Pierce

Downey couple charged with welfare fraud

DOWNEY – A Downey couple has been arrested for accepting more than \$68,000 in fraudulent MediCal and welfare benefits while operating a limousine business.

Saleshni and Shailendra Prasad, both 42, were among nearly two dozen people arrested June 4 by state and federal authorities on charges of bilking taxpayers out of more than \$2.3 million in phony public assistance

"Again we see the truly needy deprived of benefits by the truly greedy," said District Attorney Steve Cooley. "The perilous financial situation facing so many of our citizens who are losing jobs and homes illustrates the need for assistance. These cheats steal from the very programs that might help someone survive through tough economic times.'

Authorities allege that Saleshni and Shailendra Prasad operated a local limousine business while receiving more than \$68,000 in public assis-

Two new businesses to open

DOWNEY – Two new businesses will celebrate grand openings next week.

Radiant Smiles Dentistry will celebrate their new business at 11540 Downey Ave. this Tuesday at 4:30 p.m. Radiant Smiles specializes in general and cosmetic dentistry, porcelain crowns and veneers, dentures, teeth whitening, and more.

On Thursday, Cosmetic Laser and Sculpting will celebrate their grand opening at 5:15 p.m. The new business, located at 11942 Paramount Blvd., Suite B, cellulite and fat reduction, face lifts, hair removal, acne treatment, medical weight loss, and more.

Appetizers and refreshments will be served at both openings and the public is invited. The Downey Chamber of Commerce will assist with the ribbon-cuttings.

Toastmasters earns highest honor

DOWNEY – Downey's Toastmasters Club 587 has earned the distinction of President's Distinguished Club for the fourth year in a row.

Toastmasters is a worldwide leader in helping people become better public speakers.

Each year the Distinguished Club Program recognizes clubs that have demonstrated outstanding achievements in education, membership and club building, club leadership, and club communication. The President's Distinguished Club is the highest honor in the program.

Downey's Toastmasters Club 587 meets every Tuesday at First Baptist Church of Downey, room 116, at 6 p.m. and is open to anyone with a desire to improve their communication and leadership skills.

Want good news in

this economy?

City chooses firm to create new downtown plan

■ Firm will also draft an environmental impact report, paving the way for redevelopment.

> By Eric Pierce CITY EDITOR

DOWNEY - An Irvine planning firm was hired by the City Council this week to prepare a specific plan and environmental impact report in anticipation of redevelopment of Downtown Downey.

The new specific plan to be drafted by Hogle-Ireland will supersede the Downtown Plan adopted by the Council in 2001, which set specific district boundaries and established development standards for downtown in the hopes of creating a unique shopping and cultural district.

City officials at Tuesday's City Council meeting admitted, however, that the 2001 Downtown Plan worked only "with limited suc-

The new specific plan will address those issues while the environmental impact report will pave the way for redevelopment downtown.

The Council voted 4-1 on Tuesday to appropriate \$325,000 for the new plan. Mayor Pro Tem Anne Bayer dissented, saying the process was "moving too fast."

Hogle-Ireland was one of nine planning firms to submit proposals for a new downtown plan. The proposal should become publicly viewable next week after a contract is signed, said Gilbert Livas, deputy city manager for community development.

Hogle-Ireland proposed an 8month schedule, according to a city staff report. The schedule includes a kick-off meeting where specific tasks will be clarified and undefined "community outreach."

In a scope of work document presented to the city, Hogle-Ireland said it plans two presentations with "interested citizens, city leaders and local stakeholders" to gain feedback on issues facing the downtown.

In other action, the City Council:

•Held a public hearing on a proposed application seeking \$695,825 for Neighborhood Stabilization Program funds, as established by Congress last year



The city of Downey hired a planning firm to take another shot at developing a "specific plan" for the downtown district.

•Approved the loan of the city's

show mobile to the Downey Police

and Fire Foundation, which plan a

June 28 car show at Downey High

cial support to personnel and col-

lege scholarships to their depend-

\$103,883 in back rent to the

Downey Unified School District

for the use of classrooms at Rio

San Gabriel and Gallatin elemen-

tary schools from 2005-09. The

city had agreed to rent the class-

rooms for its daycare program

beginning in 2005, but an apparent

The Foundation provides finan-

payment of

totaling \$3.1 million.

School.

ent children.

Approved

to help communities deal with the influx of abandoned and foreclosed homes.

City officials plan to use the money to demolish the Verizon building in Downtown Downey. Any leftover funds may be used to demolish other buildings or acquire bank-owned properties for a "land banking" program, said housing manager Ed Velasco.

"Such activity will only be considered if there are remaining...funds which have not been incurred on demolition projects," Deputy City Manager Gilbert Livas wrote in a staff report.

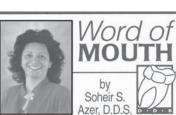
•Held a public hearing confirming the 2009-10 fiscal year assessment for Lighting and Landscaping Assessment District 121.

•Approved various warrants



(562) 927-8666

Like having an expert in the family!



Whether or not sports drinks are a healthier choice than soda, the citric acid they contain can prove detrimental to teeth. According to recent research, which involved submerging teeth in top-selling sports drinks for up to 90 minutes (comparable to drinking a sports drink throughout the day), teeth exposed to sports drinks had partially dissolved enamel layers. As a result, the bone-like layer beneath the enamel was exposed, causing teeth to soften and weaken. This effect, known as "erosive tooth wear," can lead to excessive tooth damage and even tooth loss if not treated. Oddly, brushing teeth immediately after drinking a sports drink does not help because the softened teeth are more vulnerable to the abrasiveness of the toothpaste.

To prevent tooth erosion, consume sports drinks in moderation. We urge a routine of periodic professional exams that will help ensure the health and longevity of your teeth. Fillings, extractions, sealants, root canals, cosmetic dentistry, partial or full dentures, crowns and bridges are just some of the services we offer. For exceptional dental care, call (562) 923-3714 to schedule an appointment. We're located at 10800 Paramount Blvd., Suite 307, where we want to provide your entire family with the best oral health care possible

P.S. If you drink sports drinks on a regular basis, ask the dentist about using an acid-neutralizing, re-mineralizing toothpaste, which helps remineralize soft

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mix-up delayed the district in billing the city until now.

•Declared its intention to dissolve Vehicle Parking District No. 1. The District was created by the City Council in 1961-62 as a means of authorizing the acquisition of land for public parking purposes in accordance with state law.

A public hearing was set for July 14.

•Approved on a 4-1 vote a \$30,000 contract with Pyro Spectaculars for a fireworks display July 4 at the Discovery Sports Complex. Bayer dissented and expressed apprehension at the cost

See COUNCIL, page 4





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NCUA





Page 4 Friday, June 12, 2009 Community

Drill: Volunteers test hospitals' resources.

Continued from page 1

Vernon, Santa Fe Springs and Montebello had arrived on the scene. They provided support to Downey Fire, the lead agency.

Firefighters quickly constructed a portable decontamination center. Victims who could walk were hosed down and taken to a triage center.

Rancho took possession of the least-injured victims while more severe patients were loaded into ambulances and transported to Downey Regional.

"We're a rehabilitation hospital, but we need to be able to treat all sorts of injuries," Guinn said. "We don't have an ER, but if someone has a heart attack or other emergency, they might walk in here and we need to be able to treat that person."

Victims who could not walk were placed on gurneys and physically carried through the decontamination process.

Adding to the drill's realism, five victims wandered into the Rancho's medical building to seek treatment. Doctors and staff there were not aware of the drill and were tested on their response.

"If someone really is contaminated with sulphuric acid or other hazardous material, we don't want them walking around campus and possibly infecting other people," Guinn said.

Four volunteers also played the part of journalists. At approximately 9:15 a.m., "reporters" made their way to Downey Regional and Rancho, hounding administrators with questions while snapping photographs.

Other volunteers played the part of family members, who were anxious for answers and attempted to roam the hospitals before being stopped by security.

Meanwhile, at Downey

Regional, after learning of the explosion at Rancho, officials set-up their own decontamination center.

Nurses assessed their units for potential discharges to free up beds. Other workers ordered extra water and linen, while a supervisor checked Coca-Cola's wind sock for wind direction and a possible uphill draft.

The Cardiac Rehab Area was turned into the command post and Rob Fuller, the hospital's chief operating officer, was in charge. All previous appointments for the day were cancelled and employees were thrust into very specific roles: some workers stock inventory to ensure proper levels of food and medicine, while others kept careful track of how much money was being spent on the emergency.

"We need to have a very orderly procedure in case this is ever a real emergency," said Monica Lueke, director of education for Downey Regional. "We have just under 200 beds here, but some of those are occupied by current patients. If we have a major disaster and run out of beds, we need to have a contigency plan in place."

The drill ended by 11:30 a.m. and administrators from both hospitals said they were pleased with their staff's response. The volunteers, mostly students from the Downey Unified School District's ROP program, were treated to pizza.

Cuthbertson, Downey Regional's director of safety, made a special point of thanking participating fire agencies as well as Downey Link, Downey Dial-a-Ride and Americare Ambulance, which helped transport volunteers.



The Downey Fire Department served as the lead agency's in Wednesday's disaster drill but received support from surrounding agencies. Photo by Art Montoya

Council: City to look at parking requirements.

Continued from page 1

involved and city staff's ability to coordinate such an event in only three weeks' time.

The fireworks show will be musically choreographed and last 20 minutes. Per the deal, Pyro Spectaculars agreed to provide general liability insurance and transportation insurance (\$1 million and \$5 million, respectively) while the city will provide security as required by the local fire author-

•Amended the contract between the city of Downey and the board of administration of the California Public Employees' Retirement System to reflect the recentlyapproved labor agreements with various bargaining units.

•On a 4-1 vote, agreed to host a joint study session with the Planning Commission regarding parking requirements when additions are made to a home. Under current city law, a homeowner must add additional parking space when increasing the size of their home by 50 percent or more.

While trying to add a 440-sq. ft. kitchen and patio addition to his 880-sq. ft. home last year, Councilman Luis Marquez said he was informed he would need to add a 2-car garage. The rule unfairly punishes owners of smaller homes, he argued.

"I just want to see if the 50 percent (threshold) works," said Marquez, who made clear that he already completed the addition to his home. "Not everything is apples to apples."

Councilman David Gafin, a former planning commissioner, said he would be against revising the code, arguing that larger homes could increase parking problems citywide.

"You can call it a den, a family room, a TV room, whatever you want, but that's not going to stop people from putting bunk beds in there," he said.

Mayor Mario Guerra dissented on hosting a joint study session with the Planning Commission. He said it was the Commission's "job

to deal with these types of issues." •Established a fine schedule for violators of the city's sign ordinance. Residents and businesses illegally displaying signs on public property and right-of-ways will be subject to a \$250 fine for the first offense, \$500 for a second offense and \$1,000 for a third offense.

The city can also recoup money from damage caused to public property by illegal signs.

The next regular meeting of the Downey City Council will be June 23 at 7:30 p.m. at City Hall.

POET'S CORNER Old John Doe Most people would like to meet someone famous, the president, the queen, the pope, maybe a ball player, a movie star, a singer, or someone who tells jokes. I guess I am a little different than some, a little different than most. I would like to meet old John Doe. I don't know anyone that ever met him. I never seen him on TV or heard him on the radio. His name has appeared on paperwork from Maine to California. Why hasn't anybody ever seen him. Does he stay home all along? Does he walk the streets at night when everybody's gone? Does the post office have a dungeon down below? Could old Johne Doe be in shackles, chained to a wall, where he signs his name all day long? Could there be others, resident, occupant, or who it may concern? The next time you are waiting in line at the post office, you may hear a thump or a clang coming from the floor or the walls. It may be old John Doe, calling out Let me go, Let me go, Let me go, I don't want to sign my name anymore. -James E. Jones, Downey To Let Go "There is a season for all things under heaven A season for searching A season for letting go" A time for happiness A time for mourning A time for joy A time for pain A time for giving A time for taking A time for laughing A time for crying A time for blue skies A time for gray

A season to let go

Lord, please give me the strength

To let go

TO LET GO

Downey

Leona Swanson,



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Community Calendar www.allaboutdowney.com

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Editorial Page 5 Friday, June 12, 2009

Letters to the Editor:

A woman's own choice

Dear Editor:

I'm very concerned about the type of letters being published in the Patriot lately. Everyone's entitled to free speech, but spewing religious rhetoric as fact is a bit disconcerting. I urge you to remember that words are powerful things and dangerous, unfounded, and publicly-made claims can lead to tragedy, such as the killing of Dr. George Tiller by domestic terrorist and religious zealot Scott Roeder.

I'm sorry Russ Johnson, but you can't boil the entire abortion debate down to a question of semantics (Letters to the Editor, 6/5/09). A baby is defined as a very young child who is not yet able to walk or talk, such as an infant. The last I checked women aren't taking their infants to abortion clinics in order to have them killed.

The average abortion is performed when a woman is between six and eight weeks pregnant. It seems ridiculous to characterize a six-week-old fetus that could not - under any circumstances – live outside of a woman's body as a "baby".

There is a separation of church and state for a reason. Not everyone in the United States is of a certain religious faith, if they even have one at all. I thank God – and yes, I believe in God despite my adamantly pro-choice stance – that I live in a country where those of certain religious leanings cannot dictate what I can and cannot do with my own body. Abortion is not a religious issue, it is a personal one meant to be discussed privately between a woman and her doctor.

It is unreal to me that we're still having this debate. If you're morally opposed to abortion, don't have one. Take the necessary steps to ensure that your children will never have to be faced with the difficult decision as to whether or not they should have one.

And by that I don't mean preaching to them about abstinence; I mean being a realistic parent and sitting them down for a serious discussion about the importance of self-respect and safe sex.

I'm always blown away when men like Mr. Johnson suggest that a woman should keep a pregnancy that resulted from rape. "Is it ok to take the life of a child to make mommy feel better?" I'm disgusted by these sentiments. Women's bodies have been and continue to be battlegrounds; things that men project their opinions, religious beliefs, and control over.

If the people writing into the Patriot are so concerned over what they perceive to be the "killing" of "human beings" that's taking place in abortion clinics across the country, they should concern themselves with the actual killing of human beings taking place in the various wars the United States is currently involved in.

Stop protesting abortion clinics where women and their doctors are making careful, informed, and difficult decisions about personal reproductive health issues and instead, protest the War in Iraq where thousands of young American soldiers and Iraqis are losing their lives on a daily basis and have been for the past six years.

— Tina Vasquez,

Downey

Breeding license

Dear Editor:

I find it amazing that people feel they have the God given right to dictate the lives of others. Mr. Fiala (Letters to the Editor, 6/5/09) credited God with creating the "sanctity of marriage" and therefore marriage is "sacred" for (and only for) heterosexual couples. Basically what Mr. Fiala has described is God's breeding license!

Since he has tied marriage to procreation so closely, then why is it necessary to extend the marriage to heterosexual couples who are past child bearing age or to people who can not bear children, but not to same sex couples? And why would marriage be allowed for prisoners given a life sentence when they would not be allowed to raise that child, and not to a same-sex couple who are committed to each other and who could raise an unwanted adopted child in a loving family unit?

I, on the other hand, believe marriage is a societal institution created by man. I also know that science has shown that homosexuality is not a deviant lifestyle, but a matter of biology (they were born that way). If that were not true the homophobes would have wiped out homosexuals eons

So, going back to our creator, if He created homosexuality by wiring it into the gene pool, how can we as a society deny same-sex couples the same rights we all enjoy?

California's electorate saw fit to deny a minority their civil rights by denying the homosexual community the right to marry. With luck, this injustice can be overturned so that inequality and hatred will finally become a footnote in history.

— Thomas D. Smith,

Downey

Friends thank George Delis

Dear Editor:

The Friends of the Downey City Library wish to say a special thank you to longtime library advocate and volunteer George Delis.

George has the tremendous task of shelving all the books in the Friend's Book Store. This is a daunting job that takes lots of energy and time, but George never complains and is always eager to assist in any way possible.

George and wife Eileen, Downey residents, are the proud parents of four children. George is retired from financial services and a World War II veteran serving in several campaigns, including Normandy and North Africa.

The Downey Patriot

Publisher/Adv. Director

George will celebrate his 90th birthday on June 19th!

— Kathy Callahan,

Jennifer DeKay-Givens

Friends of the Downey City Library

Eric Pierce City Editor Henry Veneracion Staff Writer Scott Cobos Staff Writer Display Advertising Dorothy Michael MaryAnn Sourial Display Advertising Classified Advertising Linda Larson Production Jonathan Fox TEL (562) 904-3668 | FAX (562) 904-3124 | Hours Monday-Friday 9a.m. - 3p.m. The Downey Patriot is published weekly by Jennifer DeKay-Givens. Controlled Distribution, 25,000 copies printed. Distributed by Great Western Advertising Distributors, Inc., Los Angeles, CA.

Fireworks price tag

Dear Editor:

Your front page story concerning the City Council's approval to pay a \$50,000 price tag for a 25-minute fireworks show is beyond ridiculous in today's economy. ("City Agrees to Pay for July 4 Fireworks Show,"

Mayor Pro Tem Anne Bayer shows the kind of leadership local, state and federal governments are in desperate need of. Cities are being required to cut back on emergency services, libraries, teachers and other services they provide. Does the city of Downey have a golden goose hidden somewhere?

As mentioned, the city's emergency services spike July 4 and yet the city is planning to provide \$3,500 for police and fire personnel at this event when they could be better utilized protecting property and combating the use of illegal fireworks throughout the city.

Illegal fireworks contribute to the majority of property damage and physical injuries during the July 4 holiday, and will continue to be used regardless of providing a costly \$50,000 fireworks display.

Mayor Mario Guerra's logic that this event could help prevent house fires and burn injuries is a weak argument to splurge big bucks for a few minutes of thrills watching a fireworks display. If he is so concerned, he should spend his efforts passing an ordinance to ban all fireworks, legal and illegal in the city. Then maybe the city's emergency services would not spike and property damage and injuries would not occur, thus saving money and creating a safer community.

Most citizens stay home and enjoy family barbecues on July 4. Is this "apprehensive" planned festival for the benefit of the city fathers or the city's taxpayers? Save the money. It may be needed for more important city necessities.

Expenditures like this should be presented on a city ballot. Let the people who pay the bills decide how their monies are to be spent.

Art Contessotto,

Downey

Dear Editor:

I pondered the use of \$50,000 for Downey's July 4 fireworks show and said to myself, "Does the expenditure, at a time when all levels of government should be tightening up the belts, favor the taxpayers?"

Even the location for Downey's night has some features that need careful analysis as to safety measures, fire/medical/police, etc. The neighbors in the triangle of homes between Lakewood Boulevard and Clark and Imperial might have some concerns for the traffic, safety, etc.

— Donn C. Irving,

Downey

Fuzzy thinking

The news item, not attributed, on page 9 of your June 5th edition, "Stimulus Increases Food Stamp Benefits," is a fine example of how easy it is to get fuzzy thinking into the news.

Now I do not think it is too controversial to say that our economy at present is not doing too well. To have an administrator, country welfare administrator Philip Browning, tell us that by handing out increased welfare funds brings us a bottom line return of \$1.87 for each dollar handed out is nothing less than wonderful. Perhaps it follows then what we need to do is double or perhaps triple these hand-outs?

Then to put the icing on the cake he tells us that the federal govern-

What I think we need is a new director for county welfare and fewer federal handouts along with those in Congress who vote for these things! Richard B. Pridham,

Rotten inheritance

Dear Editor:

I'm considering whether or not to put these words in my safety deposit box along with my living trust:

Dear Child,

Your father and I had hoped to leave you a good inheritance. We worked hard, saved, didn't live a lavish lifestyle, but, in the name of "change," a president was elected who redistributed our wealth. In order to do this he had to put the U.S. trillions of dollars in debt. In fact, so deeply in debt that the U.S. taxpayer had to pay almost \$1 trillion in interest only. Since the U.S. didn't have enough money, they borrowed it from China and printed almost worthless money. Some tried to stop this but no one listened.

I guess the only inheritance you, or generations after you, will receive is a horrendous debt. I'm so sorry. I do hope you will receive some of the redistribution of wealth, since there won't be many good jobs. Due to high taxes and global warming, most all jobs were sent to China and India. There was supposed to be Social Security for you, since you paid into it, but it is almost out of money.

The one thing that might be helpful is that food prices should go down, since the alternative to gasoline, ethanol, was put in the gas tank, which made food very expensive. But now they realize that that was just another big government fiasco. The president took over the building of cars so that they would use less gas, if you could afford one. Probably, the most that gas will be needed in the U.S. is for the airplanes of President Obama, who flys to another state to sign bills, because there are still some states that don't adore him yet. Also, Mrs. Pelosi needs a bigger plane, and of course, Al Gore must have a plane to spread the "global warming" hoax.

But don't give up hope. While the U.S. was dancing around the maypole of the 3G's (that being the great god "Green" previously called global warming), China was slurping up every gallon of fuel they could get and building up their military technology on our money. They surely will outsource some jobs back to the U.S. and the UN surely will feel sorry for you and help you.

There is one thing though that bothers me. While the U.S. was so absorbed with the waterboarding of three terrorists (seven years after it happened) who had been involved in and were responsible for the killing of almost 3,000 U.S. citizens in New York, they sort of missed the development of nuclear missiles by North Korea and Iran. But if you treat them nicely, I'm sure they will take care of you.

Please study history so you can recall the beautiful U.S. that once was, the U.S. that had free speech, the U.S. where people were responsible and didn't want everything free (socialism), people worked hard and earned a living, where people helped each other out of love for one another (not by government mandate), where we were once "one nation under God" (yes, you could speak His name and not fear the ACLU), where the separation of powers defined by the Constitution were followed and where documents of the Founding Fathers meant something. Then maybe you and others, if God permits, could be inspired to return to the once great nation that those seeking freedom established.

I tried every way I could but no politician would listen and many others were lazy and lethargic until it was too late.

- Elsa Van Leuven,

Downey



Public venting

Dear Editor:

Our group was at our second City Council meeting Tuesday night to help save the Avenue Theatre and I am happy to report that we now have every council member's attention (especially the mayor's) and there are a few things we think the public should hear about.

The first was Mayor Mario Guerra during the early minutes of the meeting randomly switching the topic to the Avenue and informing us of it being a "done deal...there is no more need for discussion." It's too bad that we don't see it Guerra's way.

We're going to be in the thick of this battle even if it goes to next week, next month, next year, or if this plays out over the next decade. Simply trying to blow us off with a few choice words is not going to stop us.

Secondly, Carl Johnson (last year's Mr. Downey) and I spoke directly to the City Council about the Avenue. Carl gave a passionate speech about its preservation and how this could give our youth somewhere to go. This was the catalyst for the mayor's outburst that would occur after my speech. I'm no longer taking a friendly tone with the Council, as they did not respond at all. So I decided to step up my speech to be harsher in its

I was hoping for a response, but not the response I received from Guerra. I can only sum up the response as "overly livid" with classic rhetoric about "baseless accusations" and "lies" that has been heard time after

I received all my facts from the Downey Patriot, so he should not take up this argument with me but with them and their writing staff.

I would like to inform everyone with the utmost sarcasm that "public venting" is finally going to be officially on its way. On Tuesday, the Council voted 4-1 to hire a consulting firm. I can only assume that everyting we have been saying to the Council and the citizens of Downey is being said "too early."

As Guerra said himself last night, "We haven't even asked for the public's opinion yet."

Well, Mayor, we're going to continue to give you and this "consulting firm" our opinions.

It seems that we are the early birds swooping in and letting our opinions be known even before the "public venting process." I am inviting everyone once again to the upcoming Council meeting June 23 at 7:30

If you are interested, there is also the Downey Planning Commission meeting at the Downey City Library this Tuesday at 7 p.m.

— Jared Head,

Downey

Avenue Theatre mysteries

Dear Editor:

Something smells fishy here. What is going on with the Avenue Theatre and the secrecy around plans for it? In reading letters here in the Patriot and doing a little research on my own, it seems that the people of Downey are not behind the proposed affordable housing project. Also, I have some concerns about the overall approach the city has used to deal with the circumstances in acquiring the Avenue and Verizon properties.

First of all, the land is not zoned for housing; it is actually zoned for commercial. No changes to the zoning of this property have been discussed with the public to date. Why the big secret? So my question is why the city of Downey is proceeding with designs and plans for the new complex if they do not have the proper zoning for the area? I would think that by law the city should have rezoned the property before they actually bought the property. Isn't it a little presumptive that the city is doing their rezone after the fact that they have spent money for a property that is not even legally zoned for the proposed use? Also, how is it that Fernando Vasquez, the acting planning commis-

sioner for District 5, is a manager for National Core, the same company the city of Downey just happened to choose as the developer? Is it just me or is this not a conflict of interest? Even if he doesn't vote on topics in regards to the Avenue project, don't you think that by association alone it is a conflict just because of his community status and his relationship with the city? Isn't it true that the council and staff have a working relationship with Vasquez that cannot be ignored?

In conclusion, no matter how the city spins this project, it just doesn't add up. There are many unanswered questions. Just who's to benefit from this project, the people of Downey, or the council itself? I don't believe any public official or staff member should benefit personally from this project or any of the proposed projects.

These are big questions in hard economic times. If there was ever a time to write a Letter to the Editor, Mr. Mayor, this is the time. Please explain to us what is going on here.

— Dennis Fernandez,

Downey

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.

Page 6 Friday, June 12, 2009 Comics/Crossword_____

SPEED BUMP

DAVE COVERLY













June 12, 1967: The Supreme Court strikes down state laws that prohibited interracial marriages. 1978: David Berkowitz is sentenced to 25 years to life in prison for the "Son of Sam" string of murders.

1981: Baseball players strike for the right to become free agents. The strike lasted 49 days.

1987: In Berlin, President Reagan challenges Soviet leader Mikhail Gorbachev to "tear down this wall."

1994: Nicole Brown Simpson and Ron Goldman are murdered outside Brown's Brentwood home.

1997: Major League Baseball begins interleague play.

Birthdays: Former President George H.W. Bush (85), singer Vic Damone (81), sportscaster Marv Albert (68). singer Meredith Brooks (51) and Playboy Playmate Kendra Wilkinson (24).

Downey Community Calendar

Events For June

Sat. May 13: Pet adoption event, Barbara J. Riley Community and Senior Center, 12:30 p.m.

Mon. May 15: Memory loss workshop. Downey Memorial Christian Church, 7 p.m.

Tues. May 16: Volunteer opportunities for seniors. Senior Center, 9:30 a.m.

Tues. June 16: Radiant Smiles Dentistry grand opening, 11540 Downey Ave, 4:30 p.m. Wed. June 17: Columbus High School graduation, Columbus High School, 6:30 p.m.

Thurs. May 18: Cosmetic Laser and Sculpting grand opening, 11942 Paramount Blvd., Suite B, 5:15 p.m.

Thurs. May 18: <u>Downey High School graduation</u>, Downey High School, 7 p.m.

Thurs. May 18: Warren High School graduation, Warren High School, 7 p.m.

City Meetings

1st Tuesdays, 6:30 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library. 1st & 3rd Wednesday, 7:30 p.m.: Planning Commission, Council Chamber at City Hall. 1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall. 1st Thursday, 9 a.m.: Traffic Committee, Training Room, Second Floor of City Hall.

2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber. 3rd Thursday, 3:30 p.m.: Parking Place Commission, Second Floor Training Room at City Hall

Regularly Scheduled Meetings

Mondays

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 Saylors 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. 2nd & 4th Weds., 11:30 a.m.: Downey AARP, at Barbara J. Riley Senior Center, for info. call Lorene Frazier 861-6075. 3rd Weds., - Downey Dog Obedience Club Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972. 3rd Weds., 6 p.m. - American Business Women's Association, Rio Hondo Country Club, Call Barbara Carlson 863-2192. 4th Weds., 12:00 noon: Retired Federal Employees, at Furman Park West Bldg., call 943-5513. 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.: Connections Networking, at Cafe N Stuff, for information, call Sandy Esslinger, (310) 491-8989. 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.

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.

6/7/09

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) LET'S TALK: Various ways to speak by David W. Cromer

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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.

was fought from 1894 to 1895 over

SINO-Japanese War (25 Down)

Knight of the Round Table. The

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You can contact puzzle editor

RINGTAIL (54 Across) may refer

Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

85

Paging Dr. Frischer...



hat one food would you like to hear me say is actually good for you?

If I were to say broccoli or fish, it would come as no surprise. But what if I say...chocolate? How could something so tasty be good for you?

Here are some claims you may have heard:

•Eating chocolate releases endorphins in the brain, which act as pain-relievers

•Eating chocolate boosts one's appetite, but does not cause weight

•The sugar in chocolate reduces stress and has a calming effect

•Eating chocolate does not cause acne or other skin eruptions

•Eating chocolate does not trigger migraine headaches

•Eating chocolate reduces the risk of heart disease and cancer

Unfortunately, the manufacturers of various chocolate products funded most of the studies! These results have not been proven in independent research; however, the literature does still show some intriguing findings. Let's take a

Chocolate has bioactive substances including the stimulant theobromine, caffeine, tyramine and phenylethylamines - all of which give us a "lift." Tryptophan, an essential amino acid, lessens anxiety by producing the neurotransmitter serotonin. Endorphins, the body's natural opioids, reduce sensitivity to pain. Anandamide acts like a cannabinoid to promote relaxation. Therefore, in theory, chocolate

gives you an energy boost, lowers anxiety, and reduces pain. Unfortunately, from a nutritionist's perspective, the concentration of these good ingredients is at such a low level that their impact is not significant. Furthermore, if cocoa is the good ingredient, we are unfortunately not merely consuming the cocoa bean, but rather eating chocolate that contains sugar and fat as well. So, that nutritionist would be forced to consider chocolate as no less a junk food than ice cream or donuts, and as equally unhealthy and fattening when larger amounts are consumed on a regular basis. Also, note that milk chocolate contains stearic acid, a saturated fat linked to the risk of atherosclerosis and heart disease. Dark chocolate, however, contains only cocoa butter, a fat that naturally occurs in cocoa beans. This fat does not lead to higher cholesterol.

The most powerful argument in favor of chocolate being a nutritionally valuable food is the antioxidant value of flavanoids. Antioxidants are an exciting area actively under research. They inhibit oxidative reactions, which

are felt to contribute to the formation of various cancers, as well as to atherosclerosis. Cocoa powder, dark chocolate and milk chocolate are all even greater anti-oxidants than are, say, prunes and blueberries. Dark chocolate has more than twice the anti-oxidative ability of milk chocolate. The flavanoids in chocolate are more powerful then a vitamin such as ascorbic acid (vitamin C) in protecting fats from oxidation, and thus clogging our arteries. Flavanoids also act on blood clotting in a similar (but not as long-lasting) way as aspirin, by preventing platelets from forming clots, and thus reducing the risk of stroke and heart attack.

However, and I am quite reluctant to say this (my wife and three daughters will kill me), the antioxidant effects of chocolate could easily be matched by eating more plant-based foods such as vegetables, fruits and wholegrains. This should sound familiar to my readers! Regardless of the beneficial attributes of the cocoa bean, we must keep in mind that three Toll House Cookies contain 420 calories: 210 calories from fat and 168 calories from sugar. Only 10% of the total calories come from the cocoa bean. Sorry about that.

So, does chocolate contribute in a unique manner to disease prevention? Should you eat chocolate not only for its great taste but also for its health benefits? Stay tuned for more data from current and future studies. Eat in moderation and with nutritional balance. You may choose to follow the advice of researchers from the Harvard School of Public Health, who found that those who eat chocolate and "other sweets" up to three times a week live almost a year longer than those who eat too much or those who avoid this type of food altogether. If so, follow this reasonable guideline: eat one ounce of dark chocolate three times per week.

I wish you good health!

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

Cancer survivor to walk marathon

DOWNEY – Downey resident Shirley Johnson will celebrate 10 years of living cancer-free this October.

To celebrate, she will attempt to run/walk the Long Beach Half-Marathon (13.1 miles).

Johnson is recruiting local residents interested in walking all or part of the course with her. The goal is to raise money for cancer

Johnson was diagnosed with colon cancer in October 1999.

For more information, contact Johnson at (562) 862-2378.

Don't get burned by fireworks

CONTRIBUTED BY THE MEDICAL OFFICE OF DR. ALEX SINCLAIR

ach 4th of July, consumer fireworks injure thousands of people-most often children and teens—and set fire to thousands of structures and vehicles. Despite the dangers of fireworks, few people understand their serious risks.

That's why a group of 21 health and safety organizations - the Alliance to Stop Consumer Fireworks - urges the public to avoid any use of consumer fireworks, including sparklers, as this year's Independence Day celebrations get underway.

"As plastic surgeons, we see far too many children and adults with fireworks-related injuries, such as burns to the hands and face, around July Fourth," said Dr. Alex Sinclair, a member of the American Society of Plastic Surgeons (ASPS) based in Whittier. "The best way to keep your family safe is to avoid using any fireworks at home, and attend public fireworks shows run by professionals."

"Families need to understand the risks involved with using even legal consumer fireworks," said Richard D'Amico, MD, president of the ASPS. In 2005 (the most recent year for statistics) more than 10,000 people - nearly half under age 15 - were treated at hospital emergency rooms for fireworksrelated injuries, according to a National Fire Protection Association (NFPA) report.

the risk of injury for children ages 10 -14 was nearly three times the risk for the general

population. More than half of the injuries were burns, and 29 percent were contusions or lacerations.

Contrary to what many people believe, novelty fireworks such as sparklers and fountains are not risk-free. These fireworks accounted for 26 percent of the injuries.

To help prevent further tragedies, in 2001 NFPA formed the Alliance to Stop Consumer Fireworks to educate the public and urge Americans to attend professional fireworks displays on July 4th. ASPS is a member of the alliance along with other public health and fire prevention professional organizations.

Dr. Alex Sinclair is an ASPS Member Surgeon. ASPS comprises more than 90 percent of all boardcertified plastic surgeons in the United States.

Home subscriptions of The Downey Patriot are available.

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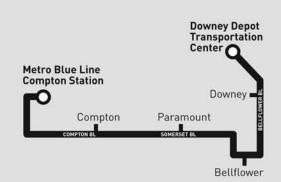
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Kenneth Hoopes was veteran, music teacher

DOWNEY - Kenneth A. Hoopes, a longtime music teacher and veteran of World War II, died June 6 in Downey. He was 89.

He was born Oct. 13, 1919 in Beaver, Utah to Archibald Lyle and Mary Melissa Allred Hoopes. He was the fourth of five children.

He met his future wife, Martha Dennis, in 1938 while attending BYU where he was a music major. They were married in 1940 in the Salt Lake City Latter-day Saints Temple and had four children.

Hoopes graduated from BYU and USC with degrees in Music. He taught music in public schools for 36 years, including 34 years at Montebello Intermediate School. He was recognized many times for his dedication to music and teaching by the Mormon Tabernacle Choir and was presented the Bravo Award by the Los Angeles Music Center.

Hoopes served as a medic during World War II, and shared his love of music by organizing a band while in Manila, Philippines.

He was an active member and a High Priest in the Church of Jesus Christ of Latter-day Saints and served in numerous capacities, including as executive secretary to the Bishop, in the Sunday School, as High Priest Group Leader, and in the Elders Quorum Presidency. He also acted as choir director for 25 years and staged three plays, "Papa and the Playhouse," "Promised Valley" and Handel's "Messiah" many times.

Hoopes is survived by his wife of 69 years, Martha; daughters, Carole (Carl) D'Amico and Christine (Randall) Redding; son, Jim (Isabel); 10 grandchildren; 21 great-grandchildren; and one great-great-granddaughter. He was preceded in death by his sister, Norma Goodwin; son, Dennis Hoopes; and grandchild, Carl Borup.

A viewing will be held today from 9:30-10:45 a.m. at the Church of Jesus Christ of Latter-day Saints, 12425 Orizaba Ave., in Downey. A funeral will take place today at the same church. Internment will be at Rose Hills Memorial Park.

Services were entrusted to the Downey Zrelak Family Mortuary.

Grace Ruth Kiralla lived here 61 years

DOWNEY - Grace Ruth Kiralla, a longtime Downey resident, died June 3. She was 85.

She was born in South Gate and moved to Downey in 1948, where she resided the last 61 years.

She is survived by her son, Jim Kiralla; daughter, Cherie Stelzer; daughter-in-law, Paulette Kiralla; grandchildren, Pat McGowan, Lisa Bagge and Scott Mellar; great-grandchildren, Aaron Cendahas and Desiree Cendahas; and a sister, Hazel Dunant.

p.m. at the Kingdom Hall of Jehovah's Witnesses, 12112 Woodruff Ave., in Downey. Roy Tait will officiate.



Lewis Elementary School celebrated the nurses from Downey Unified School District, which visited the school as part of Nurses Day. Pictured above, left to right: Joanne Castagnola, Giselle Kinne, Irene Realyvasquez, Patty McCaughan, Luz Valdes, Sandy First and Ched Dangla Cruz. Photo by Lewis Photo Club

Library program urges creativity

DOWNEY - "Be Creative @ Your Library" is the theme of the Downey City Library's summer reading program for children up to age 12.

During the program, which runs June 22 until Aug. 1, children may check out books and read them at home to earn prizes. Free balloons will be given to the first 75 children who register June 22-24 starting at 10 a.m.

"This year the program encourages kids to develop reading skills while exploring the worlds of books, music, dance and art," said Children's Librarian Gina Orello. "Children who participate in a summer reading program also make more reading gains during the school year."

Special events for children 5-12 will be offered at 2 p.m. on June 24, July 1, July 8 and July 15. Free show passes will be distributed 30 minutes before show time.

For more information on "Be Creative @ Your Library," which is sponsored by the Friends of the Downey City Library and community donations, call (562) 904-7360, ext. 4, or visit the library.

Vacation Bible school enrolling

DOWNEY – Downey United Methodist Church will offer a vacation Bible school June 22-26 with the theme "The Pirates Who Don't Do Anything - A VeggieTales VBS."

The school is open to children age 3 through those entering fifth grade. Cost is \$5 per student and the class runs from 9 a.m. to noon.

For more information, call the church at (562) 861-9777 or go online to www.downeyumc.com and click the "VBS" link.

Downey United Methodist Church is at 10801 Downey Ave.

Water official to speak at meeting

DOWNEY - Luis Cetina of the Metropolitan Water District of Southern California will speak on "California's Water Crisis" at the June

The public is invited to attend. RSVP by calling the Downey Chamber

Jan Miller was dedicated volunteer

DOWNEY – Jeanette Frances Miller, known as "Jan" to family and friends, passed away May 24 at age 79.

She was born in Minot, ND on March 12, 1930 to William and Frances Laskowski. Described by family as a "zealous woman and devout Catholic," Miller donated thousands of hours volunteering to the Downey City Library, the Living Help Center, and the OLPH Sandwich Program.

She is survived by her husband of 42 years, Mike;

son, Scott; daughter, Tami; son-in-law, Dave Morrison; grandchildren, Aibreann, Eireann and Aldan; sister, Mary Terry; and niece, Kathy Carr.

Vigil services were held May 28 at Downey Zrelak Family Mortuary followed by a funeral Mass May 29 at Our Lady of Perpetual Help Church. Internment took place at Resurrection Cemetery in Montebello.

In lieu of flowers, the family requests donations in her memory to the American Cancer Society.

City offering daycare this summer

DOWNEY – The city of Downey is offering full daycare this summer for children in K-5th grades.

Cost is \$110 per child per week, plus a one-time registration fee of \$20 and a \$6 T-shirt fee. The fees include daily snacks, all-day care (6:30 a.m. to 6 p.m.), arts and crafts, games, and a mid-week excursion.

Daycare will be available June 22 through Aug. 28 at Imperial and Gallatin elementary schools. To register, call Imperial Elementary at (562) 904-7234 or Gallatin elementary at (562) 861-5052.

Tickets available for 'Spamalot'

DOWNEY - Downey residents age 21 and older are invited on an excursion to watch Monty Python's "Spamalot" at the Ahmanson Theater in Los Angeles on Aug. 8.

"Spamalot" won the 2005 Tony Award for Best Musical. Tickets are

Seniors over age 50 are invited on a separate excursion to Legoland in Carlsbad on Sept. 26. Cost is \$52.

Fees for both trips cover admission and transportation. For more information, call the Barbara J. Riley Community and Senior Center at (562) 904-7227.

Price of cat adoptions reduced

DOWNEY – Now through Aug. 29, all cat adoptions at the Southeast Area Animal Control Authority (SEAACA) are only \$25.

The adoption price includes vaccinations, a microchip, spay/neutering, de-worming, and flea treatment.

The reduced rate is part of SEAACA's annual "Cat Days of Summer"

For more information, visit www.seaaca.org.

23 meeting of Rise 'N Shine Networking. The meeting begins at 7:30 a.m. at Downey Brewing Company. Cost A memorial service will be held tomorrow at 3 is an order from the menu. of Commerce at (562) 923-2191.

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The Downey Patriot ___ Dining/Entertainment Page 9 Friday, June 12, 2009

DADS & GRADS WHAT'S HOT TIPS



your fellow graduate, why not give them a digital picture frame. A digital picture frame is an electronic picture frame that plays your photos like a slide show. It's great for any graduate who wants to remember their senior year. It's easy to use because you upload your picture directly from your digital camera.

You can also kill two birds with one stone if you buy another one for Dad with Father's Day right around the corner. Target at the Lakewood Center sells a variety of digital picture frames starting at \$39.99.

goodbye to the past, but that doesn't mean it has to be the end for everything. Say hello to the greatest graduation gift yet! It's a

It's brilliant for all those students who are going on to college and need to take notes. It can actually record audio and be combined with the notes you took with the pen. It obtains every little sound as you are writing the notes. After all is said and done, you can transfer the notes to your computer for organization and combine the recordings with the notes actually written out.

This amazing gift is only \$149.99 and can be found at Lakewood Center's Target. Be smart

have been watching their grad become a success from the very beginning Make your grad feel like one of a kind, or if you have more than one, make them feel twice as special as all the other grads and buy them a token of love from Things Remembered located at Los Cerritos Center.

Things Remembered has a lovely selection of great grad gifts, from picture frames to stylish charms and key chains. This Grad-Cap shaped memory box is the perfect gift for a grad, and is only \$40. It has a photo album slot for all of your grad's favorite photographs on the inside of the box. The inside also has space for other memorable items, such as a diploma and your grads tassel. Speaking of tassels, the silver tassel hanging on the side of the box is what makes this gift so unique. It looks like a realistic cap from the outside. The outside is also decorated with various amounts of encouraging slogans such as, "Reach for the Stars", "Achiever", "You did it!", and "Live the life you always imagined". The best part about this clever box is that you can engrave a customized message on the front. Engraving only takes up to an hour with same day service for \$3-\$6.

Visit Things Remembered today and avoid being the only member at the

Why not keep it original by giving your dad the original floral print T-shirt. You can't go wrong because dads always wear them! Macys of Stonewood Center has a wide variety of them at low prices. This one you see here is the one I bought for my dad for \$26.99, but shh!, don't tell him because he hasn't gotten it yet.

Free 'Movie Mondays' return

COSTA MESA – The Orange County Performing Arts Center will continue their series of free "Movie Mondays" in its community plaza beginning July 13.

This summer's movies include the original version of "Willy Wonka and the Chocolate Factory" with Gene Wilder; the beloved tale of "Annie" starring Albert Finney, Carol Burnett and Bernadette Peters; the 80s smash hit "Footloose" featuring Kevin Bacon, Lori Singer and John Lithgow; and the international sensation "Mamma Mia!" with Meryl Streep, Amanda Seyfried, Pierce Brosnan and Colin Firth.

The alfresco "Movie Mondays" series is held in the Center's 46,000 square-foot community plaza with the films projected on the side of Segerstrom Hall. Guests are encouraged to bring beach chairs. Movies begin at dusk (approximately 8 p.m.).

The movie schedule:

July 13 - "Willy Wonka and the Chocolate Factory"





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krikorian theatres 562.622.3999 * UP IN DISNEY DIGITAL 3D (DIGITAL 3DX) PG (10:45, 11:30, 1:15, 2:00, 3:50, 4:40), 6:30, 7:15, 9:10, 9:55 IMAGINE THAT PG (11:05, 1:40, 4:20), THE TAKING OF PELHAM 1 2 3 R (11:00, 11:45, 1:45, 2:30, 4:30, 5:15), 7:10, 7:55, 10:00, 10:40 THE HANGOVER R (11:15, 12:00, 1:50, 2:35, 4:25, 5:10), 7:00, 7:45, 9:35, 10:20 * LAND OF THE LOST PG-13 (10:50, 11:25, 1:20, 1:55, 4:00, 4:35), 6:40, 7:25, 9:20, 10:10 DRAG ME TO HELL PG-13 (11:40, 5:00), 10:30

TERMINATOR SALVATION PG-13 (2:10), 7:35

Released in 1971, the film faithfully follows the classic children's book by Roald Dahl. Charlie Bucket, a boy with no money and a good heart, enters into a magical world when he wins the chance to visit the mysterious chocolate factory owned by the eccentric recluse Willy Wonka and run by his crew of Oompa Loompas. Once behind the gates, a cast of colorful characters join Charlie and his Grandpa Joe on an amazing adventure.

July 20 - "Annie" - Based on the Tony Award-winning musical, this family-friendly movie follows the story of Annie, a fiery young orphan with a heart of gold. The film boasts a cast with legendary performers such as Carol Burnett, "Dancing in the Sheets," and "Mamma Mia." Rated PG-13.

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Bernadette Peters, Tim Curry and Ann Reinking, and was directed by John Huston, his only movie musical. With a memorable score including "It's the Hard-Knock Life," "Easy Street," and the everoptimistic "Tomorrow," you can bet "Annie" will bring a smile to your face. Rated G.

July 27 - "Footloose" - When a big city boy from Chicago moves to a small town where rock music and dancing have been banned, he's in for a real case of culture shock. This story of teen rebellion and repression features a best-selling soundtrack with songs such as the title track by Kenny Loggins, "Let's Hear It for the Boy," "Holding Out for a Hero,"

"Almost Paradise." In addition to Bacon, Singer and Lithgow, the cast also includes famous names Dianne Weist, Sarah Jessica Parker and Chris Penn. Rated PG.

Aug. 3 - "Mamma Mia!" -"Mamma Mia!" is a stage-to-film adaptation of the blockbuster musical of the same name. The story of the bride-to-be trying to find her real father is told using 22 hit songs by the successful 70s pop group from Sweden, ABBA. The multitalented cast uses their own voices to sing familiar songs such as "Dancing Queen," "Take a Chance on Me," and "The Winner Takes It All." The highest-grossing musical of all time, the title originates from ABBA's 1975 chart-topper



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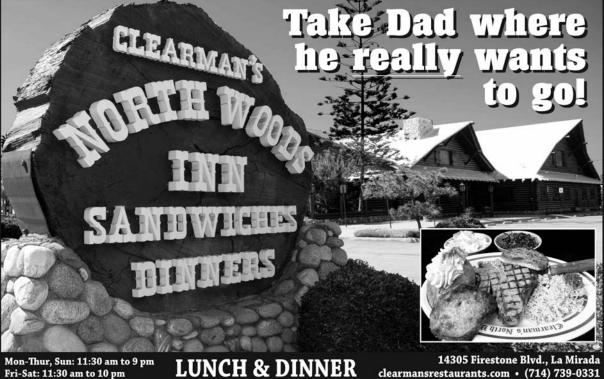
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Law enforcement course a success, DUSD says

By Eric Pierce CITY EDITOR

DOWNEY – Police Chief Roy Campos was honored by the Downey Unified School District's Board of Education on Tuesday in commemoration of the department's success in a 1-year-old law enforcement course at Downey High School.

Campos was presented a plaque by Phil Davis, director of support programs, career and technical education at DUSD.

Davis and Downey High School Principal Tom Houts conceived the idea of a law enforcement course last year. After receiving the support of Campos, the district lured 35-year Downey Police Department veteran Steve Guthrie out of retirement.

"Steve was hired in late August," Davis said. "As I remember it, Tom and I met with Steve about a week before school started and discussed our idea. Steve was immediately interested and excited by the idea and the challenge.

"He then asked, 'When do you see this starting?' to which I replied, 'Next week!' Steve's excitement turned into a ton of questions and some possible apprehension."

According to Davis, the law enforcement course features numerous guest speakers, tours of the police department, hand-on experience, and practice with video and equipment.

In presenting the plaque, Davis thanked Campos and Guthrie, Saturday teacher Officer Kevin Kendall, and Cpl. Wayne Raymond (traffic enforcement), Officer Chris Kurtz (gange enforcement), Deborah Krueck (forensics), Cpls. Garth Boggs and Terrance Goeckner (recruitment and tours), Sgt. Miller and Cpl Torres with SEAACA, Sgt. Phil Santevens and Cpl. Cook with the Los Angeles Sheriff's Department, retired Downey Police Chief John Finch for tours of the Orange County Sheriff's Department, and the Police Officers' Downey Association and Fraternal Order of Police (Downey Lodge No. 20) for financial support.

Jennifer Boose

The Board also heard a presentation by Superintendent Wendy Doty honoring classified employee Jennifer Boose with the Superintendent's Vision Award in the area of environment.

Boose began her career at DUSD in 1991 and was promoted in 2000 to assistant to the superintendent and Board of Education.

"People don't really realize how important it is to the smooth functioning of the district to keep everyone in their roles," Doty said in her remarks. "By that I mean that just as the Board avoids micromanaging district issues and refers them to me, I avoid micromanaging school issues and, as much as possible, refer them back to the schools.

"Jennifer is critical to this process and absolutely sets the tone for the district in the area of environment."

Catherine Pecka

receiving Superintendent's Award in the area of Environment was administrative secretary for instructional services Catherine Pecka.

Honoring her was Jerilyn King-

Brown, assistant superintendent for instructional services.

efficient, organized, loyal and a great proofreader," said King-Brown, who has worked with Pecka for more than five years. "However, it's not for these qualities that she is being recognized. She is being recognized for her skills working with a variety of people. Some are upset. Some are in tears. Some are going full volume, and others are just confused. These could be parents, members of the community, principals, coadministrators and others."

King-Brown called Pecka "a great listener — a skill required for her position."

"Most times she is able to lend a sympathetic ear and direct the person on the phone back to the school site or appropriate office," King-Brown said. "Our office gets calls when parents are upset with teachers, yet they haven't talked to the teacher. Parents call when they feel that their child has been treated unfairly, yet they haven't talked to the principal. On occasion, we even get calls when the school buses are late."

In other action, the Board of Education:

·Accepted several gifts and donations, including a 2004 World Book Encyclopedia and Leap Frog Learning System for use at Alameda Elementary School, from Friends of the Downey City Library; \$3,000 to be used for field trips at Lewis Elementary, from the Lewis Elementary School PTA; \$101.16 from United Way and \$100 from Wells Fargo Foundation, to be used for instructional purposes at Rio Hondo Elementary; \$267.92 from Target, \$250 from Gallatin Dental Group, and \$100 from Smart & Final to be used for instructional purposes at Williams Elementary; \$1,000 for the band program at Sussman Middle School, from an anonymous donor; one trombone and one French horn to be used by the music program at Sussman Middle School, from Stephen Lamphear; \$100 from Lucia Francis, to help pay for the water purchased by Williams Elementary during last year's water crisis; and several other cash donations from local residents and organizations.

•Approved the requests from 10 DUSD staff members seeking to attend conferences, and authorized the payment of registration fees.

•Approved the principal and athletic directors of Downey and Warren high schools as representatives to the San Gabriel Valley League.

 Authorized the Payroll Department to withhold sums for 2009-10 fiscal year, without charge, from pay warrants of both certificated and classified personnel when directed to do so by the employee.

•Authorized DUSD membership in a variety of organizations.

•Authorized Downey Adult School membership in a variety of organizations.

•Approved several purchase orders prepared by the Purchasing Department.

•Ratified the issuance of payroll orders for hourly, overtime, and civic center work performed by classified, Adult School and Food Services personnel for the month of April '09.

•Ratified several purchases or obligations incurred by law or dis-"(Pecka) is very professional, trict policy for the month of May.

> •Ratified an agreement between Downey Adult School and Elite Dental Care to furnish practical experience to students enrolled in the dental assistant program.

> •Ratified similar agreements between Downey Adult School and Newport Healthy Smiles, Pacific Dental Services, Village Dental of Mustafa Bilal, Dr. Roy Egari, Dr. Ruben Ramirez, San Martin De Porres Medical Clinic and Whittier Family Medical Center.

> •Ratified the Student Field Placement Agreement with Cal State Long Beach.

> •Ratified the Student Teaching Agreement with Western Governors University, effective May 14, 2009.

> •Approved an agreement between DUSD and School Services of California.

> •Approved an agreement with the SFSPac Food Services Safety and Sanitation Program.

•Ratified a Los Angeles County Office of Education (LACOE) contract for Supplemental Services Student Support Services.

•Approved a LACOE license contract for use of personal computer software products for district •Approved a LACOE contract

for participation in the School Court Liaison Program. •Adopted the Los Angeles County Plan for Expelled Students,

which "addresses the needs of expelled pupils" and offers alterative educational program.

•Awarded a \$100,000 bid for the purchase of pipe and plumbing supplies to Golden West Pipe & Supply of Downey and Ontario Winnelson of Rancho Cucamonga. Awarded a \$56,430 bid for the printing and delivering of Downey Adult School's schedule of classes (09-10) to Castle Pacific Industries of Irvine.

•Approved a revised purchase order for snack food items in the increased amount of \$33,500

 Approved a revised purchase order for processed food products in the increased amount of \$8,000.

•Approved a revised purchase order for frozen food items in the increased amount of \$33,500.

•Approved a revised purchase order for processed chicken in the increased amount of \$9,000.

•Approved a revised purchase order for beef and pork products in the increased amount of \$10,000.

•Approved a revised purchase order for "education evaluation services" by Goodwill in the increased amount of \$3,000.

•Approved a revised purchase order for student transportation services in the increased amount of

 Approved a revised purchase order for a therapy assistant in the Special Education Department in the increased amount of \$10,000.

•Approved a revised purchase order for the mailing of Downey Adult School brochures by StormForce Marketing in the increased amount of \$5,500.

•Approved a revised purchase order for a new library and plumbing work at Warren High School in the increased amount of \$8,192.

•Approved a revised purchase order for a new classroom at Downey High School in the increased amount of \$21,334.

•Approved a second revised purchase order for a new classroom at Downey High School in the increased amount of \$292,726.

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•Approved a revised purchase order for modernization work at Warren High School in the increased amount of \$99,078.

•Reduced the retention amount being held for a fire sprinklers bid against a bid for Warren High School's new library from 10% to

•Accepted as complete miscellaneous electrical work by Spike Electric Anaheim.

·Accepted as complete roof repairs and asbestos abatement at Warren High School.

 Accepted as complete fencing work done by McCullah Fence Co. of Bell Gardens.

•Accepted as complete various paving and repair projects by Terra Pave of Whittier.

•Accepted as complete concrete repairs by 3D Concrete of Downey. Approved the adjustment of the 2008-09 General Fund unrestricted budget to reflect a decrease of \$2.73 million.

•Approved the adjustment of the 2008-09 General Fund restricted budget to reflect an increase of \$2.83 million.

•Approved the adjustment of the 2008-09 Downey Adult School Fund unrestricted budget to reflect an increase of \$168,346; the restricted budget reflected an increase of \$159,322.

•Approved the adjustment of the 2008-09 Deferred Maintenance Fund restricted budget to reflect a decrease of \$71,189.

•Approved the adjustment of the 2008-09 Self Insurance Fund unrestricted budget to reflect an increase of \$17,925.

•Approved the adjustment of the 2008-09 Self Insurance Workers Compensation Fund unrestricted budget to reflect an increase of \$400,000.

•Approved the adjustment of the 2008-09 Self Insurance Health and Welfare Fund unrestricted budget to reflect a decrease of

•Approved the sale of DUSD surplus property, with revenue going to the Food Services Fund.

·Acknowledged receipt of and then denied a claim by Cecilia Martinez.

•Approved routine personnel items (teacher assignments and relocations) until subsequent action is taken by the Board.

•Authorized the service of a speech and language pathologist.

•Approved the abolishment of 45 classified (non-teaching) positions, effective June 30. The positions include 19 instructional assistants (bilingual/biliterate), 12 instructional assistants, nine senior instructional assistants, three intermediate clerical assistants, one instructional assistant (bilingual/oral) and one senior instructional assistant (behaviorally challenged).

•Ratified the establishment of one new position with duties corresponding to the current classification of senior instructional assistant, to be assigned to Downey High School. The assistant will work 6 ½ hours per day, 10 months per year, at a salary of \$2,582 -\$3,137 per month.

•Ratified the establishment of one new position with duties corresponding to the current classification of senior instruction assistant (behaviorally challenged), to be assigned to Griffiths Middle School. The assistant will work 6 ½ hours per day, 10 months per year, at a salary of \$2,709 - \$3,297 per month.

•Ratified the establishment of

(562)

8

6

1

2

3

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ALL REPAIRS



Kalief Rollins, a student at Downey High School, won a \$1,500 cash prize for a business plan he wrote on his fictitious company, Phree Kountry Clothing. The clothing line was geared towards teens and preached inspirational messages. Rollins, pictured above third from left, will travel to New York in October for a national competition.

Downey student writes winning business plan

LOS ANGELES – Downey High School student Kalief Rollins won top prize in a recent business plan competition sponsored by Merrill Lynch.

Rollins, 17, won first place after drafting a business plan for his business, Phree Kountry Clothing. The award came with a \$1,500 cash prize.

Along with second place winner Jacqueline Garcia, Rollins will represent Southern California in the NFTE National Business Plan Competition in New York this fall.

"At Merrill Lynch, we want to inspire young people by giving them the opportunity to learn how to apply their academic skills to real world business and financial challenges," said Chandler Root, regional managing director for Lynch's Merrill Angeles/Mountain Region. "Through NFTE, young people learn business management and finances, while developing other essential skills such as critical analysis and public speaking."

Rollins was one of 1,000 Los Angeles-area students who participated in the competition. More than 20,000 students nationally participated.



Administrative secretary Cathy Pecka was honored with the Superintendent's Award in the area of Environment on Tuesday. Pecka was called a "great listener - a skill required for her position." Photo courtesy DUSD

one new limited-term position with duties corresponding to the current classification of senior instructional assistant (behaviorally challenged), to be assigned to Rio San Gabriel School. The assistant will work 5 1/2 hours per day at a salary of \$15.63

•Ratified the establishment of one new limited-term position with duties corresponding to the current classification of intermediate clerical assistant, to be assigned to the Student Information System Department. The assistant will work four hours per day at a salary of \$15.63 per hour.

•Authorized federal revenues for child nutrition to be expended initially on classified salaries and benefits.

•Authorized an annual delegation of administrative authority to process routine budget revisions, adjustments and transfers.

•Approved the Memorandum

of Understanding with the California State Employees Association (CSEA) Chapters 248 746 regarding temporary suspension of Article VI – Renegotiations.

•Declared that as a result of financial uncertainties, negotiations, legislation and other factors, all management including superintendent, assistant superintendents, and other unrepresented employee salaries are indefinite for 09-10.

 Approved high school algebra textbooks for the 09-10 school

•Approved numerous waivers for student petitions.

•And took action on numerous student cases (individual expulsion cases are heard in closed session).

The next regular meeting of the Downey Board of Education will be held June 30 at 9 a.m. at the Gallegos Administration Building, 11627 Brookshire Ave., in Downey.



Tiger Woods looks to charge in U.S. Open

BY SCOTT COBOS, STAFF WRITER

bout a year ago, we saw something that was almost unimaginable. There was Tiger Woods and Rocco Mediate standing next to each other at Torrey Pines getting ready to play in an 18-hole playoff round. Tiger won.

The cries of joy rang out from the stands and there was Tiger, again, alone on top of the world and winning what is the hardest golf tournament in the world to win. The US Open regardless of where its played is a fantastic sight. Narrow fairways, lightening quick greens and rough that's as high as your waist.



Scott Cobos

Over 130 of the most elite golfers participated in the US Open last year at the beautiful public course down by San Diego, but again, there was Tiger prevailing.

Yes, we sit here and think to ourselves that the story normally doesn't end with anyone else but Tiger winning. Every time we flip on ESPN's Sportscenter, there's Tiger hoisting up another trophy. Or we see players like Jack Nicklaus or Arnold Palmer saying that he's going to be the best to ever play the game.

It's so sad because we take this all for granted. We don't really sit there and really understand the shock and awe that Woods gives us every time he steps up to his ball at the tee box.

How is it possible that the world's No. 1 golfer is taken most for granted? It really is amazing how there is no other golfer that can really challenge him when he's on his game. Analysts say that Phil Mickelson is right on Tiger's tail.

Please. How ridiculous of a comment is that? Phil is a 3-time major tournament winner on the PGA Tour. That's a great career for anyone's standard, except for Tiger. Tiger has a cool 14 major tournament wins and is looking to challenge Nicklaus' 18 major wins very soon.

How can you go about and say that Mickelson is right behind him? He's so far back in Tiger's wake that it's borderline embarrassing.

But once again, here we are taking Tiger's accomplishments for granted. After last week's Memorial Tournament win, people are saying he's geared to win his 15th major next weekend at Bethpage Black.

Before we get to Bethpage Black, let's talk more about how we don't understand the accomplishments of Tiger.

Someone needs to grab a 7-iron and run over to Rio Hondo Country Club and start taking some hacks at the driving range.

A 7-iron for us mere mortals will average around 150 to 160 yards of carry. Tiger is looking at a pitching wedge or maybe a 9-iron for that shot.

We'll go grab a 4-iron and bash it. For us it's normally around a 180 yard shot that tends to roll out. Tiger grabs his 4-iron, puts it about 230 yards and lands it on the green like he's hitting a swimming pool full of feather pillows.

Shanking a shot will put us in a mental whirlpool filled with negative thoughts. Tiger never thinks about the last shot (not to mention he doesn't shank balls). His mental approach to the game can only be described as one thing: laser sharp focus.

We're witnessing something that we'll never see again when Tiger retires. It's stupid to think that there's going to be another Tiger Woods when he's done it all. Analysts are putting him around 21 majors when he's done. That record is close to Major League Baseball's homerun record. It's so sacred that anyone who even hovers around it will be ridiculed for challenging it.

I'm forgetting to remind everyone how humbling of a game golf is. I've been playing it for about 12 years and I like to think I have a good amount of athletic ability. I just played Coyote Hills in Fullerton, shot an 87, then celebrated.

Tiger spits on anything that's higher than a 73 on a PGA tournament course. I'm willing to guess that on a PGA course, we'll tack on another 15 to 20 strokes to my score.

The point is that we should not take anything that was touched by the heavenly angels like Tiger for granted.

It angers me when I read that Tiger is in a "slump." The man is consistently in the top 10 of the leader board of every tournament he plays, not to mention he is the outright favorite every time he laces up his spikes.

There's no such thing as a slump for the man wearing red on Sundays. It just doesn't happen. If you're finishing as high as Tiger in every tournament and maintained the No. 1 world ranking in golf for a year without even playing in a tournament, you don't have slumps.

That reminds me. Tiger went on the record saying that his Torrey Pines victory was the most impressive win of his career in his opinion. I wonder why that was. Oh, I know why. It's because he won the hardest tournament in the world, on one of the most demanding golf courses ever designed on, wait for it, one leg. I'll repeat that. He won the most grueling tournament in the world on one leg.

After that, he had some surgery, kicked back for a year, and now he's doing his thing again. The NBA is running advertisements saying "NBA: Where amazing happens."

You want to see amazing? Watch the man play Bethpage Black in New York starting next Thursday. If you're a sports fan, you'll understand the beauty that is Tiger Woods.

Basketball camp at Downey High

DOWNEY – A summer basketball camp for kids begins June 22 at Downey High School.

Larry Shelton, varsity basketball coach at Downey High School for 21 years, will lead the camp with the help of his staff. Shelton is a two-time L.A. Times Coach of the Year and four-time San Gabriel Valley League Coach of the Year.

Kids will receive daily basketball instruction and compete in games and tournaments. Incoming freshmen will compete in their own summer league with a possibility of 13 games versus other schools.

The camp is open to boys entering grades 4-9. The \$125 fee includes a Downey basketball jersey and shorts.

The camp will be held in the Downey High School gym Monday through Thursday from 8 to 10 a.m. Camp opens June 22 and ends July 16 (no class July 2).

For more information, call Shelton at (562) 412-7528 or (562) 806-

Dedam Dedam Dedam Dedam Dedam Dedam Dedam Dedam Dedam

The Dodgers of West Downey Little League's Major Division won first place with a 16-2 record, defeating the Cubs in the playoffs. The Dodgers were led by strong pitching throughout the season, including eight shutouts. They will now face the La Palma Rockies in the Tournament of Champions. Bottom row, from left: Philip Kamei, Filip Matos, Markie Williams, Noah Vasquez, Andrew Perez, Gabriel Hancey-Gallegos, Joshua Iannotti, Kiefer Enslin and Keaton Freire. Top row: Coach Mark Williams, Team Mom Theresa Freire, Coach DeWayne Perez, Austin Espinoza, Bryan Siles, Jonathan Gastelum, Manager Jennifer Gallegos and Coach Chris Gallegos. Not shown is Coach Carlos Escalante Jr.



The Downey Ponytail 12U Gold All Star team won their second consecutive tournament recently, taking first place in Camarillo. The team previously took first place in the Chino Tournament over the Memorial Day weekend. Five Downey All Star teams played in Camarillo, with the 8U Gold taking second place and the 14U Gold playing in the semi-finals. Pictured above, front row, left to right: Jissell Caballero, Jillian Saiza and Julia Gaytan; second row: Brittany Juarez and Rachel Poirier; third row: Alyssa Soneff, Taylor Gallo, Jessica Torrez, Eryka Garcia and Ashley Jenkins; last row: Coach Rene, Coach Tresa, Manager Tina, Whitney Pemberton, Coach Mike, Coach Mike, Dorothy Pemberton, Coach Michael and Coach Joe.



The Downey Boys 14U team from Downey AYSO defeated Ontario in the championship game at the Fox and the Hare Tournament in Lakewood. Downey reached the championship after defeating Torrance, 2-1. The Downey team is led by coaches Armando Rodriguez, Jesus Juanillo and Francisco Juanillo. Players include Andrew Madrigal, Matthew Aguilar, Danny Rodriguez, Angel Tenorio, Anthony Ruiz, Hectory Lujan Jr., Gavin Obeso, Jose Martinez, Luis Barragan, Alex Juanillo, Dior Rodriguez, Nathan Castillo, Justin Rodriguez, Jake Sarmiento, Jonathan Gonzalez and Andrew Egurvide.



The Downey Boys 14U team played an exhibition game at Home Depot Center during halftime of a recent Los Angeles Galaxy match. The Downey team played a 16U team from a local AYSO. The game ended in a scoreless tie. Players standing, left to right: Hector Lujan Jr., Gavin Obeso, Anthony Ruiz, Matthew Aguilar, Danny Rodriguez, Edgar Rodriguez, Andrew Madrigal, Jose Martinez and Luis Barragan. Sitting: Diego Lucas, Alex Juanillo, Nathan Castillo, Jonathan Gonzalez, Andy Egurvide, Jake Sarmiento, Justin Rodriguez and Angel Tenorio.

Sign-up now for Ponytail softball

DOWNEY – Downey Ponytail girls' softball is now accepting registration for their fall league.

Practice begins in August and games start the Saturday after Labor Day. The season ends just before Thanksgiving.

Registration is \$80 for the first girl and \$70 for every additional sibling. Games are played within the ASA District, so some travel to nearby cities may be involved.

All games are double-headers played on Saturdays at 9 and 11 a.m., or

1 and 3 p.m.

Applications are available at the Independence Park snack shack

Monday through Thursday from 5 to 7:30 p.m. until June 25.

Last-chance sign-ups, if room permits, will be taken July 17-19 at Independence Park.

Downey Ponytail is open to girls ages 7-18.



The Downey Ponytail 8U Gold All Star team took second place at the Camarillo Tournament last weekend. They competed against nine teams. The team includes Coach Chris Apodaca, Team Manager Sandra Apodaca, Coach Rocky Colenzo, Brooklyn Araujo, Emie Beltran, Jasmine Apodaca, Karly Colenzo, Linda Gaspar, Aura Sandoval, Annalys Garcia, Kailyn Lorberter, Lauren Amezcua, Natalie Hernandez, Brooklyn Sepulveda and Brooke Moeia.

Chamber accepting golf sponsors

DOWNEY – Sponsorships are now being accepted for the Downey Chamber of Commerce's 13th annual golf tournament to be held Sept. 25 at the Rio Hondo Golf Club, with proceeds benefiting the American Cancer Society's Relay for Life and scholarships for Downey children.

Different levels of sponsorship include:

Gold (\$2,500): One foursome, gold sponsor plaque, tee sign, individual banner, publicity in all press releases, recognition at awards dinner, 100 raffle tickets, and four mulligans.

Silver (\$800): One foursome, silver sponsor plaque, tee sign, name on a group banner, publicity in all press releases, 25 raffle tickets, and two mulligans.

Tournament Sponsor (\$500): One twosome, tournament sponsor plaque, tee sign, name on a group banner, publicity in all press releases, and 10 raffle tickets.

Tee Sign Sponsor (\$100): One sign displayed at a hole and recognition in the event program.

To become a sponsor, mail a check to the Downey Chamber of Commerce, 11131 Brookshire Ave., Downey, CA 90241. To pay by credit card, call the Chamber at (562) 923-2191.

For more information, call golf chairman George Zoumberakis at (626) 918-5670.

Sale at Friends Book Store

DOWNEY – The Friends Book Store inside the Downey City Library is now offering a half-off sale on all books marked with a red check.

Also, all audio tapes have been reduced to \$1.

Proceeds from the sales will be used to support the library's services

Proceeds from the sales will be used to support the library's service d programs.

New Titles at the Downey City Library

Fiction

- "Corner Shop" by Roopa Farooki. Delphine Khanum fantasizes about rekindling her relationship with her father-in-law Zaki, whom she loved long before she met and married his son.
- "Red April" by Santiago Roncagliolo. A political thriller set in Peru by one of Latin America's most important new writers.
- "Run for Your Life" by James Patterson and Michael Ledwidge. A calculating killer who calls himself The Teacher is taking on New York City, killing the powerful and the arrogant. Discovering a secret pattern to The Teacher's lessons, Detective Mike Bennett realizes he has just hours to save New York from the greatest disaster in history.
- "Vision in White" by Nora Roberts. In book one of the "Bride Quartet" series--a novel of love, friendship, and family---bestselling author Roberts invites readers to the wedding of the year.
- "What I Did for Love" by Susan Elizabeth Phillips. Georgie York, once the costar of America's favorite television sitcom, has been publicly abandoned by her famous husband, her film career has tanked, her father is driving her crazy, and her public image as a spunky heroine is taking a serious beating.

Non-Fiction

- "An Apple a Day: the Myths, Misconceptions and Truths about the Foods We Eat" by Joe Schwarcz. A professor of chemistry takes a lighthearted look at some of today's food fears and trends.
- "Intelligence and How to Get It: Why Schools and Culture Count" by Richard E. Nisbett. Social psychologist Nisbett asserts that intellect is not primarily genetic but is principally determined by societal influences.
- "The Last Witch of Langenburg: Murder in a German Village" by Thomas Robisheaux. On the night of a festive holiday in 1672, a young mother died in agony. Was it a natural death, murder-or witchcraft?
- "The Pluto Files: the Rise and Fall of America's Favorite Planet" by Neil DeGrasse. In August 2006, the International Astronomical Union voted Pluto out of "planethood." An astrophysicist looks at how Pluto has endured in our culture and in the cosmos.
- "Why Him? Why Her?: Finding Real Love by Understanding Your Personality Type" by Helen Fisher. The author reveals how people unconsciously go about finding the right match and helps readers to use nature's chemistry to find and keep their life partner.

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

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-- Doing Things Better

Father's Day is June 21!!! Send a message in

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Father's Name Line 2

Line 3 Line 4

Line 5 **ACTUAL SIZE**

The Downey Patriot will publish a special section dedicated to Father's Day. For only \$25.00, you can honor your father, grandfather or that someone special with a 1.986" by 3" announcement.

Deadlines for announcements is June 15 and will be published on June 19, 2009.

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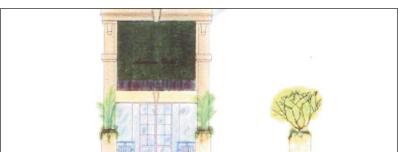
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A developer had received approval in 2005 to redevelop the Avenue Theatre into a banquet hall. City officials said the hall would have destroyed the Avenue's marquee and made the theater indistinguishable. Composites courtesy city of Downey

Avenue: Future of Avenue Theater at stake.

Continued from page 1

Avenue Theatre on May 12, 2008. Two weeks later, the city agreed to pay an additional \$1 million for the nearby Verizon building.

Both properties were abandoned, but while the Verizon building was generally considered to be in good condition, the 75-year-old Avenue Theatre was literally crumbling from the inside, officials said.

Since news of the city's purchases broke, residents began a campaign to "save the Avenue Theatre." An online petition started by local preservationist George Redfox is seeking the Avenue's restoration to be used as a "historical and cultural meeting place" and boasted more than 470 signatures as of Wednesday afternoon. (Some have questioned the validity of the petition's electronic signatures; line No. 380, for example, lists a signature under the name "M Guerra" which the mayor denies is his.)

Other residents have expressed their own ideas for the Avenue: requests have been varied and include a jazz club, an amateur comedy club, a theater for Shakespearian plays, dinner theater, an independent movie house, and even a private screening studio for film production companies.

Some have also called for the Avenue's full restoration and would like to see it function as a 1screen movie theater playing independent films, a move city officials called unrealistic.

Restoring the Avenue Theater does not make good economic sense, said Gilbert Livas, the city's deputy city manager for communi-

ty development. Livas provided this newspaper a tour of the Avenue Theatre recently, and pointed to its dilapidating conditions.

A restoration of the Avenue would probably mean tearing down the building and starting from the ground up, Livas said. Besides that, the Avenue has already failed as a movie theater.

He also disputed the Avenue's stature as a historical community element.

"Sometimes, a building is just old," he said.

City officials contend that they actually saved the Avenue Theatre from its demise. A developer planned to turn the theater into a banquet hall several years ago, but the deal ended up in litigation.

The developer won in court but eventually agreed to sell the property to the city, Livas said.

"What people don't know is, we actually saved the theater from being demolished," Livas said. "If you look at the site plans, you wouldn't have even recognized the Avenue Theatre. At least we're going to preserve the marquee."

City officials also questioned why nobody attempted to save the Avenue Theatre then.

"I think people are speaking up now because the city owns the property," Livas said. "They think we can do whatever we want with it, but we can't."

Livas said the city is currently in negotiations with nonprofit developer National Core for the construction of a mixed commercial and residential project. Any construction at the Avenue would

need to incorporate housing because the city used a federal block grant that requires affordable housing to purchase the land.

For his part, Livas said he envisions an upscale restaurant at the 9,240 square foot Avenue Theatre. A portion could be set aside as "community space," although what that exactly means will need to be worked out in negotiations.

The outside Avenue Theatre signage would be preserved, Livas said.

At the Verizon property, Livas said he could see "high-quality condominiums with subterranean parking." To qualify for a unit, prospective tenants would need to meet income guidelines and pass criminal, employment and rental background checks.

Fernando Vasquez, a planning commissioner for Downey, is also a development manager for National Core. While he isn't involved in negotiations, he said National Core requires tenants to open their homes for inspections every 6-12 months.

Not everyone is convinced, however.

"There's plenty of room on other lots for condos, why does it have to be in the main part of town, where the art and culture should be?" said Redfox, the preservationist. "We don't oppose condos, just not there."

Redfox said most successful downtowns incorporate an art and cultural center because they tend to attract residents from nearby cities. The same would be especially true in Downey, Redfox said.

"I think a lot of people would support it because this is a very underserved area for that," said Redfox, a teacher at Warren High School. "Everything is at least 15 miles away."

"The community of Downey and surrounding communities would definitely support an arts/cultural center," said Kathy Perez, a Downey resident who said her memories of the Avenue Theater span more than 30 years. "We would support all of the arts that could be accommodated in these theaters (including) movies, live stage, and the visual arts. Movies could include all genres from the past and present, from many different cultures and languages. Film festivals could range from independent films, classics from each decade of the 20th century, (and) films from so many countries; from Latin America to Asia, to children's animated and feature length films.'

Present

As negotiations with National Core continue, the City Council has already laid the groundwork for redevelopment downtown.

On Tuesday, the Council agreed to submit an application that seeks nearly \$700,000 from Congress. If the application is approved, as expected, the city will use the money to demolish the Verizon property.

Also on Tuesday, the city appropriated \$325,000 and tapped planning firm Hogle-Ireland to create a new specific plan and environmental impact report for Downtown Downey.



Scenes for the upcoming movie "Iron Man 2" are currently being filmed outside Downey Studios, and the set is easily visible from Lakewood Boulevard. A movie studio released this on-set photograph of Mickey Rourke, who stars as Whiplash. "Iron Man 2" stars Robert Downey Jr. and will be released May 7, 2010. Photo courtesy Marvel Studios

Senior Follies shows June 26-28

DOWNEY – Tickets are now on sale for the sixth annual Downey Senior Follies scheduled for June 26-28 at the Barbara J. Riley Community and Senior Center.

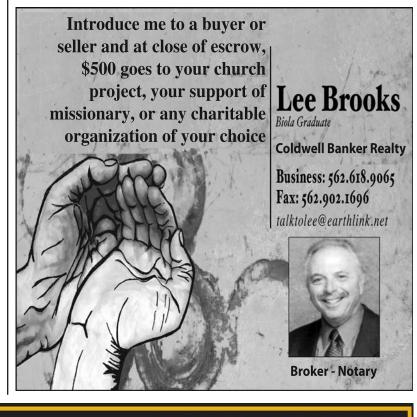
A total of 25 performers will display their dancing, singing and comedic talents. Tickets are \$5 per person

Shows will be presented June 26 at 6 p.m., and June 27 and 28 at 3

Volunteer opportunities for seniors

DOWNEY – Residents over the age of 50 are invited to a workshop June 16 to learn about volunteer opportunities available with the California Department of Fish and Game.

The meeting will be held at 9:30 a.m. at the Barbara J. Riley Community and Senior Center.





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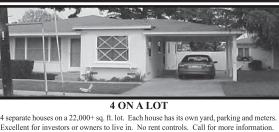
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In Living Trusts

Page 14 Friday, June 12, 2009 Real Estate



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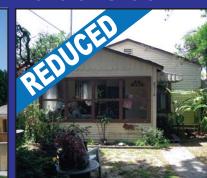
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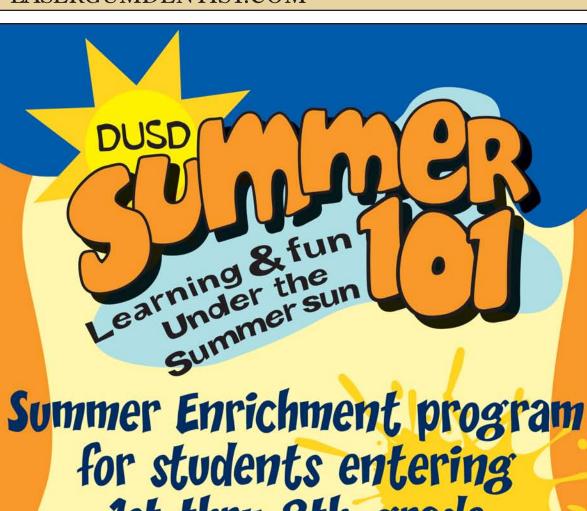


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