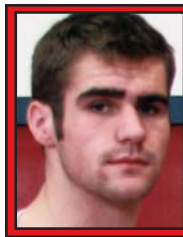


The Downey Patriot



Wrestlers make it to finals
See Page 9



Lanny Gertler dies at 71
See Page 11



Pelican mystery may be solved
See Page 4

Friday, February 26, 2010

Vol. 8 No. 45

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

Refinery blamed for foul odor

BY MARK SAUTER

DOWNEY – Many residents and visitors noticed a pungent odor drifting across the City on Tuesday morning and afternoon, with the initial reports coming from the southwest area of the city.

The odor had a sulfur-type scent, similar to previous incidents. There were no reported illnesses or injuries as a result of the odor. Prevailing winds ultimately pushed the odor through Downey.

Callers from schools, private residences, city facilities and Kaiser Permanente Medical Center all reported the odor as it drifted across town.

The Fire Department received many calls for service and dispatched crews to investigate the reported smell. As result of the reports, fire department communication operators contacted the Air Quality Management District (AQMD) and asked them to respond with an investigation crew.

City administration has contacted the AQMD as well and has requested the placement of air-monitors in the down-wind adjacent areas.

The source of the odor was reportedly a refinery operation in a neighboring city. The AQMD is following up with them on their business practices. The AQMD has investigated the refinery in the past as well.

The Fire Department responds fire crews to investigate suspicious odor incidents immediately after the problems are reported to the fire dispatch center. However, community members are also encouraged to call the Gas Company and the AQMD immediately when a suspicious odor is detected.

Gas Company representatives recommend residents and business owners who believe they smell natural gas immediately call (800) 427-2200 and report their findings. Once notified, a Gas Company service person will investigate the problem.

AQMD representatives recommend residents and business owners immediately call (800) CUT-SMOG (1-800-288-7664) to report any suspicious odors. They advised an investigator will respond after the receipt of one phone call during business hours. After hours, the AQMD waits for the third caller before sending out an investigator.

Residents can also file written complaints with the AQMD. The AQMD noted they follow up on public nuisance problems when at least 10 residents complain of a problem.

Both the Gas Company and AQMD representatives advised residents should call the 24/7 phone numbers listed above when they first notice the suspicious odors.

On Tuesday, several community members called the Downey police and fire communications centers and several more called City Hall. Despite the requests for the callers to call the 1-800-CUT-SMOG number as well, few callers made the second call. It is important to note that the AQMD relies heavily on individual reports from the community during their investigations. Residents are encouraged to make the AQMD call when they detect an odor.

Questions on the odor investigations in Downey can be directed to ready@downeyca.org.

Mark Sauter is deputy city manager of emergency preparedness for the City of Downey.

Latimer authors third book of Downey's history

■ Book includes images of early Downey history.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – Larry Latimer, who has lived all his life in Downey, had just finished a nine-year term as president of the Aerospace Legacy Foundation (ALF) when the book on the foundation's history titled "Downey's Aerospace History" written by retired Boeing engineer and his successor and current ALF president Gerry Blackburn came out.

"I've always been interested in the history of Downey and done lots of research on it," he says, "and Gerry's book whetted my interest still more. I thought, it would be a real honor for me to produce a book such as his. It would be my version of the evolution of Downey, a city I love very much, a city I grew up in."

Figuring he had nothing to lose, Larry, who had attended Cerritos College before he embarked on what would be a 30-year career in the car business (his father owned the McClure Lincoln-Mercury car dealership in Anaheim), broached the idea to Gerry.

The reaction was positive, to say the least: Gerry recommended Larry to his publisher, Arcadia Publishing Co., which is promoted as "the leading local history publisher in the United States, committed to making history accessible and meaningful through publishing books that celebrate and preserve the heritage of America's people and places."

Besides Gerry's account of the ALF, Arcadia has published the histories of, just to mention a few, cities like Chippewa Falls and, closer to home, Early Anaheim, Huntington Beach, Seal Beach, and Pico Rivera, that form its Images of America series.

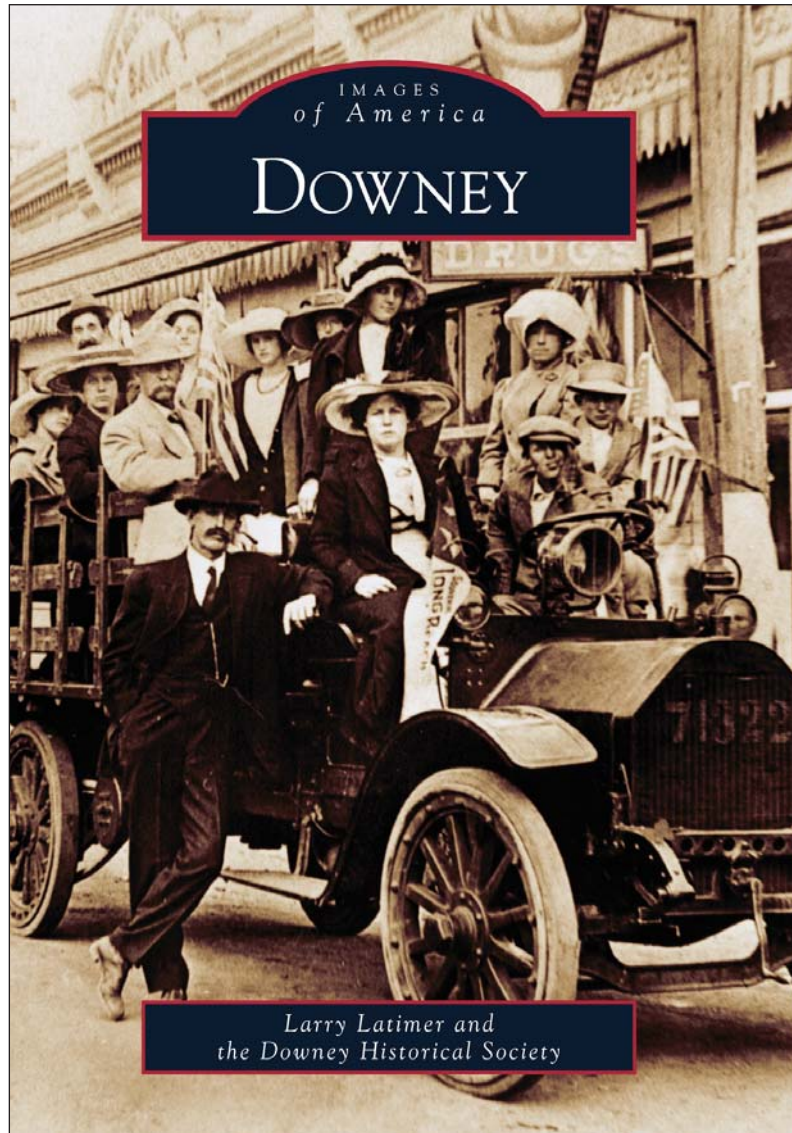
Lo and behold, the negotiations went well and a few months later, Larry says "I signed an agreement to write the book."

A ready source of historical material was already at hand. This was the "much-used" 223-page "History of Downey" written in 1973 by Charles Russell Quinn, whose history was text-intensive and full of useful information, in addition to carefully-selected preserved photos of Downey's early years.

A second important source was the unpublished manuscript, "History of Downey and Vicinity," by Easter Bayle Morrison written in 1939.

But Larry, currently a computer consultant, knew he'd have to use the archives of the Downey Historical Society, saying: "John Vincent and the other members of the staff, Bob Thompson and Donna Honeycutt, were more than helpful as they assisted in uncovering resources and material. At one time, my search became intensely personal, as I wondered if I could find a photograph of the street or area where I lived as a kid. At any rate I wanted to look up the genealogy of my parents." (The Friends of the Library's Cleo Latimer is his mom).

Looking back at the project, which took two years to research



"Images of America: Downey," a book of photographs and facts by Larry Latimer and the Downey Historical Society, will be released March 8 and available at www.arcadiapublishing.com.



Larry Latimer

and assemble, Larry acknowledges material contributed by the historical society comprises 95 percent of the total: "My picture-scanning sessions alone sometimes took three hours or so. I gathered data on early census figures, for example, and so on."

On top of all this, Larry was able to get hold of old letters and pictures of the early days shared by descendants of Downey pioneers. Some of these, with proper credits, show up in his finished book.

Arcadia Publishing imposed a strict format, the book heavy on images and not exceeding 128 pages. "This was a little difficult," he says. "I went 4,400 words over the limit." Anyway he found a way to use longer captions to his photos, and in this way he was able to convey a bit more context in his descriptions.

The book, divided into sections on "The Early Years of Downey and Vicinity," "Early Businesses, Homes, and Pioneers," "Schools and Churches," "Aerial Views of Downey, Aviation, and

Aerospace," and Landmarks and Nostalgia," should be a welcome addition to the rich historical narrative of Downey.

Larry has received only five advance copies, four going to members of his immediate family, the fifth finding its way to *The Patriot*. He was relieved when he learned that the publisher shipped three copies to the Downey Historical Society, which Larry made sure was given credit as co-author. The book in fact is "dedicated to Mr. John Vincent and the Downey Historical Society. And, to the "pioneers" who endured an arduous journey to a new land and a new life. This book is dedicated to their spirit, perseverance, and hard work."

The book's official release date is March 8, with an initial printing of 1,000 copies. Larry is scheduled to have two book signings, the first from 3:30-4:30 p.m. on March 15 at the OASIS meeting, and the second at 7 p.m. at the Downey City Library's Cormack Room on March 18.

Budget deficit may reach \$4.8 million

■ Subcommittee will study financial options; hiring freeze to continue.

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – Due to a sharp decline in tax revenue last year, the city anticipates a budget deficit of nearly \$4.8 million this fiscal year. In addition to curbing spending, officials will utilize money from the city's general fund to mitigate the deficit.

According to the 2008-09 comprehensive annual financial report, the city is in slow economic recovery after several months of material losses in sales tax, utility taxes, construction related licenses and permits and motor vehicle fees.

"Sales tax is taking a hit," said John Michicoff, director of finance. "What we anticipated did happen and we saw a \$3.5 million decrease in sales tax alone."

The decrease is a result of an overall drop in consumer spending coupled with the loss of several major car dealerships in the city. These changes brought the city's sales tax revenue down from a budgeted \$13.1 million to an actual \$9.6 million.

Michicoff said the loss of the car dealers resulted in a \$1.5 million reduction in sales tax for the city.

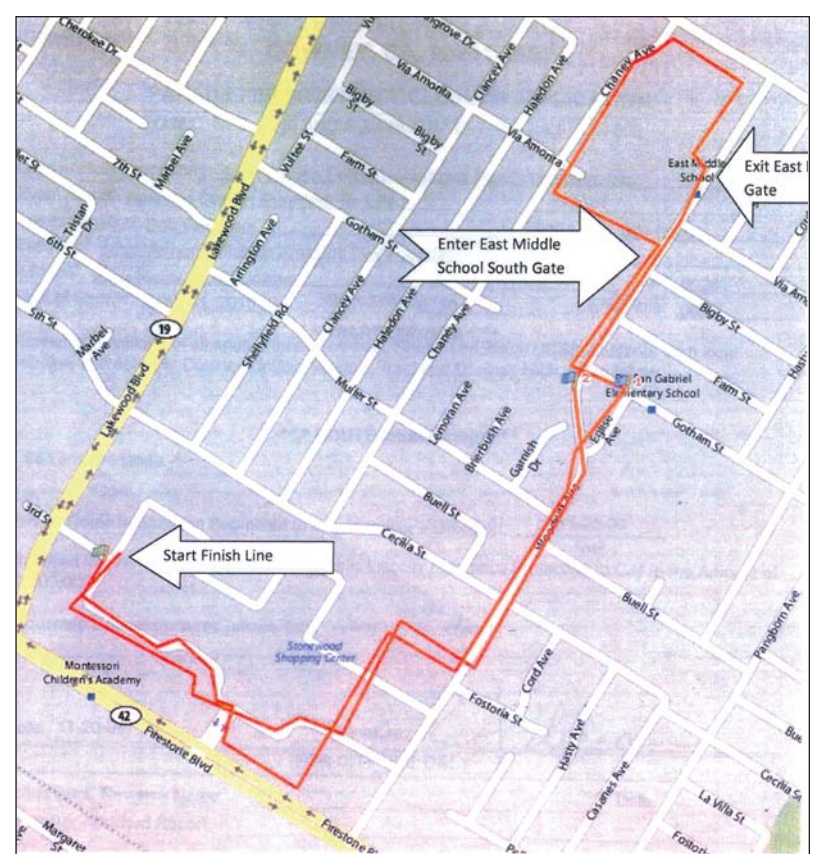
"That's quite a large shock to absorb," Michicoff said while presenting the annual report during Tuesday's City Council meeting. "And you can't make the citizenry go out and shop to increase sales tax revenue – the economy has not recovered as we had hoped."

As revenue began to drop last year, city officials instituted a hiring freeze for non-critical positions and suspended equipment purchases as part of cost-cutting measures to reduce the size of the expected deficit.

According to the report, these cost cutting measures have continued into the 2009-10 fiscal year and will save the city \$3.2 million in labor, equipment and liability charges. These savings will help reduce the city's deficit, which would climb as high as \$7.5 million next year without the hiring freeze and cost-cutting measures.

During Tuesday's meeting, the City Council unanimously voted to receive and file the annual report and to create a new subcommittee that will develop financial options for the city to reduce the growing deficit. Council members David Gafin and Mario Guerra will both serve on the committee.

However, despite the large decrease in revenue, the city's general fund still holds approximately \$34.2 million, a reserve that keeps the city afloat while officials wait for sustainable economic recovery.



Proposed run/walk delayed by city

DOWNEY – A 5K run/walk to honor the memory of late Downey resident Sean Feliciano has been shelved at least temporarily after the City Council balked at the required street closures.

Feliciano, 20, took his own life last year while attending school in Santa Barbara.

The run/walk would have coincided with National Suicide Prevention Week in September,

according to Sean Feliciano's father.

Bob Feliciano started the Sean Vernon Feliciano Amazing Day Foundation after his son's death to help reduce suicides among college students.

Under the proposal, the walk would begin at 7:30 a.m. at Stonewood Center's Lakewood Boulevard entrance. The route

See COUNCIL, page 11

Clippers conducting clinic here

DOWNEY – The Los Angeles Clippers will hold a week-long basketball clinic at Apollo Park during spring break.

Children will receive professional instruction in defense, ball handling, shooting, passing and strength training.

Participants will also learn concepts and strategies to become a more efficient basketball player.

The clinic will be held April 5-9 and is open to boys and girls ages 7-17.

Cost is \$150 for the week and includes one ticket to an upcoming Clippers game. The city of Downey is handling registration.

For more information, contact Kevin Ellis at kellis@downeyca.org or (562) 904-7128.

Basketball camp at Apollo Park

DOWNEY – Phillip Scott, an assistant director with the NBA, will lead a basketball camp for kids beginning March 22 at Apollo Park.

According to a flier, "In this workshop [students] will learn the same innovative techniques the pros learn to claim their stake as the best basketball players in the world."

Two sessions will be offered, the first starting March 22 and the second on May 3.

Cost is \$75 per session or \$25 per day.

For more information, contact the city of Downey's Kevin Ellis at (562) 904-7128 or via e-mail at kellis@downeyca.org.

Irish fundraiser to benefit Music in the Schools

BY ROSALIE SCIORTINO,
DOWNEY SYMPHONY GUILD

DOWNEY – Everything Irish will be the theme of Downey Symphony Guild's pre-St. Patrick's Day Gala on March 12, 6 p.m., at the Embassy Suites Hotel in Downey.

Even Downey Symphonic Society board member Mary Steven's two Irish wolfhounds have been part of the preparation. These gentle giants, Oscar & Harriet, happily posed for photos recently with Guild board members Marie Eckstrom, Katie Hare and Joyce Sherwin.

A delectable dinner menu is being planned for the event, as well as silent and live auctions of treasures.

To set feet tapping with their infectious rhythms, entertainment will feature a group of musicians: When Pigs Fly.

This group has entertained at most Downey's service clubs, and was featured monthly at the Nordic Fox restaurant. Among their instruments are the Irish frame drum, hammered dulcimers, guitar, mandolin and fiddle. Their Celtic costumes are reminiscent of 1850 Ireland.

The Downey Symphony Guild



Downey Symphony Guild members, from left, Marie Eckstrom, Joyce Sherwin and Katie Hare pose with two Irish wolfhounds recently. The guild will host an Irish-themed fundraiser March 12 at the Embassy Suites.

ways and means vice president, Katie Hare, along with her board of leprechauns, are hard at work to assure the success of this annual effort to benefit the Music in the Schools program, as well as the Downey Symphony Orchestra.

Cost for the evening's dinner

and entertainment -- \$70 per person -- a portion of which is tax deductible. Please make checks payable to Downey Symphony Guild; mail to 9700 Garnish Drive, Downey, CA 90240. For additional information, please call 562-861-8507.

Warren band concert Saturday

DOWNEY – Warren High School's band and color guard will host a "Tacos and Talent" fundraiser tomorrow at 5:30 p.m.

The annual event was previously known as "Pasta and Presto."

Admission is \$7 and includes two homemade tacos (beef, chicken or veggie), beans, rice, churro and drink.

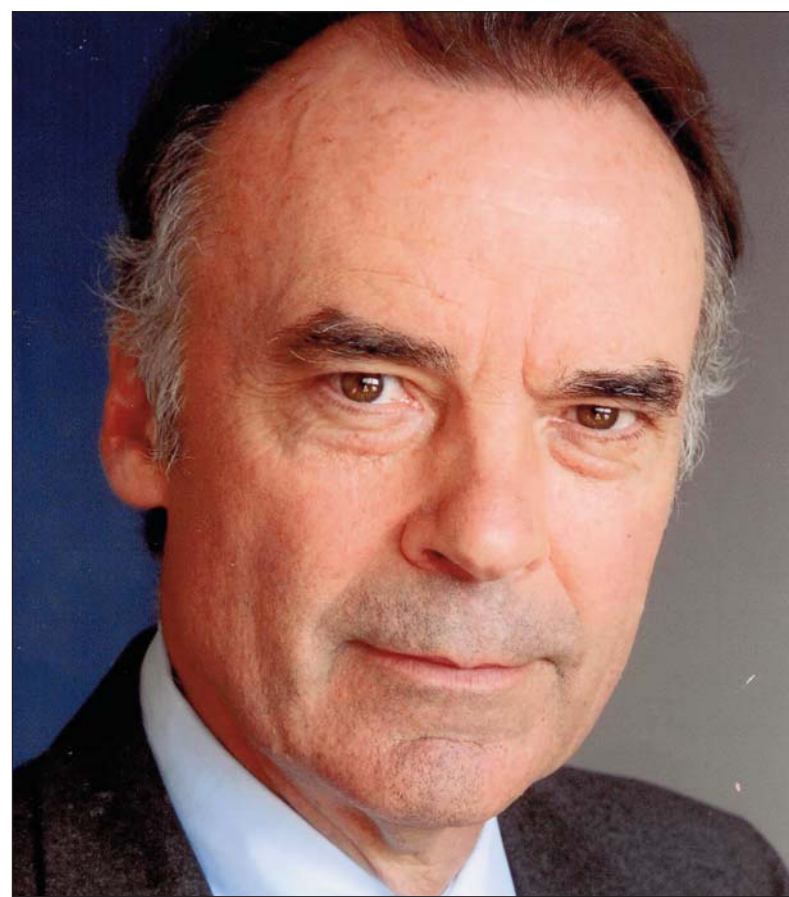
Warren's Jazz I and Jazz II bands will perform in the stadium. After their performance, the Wind Ensemble, Concert Band, Percussion Theatre and Winter Guard will perform in the school gym.

Finally, the West and Griffiths middle school bands will join the stage for the finale – a musical trib-

ute to the Beatles.

The event is open to the public. Attendees should park in Warren's main parking lot at Paramount Boulevard and walk towards the football stadium to purchase tickets and the ticket booth.

The event will go on rain or shine.



Broadway veteran Joseph Culliton stars in the Downey Civic Light Opera's production of "Rodgers and Hart – A Celebration," now playing at the Downey Theatre. He previously starred as Henry Higgins in the DCLO's My Fair Lady. "Rodgers and Hart – A Celebration" will play the next two weekends, Fridays and Saturdays at 8 p.m., with Sunday matinees at 2 p.m. For tickets and information, call (562) 923-1714.

Class teaches early literacy

DOWNEY – The Downey City Library will offer a free class for parents March 9 to help their preschool children with early literacy.

Instructor Claudia Dailey will give parents techniques for helping young children to read and develop early language skills through picture books.

Parents will learn why it is important to read to children and what they can do right now to increase their child's language skills.

The class begins at 10:40 a.m. and is a half-hour in length. Register at the library's Adult desk or call (562) 904-7360, ext. 123.

Casino bus trip Monday

DOWNEY – The Woman's Club of Downey is sponsoring a bus trip to the Pechanga Resort & Casino on Monday.

Cost is \$6 for Woman's Club members and \$11 for non-members, and includes a \$5 voucher for casino play.

Proceeds from the trip will go to the club's scholarship fund.

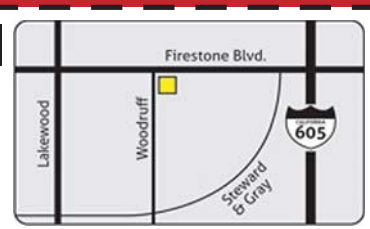
The bus will leave the Woman's Club at 8 a.m. and return by 6 p.m. Bingo is played on the bus.

Guests must be at least 21 to attend. For reservations, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-0377.

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Boys group opens here

DOWNEY – The Royal Rangers, a Christian scouting program for boys, meets every Wednesday from 7-8:30 p.m. at Desert Reign Assembly of God, 11610 Lakewood Blvd., in Downey.

The organization previously met in Cerritos but relocated to Downey last year.

Royal Rangers earn merits and participate in hikes, campouts and other activities. All boys are welcome and there is no cost to join.

For more information, call Commander Mark Adamson at (562) 928-8000.

Church selling soccer tickets

DOWNEY – First Presbyterian Church of Downey is selling tickets to a March 27 Major League Soccer match between the Los Angeles Galaxy and New England Revolution at the Home Depot Center in Carson.

Up to \$25 from each ticket purchased through the church will be donated back to the church's Elektus youth ministry.

Tickets range in price from \$20-\$75. To purchase tickets or for more information, call George Leiva, the church's student director, at (562) 861-6752, ext. 29.

Library festival a success

DOWNEY – Normally a quiet place, the Downey City Library was jumping on Feb. 20 when the Gypsy Johnson Auxiliary of the Assistance League of Downey held its annual Story Time Festival.

The event was free for children and designed to inspire a love of reading. Children listened to stories and picked out free books, stickers and posters.

Members of the Assisteens Auxiliary painted the faces of children. Senior Assisteens Haley Guerra, Karen Trejo and Lauren McCaughan, who have each volunteered at the event for four years, said they try to paint anything a child requests, even complicated designs like Spiderman.

The children were also treated to puppet shows performed by auxiliary members D'Arcy McCleod, Martha Sodontani and Connie Wetzstein.

"The library is always happy to work with other community organizations who promote reading in the community," said Julia Butler, a Downey librarian. "The library's purpose is to bring in families."

Event organizers called the festival "a big success" and said many applications were turned in for library cards.



Story Time Festival, a partnership between the Gypsy Johnson Auxiliary of the Assistance League of Downey and the Downey City Library, was deemed a success by organizers.

CERT fundraiser at Frantone's Pizza

DOWNEY – Members of the Downey Community Emergency Response Team (CERT) will hold a fundraiser at Frantone's Pizza on Thursday from 5-10 p.m.

Frantone's will donate 25 percent of proceeds from the event back to CERT. The offer includes take-out.

CERT will use the proceeds to help offset training and equipment costs.

CERT training is designed to improve the skills of participants and to build a team of volunteers to assist the community before, during and after emergencies.

When a disaster strikes, local emergency services will be challenged to answer every call for service in a timely manner. CERT members provide initial service to their families and neighborhoods.

Two CERT courses are offered to residents by members of the Downey Fire Department every year.

The next course will be offered April 10, 17 and 24 for eight hours each day. Students must attend all three Saturday sessions to earn their certification.

The CERT curriculum includes training for general search and rescue, first aid, emergency preparedness, self-protection and fire extinguisher use.

CERT members meet each month at Fire Station No. 1 for continued education and organizational work. CERT members have staffed many community events during the last few years, including neighborhood watch meetings, flu vaccination clinics, Red Cross fundraisers emergency preparedness fairs, the Street Fair and Kids Day.

Norma Roberts at OASIS

DOWNEY – Vocalist and pianist Norma Roberts will entertain at Monday's meeting of OASIS at Downey Adult School.

Beginning Monday, OASIS will launch a new program called "OASIS Taste of Downey." This week's featured restaurant is Gourmet Cafe.

Dinner tickets are \$5 and must be purchased by 3:45 p.m. Dinner will be served at 5 p.m.

For more information, call (562) 940-6200.

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State tax returns may be done for free

The Franchise Tax Board (FTB) this week announced that many of the state's taxpayers may have a completed tax return ready for review and to file—all for free. "ReadyReturn offers a simple, fast, and free way to take care of your state tax return," said State Controller and FTB Chair John Chiang. "This innovative program takes the burden out of the tax return with a few mouse clicks."

ReadyReturn reduces the tax-filing burden by using wage and tax withholding data already provided by employers to complete taxpayers' returns. The program offers taxpayers the flexibility to accept the tax return as presented, change any information on the return, or disregard it for another way of filing. Approximately 2 million California taxpayers qualify to use ReadyReturn.

Taxpayers can check to see if they qualify by visiting FTB's website at ftb.ca.gov and clicking on ReadyReturn. All that is needed is their name and social security number.

Taxpayers qualify for ReadyReturn if they:

- Filed a 2008 state resident tax return with a filing status of single or head of household.
- Had no more than five dependents, claimed no special credits other than the renter's credit, and took the standard deduction on the 2008 return.
- Had only one employer in 2009.

Taxpayers who married, entered into a registered domestic partnership (RDP), had a child, received additional income, or qualify for a tax credit, can easily update their ReadyReturn online.

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**Annual Percentage Yield (APY), National CD average courtesy of Bankrate.com, No. Palm Beach, FL as of February 16, 2010. © 2010 Allstate Insurance Company.



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Club to honor local women

DOWNEY – Soroptimist International of Downey will recognize several women from the community during a breakfast event March 11 at the Rio Hondo Event Center.

The Women of Distinction Award honors community members “who are working to improve the lives of women and girls through personal, professional or volunteer efforts.”

This year the award will be presented to Judith McDonnell, retired city clerk for the city of Downey; Lucy Perez, coordinator of the TLC Family Resource Center; Jannel Rap, founder of the Gina for Missing Persons Foundation; and Barbara Samperi, Downey Unified School District school board member.

Additionally, Dr. Yaga Szlachcic, chair of medicine and chief cardiology at Rancho Los Amigos National Rehabilitation Center, will be honored with the Ruby Award for her work on behalf of women with spinal cord injuries.

Szlachcic created a support group for women with spinal cord injuries and said she hopes Rancho “will become a model center for women with spinal cord injuries and other disabilities.”

Christina Carrera, a student at Warren High School, will be honored with the Violet Richardson Award for “making a difference in women and children’s lives through her volunteer work.”

The event begins at 7:30 a.m. For information on reservations, e-mail BethCrawford@ymcala.org.

Scientists blame food shortage for sick pelicans

DOWNEY – The mass-stranding of pelicans along the California coast may have been caused by rough winter weather and a shortage of food, officials with the California Department of Fish and Game (DFG) said this week.

Brown pelicans have been turning up sick along the California and Oregon coast since 2009, some with little or no body fat and atypical foods in their digestive tracts, officials said.

The current El Nino event may have put a strain on pelicans’ preferred prey items, including anchovies and sardines, said Melissa Miller, a wildlife veterinarian with DFG.

“Unfortunately, we are looking primarily at a cyclical event driven largely by weather and oceanographic conditions,” Miller said. “Food shortage coupled with bad weather have taken a toll on the pelicans.”

Some pelicans have also had waterproofing problems with their feathers, possibly related to storm runoff from recent heavy coastal rains. Scientists do not believe disease or marine toxins are to blame.

Officials with the Downey-based Southeast Area Animal Control Authority (SEAACA) have collected stranded pelicans within their service area and transported



PHOTO COURTESY SEAACA

SEAACA officials examine a sick pelican they took possession of last month. California wildlife officials rough weather and a shortage of food may be to blame.

them to a rehabilitation facility in San Pedro, “although these facilities have been overwhelmed at the sheer magnitude of birds stranding along the coast,” DFG officials said.

Authorities warned that starv-

ing and sick pelicans may fly into unusual places and demonstrate unusual behaviors.

Anyone who spots a stranded or dead pelican is urged not to handle the bird but instead to call (800) 39-WHALE.

Football registration at Furman

DOWNEY – Downey Youth Football will continue registration for its 2010 season tomorrow from 10 a.m. to 2 p.m. at Furman Park.

Northwest Downey Little League will also hold Opening Day ceremonies tomorrow at Furman.

Downey Youth Football is open to boys and girls ages 5-14. Registration is \$160 for tackle football, and \$100 for flag football and cheerleading. The price includes equipment, trophies, pictures, yearbook and low-cost phys-

icals. Kids who register tomorrow will receive a free Nike T-shirt.

For more information on registration or coaching positions, call (562) 928-6081 or (562) 335-5825, or visit downeyrazorbacks.com.

POET'S CORNER

To Someone

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

My chapter
lost
yet remembered as a dream

Space music sung
like Homer by some elder of the past
chant thunder
chant symphonies.
–John Adams

Majestic Frowns

They got pride hanging out their mouths
The touch of jealousy roams their eyes
I'd best not stick around
Or catch the pleasure of their minds
They don't care for the little hands
A second of time is not to waste
Is just an inch of how they think
They search their arms of missing link
Between their lives and war on the brink
If time were steady it would be too late
To give them reasons to opt for change.

–James Hernandez,
Downey

Matriarch of May

Soft as cotton
smooth as silk,
teeth like pearls
skin white as milk.
Strong hands
and arms, for
life's alarms.
her many charms
prove her to be,
Mother Matriarch
for me!

–Terese Akins Anthony,
Downey



Save The Date
Saint George Consecration
Saturday, April 24th 2010

Wednesday, April 21, 2010
Golf Tournament 9:00 a.m. -7:00 p.m. / Rio Hondo Country Club


Thursday, April 22, 2010
St. George Vespers Services 7:00 p.m. -8:30 p.m. / Light Dinner - Church Hall

<i>Friday, April 23, 2010</i> St. George Feast Day Orthros 9:00 a.m. Liturgy 10:00 a.m. - 12:00 p.m. Lunch following services at Church Hall Consecration Vespers 4:30 p.m. Dinner Banquet	<i>Saturday, April 24, 2010</i> Orthros 7:30 a.m. Consecration Service 8:30 a.m. Divine Liturgy 10:30 a.m. Panigiri Celebration following Liturgy (Saint George Church Grounds) Music Performances by Dance Groups
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For additional information contact
Georgia Covell – gacovell@sbcglobal.net / (818) 790-3433
Sasha Vithoulkas (562) 869-3533

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SAVE THE DATE
March 27, 2010



A one or three mile Walk to raise funds for people with intellectual and other developmental disabilities.
Stonewood Center – Downey
Acapulco Restaurant
(Corner of Firestone and Lakewood)
Opening Ceremonies
8:00 a.m.
Walk Starts at
8:30 a.m.
➤ **Registration Fee \$10.00**
Free Breakfast Courtesy of Acapulco Restaurant - for paid participants
Almost 3000 people shared in the experience last year!
Assemble your company or family team (4 or more) and join us!
For Registration Info. – Call 562-803-4606 ext. 230, or register on-line at: www.arcwalk.org
Host Sponsor: Los Angeles County Supervisor Don Knabe
Platinum Sponsors: Tredway, Lumsdaine & Doyle, Water Replenishment District (WRD), Wescom Credit Union & Century 21 My Real Estate Company
Arc is a private non-profit organization serving over 400 people with intellectual and other developmental disabilities every day in 14 different programs.

Funding for student meals falls short

At the National Press Club on Tuesday, USDA Secretary of Agriculture Tom Vilsack announced a proposed Obama Administration \$1 billion increase in the USDA budget for school food and WIC subsidies*. His news yesterday seemed positive; but Chef Ann Cooper did the math.

"When you do the math on 31.5 million school lunches annually, the new budget translates to a miserly dime-a-day increase per student meal," said Cooper, known as the Renegade Lunch Lady.

"A dime is less than the cost of an apple a day. I can't believe that any of us think that's what it is going to cost to feed all of our children healthy school lunch," said Cooper.

The Child Nutrition Act, reauthorized every five years, pays \$12 billion to feed schoolchildren, averaging only \$2.68 per day per child, with only 93 cents spent on food and the balance on operations. While Cooper and many children's health advocates applaud First Lady Michelle Obama's "Let's Move" Campaign, the current budget on deck for school food has them saying, "Oh brother."

The current national dialogue on children's health issues provides a timely opportunity for better funding of school lunches. Cooper, in partnership with Whole Foods Market Inc., Slow Food USA, Roots of Change, Healthy Schools Campaign, and AllergyKids Foundation, is rallying a million citizens to write Congress to demand \$1 more per lunch, 100 percent for food. Advocates for change can find templates of letters at www.lunchboxadvocates.org.

"I believe we need to immediately implement the Institute of Medicine guidelines so that chicken nuggets, tater tots, HFCS, trans-fats, popsicles and pop tarts aren't our children's daily fare in public schools," said Cooper.

Contributed by the Food, Family, Farming Foundation.

Preventable medical errors kill 98K yearly

As President Obama and Congressional leaders prepared for yesterday's health care summit, the American Association for Justice (AAJ) this week reminding lawmakers to remember the 98,000 patients killed every year by preventable medical errors and how restricting their legal rights will not fix America's broken health care system.

"Opponents of reform have repeatedly attacked injured patients and used the malpractice issue to hijack the health care debate," said AAJ President Anthony Tarricone. "If health care reform makes medicine safer, then fewer patients will need legal recourse – a win for everyone. But it is unconscionable to tell injured patients that they should be left with no recourse if injured through no fault of their own."

Four-year-old Cara Leigh Searcy of Scottsville, VA, was one of the 98,000 patients killed annually by preventable medical errors. Cara needed a kidney removed, and the ureter from that kidney was re-attached to the remaining one. While still at the hospital, Cara began leaking urine into her abdomen from the ureter re-attachment. Her belly swelled with fluid, making it difficult for her to breathe. Electrolytes which should have been excreted in the urine were instead reabsorbed through the abdominal wall, destroying the delicate chemical balances in Cara's blood. Despite several calls to the surgical team from her nurse, Cara was allowed to deteriorate for approximately 16 hours after her breathing difficulty was first identified. She died from cardiac arrest.

Before tomorrow's summit, please review the following facts about medical negligence and its role in the health care debate. AAJ has fact sheets and video tributes to the lives behind medical negligence at www.98000reasons.org.

Preventable medical errors are the sixth largest killer in America, costing billions of dollars every year. The Institute of Medicine's (IOM) study of preventable medical errors estimated as many as 98,000 people die every year from medical errors, costing \$29 billion to the health care system. Preventing medical errors will mean fewer medical negligence lawsuits, lower health care costs, reduce doctors' insurance premiums, and protect the health and well-being of patients.

Medical malpractice is already addressed in the health care bills. Both the House and Senate bills offer grant programs or incentive payments to states that initiate pilot projects focusing on medical negligence and patient safety. Additionally, President Obama directed the Department of Health and Human Services to embark on similar demonstration projects.

Medical malpractice is a tiny percentage of overall health care costs. The Congressional Budget Office has already concluded that the most anti-patient tort reforms would produce insignificant savings of just one-half of one percent, and may lead to poorer health care and worse patient outcomes.

Very few injured patients ever file a medical negligence lawsuit. Less than one percent of the whole civil caseload is medical negligence claims. In 2006, researchers at Harvard University found that 97 percent of cases were meritorious, concluding, "Portraits of a malpractice system that is stricken with frivolous litigation are overblown."

Contributed by the American Association for Justice (formerly known as the Association of Trial Lawyers of America). www.justice.org

The Downey Patriot

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Former presidents urge help for Haiti

In an effort to continue to encourage Americans to support the relief efforts in Haiti, Presidents Bill Clinton and George W. Bush appear in a new television PSA released by the Ad Council this week.

In the new spot, the Presidents acknowledge the generosity of Americans following the tragedy and communicate the immediate and long-term needs in Haiti. Viewers are directed to donate to the Clinton Bush Haiti Fund (CBHF), which will help those who are most in need of food, water, shelter, medical care and support.

In the aftermath of the earthquake, President Obama asked Presidents Clinton and Bush to help raise funds for the immediate relief and long-term recovery efforts in Haiti. As a result, the two Presidents established CBHF to respond to unmet needs in the country, foster economic opportunity, improve the quality of life over the long-term for those affected, and assist the people of Haiti as they rebuild their lives and "build back better." To date, CBHF has received more than 200,000 contributions.

The TV spot directs viewers to visit www.ClintonBushHaitiFund.org where they can donate to CBHF through a secure online donation page. Americans can also donate by text messaging the word "QUAKE" to 20222, which will charge \$10 to their cell phone bill. The PSA is available in :15, :30 and :60 formats and was filmed on Feb. 4.

"In the month following the earthquake, the outpouring of donations from generous individuals all over the world has enabled organizations on the ground in Haiti to deliver much needed supplies and save countless lives," Clinton said. "But the road to recovery in Haiti has just begun, and the Clinton Bush Haiti Fund will continue to work with organizations and the people of Haiti to build back better. We hope this PSA will encourage people to give, not just today, but over the months and years to come."

"President Clinton and I are grateful to all those who have made donations, large and small, to the Clinton Bush Haiti Fund," Bush said. "In the months and years ahead, we will work hard to spend the money on sound rebuilding plans that will ensure a better future for the Haitian people. We believe this PSA will encourage Americans to continue to give what they can."

The Clinton Bush Haiti Fund is working with and supporting the efforts of reputable 501(c)(3) non-governmental and non-profit organizations, and Presidents Clinton and Bush oversee the CBHF through their respective nonprofit organizations, the William J. Clinton Foundation and Communities Foundation of Texas. One hundred percent of donations made to the Clinton Foundation and the Communities Foundation of Texas go directly to relief efforts.

The Ad Council is distributing the PSA to television stations nationwide. Per the Ad Council's model, the PSA will air in advertising time that is donated by the media.

The Ad Council distributed a television PSA featuring the Presidents shortly after the earthquake to encourage support for CBHF. Additionally, the Ad Council joined with the American Red Cross and First Lady Michelle Obama to launch television and radio PSAs featuring Mrs. Obama in support of the Red Cross' relief efforts. Furthermore, the Ad Council helped produce and distribute PSAs in partnership with Presidents George H.W. Bush and Bill Clinton following the Tsunami in Southeast Asia in 2004 and Hurricane Katrina in 2005.

The following companies have donated production and digital distribution services for the new PSA: GSD&M Idea City, 1080, Magno Sound & Video, DG-FastChannel Network and The AdSpot. Furthermore, the National Captioning Institute has donated their closed captioning services.

Additionally, the National Association of Broadcasters (NAB) and the National Cable & Telecommunications Association (NCTA) have offered their support by engaging their members and helping with PSA distribution.

For more information about CBHF, visit www.ClintonBushHaitiFund.org, become a fan on Facebook at www.facebook.com/clintonbushhaitifund or follow the Fund on Twitter at twitter.com/cbhaitifund.

The Ad Council (www.adcouncil.org) is a private, non-profit organization with a rich history of marshalling volunteer efforts from the advertising and media industries to deliver critical messages to the American public.

State departments utilize social media

Results of a new survey show that a growing number of state transportation departments (DOTs) are communicating critical news and information with travelers using Twitter, Facebook and other social media.

The American Association of State Highway and Transportation Officials' (AASHTO) survey of 32 state DOTs finds that 26 states (or 81%) are now using Twitter to communicate with travelers when major traffic incidents or severe weather such as snow storms, hurricanes and tornadoes force road closures or detours.

Almost half of the states surveyed (or 14) have an active Facebook page and 23 states report using video on their website. Eighteen states also report having an active YouTube channel. (Since the survey was completed, at least three other states have also begun to use Twitter.)

"Using social media tools allows us to carry messages to constituents through the forums they already use rather than expecting them to seek us out," said Washington State Transportation Secretary Paula Hammond. "We have improved our agency's credibility with the public, improved communication efficiency and saved taxpayers money."

Washington was one of the first state DOTs to use Twitter and now has 8,000 followers on its main WSDOT Twitter account and 3,000 followers on its Seattle area traffic account. Washington, along with Mississippi, Tennessee, Texas, and California are among several states using multiple Twitter accounts to give travelers the ability to personalize their information based on specific highway routes or their geographic location.

Overall, state DOTs are finding that social media are decidedly more efficient in reaching the public with time-sensitive traffic and travel information, according to the survey. Among the various new social media tools, respondents found Twitter (65%), RSS feeds (56%), podcasts (18%) and Facebook (13%) to be the most effective method to reach their primary audiences.

States accompany their information with warnings about reading Twitter texts while driving. Idaho's slogan – "Call 511 B 4 U GO" and Tennessee's "Know Before You Go!" – are typical of the public safety campaigns that accompany many of the state social media initiatives.



Letters to the Editor:

Downey bias

Dear Editor:

I have always seen *The Downey Patriot* as a reputable, honest and all-around good paper. But I have noticed that every time Warren High School has a memorable victory, the articles are minimized and downplayed.

For instance, the article about the Downey versus Warren girls' soccer game was biased. ("Downey-Warren Share SGVL Title," 2/19/10) Your paper stated that Downey would have won if they hadn't been penalized with a red card when, in fact, there was good reason Warren deserved to win. Let's not forget that Warren is a Downey high school too.

In the article, Warren's win was minimized to luck, not ability. Obviously Warren put just as much effort into preparation for the game as Downey. The fact that you included quotes from a Downey player stating, "I know they didn't deserve this win, we deserved it...we worked way harder than they did," is disappointing and disheartening.

The fact is that Warren won, and not by a small amount but a dominating manner. I watched the game from the stands and watched as Warren outperformed Downey by a landslide.

I would like to see credit given to the victor without minimizing the victory. Do away with the "ifs," "if only," "had they," and "almost" and let's give Warren some hard-earned credit and praise for once.

All I wish to see is credit given where credit is deserved.

— Garry Harrison,

Downey

No child left behind

Dear Editor:

The Nobel Prize in Physics. The MVP at the Super Bowl. The Oscar for Best Director. These are among the many awards I have never won. I am not an educator either.

I am, however, an involved parent with two children in Middle and High School who is very concerned with the "No child left behind" program and how it affects students and school districts. I consider it a "noble experiment" and like Prohibition, it should be repealed. Here is why.

The government is acting on the basis that all children are equal and hence they all should achieve grade level proficiency in Math and Reading. This is a noble an impractical goal because it ignores the fact that some children are less equal than others and it sacrifices the high achievers to accommodate all students under the least common denominator in academic performance.

I have read that China has more Honor students than we have students and that India graduates more engineers than us. I tremble when I think how soon China will start flexing its military might and we as a society are not prepared to deal with the realities of the 21st century.

Our school district is engaged in Performance Improvement because it cannot meet a moving target of accomplishments by English Learners and Special Needs children. I propose that those energies should be better spent in identifying and motivating the high achievers towards more advanced education in Engineering and Science. Most of our graduate schools are now populated with foreign students because we have not sold our children in the need and advantages of a solid education in Science and Engineering.

President Obama talks about working our way out of our economic malaise through exports. He conveniently ignores the fact that we don't make anything anymore. When I get up in the morning I watch the news on my Samsung TV. I go to work in my Toyota automobile. I answer my calls on my Nokia cellular phone and I make myself a cup of hot tea at work in my Toshiba microwave. I suspect that most people go through a similar situation every day.

To regain our lead as an exporting country we need to have something to sell. We need PhD's to come up with new devices, engineers to manage and create the production lines and a work force that has studied something more solid than underwater basket weaving.

Our school district, faculty and administrators do a magnificent job in spite of the problems of overcrowded class rooms and bureaucratic interference. I salute their accomplishments. But they also need our help in showing our children that it's "cool" to be a high academic achiever and to motivate them towards academic excellence.

I propose a review of our goals and of recognizing the hard work of our teachers with more than a Teacher of the Month award. We should insist in higher pay coupled with greater accountability for our teachers and turn them loose in what they do best and that is teaching to those who want to learn.

— Jorge H. Montero,

Downey

Love is like

Dear Editor:

With all the wisdom about love and relationships expressed by the Patriot's two leading bachelors in the Valentine's Day page (The Downey Patriot, 2/12/10), one wonders how come they are still bachelors!

Great page. Congratulations!

— Harold Tseklenis,

Downey

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For February/March

- Fri. Feb. 26: **Pot luck**, Temple Ner Tamid, 6 p.m.
- Sat. Feb. 27: **Downey Youth Football registration**, Furman Park, 10 a.m.
- Sat. Feb. 27: **"Tacos and Talent"**, Warren High School, 5:30 p.m.
- Thurs. March 4: **CERT fundraiser**, Frantone's Pizza, 5 p.m.

City Meetings

- 1st Tuesdays, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 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 Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 3rd Wednesday, 7:00 p.m.: **Water Board**, at City Hall.
- 4th Wednesday, 6:30 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1.

Regularly Scheduled Meetings

Mondays

- 8:00 a.m.: **Job Club**, at The First Presbyterian Church, for info. call 861-6752.
- 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

- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Brian Saylor at 927-2000.
- 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
- 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 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 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 p.m.: **Downey Sister City Assoc.**, at Maude Price School, for information call 884-9657.
- 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 Pearl Koday 633-4355.
- 2nd & 4th Weds., 5:30 9.m.: **Lions Club**, at Cafe & Stuff, for information call 803-4048.
- 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 Barbara J Riley Center, call 943-5513.
- 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.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 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.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

Fridays

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

Saturdays

- 9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

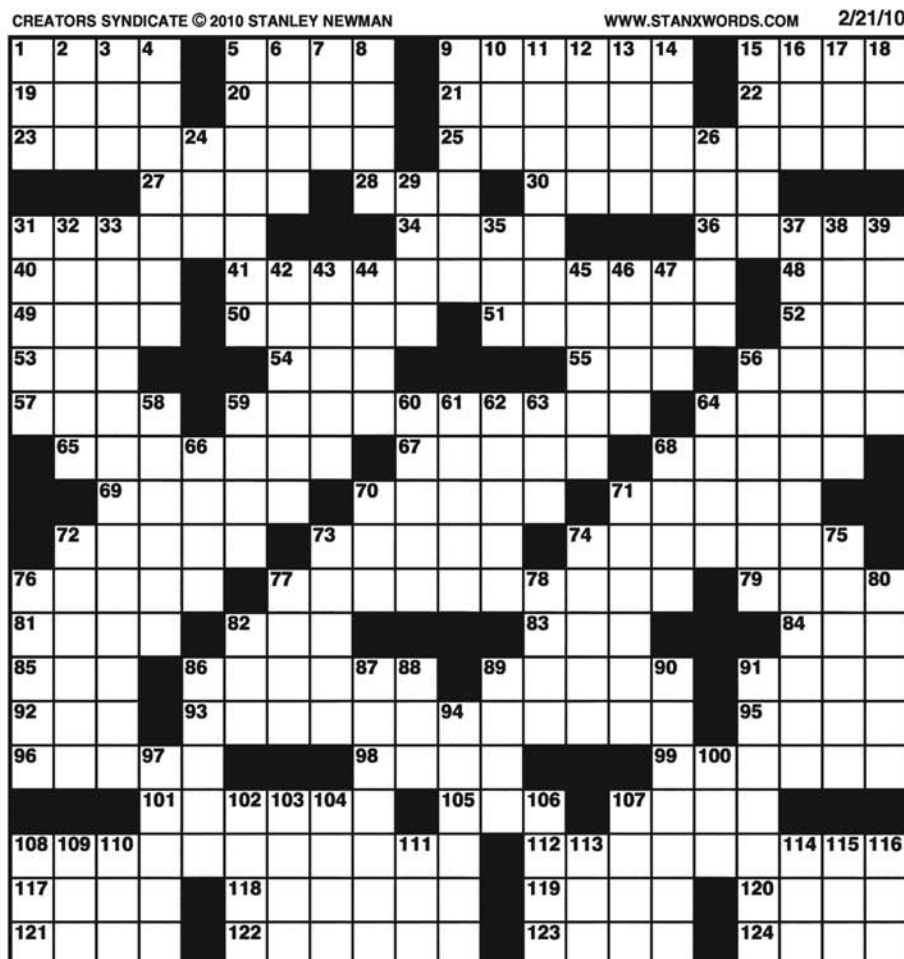
On This Day...

- Feb. 26, 1852:** John Harvey Kellogg, an American physician and inventor of the corn flake breakfast cereal, was born in Battle Creek, Mich.
- 1870:** New York's first pneumatic-powered subway line opened to the public. It was only a block long.
- 1919:** Congress established the Grand Canyon as a national park.
- 1991:** Saddam Hussein announced he was withdrawing Iraqi forces from Kuwait.
- 1993:** Six people are killed when a bomb explodes at the World Trade Center.
- Birthdays:** Former pro wrestler Verne Gagne (84), R&B singer Fats Domino (82), singer Michael Bolton (57), singer Erykah Badu (39) and retired football player Marshall Faulk (37).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WHITE HOUSE RÉSUMÉS: Before they were prez
 by Fred Piscop

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|--|-----------------------------|
| ACROSS | DOWN |
| 1 Nest eggs, for short | 1 Corporate abbr. |
| 5 One way to travel | 2 Outback boulder |
| 9 Make numb | 3 Convenience-store feature |
| 15 Price of a ride | 4 Monkeys and apes |
| 19 Words of innocence | 5 Aspirer |
| 20 Natural burn soother | 6 Touched down |
| 21 Attractiveness | 7 Studio workplace |
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| 56 Would-be atty.'s exam | |
| 59 Picnic refuse | |
| 57 ABRAHAM LINCOLN | |
| 64 Big tourist draw | |
| 65 Material obtained from cocoons | |
| 67 Green-card holder | |
| 68 First Daughter | |
| 69 Went "moo" | |
| 70 Did a cobbler's job | |
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| 108 HARRY TRUMAN | |
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.



Paging Dr. Frischer...

By Dr. Alan Frischer



“Irashaimase!” My family has become obsessed with sushi.

For many years, my most adventurous foray was a California Roll. Thanks to a friend's persistence, now even my youngest daughter will, without hesitation, reach for eel before her napkin hits her lap. It has been a fun transformation to watch, but it has also raised a whole set of questions about the risks and benefits of eating raw fish. So, sushi is today's topic, and “Irashaimase!” is the greeting you may hear as you enter a sushi bar.

The Japanese have eaten sushi for centuries, but sushi as we know it originated as a fast-food option in Edo, Japan, in the mid-19th century. Customers ate it with their hands or carried it with them as they went to the theater. Visit a sushi cart or restaurant today, and you'll see two main kinds of rolls: nigiri and maki. Nigiri consists of a mound of vinegared rice topped with a dab of hot wasabi (horseradish) and a slab of fish, crab, egg, or other topping. A small, thin bamboo mat is used to roll maki, a cylinder of rice wrapped in nori (seaweed). Sushi comes in such a staggering variety that it's common to use a pictorial glossary when ordering. Because of this diversity, the nutritional value of one item to the next varies.

In general, fish provides a lean source of low-calorie, high quality protein. It's also low in saturated fats and cholesterol, making it a heart-healthy food choice. Should we be concerned, however, that much of the fish used in sushi comes from deep cold water, where fish tend to have more fat? Fortunately, that fat is Omega-3 of both the DHA and EPA types. Both of those are utilized in the development of the central nervous system, and since we don't manufacture it,

it must be consumed. Also note that DHA is involved in the development of the “good” cholesterol, HDL, and consuming DHA not only increases the level of HDL, it also decreases the level of LDL, the “bad” cholesterol. DHA also appears to help maintain normal blood sugar levels. Further studies are examining the link between consumption of omega 3 fatty acids and the delay or prevention of Alzheimer's disease, and potential positive effects on depression, arthritis, and the immune system. It is in the fattiest fish that we find the highest levels of omega 3 fatty acids, including salmon and sardines. Interestingly, raw fish has more fat than cooked fish, and thus more omega 3 fatty acids!

One concern is that when fish is farmed (raised in a controlled environment) it frequently contains less fat and thus lower amounts of omega 3 fatty acids, and also may contain harmful chemicals – often antibiotics. Some sushi lovers request only wild-raised fish and avoid farmed fish.

The thin sheets of seaweed, which are flattened, cut, and wrapped around maki and hand rolls, are rich in minerals. Iodine, essential for proper hormone function, is abundant in this dried sea vegetable, as are magnesium, calcium, iron, antioxidants, and folic acid.

What are the health risks of eating sushi?

- Sushi can be high in calories, although these calories are hidden in a number of ways. A simple tuna roll may have 200 calories, but if the chef includes mayonnaise, fried tempura pieces, or cream cheese, the additional fat may bring it to 500 calories. It's difficult to eat just one, and the calories mount. Both soy sauce and wasabi are low in calories, but can have astronomical amounts of salt.

- Foodborne pathogens can hide in raw fish. Eating uncooked fish may expose us to bacteria, viruses and parasites. Roundworm, for example, is a threadlike parasite that can burrow into the stomach and cause painful symptoms. Some bacteria cause intestinal symptoms including nausea, vomiting, diarrhea and abdominal pain. Reputable chefs include fish that has been frozen, a process that kills bacteria and parasites, rendering

these fish safe to consume. I should add that none of my family members, or for that matter anyone I know personally or professionally, has experienced any of these infections. Nonetheless, it is important to carefully choose where you eat your sushi.

- The open waters of rivers, lakes and the sea expose fish to mercury, a known neurotoxin. When mercury gets into the water, it is converted into methylmercury and builds up in fish. Too much methylmercury in the human bloodstream can damage the developing nervous system in fetuses, infants, and young children. In adults, it can cause vision problems, memory loss, headaches and hair loss. Large predatory fish, including tuna, swordfish, marlin, and shark have the highest mercury levels. Fish that are lower in mercury include salmon, cod, cooked shellfish, canned light tuna, pollock, haddock, tilapia and catfish. Most adults needn't worry about a few meals per week containing these fish, though. According to the FDA, periodic consumption doesn't change the level of methylmercury in the body significantly. However, young children, pregnant women, nursing women, and women planning to get pregnant are advised to minimize their consumption. Interestingly, the USDA advises that the benefits of consuming these fish outweigh the risks.

My suggestions for safe sushi consumption:

- Leave sushi preparation to the experts. Don't make your own; that's when you run the highest risk of exposure to disease.

- Make eating sushi a treat and not a staple. That will minimize your exposure to potentially harmful levels of mercury or disease pathogens.

- Balance your sushi meal. Tofu is a good source of omega-3 fatty acids. Eat vegetables with your sushi.

Enjoy fun, nutritious, and safe dining!

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

Be good to your bones this winter

The winter chill has hit the nation and with it comes aches and pains. Sometimes people will say the cold makes their “bones hurt.”

One of the major health afflictions facing mature women today goes mostly unnoticed until it's too late. Have you ever seen an elderly person with a hunched over back? This is a characteristic of osteoporosis, a disease characterized by low bone mass and structural deterioration of bone tissue that can lead to bone frailty and increase fractures. There are an estimated 10 million Americans already living with the disease and 80 percent are women.

Often referred to as the silent disease, osteoporosis occurs without any symptoms. Most women won't realize how much bone loss has occurred until their bones become so weak that a sudden strain, bump or fall can cause a fracture or a vertebrae to collapse. If a vertebrae collapses, the initial pain might be severe and can cause height loss and spinal deformities such as a

stooped posture.

“Women can lose up to 20 percent of their bone mass in five to seven years following menopause, making them more susceptible to osteoporosis,” said Dr. Balu Gadhe of CareMore Health Plan.

Gadhe recommends four steps that aid in osteoporosis prevention. These include:

- A balanced diet rich in calcium and Vitamin D; take 1200 mg of calcium and 800 mg of vitamin D daily

- Weight training and exercise
- A healthy lifestyle with no smoking or excessive alcohol intake

- Bone density testing and medication, when appropriate

- On the other hand, Gadhe says that certain women are more likely to develop osteoporosis than others. These risk factors include:

- Personal history of bone fracture after age 50

- Current low bone mass

- History of fracture in family
- Being female

- Being thin and/or having a

small frame

- Advanced age
- A family history of osteoporosis

- Estrogen deficiency as a result of menopause, especially early or surgically induced

- Abnormal absence of menstrual periods

- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency

- Use of certain medications, such as corticosteroids and anti-convulsants

- Presence of certain chronic medical conditions

- Low testosterone levels in men

- An inactive lifestyle
- Current cigarette smoking
- Excessive use of alcohol

“While the diagnosis of osteoporosis has increased in women, so have the treatment options,” he said. “Today, we are armed with the tools to help manage the disease. Talk to your doctor no matter how old you are about your bone health.”

Children can have strokes

Children can have strokes, and the strokes can recur, usually within a month, according to pediatric researchers. Unfortunately, the strokes often go unrecognized the first time, and the child does not receive treatment before the recurrence.

Pediatric neurologist Rebecca Ichord, M.D., director of the Pediatric Stroke Program at The Children's Hospital of Philadelphia, reported this week on a study of arterial ischemic stroke in children at the International Stroke Conference 2010 in San Antonio, Texas. The conference was sponsored by the American Stroke Association.

An arterial ischemic stroke results from a blockage or constriction in an artery in or leading to the brain. Ichord and colleagues at Children's Hospital followed 90 children with a median age of about 6 years old, treated for stroke between 2003 and 2009. Twelve patients (13 percent) had a recurrent stroke during the study period, most of them within a month of the first stroke. In six of the 12 children with recurrent strokes, no one diagnosed the initial stroke until a recurrent stroke occurred.

“Strokes don't occur only in the elderly,” said Ichord. “They can also affect children as young as infants. Our findings reinforce how important it is to diagnose stroke in children as quickly as possible so that medical caregivers can provide emergency treatment and take measures to prevent recurrence.”

Strokes can arise in children as a complication of other illnesses, such as sickle cell disease, which obstructs blood circulation, or from an undetected heart condition. A whiplash injury to a child's neck may damage an artery and leave it vulnerable to a blood clot that causes a stroke. Signs of a stroke are the same as in adults -- a sudden loss of neurologic functions such as vision or speech, unsteady gait, or weakness on one side of the face or in limbs. What is different in children, said Ichord, is that symptoms may be subtle, examination is difficult and children are less able to describe their symptoms.

Emergency treatment for a stroke typically involves assuring adequate breathing and circulation, supplying intravenous fluids and improving blood supply to the brain. Medications such as aspirin or blood thinners are given to lower the risk of a recurrent stroke. In the aftermath of a stroke, rehabilitation is critical to promote recovery.

“Because a stroke can recur, we need improved awareness of pediatric stroke among primary health care providers, and more research on the best ways to prevent a recurrence after a child suffers a first stroke,” added Ichord.

Group urges movement on health care reform

As President Obama and congressional leaders meet Thursday for a health reform summit, the American Public Health Association urges them to move forward on comprehensive, affordable health reform with a focus on prevention and wellness.

“We applaud leaders of both parties for meeting [Thursday] and urge them to find common ground to reform our nation's health system,” said Georges C. Benjamin, MD, FACP, FACEP (E), executive director of APHA. “This should not be a political exercise. They should lay their swords at the door and forge a path forward to address a serious, growing problem facing the American people and representing 17 percent of our nation's economy.”

According to APHA, a lot is at stake.

Forty-seven million people don't have health insurance, lead-

ing to more than 44,000 excess deaths each year;

One hundred thousand additional deaths are caused annually by medical errors;

Our health system fails to adequately invest in prevention, wellness and public health, leading to hundreds of thousands of preventable deaths every year, and rewards health providers for volume not quality;

Spiraling health care costs are forcing many people to choose between health care and other necessities, and contributed to more than half of the 1.5 million bankruptcies last year; and

Our nation's insurance business

model often denies health coverage and care when patients need it most.

“The president's legislative proposal, while not perfect, goes a long way to address these problems,” said Benjamin. “It can still be improved, but our nation's leaders must wrestle with these hard issues and put the American people before politics. Health reform must move forward, and it must move forward now.”

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Doll show at club meeting

DOWNEY – A doll show will highlight the March 10 meeting of Downey Christian Women's Club, starting at 11:45 a.m. at Los Amigos Country Club.

Also at the meeting, Daisy Catchings will speak on "Serenity in Spite of Storms in Life."

The meeting is open to the public (including men). Cost is \$13 and includes a buffet lunch.

For reservations, call Sonja at (562) 862-4347.

Pot luck at Temple Ner Tamid

DOWNEY – Temple Ner Tamid will celebrate the Purim holiday on today with a pot luck dinner at 6 p.m.

Guests whose last name begins with the letter A through Z are asked to bring a main dish, while last names starting with K through Z should bring an appetizer or salad.

No food items should contain dairy.

A Purim service and the reading of the Migillah will follow dinner at 7:30 p.m. Costumes and outrageous hats are encouraged with prizes for the most creative.

For more information, call (562) 861-9276.

Leather isn't just for biker babes anymore

By FRANCESCA BALDI

DOWNEY – The Academy of Motion Picture Arts and Science began a search for America's most talented designers, and on Feb. 23, the Academy revealed the looks created by these fabulous artists.

Nine designers were selected and the challenge was set to create an evening gown to be worn at the 2010 Academy Awards. And you have the chance to vote for your favorite at Oscar.com.

For several weeks these nine designers have been working around the clock to put their hearts and souls into these dresses, and today their efforts paid off. It marked the showcase of their designs and the fashion and entertainment press was able to view their works of art as well as speak with the designers.

For Teen Life of Style experts Brittney, Erika and myself, the day started off with interviews with the designers and getting their feed-

back on their experience. We were able to see their dresses and get a closer look into the fashion world. For some of these designers who have been sewing since they were 10, this was a dream come true.

I got a chance to talk with a few of these up and coming artists and get a feel for some trends that will be hitting the streets this spring, but more importantly, this Oscar season.

One designer in particular Phoenix native, Rania Salibi, took a very unconventional approach to this challenge. Her inspiration was very edgy and sophisticated with a hint of innovation and her gown displayed just this.

Rania Salibi's gown was a black laser cut leather dress with a draped skirt. Although it doesn't sound that elegant, let me tell you, it really is. The dress personifies Rania's fun, sophisticated character and was a big crowd pleaser. Not only did this dress take a lot of ingenuity, but several hours to hand



COURTESY PHOTO

craft the leather worn on this gown. It is definitely a different look than what we are used to, but this gown has a beautiful eye-catching quality to it that none of the other designers were able to capture.

Watching this dress take shape down the runway was a work of art. As the model, Jenna strolled down the catwalk the dress hugged her body in all the right places and accentuated the elegant female frame.

To choose your favorite design, simply log on to Oscar.com by March 1 and vote for the gown you

would like to see on stage at the Academy Awards

The winning gown will be worn by the designer's model as she brings the Oscar statuette on stage. The designer will also receive two tickets to attend the Oscar ceremony, March 7 at 5 p.m. on ABC.

Be sure to tune in to the Academy Award show to see if your dress was chosen.

Francesca Baldi is a member of the Teen Life of Style Crew representing Stonewood, Lakewood and Cerritos Centers.

New Titles at the Downey City Library

Fiction

- **"61 Hours"** by Lee Child. A tour bus crashes in a savage snowstorm and lands Jack Reacher in the middle of a deadly confrontation.
- **"The Aloha Quilt"** by Jennifer Chiaverini. In the aftermath of a difficult divorce, Bonnie heads to Maui to help a friend launch a quilter's retreat in this latest "Elm Creek Quilt" novel.
- **"The Girl Who Chased the Moon"** by Sarah Addison Allen. In Allen's enchanting novel, two very different women discover how to find their places in the world--no matter how out of place they feel.
- **"Heart of the Matter"** by Emily Giffin. A pediatric surgeon and his wife become involved in the lives of a single woman and her 6 year old son, a burn victim who has never known his father.
- **"Known to Evil"** by Walter Mosley. Leonid McGill, the protagonist from "The Long Fall" is back in Mosley's latest mystery thriller.

Non-Fiction

- **"Gimme Shelter: Ugly Houses, Cruddy Neighborhoods, Fast-Talking Brokers and Toxic Mortgages"** by Mary Elizabeth Williams. One woman's three-year search for the American Dream of home ownership becomes a nightmare as the housing boom turns into a financial crisis.
- **"Lit: a Memoir"** by Mary Karr. Karr pens her sequel to "The Liars' Club" with her memoir about a descent into the inferno of alcoholism and madness, and her astonishing resurrection.
- **"Living Well with Pain and Illness"** by Vidyamala Burch. The author shows how mindfulness can help to free anyone from suffering.
- **"Stages of Senior Care"** by Paul and Lori Hogan. A step-by-step guide to choosing the best care for your aging parents.
- **"Wealth Watchers: a Simple Program to Help You Spend Less and Save More"** by Alice Wood. This book combines the principles of fiscal responsibility with Weight Watchers' tracking system to set readers on a course to financial health.

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

OLPH honoring past presidents

DOWNEY – The OLPH Catholic Women's Guild will honor its past presidents at a St. Patrick's Day luncheon March 13 at the Rio Hondo Event Center.

Irish dancers will entertain while guests enjoy raffles and door prizes. The event begins at 11 a.m.

Cost is \$25 and includes choice of salmon or corned beef and cabbage. Checks should be made out to Catholic Women's Guild and sent to Polly Glenn, 7314 Cleargrove Dr., Downey, 90240.

Deadline for reservations is March 9.

Last chance for 'Princess' event

DOWNEY – Tomorrow is the last day to pre-register for the "Princess for a Day" event offered by the Downey Rose Float Association.

Miss Downey, Miss Teen Downey and their courts will treat girls ages 5-10 to makeovers, mini-manicures, arts and crafts, interviews, photos and more.

Price is \$25 and includes lunch and a goodie bag to take home.

The event is limited to 125 participants. Pre-register tomorrow at Trinity Baptist Church from 1:30-2:30 p.m.

For more information, go to www.downeyrose.org.

Tickets on sale for casino trip

DOWNEY – The OLPH Women's Guild is sponsoring a daytrip to Harrah's Rincon Casino and Resort in San Diego on March 23.

Cost of the trip is \$10 and includes a \$10 voucher that may be used at the casino's gift shop, buffet or for gaming.

Free bingo will be played on the bus. A valid California ID is required from passengers.

For reservations, call Anna at (562) 923-2988.

Music expert slated to speak

WHITTIER – Film music expert Dr. Larry Timm will be the guest speaker at the Rio Hondo Symphony Guild's concert preview April 30 at First Friends Church in Whittier.

Timm has been a music professor at Cal State Fullerton for more than 30 years.

His book, "The Soul of Cinema," is the standard text used by professors across the country, event organizers said.

The concert preview begins at 10 a.m. and is free and open to the public.

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Like having an expert in the family!

Downey has new football coach

By SCOTT COBOS, STAFF WRITER

DOWNEY – Jack Williams, a Downey alumni, will take the reigns of the football program next year as Will Capps, the head coach of the program for the past three years, will retire from the school as head coach and teacher.

Williams, 33, spent 2003-2009 in various coaching capacities at Downey. He was the junior varsity head coach and offensive coordinator in 2003, and was promoted to the varsity level in 2004, where he has served as defensive coordinator, running backs coach, and defensive backs and quarterbacks coach up until now.

Before coming to Downey, Williams began his coaching career at Azusa Pacific University, his alma matter, where in 2001 he worked with the running backs.

Williams lettered in football, basketball and baseball while attending Downey. He attended Long Beach City College from 1996-1997 and was named a Junior College All-American, NAIA Junior Heisman winner and player of the year, and the offensive and defensive MVP of the 1998 NAIA National Championship game.

In 2000, he was selected to play in the Hula Bowl All-Star game, and then went on to sign with the Oakland Raiders as a free agent. Williams played for an NFL Europe team before sustaining injuries that ended his playing career.

Williams is the co-founder of FST, a youth organization that runs football camps. He and his wife, Teresa, have been married for two years and reside in Cypress. They are expecting their first child this April.

Volunteers needed for marathon

LOS ANGELES – Organizers of next month's L.A. Marathon are seeking 5,000 volunteers to help support the race.

"With a full field of 25,000 runners expected to participate on March 21, we will need about 5,000 volunteers to make the race work for both our competitors and the communities on the course," said Nick Curl, the marathon's race director.

"With the new Stadium to the Sea course, we have had to redesign all of the support needs for the race and we have been delighted with the outpouring of support so far," Curl added. "But we need more."

Volunteers will staff the water stations located along the course, help at the start and finish lines, assist with an expo at Dodger Stadium, and help with course timing, medical support and more.

All volunteers will receive an L.A. Marathon T-shirt.

Organizers said volunteering at the marathon has become an annual commitment for some. Six people have volunteered at all 24 L.A. Marathons and will be on hand for 2010 as well.

Los Angeles resident Steve Jackson once ran in the marathon and volunteered after he finished.

"Running 26.2 miles is quite an achievement and I wanted to experience it myself," he said. "So, in 1991, I ran the race and after I crossed the finish line, began volunteering by handing out medals to others."

To sign up as a volunteer, go to www.lamarathon.com.



Downey High School wrestlers Brandon McDonald, Ivan Garibay, Jacob Barberena, Aaron Esquer, Rudy Calderon and Robert Chism all advanced to the Masters Meet this weekend.

Wrestlers advance to state Masters Meet

■ **WRESTLING:** Downey send six wrestlers to Masters, while Warren's Damien Gomez stays perfect.

By ERIC PIERCE, CITY EDITOR

DOWNEY – Downey High School is sending six wrestlers to the CIF Masters Meet after an impressive showing at individual qualifiers in Temecula last week.

Downey's Brandon McDonald – wrestling at 171 pounds – had three pins and one win by decision. He claimed the CIF Southern Section title after pinning his opponent at 1:29.

McDonald (40-3) tied his brother, Jonathan McDonald, for the most pins in a single season with 31.

Other Vikings to advance were Ivan Garibay (119), who finished second; Jacob Barberena (125), who placed fourth; Aaron Esquer (145), a third-place finisher; Rudy Calderon (215), fourth place; and heavyweight Robert Chism, who placed fifth.

Warren High School senior Damien Gomez (103) pinned four opponents in the first period to win a CIF championship.

Gomez was named lower-weight MVP and extended his

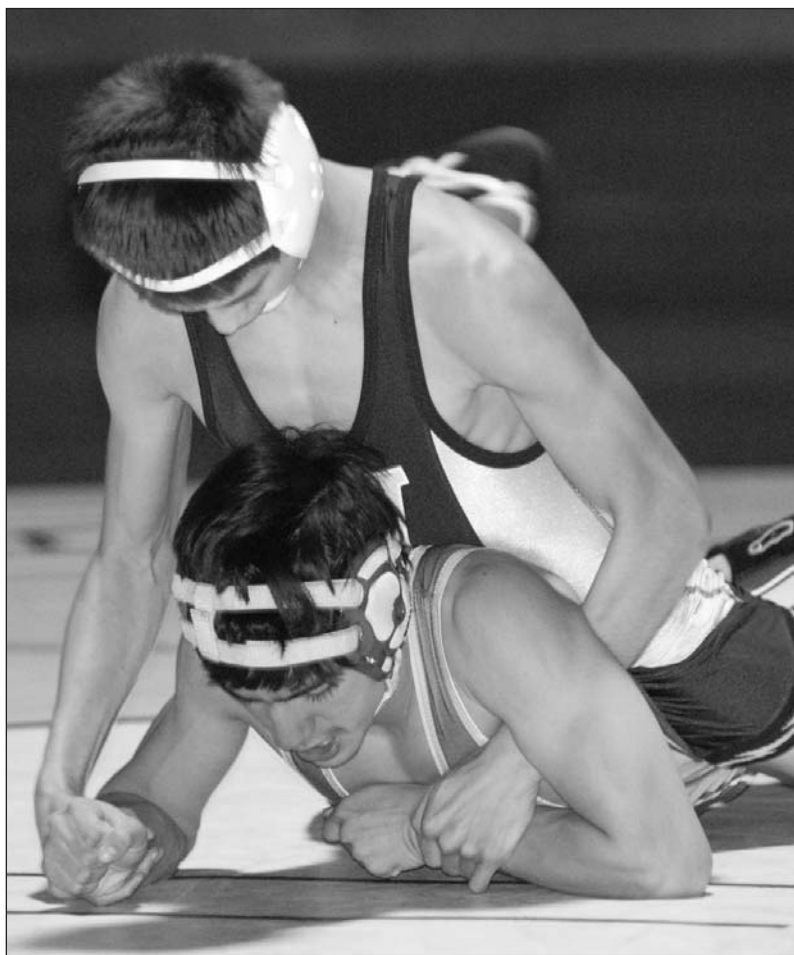


PHOTO BY ART MONTOYA

Warren's Damien Gomez pushed his undefeated record to 49-0 as he won a CIF championship last week. Gomez was named lower-weight MVP and will compete in the Masters Meet this weekend.

record to a perfect 49-0. The Masters Meet begins today

at Temecula Valley High School in Temecula and continues tomorrow.

Warren runs out of steam

■ **GIRLS BASKETBALL:** Bears struggle to score points in critical fourth quarter.

By ALYSSA WYNNE, SPORTS INTERN

DOWNEY – Warren High School went into CIF with an 8-2 record and made it to the second round after breezing by Schurr High School in Montebello, 65-48, but lost against Jordan High School last Saturday, 55-53.

The Spartans hosted the Bears last Thursday evening. The Lady Bears had played Schurr immediately before they started league, and even then they were able to

beat them. It was no surprise when they brought victory and moved on to the next round in CIF.

Warren head coach Rachel Palmer only played six of her players the entire game. Point guard Danielle Rodriguez had a 22-point game, while adding eight assists and eight rebounds.

Center Frances Vaaulu had a massive game with 18 points and 16 rebounds. Forward Justene Reyes and guard Tahja Matthews each had nine points while forward Jasmin Mitchell collected 10 rebounds.

In the Saturday game against Jordan, Palmer used the same six players. The Panthers had a 9-2 record going into the game after

they dominated in their first round CIF game against the Redondo Sea Hawks.

Warren was down by 4 points after the first quarter and trailed 25-23 at halftime. The Bears dominated the third quarter with 20 points to give themselves a 6-point lead.

But all their strength and power was used in the third quarter and the Panthers outscored Warren 18-10 in the final period.

Vaaulu had a 23-point game and 15 rebounds. Rodriguez contributed with 13 points and seven assists. Mitchell had eight rebounds and Matthews had eight points.

La Quinta upsets Warren in first round

■ **GIRLS WATER POLO:** Bears, ranked No. 4 in CIF, are edged out by No. 5 La Quinta.

By SCOTT COBOS, STAFF WRITER

DOWNEY – In a bad draw in seeding, the Warren Bears girls' water polo team watched their playoff run come to an end on Saturday with a nail-biting 11-10 loss at home against La Quinta.

Warren going into the game was the No. 4 ranked team in CIF but after an 11-6 win versus Don Lugo on the road, they drew the No. 5 La Quinta squad in the second round of the playoffs.

In the Don Lugo game though, Bears' Ivana Castro scored 5 goals, while Brittany Vasquez and Saree Waugh each cashed in a hat trick with 3 goals a piece. Goalie Joanna Svendsen blocked nine shots in the cage as well.

In the first quarter, the Bears scratched first with a goal by Castro just over a minute into the game. Waugh scored quickly after that to put the Bears up 2-0.

Don Lugo called a time out at the 4:00 mark and scored out of the timeout bringing them within one. Fifteen seconds later though, Castro scored her second goal of

the game putting the Bears up again 3-1. Don Lugo would answer 35 seconds later and finish the quarter strong, only down by 1.

In the second quarter, Castro scored her third goal of the game off a penalty shot and Vasquez scored her first goal of the game minutes later putting the Bears up by 3. Waugh scored again with Warren really starting to pull away, but Don Lugo would chip away with the last goal of the quarter at the 2:00 mark to end the quarter down 6-3.

Castro would open up the third quarter scoring with her fourth goal of the game on a Warren power play stretching the lead again to 4 goals. Don Lugo would answer back with their fourth goal of the game with five minutes to play in the third quarter. Vasquez scored her second goal of the game 15 seconds later. But in the last seconds of the quarter, Don Lugo's goalie scored a goal from across the pool bringing them within 3 goals at the end of the quarter.

Castro again would score to open up the quarter and Warren's defense locked down Don Lugo until their final goal with 2:41 left in the game. Vasquez and Waugh would score their final goals of the game in the last minute.

Downey girls cruising in playoffs

■ **GIRLS WATER POLO:** Vikings defeat Montclair and Santa Ana Valley in opening rounds.

By JOSEPH APODACA, SPORTS INTERN

DOWNEY – The Downey girls' water polo team continues to reign supreme in the water after winning the first two games in the CIF championship playoffs last week, taking out Montclair and Santa Ana Valley high schools.

The girls managed to overpower the Montclair Cavaliers, 19-2. A rocky start almost prevented the Vikings from advancing further in their match against Santa Ana Valley, but they pulled ahead 7-3.

With their first two wins in the CIF opening rounds, the girls can add to their already impressive overall season total, now standing at 17-3. Their overall San Gabriel Valley League record ended undefeated at 5-0, with their last game against the Warren Bears cementing their status as league champions.

The first game in the CIF round was a no-brainer for the lady Vikings, who took the Cavaliers by storm. They won all four sprints to gain possession at the beginning of each period. Senior Brenda Rosero scored the most goals of the match with seven while Dominique Diaz scored five.

The match against Santa Ana Valley was a much closer call for the Vikings, who could have lost

their chances at excelling further in the competition. The Valley Falcons were ahead of the Vikings through half time and into the fourth quarter. Careful strategizing and a wake up call triggered the girls to do better and proceed to win the game.

"It took us until the fourth [period] to wake up, tie the game, break away and win," said Diaz.

Now that two games are over and done with, the girls only have two more left to make it or break it. The third game in the semifinals round took place Wednesday against La Quinta High School [the score was not made available at press time]. After that game, the girls only need to play one more to reign as CIF champions. A mixture of emotions fill the minds of the lady Vikings, who feel completely blessed to have come this far this season.

"I think it's a mix of everything. We're nervous, excited, anxious, and pumped," said Diaz.

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Pantages schedule include old and new favorites

HOLLYWOOD — The Pantages Theatre has announced the lineup for its 2010-2011 season, a seven-show package that includes “West Side Story,” “Hair,” “Rock of Ages,” “Burn the Floor” and “Shrek the Musical.”

A sixth musical to be announced later will play the Pantages in March. Rounding out the season is the West Coast premiere of “Traces,” which will play just around the corner from the Pantages at the Ricardo Montalban Theatre.

In addition to the seven-show season, the Pantages will also host special performances of “The Phantom of the Opera,” “Spring Awakening” and “Rain - A Tribute to the Beatles.”

Season ticket holders receive first priority to purchase tickets for the three extra shows.

For more information on season or individual tickets, call (800) 982-ARTS or go to www.broadwayla.org.

West Side Story - November 30 - December 19, 2010

Last season, “West Side Story” returned to Broadway and became a huge hit, proving as powerful and poignant to modern audiences as it was when it forever changed the-

ater more than fifty years ago. From the first note to the final breath, “West Side Story” envelops audiences in one of the greatest love stories of all time.

The new “West Side Story” opened at Broadway’s legendary Palace Theatre last March, receiving the kind of critical acclaim that tells New Yorkers there’s a new must-see theatrical event in town. Soon, audiences from near and far were flocking to the show, which resulted in box office records that would propel the lavish \$14 million production to recoup its investment after running just 30 weeks.

Hair: The American Tribal Love-Rock Musical - January 5 - 23, 2011

An electric celebration which paved the way for some of the greatest musicals of our time, “Hair” includes such enduring musical numbers as “Let the Sun Shine In,” “Aquarius,” “Hair” and “Good Morning Starshine.”

The musical follows a group of hopeful, free-spirited young people who advocate a lifestyle of pacifism and free-love in a society riddled with intolerance and brutality during the Vietnam War. As they

explore sexual identity, challenge racism, experiment with drugs and burn draft cards, the show resonates with an irresistible message of hope more than 40 years after it first opened on Broadway.

Traces - January 11 - February 20, 2011

7 Fingers is an acclaimed French Canadian company of performers who have pioneered a whole new brand of circus. Their show, “Traces,” became the run-away hit of the 2007 Edinburgh Festival, and now it is coming to Los Angeles for the very first time.

Combining circus training with urban energy, seven performers dazzle audiences with their gravity-defying displays of skill. Members of the troupe balance casually on each other’s heads, tumble through hoops, and leap spectacularly up giant poles without using their hands.

Rock of Ages - February 15 - 27, 2011

Just over five years from the time the show was born in a bar less than half a mile away on Hollywood Boulevard, “Rock of Ages” will open at Pantages Theatre. This 1/2 mile journey five years in the making is a lifetime of

difference for the show, which has since become one of the biggest cult phenomena of Broadway’s new century.

Written by Chris D’Arenzo, directed by Kristin Hanggi and choreographed by Kelly Devine, “Rock of Ages” transports audiences back to the Sunset Strip, circa 1987, where a small town girl meets a big city rocker in L.A.’s most famous rock club. There, they fall in love to the greatest songs of the 80s in an awesomely outrageous story about dreaming big, playing loud, and partying on!

TBD - March 9 - 20, 2011

Burn the Floor - April 26 - May 8, 2011

Years before “Dancing with the Stars” and “So You Think You Can Dance” turned ballroom dancing into must-see TV, one sizzling show was setting stages ablaze around the globe. “Burn the Floor, the electrifying Latin and Ballroom dance spectacular that has thrilled audiences in over 30 countries, brings the fire and passion of live ballroom performance to the Broadway stage.

Shrek the Musical - July 12 - August 7, 2011

“Shrek the Musical,” based on the Oscar-winning DreamWorks film that started it all, brings the story of everyone’s favorite ogre to life on stage.

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre - not a handsome prince - shows up to rescue a feisty princess. Throw in a donkey who won’t shut up, a bad guy with a short temper, a cookie with an attitude and over a dozen other fairy tale misfits, and you’ve got the kind of mess that calls for a real hero. Luckily, there’s one on hand... and his name is Shrek.

The Phantom of the Opera - September 23 - October 17, 2010

As previously announced by producers Cameron Mackintosh

and The Really Useful Theatre Company, Inc., the national tour of Andrew Lloyd Webber’s “The Phantom of the Opera” will play its final performance right here in Los Angeles at the Pantages Theatre.

The musical has been represented on the road since the performances in Los Angeles in May 1989. Since that time, there have been three U.S. national touring productions. The first national tour played Los Angeles and San Francisco for a combined total run of almost 10 years, grossing \$305,192,485 with 3,902 performances and 6.6 million patrons. The second national tour played major markets during an eight and a half year run, grossed \$393,608,819 with 3,364 performances and 7.5 million patrons.

The Third National Tour is the only production still currently touring the U.S. and has played over 7,000 performances and recently celebrated its 17th anniversary in December 2009.

Spring Awakening - February 1 - 6, 2011

Hailed as the “Best Musical of the Year” by the NY Drama Critics Circle, the Drama Desk, the Outer Critics Circle and the Tony Awards, “Spring Awakening” has emerged as one of the most talked about new musicals of Broadway’s last decade. The show swept the 2007 Tony Awards, winning eight out of its eleven nominations, including Best Musical, Best Director (Michael Mayer), Best Book (Steven Sater), Best Choreography (Bill T. Jones), Best Orchestrations (Duncan Sheik), Best Lighting

Design (Kevin Adams), Best Featured Actor (John Gallagher Jr.).

Rain - A Tribute To The Beatles - April 12 - 17, 2011

A year ago, the award-winning concert event “Rain - A Tribute To The Beatles” had its Pantages Theatre debut, and word of mouth spread so fast that nearly every ticket was snapped up within days. Next year, the show will return for eight performances only, giving local audiences another chance to experience what it was like when four British lads took the U.S. by storm and changed the sound of popular music forever.

From The Ed Sullivan Show to Abbey Road, “Rain” covers the Fab Four from the earliest beginnings through the psychedelic late 60s and their long-haired hippie, hard-rocking rooftop days. All the music and vocals are performed live, and audiences sing along to such Beatlemania favorites as “Let It Be,” “Hey Jude,” “While My Guitar Gently Weeps,” “Come Together,” “Can’t Buy Me Love,” and so many more.

The four band members look and sound just like The Beatles, so much so, that audiences lose themselves in the experiencing, giving themselves over to a kind of heightened reality that involves not only music, but a multi-media, multi-dimensional experience that includes historical video footage and hilarious television commercials from the 1960s, as well as live close-ups that transport audience members into an even more intimate encounter.



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‘High School Musical’ adapted for stage

BELFLOWER — “High School Musical,” the musical sensation made famous by Disney, will be presented live on stage at the Bristol Auditorium in Bellflower by members of the Youth Cultural Arts Foundation.

The young cast is made up of both first-time actors and seasoned thespians, ranging in age from 8 to 18.

“High School Musical” follows Gabriella, a shy, brainy new student and Troy, captain of the basketball team, as they discover a shared love for singing. After meeting at a karaoke contest, they decide to audition for their high school’s musical.

“High School Musical” will be presented March 5-7, with show times at 7:30 p.m. March 5-6, and 2 p.m. on March 7. All tickets are \$10.

The Bristol Auditorium is at 16600 Civic Center Dr. in Bellflower.

‘Grapes of Wrath’ on stage in Cerritos

NORWALK — The Cerritos College Theatre Department will present “The Grapes of Wrath,” a story of the Joad family and their migration west during the Great Depression of the 1930s, beginning March 5 at the campus’s Burnight Studio Theatre.

Directed by John Zamora, the play was adapted from the classic novel of John Steinbeck by Frank Galati.

The drama about one family’s struggle during the Depression and their choice to move west in search of a better life may ring true for audiences in the economic woes felt by the state and country.

“The Grapes of Wrath” opens March 5 for a two-week run. Tickets are \$12 general admission; \$10 for students, seniors and Cerritos College faculty; and \$8 for children ages 5-12 (parental discretion is advised).

Tickets may be purchased online at www.cerritos.edu/theater.

For more information, call (562) 467-5058.

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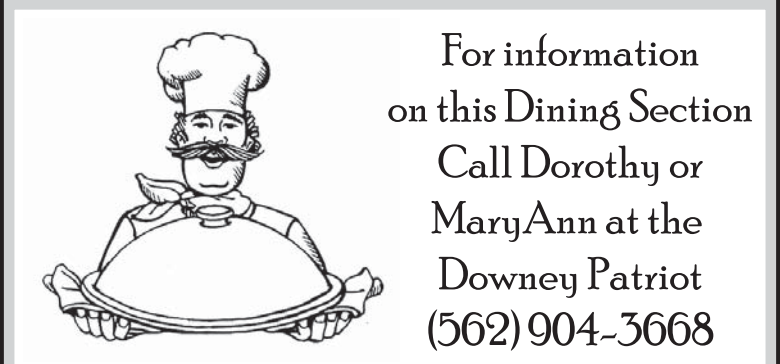
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Lanny Gertler dies at 71

DOWNEY – Leonard "Lanny" Gertler, who founded All American Home Center in Downey with his father, Irving, more than 50 years ago, has died. He was 71.

Services were held on Feb. 12 at Mount Sinai Memorial Park in Los Angeles for Gertler who opened All American Home Center in 1959 and helped transform the once small variety store into the lucrative 175,000-square-foot facility it is today.

According to the *Aspen Times*, Lanny was a part-time resident of Aspen for more than 30 years, served on the board of the Aspen Music Festival and School and supported the Aspen Center for Environmental Studies, along with other local causes.

Gertler is survived by his wife, Judith, of 47 years, two children, Tamar Kane and Ari Gertler, and two grandchildren, Kayla and Hailey Kane.

—*Christian Brown, Staff Writer*

Benezette was elder, longtime resident

DOWNEY – Services were recently held for longtime Downey resident Harry G. "Ben" Benezette, at Downey Memorial Christian Church.

Benezette passed away Jan. 23, just two weeks short of his 99th birthday, after a short illness. He was born and raised in and around Clinton, Mo.

He and his wife, Stella, had been married more than 75 years, having their first date when they were 15 years old. They married and started their family in Kansas City before moving to Downey in 1955, where they had resided in the same home.

Benezette worked for General Motors for 25 years before entering the aerospace industry and retiring from North American Rockwell (Boeing).

He was a 75-year member of the Masonic order, having recently been honored with the Hiram award. He was also a member of the Scottish Rite Temple in Long Beach.

Along with his wife, Benezette was a charter member of Downey Memorial Christian Church, helping establish the congregation in 1958.

He served in many leadership roles during the years, including elder, deacon, trustee and chairman of the board.

Benezette and his wife enjoyed traveling in their motor home, and also took trips to Europe and cruises to Hawaii and Alaska.

He is survived by his wife, Stella, of Downey; son, Larry (Juanita), of Lee's Summit, Mo.; daughter, Cindy Earl (Al), of Pollock Pines, Calif.; eight grandchildren; 23 great-grandchildren; and 12 great-great-grandchildren.

He was preceded in death by his grandson, Craig Wood.

Tesoriero, founder of Frantone's Pizza, dies at 89

DOWNEY – Sleme Tesoriero, founder of Frantone's Pizza and Spaghetti Villa in Downey, died of natural causes on Feb. 19 at the age of 89.

Tesoriero, also known as Tony, was a longtime Downey resident.

He was born Aug. 30, 1920 in Panarea, Italy. He immigrated to the United States in 1926 and his family settled in Brooklyn, N.Y. In 1942, Tesoriero married Rose Cappadona, his Brooklyn neighbor and sweetheart. At his death, they had shared 66 years together.

During World War II, Tesoriero served in the U.S. Army. He spent much of his military time in Italy as an MP and translator.

After the war, Tesoriero and his wife lived in New York where he worked for his father-in-law, who operated tug boats on the Hudson River. In 1948, the family moved to Boston, where Tesoriero owned a popular Boston tavern called Friend's Tavern.

In 1962, the city of Boston decided to erect a civic center at the site of the tavern, so Tesoriero moved his family to Downey, where his parents and several siblings resided.

Tesoriero opened Frantone's in 1964. He retired from the business, and his sons and son-in-law have continued the Frantone's tradition, having opened two more restaurants in Norwalk and Cerritos.

Tesoriero was active in the Downey community. He was a longtime member of the Optimist Club and UNICO, where he served as president. He was also a parishioner of Our Lady of Perpetual



COURTESY PHOTO

Sleme Tesoriero founded Frantone's Pizza and Spaghetti Villa in Downey in 1964. He died last week at age 89.

Help Church.

In 2002, Tesoriero and his wife moved to Orange County, where many of his family now reside.

He is survived by his wife, Rose; children and their spouses, Anthony and Mary Tesoriero, Rosalie and Frank Doubleday, and John and Kim Tesoriero; 10 grand-

children; and 17 great-grandchildren.

He was predeceased by his daughter, Carolyn.

Services were held Feb. 25 at Our Lady of Perpetual Help Church in Downey, followed by interment at Holy Cross Cemetery in Culver City.

Larry Grace, 49, mourned

DOWNEY – Larry Grace died unexpectedly on Jan. 31 at age 49.

Grace, born June 5, 1960, grew up in Downey and was a Downey High School graduate, and later received a music degree from UCLA.

He was an accomplished photographer, jazz musician, glider

pilot and Eagle Scout. He began a career first in residential construction and then as a building inspector for Marin County.

He is survived by his wife, Christina; daughter, Alegra; parents, Stewart and Dorothy; siblings, Dale, Sandy and Ron; and a cadre of friends.



Council: Resident survey planned.

Continued from page 1

would take participants along Woodruff Avenue north to Eglise Avenue and Gotham Street, through East Middle School, and back again to end at the mall.

The walk would conclude at 8:30 a.m. and the foundation would reimburse the city for services and equipment, Feliciano said.

The City Council, however, urged Feliciano to hold the walk on private property. Councilman Roger Brossmer said he worried that granting the request would set a precedent.

The matter is expected to be brought back at a later date following a survey of local residents.

In other action Tuesday, the City Council:

- Conducted a required public hearing on a five-year consolidation plan for the Community Development Block Grant and Home Investment Partnership Grant.

- Approved the final contract amount of \$1.78 million for the resurfacing and reconstruction of several city streets.

- Approved an agreement with KFM Engineering worth \$39,214 to prepare plans for a left turn lane at southbound Lakewood Boulevard at Columbia Way (formerly Clark Avenue). City officials said a left-turn lane is necessary with the recent openings of Discovery Sports Complex, the Columbia Memorial Space Center and Kaiser Permanente Medical Center.

- Approved an agreement with

Kabbara Engineering not to exceed \$52,480 to prepare plans for the rehabilitation of 57 residential street segments.

- Approved a one-year contract extension with state advocacy group Legman, Levi, Pappas and Sadler. According to terms of the contract, the company will represent the city's interests before state agencies and legislative offices in Sacramento and will be compensated \$3,600 per month, not including reimbursements for travel and other actual expenses as authorized by the city.

- Authorized the destruction of obsolete records of the Building Department.

- Authorized an application for a Caltrans Transportation Planning Grant. If approved, the city would receive up to \$300,000 to examine "how to bring people into Downtown without using their cars," evaluating the efficacy of the

DowneyLINK and suggesting improvements, exploring options for connecting the Green Line with Downtown, study the optimal location for the city's transit station and investigate the options for creating bike paths within the city and connecting them to existing paths along the Rio Hondo and San Gabriel River."

- Filed a financial report detailing a \$4.78 million decrease in city revenues.

- And authorized a raised median island along Imperial Highway that will still provide access to the Beach's Market property.

Groundwater festival March 13

LAKWOOD – The Water Replenishment District of Southern California (WRD) will host its third annual groundwater festival, "Treasure Beneath Our Feet," on March 13 at its headquarters at 4040 Paramount Blvd. in Lakewood.

The free event will include interactive exhibits on water resources, water conservation and the environment.

The festival runs from 10 a.m. to 2 p.m. The public is invited.

Crime Report

Thursday, Feb. 11

At 5:30 p.m., officers went to Lakewood Boulevard and Gallatin Road concerning a street robbery. The victim, a Downey resident, was walking in the area when he was approached from behind by two suspects. The suspects demanded the victim's money and personal items. Fearing for his safety, the victim complied. The suspects fled with the loss (baseball cap, cell phone, and a small amount of money). The victim was not injured.

Friday Feb. 12

At 12:15 p.m., officers responded to a residential burglary in the 7900 block of 6th Street. The victim was inside the residence when she heard noise coming from the front portion of the house and saw the door of a utility room close. The victim immediately left her residence and called police. Shortly thereafter, she saw two suspects jumping her back fence. Officers responded to the area and apprehended the suspects a short distance away. The suspects, both 17 year-old residents of Cudahy, were arrested for burglary. Officers recovered several items of jewelry from the suspects.

At 8:15 p.m., two victims were walking in the area of Florence Avenue and Tweedy Lane when they were confronted by three suspects. One of the suspects claimed to have a gun and demanded the victims' property. The victims complied and the suspects fled with the loss (two cell phones and a small amount of money). No one was injured.

Saturday, Feb. 13

At 12:05 a.m., a vehicle traveling at a high rate of speed crashed into a residence in the 7700 block of De Palma Street. The three occupants fled the scene before officers arrived. A short while later, the registered owner of the vehicle contacted South Gate police to report it stolen. Based on witness interviews, officers determined the registered owner was driving the car at the time of the collision. Detectives are completing their investigation and will seek an arrest warrant for the suspect.

Monday, February 15

At 6:15 p.m., officers responded to Tweedy Lane and the 5 Freeway regarding a robbery. The victim, a 16-year-old Downey resident, was walking in the area when he was approached by two suspects. One of the suspects pulled a knife, placed it to the victim's throat, and demanded property. The other suspect grabbed an iPod Touch from the victim's hand and both fled the scene. A few minutes later, officers located the suspects at Paramount Boulevard and the 5 Freeway. Both suspects were positively identified and arrested for robbery. The loss was recovered and returned to the victim, who was not injured.

Thursday, February 18

At 6 a.m., Downey Police Officers assisted agents from the California Department of Corrections in arresting a parolee-at-large in an apartment in the 9200 block of Telegraph Road. The suspect was taken into custody without incident.

Friday, February 19

At 7:00 a.m., 24 year-old transient was detained after an officer observed him trying to force his way into a church building in the 8500 block of Imperial. The man was exhibiting signs of mental illness and being under the influence of drugs, and he was taken to Downey Regional Medical Center. The man is facing criminal charges once released from the hospital.

At 8 p.m., Downey detectives arrested a Downey woman at her home in the 10700 block of Western Avenue after their investigation led to them uncovering illegal drugs inside her home. The woman was booked for possession of methamphetamine for sale and transported to the county jail.

Saturday, February 20

At 2:30 a.m., a South Gate woman became involved in a fight with several other restaurant patrons inside the El Atacor Restaurant in the 9400 block of Telegraph. During the altercation, one of the combatants robbed the woman of her cell phone. The suspects fled the scene before police arrived.

Tuesday, February 23

At 11:10 p.m., officers responded to the 12200 block of Orizaba regarding an intoxicated male subject threatening his mother. When officers arrived, they discovered the 28 year-old, unclothed male outside of the residence, with blood on his hands and chest. The suspect physically attacked the officers. After a short struggle, the suspect was taken into custody. The suspect's mother was not harmed during the incident. The suspect was transported to the hospital for medical attention. He was charged with obstructing and resisting officers in their performance of their duties and transported to the Los Angeles County Jail pending his court date.

Courtesy Downey Police Department

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The Downey Patriot, a newspaper of general circulation for the County of Los Angeles, State of California, Los Angeles Superior Court Case No. VS019238

LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
 File Number 2010020234
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) The Tire Champs, 4037 Rosemead Blvd, Pico Rivera, CA 90660, County of Los Angeles
 Name of registrant(s): Marscello Sanchez, 8404 Cherokee Dr, Downey, CA 90241
 Virginia Cervantes-Sanchez, 8404 Cherokee Dr, Downey, CA 90241
 This business is conducted by Husband and Wife
 Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/Marscello Sanchez, Owner
 This statement was filed with the County Clerk of Los Angeles on February 12, 2010. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

Published in:
 The Downey Patriot #VS019238
 2/26/10, 3/5/10, 3/12/10, 3/19/10

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Although The Downey Patriot is adjudicated in the County of Los Angeles, it's limited on the types of legal notices it is able to publish. Our goal is to become adjudicated in the City of Downey in order to run all types of legal notices. In order to print all legal notices, The Downey Patriot must meet additional requirements set forth by the Government code. One of these additional requirements is "a bona fide subscription list of paid subscribers".

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Music department releases concert dates

NORWALK – Students and faculty in the Cerritos College Music Department will showcase their talents in a variety of performances this spring, the school has announced.

The season will include performances by the Cerritos College jazz band, orchestra and chorus, among others.

All performances are open to the public and many are free. One-day parking passes may be purchased for \$1 in select lots.

The complete schedule is as follows:

Monday, March 1 – 7 p.m.

Band Exchange Concert will feature the Concert Band and Symphonic Winds in an evening of classic band favorites. Both groups will be conducted by Dr. David Betancourt. Also featured will be the Northpark Middle School band under the direction of Mr. Ronald Wakefield.

Cerritos College Student Center – Free Admission

Wednesday, March 3 – 7 p.m.

Jazz & Pop Spring Concert features the Cerritos College Jazz Ensemble and Pop/Rock Ensemble in an evening of jazz, rock, pop, and dance tunes. Both groups will be directed by Dr. David Betancourt. The concert will also feature the Carmenta Middle School Jazz Band under the direction of Mr. Alan Hallback.

Cerritos College Student Center – Free Admission

Friday, March 12 – 11 a.m.

Piano Concert & Lecture Series features works by Francis Poulenc, Clarinet Sonata & Le Bestiaire (The Book of Beasts) for voice & piano. Performance by Paul Da Silva, piano, lecture by Dr. Christine Lopez and assisted by Maria Lazarova, soprano and Darryl Tanikawa, clarinet.

BC – 51 – Free Admission

Sunday, March 14 – 6 p.m.

Faculty Gala, raising scholarship funds for students in the applied music program, will showcase Cerritos College Music Department faculty. The concert will include performances by some of the most accomplished musicians in the greater Los Angeles area and will encompass a wide variety of musical genres. The faculty is honored to offer their talents in support of their students, many of whom have gone on to pursue degrees from USC, UCLA, CSU Bakersfield, CSU Fullerton, Berkeley School of Music, the San Francisco Conservatory and Chapman University.

Friday, March 19 – 7 p.m.

Orchestra Concert will feature the Cerritos College Orchestra in an evening of standard orchestral pieces. The concert will also feature faculty member Tammy Tsai playing Vivaldi's Spring from The

Seasons. The orchestra is conducted by Dr. David Betancourt. Cerritos College Student Center – Free Admission

Friday, April 9 – 7 p.m.

Scott Henderson Memorial Scholarship Concert features the most outstanding students from the applied music program at Cerritos College. The scholarship was established by the Cerritos College Music Department in memory of long-time music faculty member Scott Henderson.

Cerritos College Burnight Center Theatre Burnight Center Theatre - \$10 general \$5 student/senior For ticket information call 562.860.2451 ext. 2629

Sunday, April 11 – 6 p.m.

P.D.Q. Bach Festival Concert – Featuring the Cerritos College orchestra, choir, soloists, faculty, and kazoos, this concert is sure to have you laughing. Works include Fanfare for the Common Cold, The Stoned Guest, Concerto for Two Pianos Versus Orchestra, and The Seasonings.

Burnight Center Theatre - \$10 general \$5 student/senior For ticket information call 562.860.2451 ext. 2629

Tuesday, April 13 – 7 p.m.

Band Exchange Concert will feature the Concert Band and Symphonic Winds in an evening of classic band favorites. Both groups will be conducted by Dr. David Betancourt.

Cerritos College Student Center – Free Admission

Tuesday, April 27 – 7 p.m.

Fourth Annual Spring Sing Concert featuring the Cerritos Community Choir and the vocal students of the music department including solo, duet and ensemble selections.

Cerritos College Student Center – Free Admission

Thursday, May 6 – 7 p.m.

Jazz & Pop Spring Concert features the Cerritos College Jazz Ensemble and Pop/Rock Ensemble in an evening of jazz, rock, pop, and dance tunes.

Cerritos College Student Center – Free Admission

Tuesday, May 11 – 7:30 p.m.

Cerritos College Choral Concert details TBA

Cerritos College Burnight Center Theatre – Free Admission

Friday, May 14 – 7 p.m.

Band & Orchestra Spring Concert will include the Cerritos College Orchestra, Concert Band and Symphonic Winds in an evening of classic band and orchestral favorites. All groups will be conducted by Dr. David Betancourt.

Cerritos College Burnight Center Theatre – Free Admission

CSULB students will do your short-form taxes for free

LONG BEACH – Accounting majors at Cal State Long Beach (CSULB) are assisting students and members of the community with their 2009 tax returns free of charge through the Volunteer Income Tax Assistance (VITA) program.

The program will run through April 9 at the university, but volunteers will not see clients when the campus closes for Spring Break, March 29-April 4.

VITA is a cooperative effort by the Internal Revenue Service and many individual states, including California, to provide income tax assistance to low- and moderate-income individuals, the handicapped and the elderly. Volunteers are trained to prepare basic income tax returns at VITA sites, and returns can take up to 30 minutes to prepare.

Last year, Cal State Long Beach's volunteers prepared more than 550 returns for individuals both on and off campus.

"Cal State Long Beach has had the VITA program for a number of years, and it's really a great program. Unfortunately, many students and community members are unaware that they can have their taxes done at the campus for free," said Bernadette Hunter, a senior accounting major and this year's campus VITA coordinator. "The program is just one of the many ways in which CSULB continues to be conscious of the needs of its students and the Long Beach community."

Sponsored by the IRS but funded through the campus' Beta Alpha Psi & Accounting Society, VITA helps students on campus and people from the community who cannot afford to go to paid preparers to get their taxes filed. At the same time, the program gives student volunteers valuable experience that can help them to attain employment in the accounting field.

Hunter noted that this year's campus VITA program has 37 volunteers who have been trained and certified by the IRS to prepare and E-file basic income tax returns and foreign student tax returns. They are also qualified to answer many tax questions or concerns that those coming in for assistance may have.

There are limitations to those who can use the service, however. VITA program volunteers do not prepare business tax returns. In addition, the CSULB program can only assist those who made less than \$50,000 in 2009.

Those interested in having their

2009 tax returns prepared through the CSULB VITA program should bring the following items: proof of identification; Social Security cards, including spouse's and dependents' (or a Social Security number verification letter issued by the Social Security Administration); birth dates, including spouse's and dependents'; current year's tax package; wage and earnings statements (W-2, W-2G, 1099-R, from all employers); and interest and dividend statements from banks (1099 forms).

Additionally, clients also should try to bring a copy of their federal and state returns from last year, if available; bank routing numbers and account numbers for

direct deposit; total paid for day-care provider and the day-care provider's tax identifying number (the provider's Social Security number or the provider's business employer identification number); and, if a client paid rent for at least half of 2009 for property in California, he/she should have the rental dates and landlord's information (name, address, phone number).

It is also important to note that when filing taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

The CSULB VITA program operates out of Room 237 on the second floor of CSULB's College of Business Administration (CBA)

Building. It is open to assist students and members of the community on Mondays from 8 a.m. to 6:30 p.m., Tuesdays-Thursdays from 8 a.m. to 7 p.m., and on Fridays from 8 a.m. to 4 p.m.

Members of the community are advised to use the metered parking in Lot 15, adjacent to the CBA Building. The cost is \$2 per hour. Hunter said returns can take up to 30 minutes to prepare.

Walk-ins are welcome but an appointment can be made by contacting Hunter at 909/645-5488 or by e-mailing her at vita.csulb@gmail.com. Those interested can also visit the Web site at csulb.edu/~bap, then click on VITA.

Local Young Lady Competes For The Miss Jr. Pre-Teen Los Angeles Title



Elizabeth Castillo of Downey was recently selected to participate in Nationals' 2010 Miss Jr. Pre-Teen Los Angeles pageant competition that will take place on March 14, 2010. Elizabeth learned of her acceptance into this year's competition as Nationals, Inc. announced their selections on Monday afternoon by Natalie Michelle, this year's Los Angeles Pageant Coordinator.

Elizabeth will be competing for her share of thousands of dollars in prizes and specialty gifts that

will be distributed to contestants. Elizabeth will be competing in the Miss Jr. Pre-Teen division, one of four divisions that will have young ladies between the ages 7 and 19 competing in modeling routines which include casual wear. Most important, Elizabeth will display her personality and interviewing skills while interviewing with this year's Los Angeles judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

If Elizabeth were to win the title of Miss Jr. Pre-Teen Los Angeles, she would represent Los Angeles and the surrounding communities at the Cities Of America National Competition that will take place in Orlando, Florida. Over \$60,000.00 in prizes and awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Florida.

There is no cost to Elizabeth for participating in the pageant competition. Community businesses, organizations, and private individuals will assist Elizabeth in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow Elizabeth to become a very confident and well-prepared contestant in this year's Los Angeles Pageant.

Any business, organization, or private individual who may be interested in becoming a sponsor to Elizabeth may contact her pageant coordinator, Natalie Michelle at 1-800-569-2487

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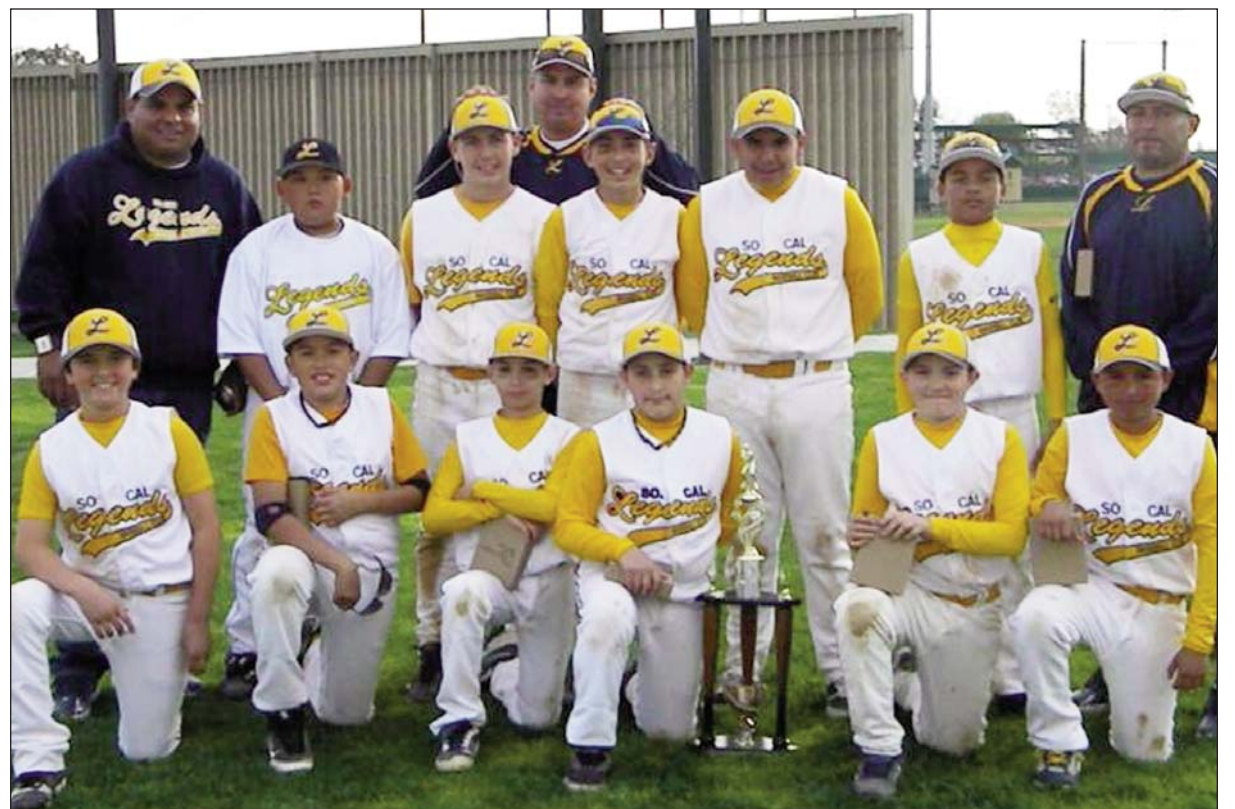
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<p>MAKE OFFER!</p>  <p>PROBATE SALE Charming 2 BD, 2 1/2 BA Downey condo, w/ 2 car garage & patio. Call Carrie for info 562-382-1252</p>	<p>JUST LISTED!</p>  <p>MOVE IN READY! 3 BD, 2 BA, living room w/ fireplace, master suite, 23,086 sq. ft. HUGE lot. Priced to Sell! Call Sonia Banuelos TODAY! (562) 972-7115</p>	<p>STANDARD SALE!</p>  <p>CUTE AS A BUTTON! 3 BD, 2 BA, 1,490 sq. ft., on a 7,000 sq. ft. lot. MOVE IN CONDITION! Call Mario for more details 562-533-7433</p>
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Michael Berdelis of Prudential 24 Hour Real Estate donated \$1,500 for a new projector in the Gallatin Elementary School auditorium. Berdelis is pictured above with principal Dr. Rani Bertsch and Gallatin students.



The 12U So Cal Legends, a Downey-based travel baseball team, went 4-0 over the weekend at the USSSA Winterfest Tournament, defeating the Bakersfield Titans, 9-2, in the championship game. Pictured top row, left to right: Manager Joaquin Castillo, Jorge Nieves Jr., Michael Mendoza, Coach Chris, Benjamin Gonzalez, Joaquin Castillo Jr., Marky Williams and Coach David. Bottom row: Keaton Freire, David Huerta, Gabriel Hancey-Gallegos, Richard Velasquez Jr., Jose Montalvo and Anthony Gonzalez. Julio Martinez is not pictured.

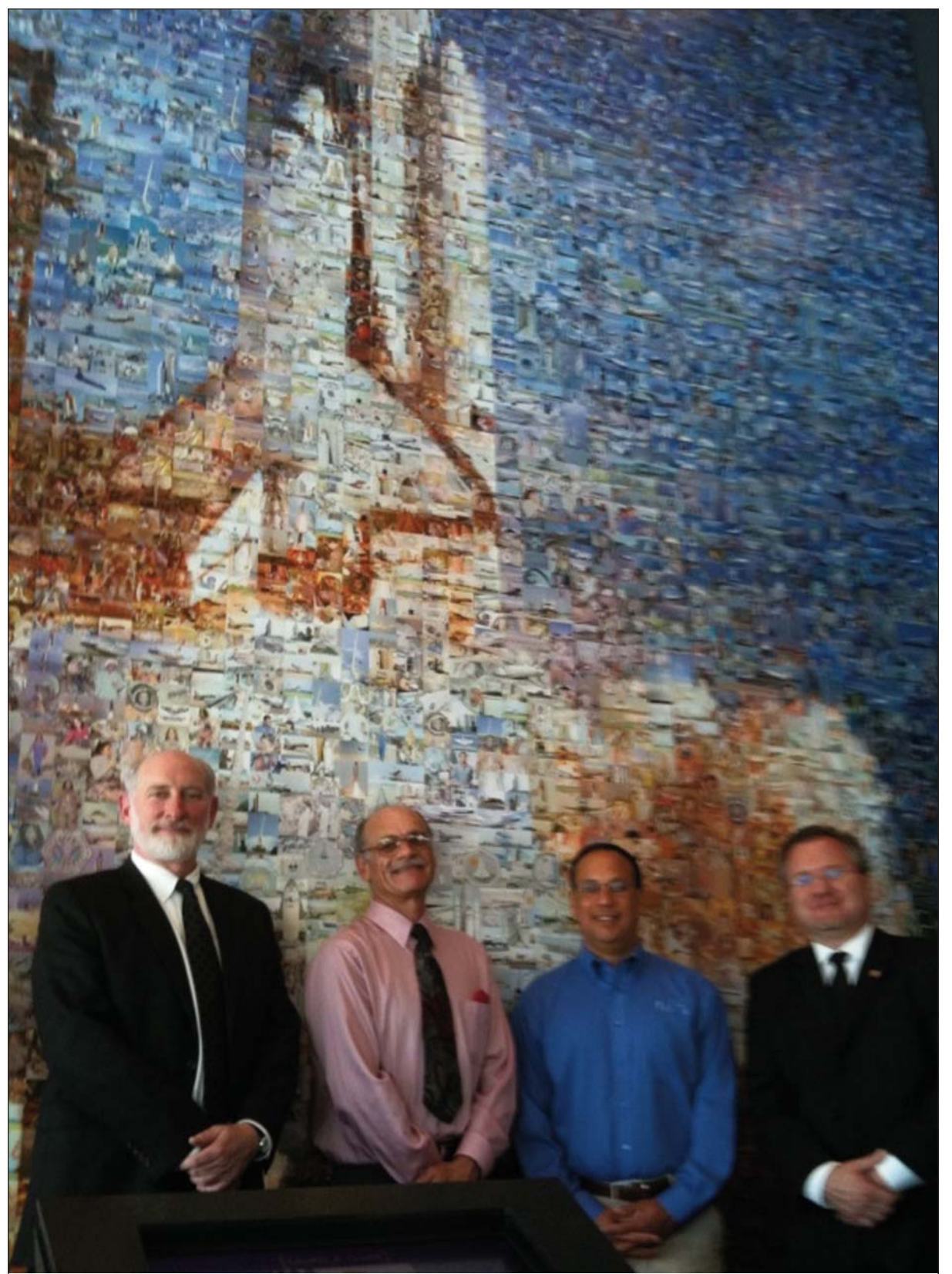
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 <p>A-1 Neighborhood! Lg 3 BD, 2 BA home in the NE Dow area boasting an open floorplan w/ almost 2,000 sq ft living space & a master BD and BA. This 7,500 sq ft lot is perfect for RV parking! Price: \$529,000 Call Michael @ 562-818-6111</p>	 <p>NE Downey Development! 5 BD + loft (possible 6th BD) 4 BA w/ 3,839 sq ft, large re-landscaped backyard & 4 car att. Garage. Price: \$990,000 Virtual tour at www.MichaelBerdelis.com</p>	 <p>New Construction on Large Lot! 6 BD, 5BA, 4,770 sq ft., on a 13,661 sq ft lot w/ pool and 3 car detached garage. Enjoy such palatial living at a great price. Price: \$1,150,000 Virtual tour at www.MichaelBerdelis.com</p>
 <p>Great Estate Amongst Others! 5 1/2 BD plus an office, 6.5 BA North Downey new home in an area surrounded by newer homes. The home has 6,400 sq ft living space, completely new with many upgrades, and situated on a 9,387 sq ft lot. Purchase this home once complete for \$1,199,000! Virtual tour at www.MichaelBerdelis.com</p>	 <p>Fabulous Custom-Built Home! 5BD, 5BA home on a large lot near Rio Hondo Country Club and Furman Park. Features: Master suite with wet bar and fireplace, intercom and surveillance system. Price: \$1,225,000 Call Michael @ 562-818-6111</p>	 <p>The Perfect Palace! 6 BD, 7BA, 7,500 sq ft, 10,890 sq ft lot, dual-staircase entry, Vegas-style master suite, and resort-like backyard. Price: \$1,249,000 Virtual tour at www.MichaelBerdelis.com</p>
 <p>Positive Cashflow! 4 units in LGB - 2519 sq ft total living space w/ 4 car garage in rear! W/ min. down, property will bring positive cash flow when fully rented. Price \$425,000 Call Michael @ 562-818-6111</p>	 <p>Small Business Opportunity! 2-unit building currently rented as a beauty salon and insurance agency with total annual rents of \$33,600. With plenty of parking adjacent to building and the fact that the building is only 11 years old, this is an excellent deal. Price \$349,950 Virtual tour at www.MichaelBerdelis.com</p>	 <p>Income Property! 5 units in Huntington Park! 2 BD, 1 BA House + four 1-BD units! Price: \$499,900 Virtual tour at www.MichaelBerdelis.com</p>

View these homes at: www.MichaelBerdelis.com



The Downey Kiwanis Club were recently given a tour of the Columbia Memorial Space Center. Pictured above are Jon Bethausser, executive director of the center; Councilman David Gafin; Willie Gutierrez, president of Downey Kiwanis Club and the Board of Education; and Scott Pomrehn, assistant deputy city manager. They are pictured standing in front of the Columbia mural.