



The Downey Patriot



SEAACA honors firefighters
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Mayor spends day with kids
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Students, teachers feted
See Page 2

Friday, March 12, 2010

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Optimism is key at Arc

By Eric Pierce

Breaking news: the Laker Girls have been confirmed for the March 27 Arc Walk for Independence.

For the developmentally disabled clientele of Arc, or "consumers" as they are called, this is wonderful news. At Arc, optimism abounds.

As reported in last week's newspaper, funding and contributions at Arc have fallen to critical levels, the result of a nation-wide recession and state-wide fiscal catastrophe. So when I paid a visit this week to see first-hand how the budget crisis is affecting Arc and its consumers, I was shocked at how happy everyone was.

In fact, during a chat with executive director Kevin MacDonalld, very little was mentioned about funding. Most of the conversation revolved around the progress Arc has made in the last 12 months, including:

- The cafeteria was remodeled into a banquet hall, complete with chandeliers, high-end tile floor and available industrial kitchen. The hall, which is available for rent, is nice enough to host wedding receptions and quinceañeras. MacDonalld hopes the hall will also be rented out for luncheons, corporate events, even Super Bowl parties.

- The new Southeast Conference Center is smaller than the banquet hall and can accommodate upwards of 30-40 people. The room is state-of-the-art with a 100-inch projection screen, full surround sound, full DVD, VHS and laptop options, free Wi-Fi access and nine configurable training tables. Onsite catering services are available, with food prepared by Arc consumers.

- Arc has entered into a partnership with the Los Angeles Sparks to host a "Rally for Respect" day at Staples Center. On the Sparks' home opener, Arc consumers will greet ticket-holders as they enter Staples Center. Consumers will then be taken center-court where they will lead the crowd in a rally.

- Arc received the highest honor from the Commission on the Accreditation of Rehabilitation Facilities.

- Arc is in talks with a "five-star Los Angeles resort and hotel" which is interested in hiring Arc consumers. Details are being worked out, MacDonalld said.

The list goes on and it's clear why the people of Arc (both staff and consumers) are happy: progress is tangible.

Arc is not using any excuses to slow down its efforts in assisting people with developmental disabilities. It is not crying "Woe is me" and waiting for a bailout.

Sponsors "didn't blink an eye" to support this year's Arc Walk, MacDonalld said. Now it's our turn to show our support to Arc.

We will walk March 27.

Registration for the Arc Walk for Independence is \$10 per person or \$30 for a family. Children 10 and under are free. Registration will be accepted on-site at Stonewood Center. The walk begins at 8 a.m.

Parents plead for middle school sports

■ Budget cuts prompt suspension of middle school sports programs.

By HENRY VENERACION,
STAFF WRITER

DOWNEY – Four parents—Kimberly Buss, Debbie Fitzgerald, Mary Skill, and Miguel Esquitin—Tuesday expressed their anxieties to the Board of Education about the cutting of all sports programs in the middle schools, and pleaded that they be restored, saying that these sports programs contribute greatly to the development and self-esteem of the kids.

"We won't argue against the programs' importance," said board president Barbara Samperi, "but we've had to do away with these because the state has made severe cuts to the district's budget."

"We have not really cut the programs," said assistant superintendent of business services Kevin Condon. "We have merely suspended them, and we have every intention of restoring them as soon as better times materialize. But come June, when the state budget comes out, all indications are that we're in for further cuts. So there."

This was also echoed by board member D. Mark Morris and Superintendent Wendy Doty. Boardmember Tod Corrin said, "We have been proactive on this, and we are on the same page on this."

Ninety-percent of the district budget is personnel-related, according to Stan Hanstad, assistant superintendent of personnel services. "We have already announced the savings (some \$820,000) realized from early retirement of some teachers and the realignment of administrative staff (the figures still to be determined), with a director assuming additional duties here, and another one taking on more assignments there, with no increase in salary. Note this: we haven't laid off any teachers, except for the three at the Adult School. We are the only district that has accomplished this."

Condon said, also mentioned by Doty, that "We've tried to keep cuts away from the classroom, and



PHOTO BY MATT MCGEE/CREATIVE COMMONS LICENSE

to a large extent we have succeeded in this."

"We have already encroached on this," said Hanstad, as the prospect of increased class sizes looms.

In view of all this, one alternative broached by the parents themselves was the staging of intramural events in the middle schools. It was pointed out that the middle schools' sports programs entail coaches' stipends ("the biggest expense") and the cost of equipment, supplies, and overtime, etc. Intramural games, if they can be run by parent volunteers, will be a good alternative.

Another good alternative for the time being is the city's many programs for the youth, said Hanstad.

As for concerns about the district accepting kids from outside the district, Condon said these kids actually bring in revenue to the dis-

trict and do not use up resident kids' entitlements.

"Besides," said Hanstad, "these kids are legally entitled to the same rights and privileges conferred on everybody in the district. Also, discretionary funds go first before the essentials. Middle school sports programs belong in the discretionary funds. The essentials include, as the superintendent has pointed out," in fact, the number one essential is the instructional program."

"Right now," Condon said, "it's clear that we're just about in a situation where we might be forced to pick our poison: we can slam our noggins against a wall or poke our eye with knitting needles."

(Because of its impact on students and families, the district's budget situation vis-à-vis parents' complaints and anxieties will continue to be explored by this paper on a regular basis).

Author, producer to speak here

DOWNEY – Bestselling author and television producer Stephen J. Cannell will speak and sign books April 19 at the Downey Theatre from 7 to 8 p.m.

Cannell is the author of 15 novels, including the critically-acclaimed Shane Scully series. His latest thriller, "The Pallbearers," will be published this month.

An Emmy Award-winning writer and producer, Cannell is one of the most prolific writers in television history. He created or co-produced more than 40 shows, including "The Rockford Files," "The Greatest American Hero," "21 Jump Street," "The A-Team" and "Silk Stockings." He went on to form his own production company and has appeared in cameo roles in several of his shows.

In 1987, Cannell's show,

"Wiseguy," earned critical praise for its intelligent dialog, complex characters and occasional treatment of timely issues. "Wiseguy" also used a new narrative structure, the "story arc," where the season was divided into several multi-part episodes.

Cannell has also been a spokesman for dyslexia, a condition he has faced throughout his life. Born in Pasadena, he had difficulty reading and learning, repeated several grades and flunked out of two schools.

"I was a classic case, a real slow learner," he said. "It took a lot of understanding and therapy to overcome my problems."

Cannell did overcome them and has served as the national chairperson for the Dyslexia Society.

At the Downey event, Cannell



will discuss his writing and television career, as well as his experiences in overcoming dyslexia.

Copies of Cannell's books will be available for purchase and signing at the free event, which is sponsored by the Downey City Library as part of National Library Week April 19-25.

To register, call (562) 904-7360, ext. 132, or visit the library.



Ed Hare, treasure for Citizens for Downey, left, and Mike Prokop, president, right, present a \$2,200 donation to Mike Artherton and Susan Domen of the Downey Rose Float Association. The donation will "almost cover this year's parade entrance fee of \$2,300," Domen said. Citizens for Downey has disbanded after more than 30 years.

After 30 years, Citizens for Downey disbands

■ Membership was declining, group official says.

By CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – After more than 30 years of lobbying the city for business friendly policies, the local, grassroots organization Citizens for Downey is disbanding due to a decline in membership and community involvement.

"We made an attempt to invite young people to come, but it wouldn't work," said Mike Prokop, who was president of the group for over 10 years. "We were down to about 25 members – not enough to make it viable."

Formed in the late 1970s by local businessman Ed Di Loreto, owner of Yale Engineering, and several other Downey politicians and businessmen, Citizens for Downey members would regularly attend City Council meetings and urge the Council to ease city policies that restricted businesses.

Prokop, who owned a business

in Downey for nearly 23 years, said Citizens for Downey provided a place for business people to share issues and seek solutions.

"We were available for folks – citizens and business people – to come to us with their problems," Prokop said. "There's a lot more strength in numbers than in a single voice."

In a released statement, the organization shared that it was unable to replace members who had either retired, moved or passed away.

Through the years, Citizens for Downey has donated money to several organizations including the Downey Rose Float Association and the Downey Chamber of Commerce. Each election year the group would conduct a candidates forum for Downey residents.

Citizens for Downey left its remaining \$2200 to the Rose Float Association.

"We believe City Hall is now much more business friendly," said Prokop when asked about the organization's impact. "But there is always room for improvement."

Left-turn signal coming back

■ Signal at Lakewood and Columbia Way to return.

By CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – As a result of mounting pressure from both City Council members and the public, the city will reinstate a signal light at the intersection of Lakewood Boulevard and Columbia Way, allowing drivers to once again make a left onto Columbia from Lakewood Blvd.

After a median was added to Lakewood Blvd. during the multi-phased Lakewood Boulevard Improvement Project, the signal light that provided residents access to Columbia Way, when driving south on Lakewood, was removed.

"People did complain," said Public Works Director Brian Ragland. "They had to go down Lakewood Blvd. to Imperial Highway if they wanted to access Columbia."

On February 23, the City

Council approved a \$39,000 consulting agreement with KFM Engineering who will begin this Monday preparing plans, specifications and an estimate bid for the intersection improvements. In total, the city has set aside \$200,000 in federal funds to modify the intersection.

As mayor, Councilman Mario Guerra brought up the issue during a Council meeting after his wife foresaw the inconvenience the new intersection would cause.

"Women are very smart," said Guerra over the phone. "It's a no brainer – it just doesn't make sense to go through a residential area to get to the Columbia Center. I've been fighting for three years to change this."

Ragland said after a design is selected, the City Council is expected to choose a contractor and authorize construction by mid-July. Ragland expects the signal to be completed no later than December 1.

DUSD pays tribute to staff, students

■ Champion wrestlers among those honored.

By HENRY VENERACION,
STAFF WRITER

DOWNEY – The Downey School Board recognized and praised the accomplishments of, first, Warren High School wrestler Damian Gomez who was crowned CIF Southern Section, Div. 5, 103-lb. weight class individual champion, along with his coach, Tim Brogden; and, secondly, the whole Downey High School varsity CIF Southern Section, Div. 5, wrestling champion team (numbering some 20 members), along with their coaches Miguel Soto, Roger Rios, Monico Enriquez, and Adrian Enriquez.

The Board also heard Apple, Inc. officials Cheryl Lee and Dan Roach recognize the Warren High School film and video program under the direction of Andy Lundsberg for “setting the gold standard” in that successful CTE

(Career and Technical Education) category.

Meanwhile, Columbus High School under Principal Kathy Succa was presented with the superintendent’s Vision Award in the area of Culture, because teachers and staff were committed to a “collective, never-ending effort to make their students reconnect to school.”

The commendation for Williams Elementary School certificated employee Allison Israwi as she received the Vision Award in the area of Culture came from her principal, Mary Weyers, who characterized Israwi’s many contributions and multifaceted service as an expression of her “passion about children and making sure they get the best education we can provide for them.”

Finally, elementary education and teacher support programs director Denise Takano presented Vision awardee, Ana Thorne, as a “great example of a staff member that has made a positive difference through her work and actions as well as her attributes” for a number of years,

and whose “organization, efficiency, effectiveness, and initiative are legendary.”

Meanwhile, Superintendent Wendy Doty announced that support programs, career and vocational education director Phil Davis has just been named “Administrator of the Year” for the state of California.

In other action, the Board:

- Accepted with thanks donations in cash and in-kind from various sources including \$10,000 from Schools First Credit Union, for Character Counts support training; and 18 PC Dell computer systems, with an estimated value of \$9,000, intended for enhancing the instructional program at Warren High School, from Business & Technology Enterprises;

- Ratified/approved usual district business, including: the payment of convention and conference attendance, special education placements, purchase orders by the Purchasing Department, a couple of change orders, and routine Personnel items until subsequent action is taken by the Board of Education;

- Ratified the general agreement with Optimum Behavior Services (for special education purposes) covering July 1, 2009-June 30, 2010;

- Ratified the various agreements/contracts inked with Riverside Publishing (to provide an assessment management system), LACOE for supplemental consultant services (for homeless students)

as well as providing for a WorkAbility Program Training Services ROP program, and Cerritos College Teacher TRAC Program;

- Approved the appointment of Carol Magarino and Deysi Figueroa to the SELPA (special ed) Community Advisory Committee;

- Awarded the bid for trade labor-painters to M & R Painting & Decorating, Inc., of Rowland Heights;

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

- Ratified the abolishment of four vacant positions (mostly of the Instructional Assistant variety) and one existing position, attached to different schools, meanwhile ratifying the establishment of two Instructional Assistant positions (to provide support services for students with special needs);

- Received the second period Interim Financial Report as of Jan. 31, 2010 attesting to the positive certification that DUSD can meet its financial obligations for the remainder of the 09-10 fiscal year;

- Reviewed the proposed 2010-11 course of study for the middle schools; and

- Endorsed the actions taken by the superintendent on all student cases, considered in closed session.

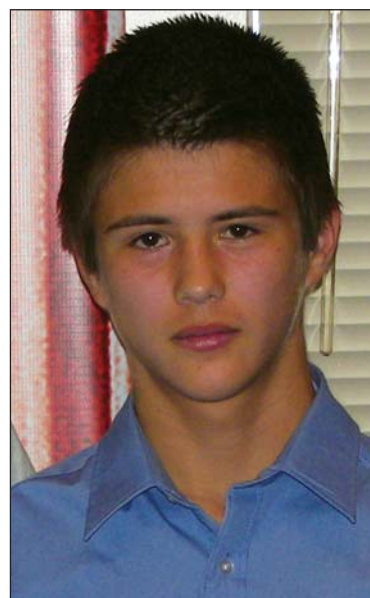
The next regular public meeting of the board will be at 5 p. m. on April 20, at the Gallegos Administration Center, 11627 Brookshire Ave.



Downey High School wrestling team.



Columbus High School staff



Damian Gomez



Allison Israwi



Andy Lundsberg



Ana Thorne



Phil Davis

LANDSCAPE WORKSHOP

FREE Saturday, March 13
9am to Noon

B. J. Riley Community & Senior Center
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Train for entry-level clerical work in a general computerized office environment. Emphasis is on word processing, Internet basics and customer service skills.

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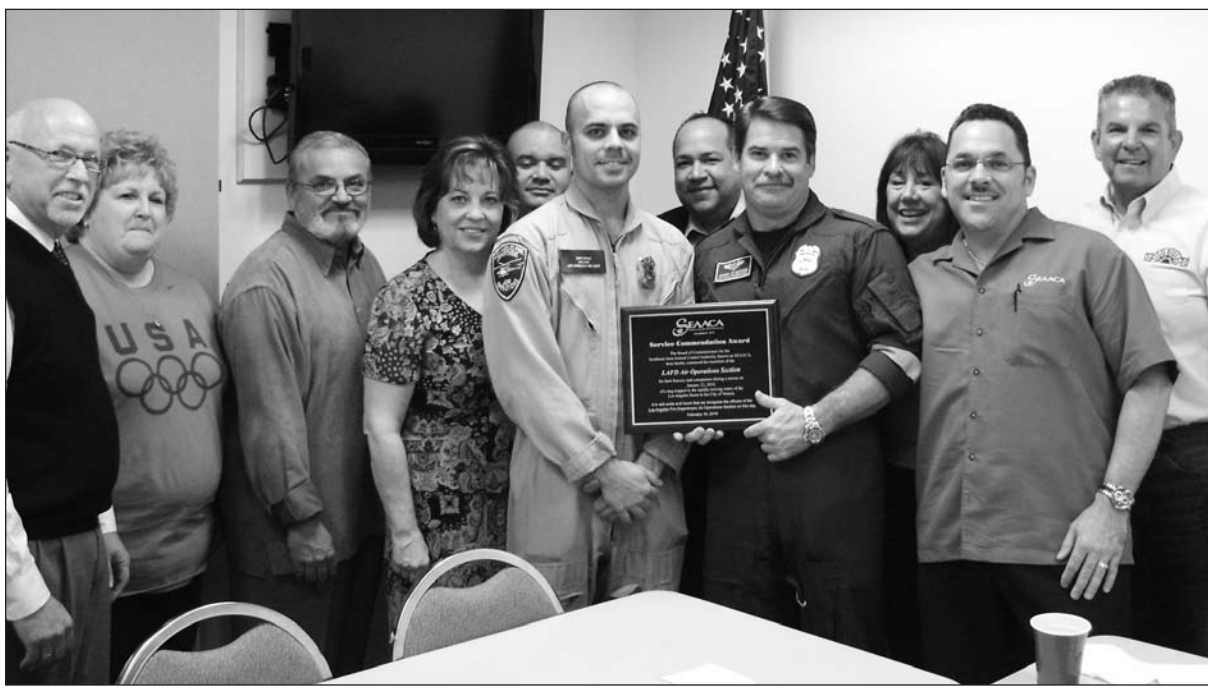
For more details and to apply, please visit our website: www.das.edu
Orientations are the 3rd Wednesday of every month at 1:00 pm.

Subjects include: Business Communications • Customer • Service • Internet Basics • Filing • Data Entry • Basic English & Math • Microsoft Access, Excel, Word, PowerPoint, etc. • Keyboarding • Accounting I & II.

Need more assistance? Please call 562-940-6200.

Believe in yourself





Los Angeles County firefighters responsible for the helicopter rescue of a dog last month received a recognition plaque from the SEAACA board of commissioners at its February meeting. Spikey the dog was rescued from the Los Angeles Rivers during the recent rainstorms. Pictured above are firefighters Joe St. Georges and Dan Child, surrounded by SEAACA commissioners.

Water fountains approved as art

DOWNEY – The City Council agreed Tuesday to amend the Art in Public Places ordinance to allow water features such as fountains and to open the program to a larger base of artists.

On a unanimous vote, the Council agreed that fountains and sculptures incorporating water should be classified as art by the city. Qualifications for artists will also be relaxed.

The amendments will “broaden the Art in Public Places program,” said Councilman Mario Guerra, who introduced the proposal.

“I’m frustrated that we don’t have more art,” Guerra told the Patriot. “Let’s get this thing going. We need more art, not less.”

Since the Art in Public Places ordinance was adopted in 2005, only one piece of art has been erected, a bronze sphere outside a car wash business on Firestone Boulevard.

Two others were recently approved: a sculpture of the Roman god Neptune that will stand outside a strip mall on Lakewood Boulevard, and a sculpture of John Gately Downey to stand at City Hall.

The Art in Public Places program is funded by a 1 percent fee levied on new commercial, industrial and residential developments that have a total valuation of at least \$500,000. (Residential projects must have at least four dwelling units to trigger the fee.)

The developer can pay the 1 percent fee or choose to install the art themselves. As of this week, more than \$350,000 had been collected for the arts program, Guerra said.

Councilman David Gafin offered his support but stressed that new art with water must be artful with or without H2O.

“We don’t know what the water situation will be like 50 years from now,” he said. “Hopefully these art pieces will be around for a very long time.”

The revised ordinance will be brought back before the Council for final approval at a later date.

–Eric Pierce, City Editor

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Navy officer reenlists

DOWNEY – Rosalind Ramirez Thomas, a Petty Officer 2nd Class in the U.S. Navy, recently reenlisted and has been assigned to a presidential unit as a member of a medical team.

Thomas graduated from Warren High School in 2003 and was employed by the City of Downey Parks and Recreation Department before joining the Navy.

A hospital corpsman, she was deployed to Iraq with a Marine unit in 2006 and, in April 2009, deployed to the Persian Gulf on the USS Boxer, where they found themselves involved in the rescue of Captain Richard Phillips from Somali pirates.

Blood drive at St. Matthias

DOWNEY – St. Matthias High School will host a blood drive Wednesday to benefit the American Red Cross.

The drive will be held in the school gym from 9 a.m. to 3 p.m. Donors should see the front office for a visitor pass.

St. Matthias High School is at 7851 E. Gardendale St. in Downey.

CERT training begins in April

DOWNEY – The Downey Fire Department will begin training sessions next month for residents wishing to join the Community Emergency Response Team (CERT).

CERT members respond to disasters in their neighborhood. They assess damage after a disaster, extinguish small fires, perform light search and rescue operations, organize procurement of supplies, organize a triage and provide medical services to the injured.

Residents must be at least 18 year of age to become a CERT member. Attendance at three training sessions April 10, April 17 and April 24, 8 a.m. to 4:30 p.m., is mandatory.

For more information, or to RSVP, call (562) 904-7345.

9 groups tapped for Songfest

DOWNEY – The 18th annual Interfaith Multicultural Songfest sponsored by the Church of Jesus Christ of Latter-day Saints will be held March 20 at the church’s south Downey facility at 12425 Orizaba Ave.

Prelude music by the Salvation Army Youth Band South Whittier Corp. will begin at 6:30 p.m. Nine groups will perform.

Admission and parking are free. Refreshments will be served.

“It is our pleasure to again offer an evening of special music and togetherness to the residents of Downey and neighboring communities,” said Lois Buchanan, public affairs community relations director of the Downey stake of the church and coordinator of the event. “It is also a great opportunity to meet as friends and from various religions and from different cultures to promote understanding and friendships.”

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

Latimer to speak about book

DOWNEY – Author and historian Larry Latimer will speak at Monday’s OASIS meeting at Downey Adult School.

Latimer is author of the newly-released “Images of America: Downey.” At Monday’s meeting he will share numerous photos and recall how the book was published.

OASIS (Older Adults Seeking Information and Skills) recently launched a new food program inviting a restaurant from the community to provide dinner. This week’s restaurant is Granata’s Italian Villa.

A limited number of dinner tickets will be sold for \$5. Tickets must be purchased by 3:45 p.m.

Latimer’s presentation is free and registration begins at 2:45 p.m. Downey Dial-A-Ride can provide transportation to residents who qualify.

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

March 27, 2010



of Southeast Los Angeles County

Walk for Independence



www.arcwalk.org

Get Your Walking Team Together!

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

Stonewood Center – Downey

Acapulco Restaurant
 (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!

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'Speed signs' coming to a street near you

DOWNEY – Up to 10 solar-powered “speed feedback signs” should be installed and in operation within eight months, according to a report by Public Works Director Brian Ragland presented at Tuesday’s City Council meeting.

According to the report, the city received \$180,000 from a Highway Safety Improvement Program grant to pay for the semi-permanent signs, which flash drivers their speed as they drive past.

The city is in the midst of conducting traffic studies to determine where the signs are most needed. Residents were invited to apply for traffic calming measures last year, after Councilman David Gafin initiated efforts to alleviate traffic problems.

—Eric Pierce, City Editor

Healthy Kids Day at the Y

DOWNEY – The Downey Family YMCA will host Healthy Kids Day on April 17 from 10 a.m. to 2 p.m.

Visitors can sign-up for summer programs, participate in giveaways, enjoy food, and more.

For more information, visit www.yocala.org/dow or call (562) 862-4201.

Mayor spends day with St. Mark’s kids

■ Mayor Anne Bayer visits for Family Day.

CONTRIBUTED BY ST. MARK’S EPISCOPAL SCHOOL

DOWNEY – It was a cool, breezy day with a slight chance of rain but that didn’t matter to the students, staff and families at St. Mark’s Episcopal School. When Mayor Anne Marie Bayer stepped out of her car, she was ready with her trademark sunshine smile, eager to meet and greet both students and parents alike.

February 19 marked the date for the Family Day and Silent Auction held annually at the school. About 160 students and their parents came together to enjoy, appreciate and recognize the family as a strong institution supporting the community.

The students were excited to see her with many asking, “Is the mayor here with her bodyguards and the Secret Service?” Head of School, Glenda Roberts, assured the students that all was well and that there was no need for detailed security for the new ‘Honorary Family Day Member’.

The students sang the hymn “Awesome God” and added the words “Our Mayor is an Awesome Mayor” to honor her attendance. Later, Bayer presented St. Mark’s Episcopal School with a proclamation from the City of Downey commending the school for its achievements and continuing service to the children and the community.

The mayor invited the students to visit her office where they could sit in the mayor’s chair and also



Mayor Anne Bayer, left, with Glenda Roberts, head of St. Mark’s Episcopal School.

tour the police station. One of the students, Ethan Ruiz, drew a picture for Bayer. Touched by the tenderness of the gift and the giver, Bayer told Ethan that she would place his picture in her office.

As the official Family Day program was coming to an end, the aroma of burgers from the In-N-Out truck parked in the school parking lot summoned everybody outside. Bayer ate lunch with the students and took photographs with them and their families, laughing, talking and getting to know the future leaders of America.

St. Mark’s Episcopal School has been a foundation in the community since 1964. Like most schools in California, there is always a need for additional funds. The Family Day Celebration rec-

ognizes the importance of family and is a way to raise funds to help defray expenses. Each classroom had various items such as baskets and crafts the children created and displayed for the silent auction. The proceeds from the auction are used by the classrooms for field trips and classroom supplies.

When parent Marichelle Maloney thanked the mayor for attending, Bayer responded by saying, “St. Mark’s is near and dear to my heart, I support the importance of community and education. I am very happy to be here.”

When Roberts welcomed Mayor Bayer, she noted the importance of family and community working together to benefit everyone. It really does take a village.

POET’S CORNER

Goodbye Davey (My Son’s Friend)

I am sorry you must go through the pain
Of losing someone close to you
If I could go through it instead
That’s exactly what I would do

A rainy night on the third of March
The train was coming fast
Davey believed he could cross
That night would be his last

And now we sort through pictures
Of smiling faces and teenage fun
He was a brother with three sisters
The youngest and the only son

His shirt hangs in your closet
You want to keep it near
You think of all the good times
I can see the tears

I listen to the stories
Of the adventures you have shared
Teenagers bonding together
Two who really cared

I think about his parents
His room is empty without him
Their hearts are forever broken
Life without him is dim

You will be a pallbearer
And tomorrow you will say, “Good bye”
Be brave and remember
It’s okay to cry
—Christina Anderson,
Downey

Toyota dealership pays to settle lawsuit

CERRITOS – A civil lawsuit against Power Toyota Cerritos has been settled with the car dealership agreeing to pay \$172,000 in monetary relief including civil penalties and legal costs incurred by the District Attorney’s Office.

Deputy District Attorney Dana Aratani of the Consumer Protection Division said the dealership agreed to the settlement with-

out admitting liability. Deputy District Attorney Thomas Wenke also worked on the case.

Under the terms of the stipulated judgment, the dealership is permanently enjoined from making untrue or misleading statements to customers in connection with the sale or lease of any vehicle.

Power Toyota Cerritos is owned by Mr. Wheels

Incorporated, headquartered in Fort Lauderdale, Fla. The civil action filed by the District Attorney’s Office alleged that certain staff of Toyota Cerritos made false and misleading statements to customers in an effort to induce consumers to lease rather than purchase automobiles.

An investigation by the California Department of Motor

Vehicles (DMV) revealed that misrepresentations to some customers included falsely advising them that they did not qualify for a loan, that they could convert a lease into a purchase at any time and that it was in their best financial interest to lease.

The practice resulted in greater commissions for the sales staff involved and higher prices for cus-

tomers, prosecutors said. The allegations of unfair business practices and untrue or misleading statements are violations of California’s Business and Professions Code.

The settlement provided restitution for the victims through a related administrative action by the DMV.

Power Toyota Cerritos worked cooperatively in both the investigation and in resolving the case with the District Attorney’s Office. The matter was settled concurrently with an administrative action brought by the DMV.

The stipulated judgment was signed on March 4 by Judge Mel Red Recana of the Los Angeles Superior Court and announced Wednesday.

St. Joseph’s Table at church

DOWNEY – The Italian Catholic Federation, branch 362, of St. Raymond’s Catholic Church will sponsor its 27th annual St. Joseph’s Table on March 21 in Msgr. Bob Gipson Hall, 12348 Paramount Blvd.

The celebration schedule includes a viewing of the table from 9 a.m. to 4 p.m., liturgy celebration and procession at 11 a.m., blessing of the table at 12 p.m., and pasta dinner from 12:30 to 5 p.m.

For more information, call Charlene Drobeck at (562) 928-1937 or Marguerite Ferraro at (562) 869-7024.

Swap meet at Woman’s Club

DOWNEY – The Woman’s Club of Downey will host a rummage and swap meet March 27 from 8 a.m. to 2 p.m.

For table information, call Debbie at (562) 619-0269.

Downey Family YMCA EASTER CARAVAN LAKE MOHAVE AND THE COLORADO RIVER



We will be spending an entire week along the banks of Lake Mohave and the Colorado River.

Activities include:

- Water Skiing/Wake Boarding
- Boating
- Fishing
- Swimming
- Hiking
- Camping
- Jet Skiing
- Inner Tubing
- Mountain Biking

And...we’ve been doing it for over 37 years!



April 4th-10th for boys 6th-9th Grade

\$ 210 YMCA Facility Member

\$235 Non-YMCA Member

Registration Deadline: March 24, 2010

Financial Assistance Available

For more information contact the Downey Family YMCA at (562) 862-4201

or visit our website at

www.eastercaravan.com

Downey Family YMCA
11531 Downey Avenue
Downey, CA 90241

Y
We build strong kids, strong families,
strong communities

Fail-Safe 4 Felines, Inc. presents

Spaghetti Night at
The Downey Elks Lodge
Woodruff/Firestone, Downey
Monday March 22, 2010 6:30 pm

• 50/50 Raffle

• \$20.00 Donation

For tickets or reservations,
call (562) 708-2672

All of us at Fail-Safe thank you for helping us “Humanely” “Work the Solution”



ST. MATTHIAS HIGH SCHOOL

A Catholic College Prep School for Girls
HOME OF THE VICTORIANS

St. Matthias High School and
The American Red Cross
St. Patrick’s Day Blood Drive

Wednesday March 17, 2010
9:00 a.m. ~ 3:00 p.m.
Held in the SMHS Gym

7851 East Gardendale Street • Downey 90242
(562) 861-2271

The Downey Community is invited to participate. Identification is required. Please see the front office for a visitor pass.

St. Matthias High School is currently accepting applications. Join the Victorian Family.

The cool uncle

By Eric Pierce

I'm going to be an uncle. In case you haven't heard, my brother, Oscar, and his wife, Mona, are having a baby.

Congratulations to both of them, but I'm going to be a little selfish here and examine how this affects me (this is my column after all).

Here is how I see my role as an uncle:

When the baby is first born, of course I will spoil him/her with presents. My entire family is grown, so it will be exciting to have a baby around, especially during the holidays. Come to think of it, every Christmas for the next 12 years will center around that little kid, unless somebody else has a baby (don't look my way).

I'm assuming Nicole (my girlfriend) and I will be called upon to babysit from time to time so Oscar and Mona can escape to Laughlin for a weekend. (I'm only assuming they'll trust us as babysitters... we don't do drugs, don't drink except for the occasional strawberry margarita and our DirecTV has never been shut off due to lack of payment.)

As my niece/nephew becomes older and starts attending elementary school, my role will change slightly. Perhaps I will be listed as an emergency contact at his/her school (again, I need to earn that trust, although if they pick my brother Michael over me, I'll be ticked), so if my nephew/niece gets sick, I will pick him up and care for him until his parents get off work. If my niece/nephew is faking it because he just doesn't want to be at school, well, that will be our little secret and we'll spend the day at Golf N Stuff.

When my niece/nephew attends high school, I'll pay so he/she can attend prom in a limo. If they need financial help, I'll pay for his or her class ring. (Note to self: start saving.)

But I don't want it to be all about money. I want to be the kid's favorite uncle (as opposed to the creepy uncle, the alcoholic uncle and the tattooed uncle who always seems to be in jail). I want to talk to my niece/nephew on a regular basis. Hopefully this never happens, but if he/she ever needs to "get away" from his parents because of fighting, my niece or nephew can feel safe spending the night at my place, and Mona and Oscar can rest easy knowing their child is safe. (That may sound bad but let's be realistic, all kids will fight with their parents.)

Other things I want to teach my niece/nephew:

- He or she will be a Lakers fan. This is not up for debate.
- I will teach him or her how to properly throw a football and slide into second base.
- If it's a boy, I'll show him how to smooth talk the ladies. If it's a girl, I'll warn her not to fall for it.

Above all, I just want to be a good role model for the kid. Someone for him or her to look up to and trust and respect.

I'm not pledging to be the world's greatest uncle, but I am going to try.

Ex-councilmen should not collect unemployment

Two local senators have introduced legislation to prevent elected officials from collecting unemployment benefits after they lose or leave their public seats.

The issue recently came to light after former Rosemead Councilman John Nunez lost his reelection in March 2009 and then filed for, and received, unemployment payments from the State of California, despite objections from Rosemead officials.

The city was billed \$11,250 through September 2009.

"As elected officials, we are public servants who answer a call to give, not to receive," said Sen. Gloria Romero (D-East L.A.), who co-authored the legislation with Sen. Bob Dutton (R-Rancho Cucamonga). "I am outraged to hear that an elected official would file for unemployment and I am committed to ensuring that this never happens again."

Dutton reacted with equal outrage when he learned Nunez received unemployment benefits when he didn't win reelection.

"This common sense measure will ensure public servants don't balk our unemployment system when they leave office," he said. "California's unemployment insurance fund is bleeding red ink, having borrowed more than \$7 billion so far from the federal government to stay afloat. We must identify and eliminate all forms of abuse and ensure that only those who rightly qualify for benefits receive them."

SB 1211 clarifies existing provisions in state law related to unemployment benefits in order to prevent both inadvertent mistakes and deliberate abuse of a system set up solely for the protection of California's workers. Contributed by the office of Sen. Gloria Romero.

Health officials convene roundtable

COMMERCE – Rep. Lucille Roybal-Allard convened her fifth annual health clinics roundtable and second annual hospital roundtable discussion during which healthcare providers throughout the 34th Congressional district discussed their goals and challenges.

At the outset of both meetings held at the Rosewood Park Center in Commerce, participants were urged to share their most critical priorities for health care reform.

"I stand with you in our shared commitment to achieve a nation free of health disparities, with quality health outcomes for all, regardless of ethnic, racial or cultural background," Roybal-Allard told participants. "For we all know that the only way to improve the health of all Americans is to enhance the health of every American."

Representatives from area clinics and hospitals received an overview of pending federal health care-related legislation, including the president's health care budget, updates on health care reform and prospects for the Fiscal Year 2011 Labor Health and Human Services Appropriations bill.

The Downey Patriot

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8301 E. Florence Ave., Suite 100, Downey, CA 90240 | www.thedowneypatriot.com

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Letters to the Editor:

Impressed with DCLO

Dear Editor:

I recently attended the production of "Rodgers & Hart: A Celebration." This was without a doubt another one of Marsha Moore's great shows that she has produced at the DCLO.

There wasn't a lot of dancing but a lot of singing. As a patron who was in the audience, I was treated to a history lesson because of the music that was being performed.

I just wish I had been around back in those days because that's what music was all about. The performers were outstanding as usual.

I urge the citizens of Downey that have never attended a performance of any kind to please come to the DCLO and see for yourself. Bring a friend; you won't be disappointed.

— **David Sedillo,**
Downey

Wrong photos

Dear Editor:

NASA knows America wants close-up pictures of the six landers and three rovers, not pictures of Buzz Aldrin getting ready to be on the TV program "Dancing with the Stars."

— **Mike Sandoval,**
Downey

Unhappy with police

Dear Editor:

Over a time period I have noticed a change in the attitude in the Downey Police Department.

Last year there was a knock on my front door during the afternoon hours. When I opened the door I was staring at about six officers with their hands on their handguns. One of the officers told me someone had reported gun shots from my residence. I was a bit perplexed having heard no gun shots and my wife was resting on the sofa next to me when I was working on my computer.

One of the officers seemed to be interested to enter my home just to make sure. I declined his offer as all was fine in my home and so was my wife. All of a sudden one of the officers had the brilliant idea to ask for our phone number. Then it became fact that this crank call did not originate from my home. Some sick teenager had made that call and repeated it the following day.

Having a somewhat logical mind, I found it interesting that it did not occur to one of them to check the phone number before knocking on my door.

Last month I had an incident with my neighbor which forced me to call 911. First a female officer appeared and 20 minutes later a backup officer showed up. They went through their routine and – without going into details – I came to the conclusion both lacked the ability to detect credibility but preferred to take the politically correct action, doing nothing but writing reports.

Worst of all, none of the officers had the courtesy to introduce themselves. Forget about a display of compassion for the accuser, a 76-year-old tax-paying citizen.

I have come to this conclusion: if you are a law-abiding senior citizen, middle-class and have a certain accent, you have three options: leave Downey, leave California or obtain the tools to protect your family and property. My observations also reflect on the performance of the leaders of the city of Downey, which once was called Little Beverly Hills.

This will be my last contribution to the citizens of Downey and its police department.
— **Dieter Oltersdorf,**
Downey

Not all students created equal

Dear Editor:

Thank you, Jorge Montero for your enlightened voice against "No Child Left Behind". (Letters to the Editor, 2/26/10) You may not be a Nobel Prize winner, but as an involved parent you are a very important member of the educational partnership of teachers, parents and students.

As a lifelong educator of more than 35 years, and as former principal of the now defunct Pius X High School in Downey, I applaud you for rightfully pointing out that not all students are the same and that the "one size fits all" approach of NCLB is ineffective and wrong.

In support of your opinion, I cite here Dr. Stephen Krashen, Emeritus Professor at USC, and the world's foremost authority on language acquisition and reading. In recent letters to editors of papers across the nation, Krashen writes, "...The Bush and Obama administrations, assume that schools will do better if they only try harder... and they will only try harder if we 'hold them accountable.' This point of view ignores findings that show that American children from higher income families who attend well-funded schools score at or near the top on international tests. This means that the real problem is poverty: Study after study shows that children of poverty suffer from poor nutrition, exposure to environmental toxins, and have little access to reading material, factors clearly associated with school performance." (Krashen, March 6, 2010)

Let us deal with the real problems of our public schools nationwide. Until we narrow the gap between the very rich and the very poor, a significant part of our population will suffer from poorly executed educational programs, and our collective educational outcomes will continue to lag behind those of the rest of the industrial world.

— **Dr. Michael J. Parmer,**
Downey

Sewer rate increase

Dear Editor:

Upon reading between the lines of the City of Downey notice of public hearing on March 23 and a review of our bi-monthly sewer charge, what the city does not tell us is that the rate increase for the average single-family is 475%.

The largest portion of this increase is for a capital improvement program amounting to \$8 million which will be required over the next 10 years. We are of the opinion that this sum should be financed by the sale of bonds as the improvements come on line. The repayment of the bonds will appear on your annual property tax bill. This is the correct method to pay for this program and not on the bi-monthly water bill.

Residents and business owners should review their own situation and register an opinion at the public hearing.
— **Norman Horney and Grace Horney,**
Downey



Nice gesture

Dear Editor:

There are some extra good people out there! I recently went to the CVS pharmacy on Florence Avenue to pick up some items for my wife. Having completed my shopping, I went to one of the checkout stations where the clerk rang up my charges of \$30. When I went to pay, I discovered that I had brought no money or credit card. I asked the clerk to cancel the transaction, set my order aside, and take care of the young lady behind me.

This required the manager's approval. When the manager arrived, the young lady behind me told the manager to put my charges on her bill. I told her I really appreciated her offer, but that I lived nearby and would return shortly with my money. I also reminded her that my charges were \$30, not just a few cents. She again insisted on paying. After a big thank you from me, she said, "You're welcome. Goodnight."

The manager, clerk and I all agreed we hadn't seen anything like that before. I'm sure it couldn't have been for my looks. I'm an old (86) man, and she was a very attractive young woman.

One with a very big heart! In honor of some very kind lady out there, I have made donations to the American Red Cross and the L.A. Mission - just to keep the good thought going.

— **Dean Fisher,**
Downey

Sanctuary city

Dear Editor:

I was reading about a town, Chico Tex., which is implementing a plan to curb illegal invaders from the south to save jobs for Americans.

I just recently found that our fine city of Downey lost a marble somehow and declares us to all now live in an illegal invaders Sanctuary City, like most of the surrounding cities that have been taken over by non-American population.

Now I see that we have an immigration lawyer, Alex Saab, running for high Downey office. ("Saab Will Run for City Council," 3/5/10)

How long will the city of Downey continue to break the countries immigration laws by harboring criminal illegals? Who is responsible for declaring and enforcing this policy to the detriment of Americans seeking jobs?

I read all the time how Rep. Lucille Roybal-Allard (D-34) votes to continue to reward illegals with taxpayer money that should be going to American taxpayers and enabling their continued law-breaking.

I find it unconscionable, immoral and criminal for the leaders of our fair city to harbor these criminals at taxpayers' expense in this or any other economy.

If you feel the same way, don't hesitate to question our cities elected officials on explaining their attitude of lawlessness, disregard for its own citizens safety and enabling foreigners to take American jobs.

— **Bill Spetnagel,**
Downey

NASCAR out of touch

Dear Editor:

Wake up, NASCAR! I just can't believe you would sell the people out again. I am talking about those who enjoy watching the races on "free" TV, especially now that you have gotten back to old-time racing.

But now with the country down and families losing jobs and their homes, which included their cable TV, you would sell out to the cable station over free TV. Taking ABC away and going to ESPN is a bad deal for those that can't afford cable.

Do you understand that your sponsors and the companies who advertise on your stations during the races and on the cars that are in the races will not be seen by millions of people who would have been watching the races if you left the sport on free TV?

As for me, I am one of the millions who will no longer get to enjoy the broadcast races (or see the sponsors and commercials that support NASCAR).

Maybe you should change the name from Spring Cup Racing to Cable Cup Racing!

This is just one more thing that is lost to the general viewing public due to carpetbaggers; when greed for the almighty dollar takes over the public entertainment value.

The next thing we know, the cable companies will be attacking FOX, CBS, NBC...all private and public stations. It is bad enough the government has lost touch with the people, but now NASCAR!

What's next?
— **Robert (B.J.) Gustafson,**
Downey

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

SPEED BUMP



DAVE COVERLY



On This Day...

March 12, 1912: The Girl Guides, which would later become the Girl Scouts of America, is founded by Juliette Gordon Low.

1930: Mohandas K. Gandhi began a 200-mile march to protest a British tax on salt.

1993: Janet Reno was sworn in as the nation's first female attorney general.

2000: Homeland security chief Tom Ridge unveiled a color-coded system for terror warnings.

2003: Kidnapping victim Elizabeth Smart was found alive near Salt Lake City.

2008: New York Gov. Elliot Spitzer resigned after he was identified as a client of a prostitution ring.

Birthdays: Singer and actress Liza Minnelli (64), former Massachusetts governor Mitt Romney (63), former baseball player Darryl Strawberry (48) and actor Aaron Eckhart (42).

Downey Community Calendar

Events For March

Sat. March 13: **Mustangs youth football sign-ups**, Downtown BBQ, 10 a.m.

Sat. March 13: **Razorbacks youth football sign-ups**, Furman & Apollo parks, 10 a.m.

Sat. March 13: **OLPH Women's Guild luncheon**, Rio Hondo Event Center, 11 a.m.

Sun. March 14: **Travel film**, Downey High School auditorium, 2:30 p.m.

Mon. March 15: **Author Larry Latimer**, Downey Adult School, 3:45 p.m.

Wed. March 17: **Blood drive**, St. Matthias High School, 9 a.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.

Tues., Thurs. & Sat., 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

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-Bear 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.

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.

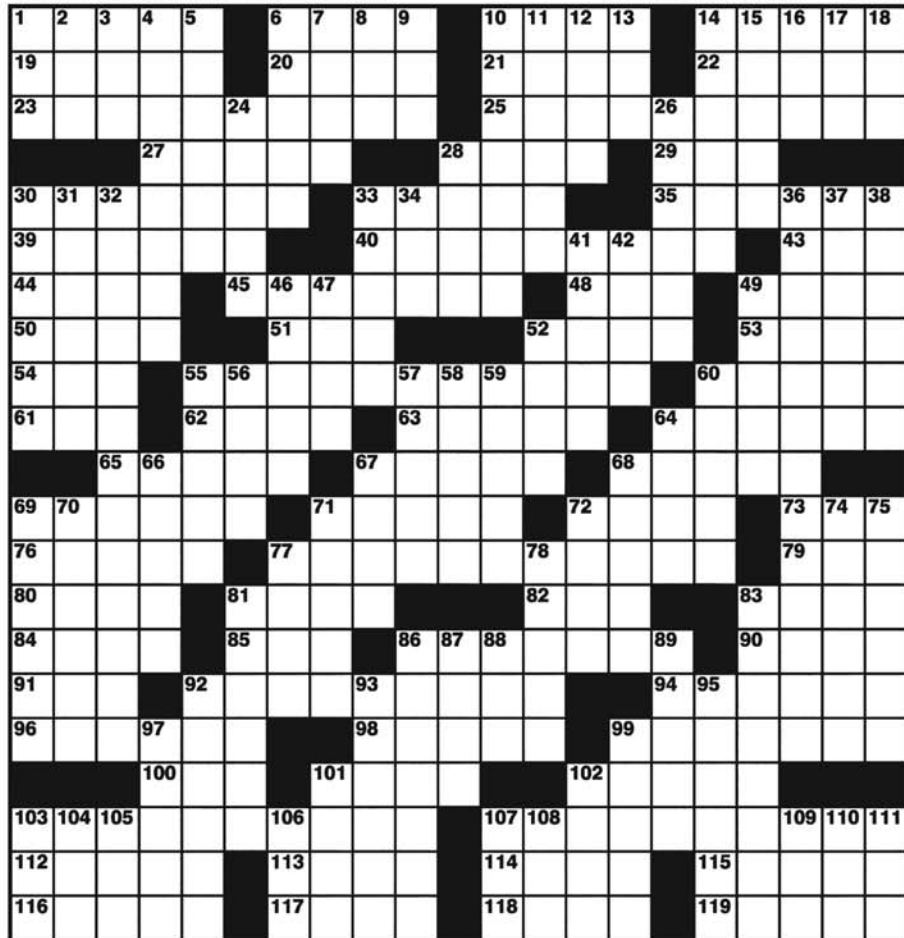
2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
AND SO ON: Filled with hidden extras
by Fred Piscop

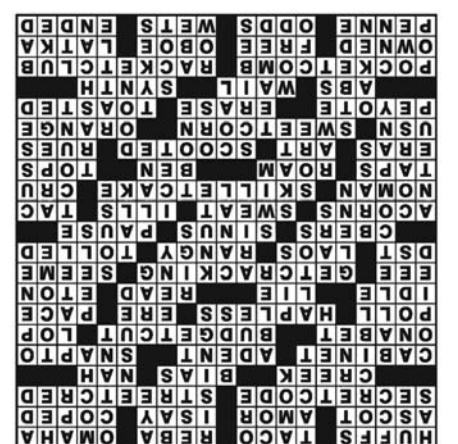
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 - 110 Luau strings
 - 111 Reprimand to Rover

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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.

Specifically, "grand cru" (79 Across), French for "great growth," designates a vineyard with a good reputation for its wine. Irish-born author Laurence STERNE (*Tristram Shandy* in nine volumes from 1759 to 1767, The Kirov Ballet Company (32 Down) was named for a Russian revolutionary; "Bolshoi" is the Russian word for "large."



Paging Dr. Frischer...

By Dr. Alan Frischer



Is it true that milk "does a body good"? I was raised on plenty of milk, and continue to drink a fair amount. I have always held that milk contains a well-balanced mix of nutrients, including calcium for my bone health. So what are the facts? There are pros and cons; let's take a look.

Milk is a great source of calcium, providing about 300 mg in each cup. Of course there are other sources of calcium, such as yogurt, nuts, turnips, broccoli, watercress, sunflower seeds, sesame seeds, soy products, and calcium-fortified products like orange juice and margarine. However, milk is one of the best nutritional sources of calcium, as it contains vitamin D, and lactose to aid in calcium absorption.

Milk provides a complete source of protein. The protein is high quality, which means that it contains all of the essential amino acids. In addition, milk is a good source of phosphorus, magnesium, vitamin A, vitamin D and riboflavin (a B vitamin).

The primary role of milk in nature is to nourish and provide immunological protection for newborns. Drinking milk in childhood and adolescence is strongly associated with increased bone mass and density in adulthood. It is essentially one-stop shopping because it contains nearly all the basic nutrients that a growing

child needs, including fats, carbohydrates, proteins, vitamins, and minerals (except iron). Whole milk is loaded with saturated fat, which can increase cholesterol levels, so low-fat or non-fat milk is your best bet.

On the negative side, many people, especially as they grow older, have difficulty digesting milk because they lack enough of the lactase enzyme. This condition is known as lactose intolerance and causes bloating, gas, and diarrhea. It is estimated that milk products lead to roughly 50% of these symptoms in adults. For most, it is easy to control lactose intolerance by taking a lactase tablet while consuming dairy products.

Milk may contain the antibiotics given to cows to treat inflammation. When we consume the milk, we absorb these antibiotics, potentially making us more resistant to them in the future when we need them to fight infection.

Milk is, on rare occasion, a cause of food allergies due to the various proteins it contains. common symptoms include vomiting, diarrhea, abdominal pain, hives, rashes, cough, watery eyes and stuffy nose. While these symptoms are more commonly seen in young children, they are also found in adults.

Hormones are used to enhance milk production in cows. One such hormone is rBGH, made by Monsanto. This hormone leads to higher levels of an insulin-like growth factor IGF-1, which a Harvard study has linked to an increased risk of prostate cancer.

Some sources discuss a possible link between milk consumption and iron deficiency anemia in young children, as well as to a risk for breast cancer and heart disease. Current data is still sparse, but emotions run high, and research is continuing.

There is debate concerning whether organically-reared cows yield milk with higher levels of nutrients. The advantages of going organic are still being investigated. Proponents claim that these cows eat large quantities of fresh grass and produce milk which is on average 50% higher in vitamin E, 75% higher in beta carotene (converted to vitamin A in our body), and has two to three times higher antioxidant levels than non-organic milk. Others claim that government standards are strict and that these standards ensure that non-organic milk is just as pure, safe and nutritious.

Milk consumption certainly shows a disturbing trend. By the time the average American girl, for example, reaches her 19th birthday, she'll be drinking three times more soda and 25% less milk than she did when a child. This bodes poorly for that average girl's future risk for osteoporosis. Is this trend related to current concerns over milk, or a greater desire for soda? Surveys indicate the latter.

Overall, I recommend that milk should play an important part in our diet, regardless of age. Low-fat and non-fat milk are low in fat and clearly do the body a great deal of good. At the recommended level of consumption of three eight-ounce glasses per day for growing children, and less for adults, we are providing our bodies with needed calcium, protein and vitamins.

I wish you great nutrition and bone health. Bottoms up!

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.

D.O. clinic in Downey underutilized benefit

By Rita Shertick, RN

When I first came to work at Downey Regional Medical Center, I was thrilled to learn they were a D.O. (doctor of osteopathic) training hospital, having experienced their healing previously at another D.O. hospital.

Any sore muscles, crick in my neck from sleeping the wrong way, etc., I took the first available appointment for treatment. The clincher for me was having seen my personal physician for 10 years for a chronic sprained ankle. He gave me a brace, wrote a prescription and said I had to learn to live with it, be careful and try not to sprain it again.

What I lived with was limited motion and pain in my ankle, especially while swimming and climbing out of the pool. I mentioned it to the doctors at my OMT appointment three visits later and I was walking, swimming and climbing pain-free.

With OMT - osteopathic manipulative treatment - the doctors put their hands on your muscles and joints. They are trained

to feel abnormalities in the connections and using techniques including stretching, gentle pressure and resistance, they diagnose and treat illness and injury. They take the old saying, "The neck bone is connected to the...bone, all the way to your toes," seriously. They work to put the body back in alignment - the way it is supposed to be - before someone lifts something that's too heavy or pushes and/or pulls too much.

The D.O. has almost identical training as the traditional medical doctor. Either one can specialize in any branch of medicine they choose, from dermatology to obstetrics. They both need to pass almost identical state boards for their license to practice medicine. But the philosophy of the D.O. is slightly different, focusing on the unity of all the body parts, with emphasis on the musculoskeletal system. To me, it's a system that works.

My current problem is my knees; I squat and can't get up without holding onto something.

At my age, arthritis is setting in. Instead of giving in and taking a pill, the OMT clinic is working on it. The last two visits, they worked on my legs and showed me exercises for strengthening. They also watched me to make sure I did them properly. Did I mention each visit is approximately 45 minutes, one-on-one with the doctor? When was the last time a doctor was in the room with you, listening to all your comments about your physical well-being and discussing your lifestyle, and worked with you to analyze changes necessary for optimal body function?

The clinic's official name is Osteopathic Center for Well-Being. They are located at 11411 Brookshire Ave., Suite 304. Some insurances do cover visits; I think all insurances should. Their phone number is (562) 869-2200. Rita Shertick is a registered nurse with a Bachelor of Science in Nursing. She has been a staff nurse at Downey Regional Medical Center for four years.

DRMC golf tourney May 14

DOWNEY - The 25th annual Golf Classic to benefit Downey Regional Medical Center will tee off May 14 at the Rio Hondo Golf Course.

Individual golfers can participate for \$200. Dinner-only tickets are \$50.

Sponsorship opportunities are available and range in price from \$150 for a tee sign to \$7,500 as a grand sponsor.

For more information, contact annette.dickerson@drmc.org.

Colon cancer topic of lecture

CYPRESS - Pioneer Medical Group will host a presentation on colon cancer Thursday at 10:30 a.m. at the Cypress Senior Center, 9031 Grindlay St.

Dr. Valentina Dalili will lead the lecture and offer suggestions on the best way to prevent the disease.

For more information, call the senior center at (562) 229-2005.

California worst in meeting community healthcare needs

Leading healthcare advocates and civil justice groups Thursday urged legislators and Governor Schwarzenegger to pass SB 726 (Ashburn), legislation that would expand and extend a pilot program under the Medical Board of California, allowing hospitals in rural and low-income communities to directly employ needed physicians. The pilot program would provide doctors in identified high-need areas stable employment, benefits, and financial stability - eliminating barriers to treating uninsured and government insured patients.

"Findings show that California leads the nation in areas with severe doctor shortages. Three California communities - Fresno, San Joaquin and Kern - rank among the 10 worst in the nation in terms of unmet healthcare needs," said Ralph Ferguson, president and CEO of the Association of California

Healthcare Districts.

According to Health Access, California's healthcare needs are more complex, acute and urgent than in many other states: 6.5 million Californians are uninsured; workers are less likely to have employer healthcare coverage; more workers are low-wage earners; and 7 million Californians depend on Medi-Cal or Healthy Families. Patients in many communities - especially rural and low-income - do not have access to doctors because the healthcare facilities that serve them cannot hire doctors. According to the California Medical Association, 70% of doctors do not treat Medi-Cal insured patients because Medi-Cal reimbursement covers less than half the cost of care.

"With millions of Californians uninsured and facing other barriers to getting care, we need health reform—and in

the short term, we need to be creative in finding solutions. One step is to rethinking some of the limits on physician hiring, so we can facilitate doctors working in low-income and rural communities," said Anthony Wright, executive director, Health Access California, the statewide health care consumer advocacy coalition.

"After years of studying California's ban on direct physician hiring, I am convinced that it contributes significantly to doctor shortages in rural and lower income communities. The rate of preventable hospital admissions in these high-need areas is 60% higher than in lower-need areas," said Dr. Larry L. Bedard, former president, American College of Emergency Physicians and former chair, California Medical Association Corporate Practice of Medicine Advisory Committee.

"SB 726 is our best chance to

make meaningful improvement to California healthcare policy now, at no cost to California taxpayers. By bringing more doctors to medically underserved communities we can lower the burden of health care costs, both human and economic," said Senator Roy Ashburn (R-Bakersfield), the bill's author.

"Lifting the physician hiring ban for hospitals in high need and rural communities - a practice approved by the American Medical Association, the Medical Board of California, and common and effective in 45 states - would improve healthcare access for all Californians."

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For Downey, title defense will be difficult

■ **BASEBALL PREVIEW:** Vikings have only 5 returning starters from last year's championship winning team.

BY SCOTT COBOS,
STAFF WRITER

DOWNEY — With a San Gabriel Valley League title and a fantastic season, only losing one game at home, for Downey baseball, it makes you wonder what's next. But with 12 of 17 players on last year's roster graduating, the question from what's next goes to what's coming.

The Vikings, 23-7 overall and 12-3 during their league champi-

onship run, will have to replace the likes of league MVP Chris Munoz who led the team in most offensive categories including batting average, homeruns, and hits, and Ivory Thomas who was given a scholarship to Cal State Fullerton and led in runs scored and stolen bases on the team.

Munoz was also the Vikings best pitcher with Jesse Silva being their No. 2 guy. Both of them graduated and both had sub 3.00 ERAs (Silva was at 2.18 and Munoz was at 0.87).

The next best pitcher and presumed ace for this season will be Jeremy Ruiz. Last year, Ruiz held his own on the staff putting up a

2.37 ERA, allowing only a .220 opposing batting average which was second best on the team.

He pitched 44.1 innings which wasn't too far off from Munoz's 64.1 or Silva's 57.2, so it could go without saying that his workload will increase, but not by that much. If Downey is to be successful again, they'll have to ride the arm of Ruiz back to the top of the mountain.

The biggest question for Downey this year will be whether or not they have enough offense. Again, 12 of 17 players from last year's team did graduate and big holes will have to be filled.

Downey had 11 players last

year bat over .300 on the season with six of them batting over .400. Out of the 11 players that batted over .300 only first baseman Anthony Roller and shortstop Alex Jimenez are returning to the lineup.

With many of the rest of the team being junior varsity players from last year, you just don't know what you're going to get from a bunch of inexperienced players. Downey will still have a good program, but with the loss of so many starters, a successful defense of their league title will be nothing short of challenging.

Tiger Woods, COME BACK!



SCOTT COBOS

I'll say it. I'm not afraid to say it. In fact, I'll say it in the most infuriating way that I possibly can. Tiger, I miss you. I don't care what you did, please come back to golf.

It's been a few weeks now since Tiger Woods invited a select few reporters to join him at the TPC Sawgrass clubhouse, which is also home of the PGA of America's headquarters to apologize for his transgressions in his personal life.

He stood there, in front of his friends, family, and....well that's it when I think about it, considering he didn't allow reporters to ask questions which I'm assuming meant that they were his friends as well, and talked to us about the past few months that he went AWOL.

He talked about the numerous times he cheated on his wife. He talked to us about how he was disgusted with himself and that he feels as if he disappointed his friends and most importantly his family. He curiously ranked his sponsors over his foundation that he runs.

He did all of this candidly, sometimes robotically, but what are you to expect from a man who never had a normal life. I'll stand here and defend Tiger's inner self and ask that you try having a camera in your face since you were as young as 15 years old.

Tiger didn't have a chance to grow up and the man we see today is the man that in a way we all created. Then again, Earl Woods I'm sure had a huge part of sculpting who he is as well, but probably would not have allowed Tiger to go as awry as he did.

But that's beside the point. It's time to move on. Cool, he apologized, lets play some golf. Many people put too much stock into the individual that he is off the course, saying that he has a responsibility to all of those who put him up on that pedestal.

Guess what? He technically has a responsibility to only one person: himself. Yes, we want him to succeed personally as he does professionally, but that's really up to him. We can't force him to be a good husband or a good father. We can

affect the way he plays golf though. We can jeer him, we can cheer him, but whatever we do, Tiger is a once in a lifetime prodigy in the sport he plays. He'll play great for a cheering crowd, he'll take it personally and destroy the field in front of a hostile crowd.

Whatever the case may be, Tiger is good for golf and he's needed back immediately. I really don't care what he did off the field. In fact, I've had some of the more funny conversations with my friends (all of them who are pretty well versed in sports and do nothing but watch SportsCenter) about the situation.

We were hanging out one day talking about Tiger's indiscretions and one of them sat back and in a straight face asked "All-time player? (No, not athlete player. Ladies man player is what he meant) Or, worst cheater ever?"

All of us had a good laugh at the question and a lot of us actually said all-time player. But the point being made here is not that we're all chauvinistic pigs, but it's the point that we all just don't care what he did off the course.

Yeah, he sucks as an individual and is about as warm as an ice cube in the middle of Antarctica, but we really don't care.

Actually, the best question asked during the conversation was whether or not Tiger would be a better villain or a better hero. Let's really think about it for a second. Tiger has never really given us a reason to love him, other than winning.

It's nice that he has a foundation that helps out youth off the course, but other than that, what has he done? The only thing I can think of is want to play better golf, or buy some golf attire.

So why not let him be a villain? He'd be the best villain out there. Right now, who do you have on the course that you would consider an anti-hero on Tour? Phil Mickelson? Nope, Lefty just tells it how it is and he's more of a loveable-type. Rory Sabatini? Negative. You actually have to be in contention for us to even care about you and last I checked, Sabatini is closer to having to go back to Q-School than winning a major. How about John Daily? He's more likely to destroy himself before anything happens and he said that he's close to being done with professional golf.

The game needs a villain. Why not Tiger? He'd be the guy you love to hate, but would break every record in the game and win more money than any player in the history of the game.

How awesome would it have been if he came out during his press conference and said "I'm sorry I let you all down, but now that's said I'm coming back," drop the mic, and strut off the stage?

The whole world's breath would have been held, the buzz immediately after everyone exhaled would have been like nothing ever seen, and golf's popularity blows up 10 fold.

Unfortunately, that's not what we're going to get. We'll get Tiger back at the Masters hopefully like Jack Niklaus said (when Jack talks, we listen, period). And we'll stand witness again to the best that's ever played. And of course, he'll do it in a classy, respectful to the game way.

But hey, at least we get our Tiger back. But one last thing Tiger, if you cheat again, do a better job of concealing it. If you do anything of question, make sure you have it sealed to the public's eyes. While I can say that I would never do anything you did off the course, I really don't care. I just want to see you swing a club. So hopefully, we'll see you soon.

Baseball isn't Warren's strongpoint

■ **BASEBALL PREVIEW:** Pitching will need to improve if Warren hopes to break .500.

BY SCOTT COBOS,
STAFF WRITER

DOWNEY — Warren baseball continued its struggles last year compiling a sub-.500 record at 11-14 overall and 7-8 in San Gabriel Valley League play. The Bears again missed the playoffs for the fourth consecutive year and are hoping that the 2010 season will bring them their first berth in the Paul Alvarez era.

Alvarez, in his third season as manager of the Bears, has seen improvement from his previous two seasons. In his first season, the Bears finished 6-9 in league play. In his second season, they finished a game better with a 7-8 league record.

Hopefully the third time is the charm, but there are many ques-

tions that need to be answered about a relatively young and inexperienced team.

The Bears had nine players graduate last year, one of them their best pitcher, and the other their best hitter.

Last year, their two best pitchers in Chris Cota and Daniel Catalan combined for 58 innings pitched, most on the team, but struggled still. Cota graduated last year, so Catalan this year will be expected to suck up more innings.

But even if Catalan is to improve on last year's numbers, the pitching staff as a whole will still be a question mark. The question is not whether or not they will have enough pitchers but rather if they will all improve.

The Bears used nine different pitchers last year, putting up a high 5.58 ERA, one of the highest in the league just ahead of Dominguez and Lynwood.

Young pitching will be the key

this year for the Bears with the hopes that some young fresh arms can come in and help the staff.

Giving up over 5 runs a game means you need to be able to put some runs up on the board, and Warren didn't have much trouble with that last year. The Bears averaged just over 4 runs per game, only being shutout once and no-hit in the same game against the Downey Vikings and league MVP Chris Munoz.

The Bears batted .283 as a team, a very strong average, and a .401 on-base percentage, which again is very good. If the Bears want to contend this year, they'll have to improve on these numbers or at the very least replicate them.

Warren's biggest concern this year though has to be their defense. Last year they averaged over two errors a game which could mean the difference between a big inning and getting the third out.

If Warren can field the ball bet-

ter than last year, they'll be in the thick of things to compete for a playoff spot. While a league championship would be great, that goal may be just a little out of reach for at least another season or two.

One thing is for sure when it comes to the Bears, and its that they always seem to make a late season charge. In Alvarez's last two seasons while the win-loss record might not say much, the scores and statistics do. His teams in the last five games of the season normally always see an increase in batting average and run production and see a decrease of ERA.

The Bears can do some damage in the league if they're able to consistently play good defense and hit the ball a little. Don't be surprised if they're right there in the end.

Knights advance to Elite 8

DOWNEY — The St. Raymond's Knights boys' varsity basketball team won their first three playoff games to advance in the Los Angeles CYO tournament.

The Knights defeated St. John Chryostom, 50-31, and came back the next day to beat St. Louise De Marilla, 52-34, to advance to the Sweet 16.

The Knights went into their next game against the St. Rita Raiders as heavy underdogs but outlasted them for a 42-39 upset.

St. Raymond's will now advance to the Elite 8 for the first time in school history.

The Knights will play Providence High School in Burbank tomorrow at 12 p.m.

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Vikings impressive as season nears

■ **BOYS LACROSSE:** Downey 2-0 is preseason games.

By **ALYSSA WYNNE,**
SPORTS INTERN

DOWNEY – Downey boys' lacrosse team is off to a fresh and quick start after dominating over Los Angeles Jordan last Friday, 21-1, and again on Monday against St. John Bosco High, 18-1, albeit preseason games.

"As my coach says, it's a practice game, meaning it's practice but in a real life situation, in a real life game," said returning middle Spiro Pieratos about the Jordan game. "We weren't expecting them to be any better than they were."

By the conclusion of the first half, Downey had a 10-point lead and while being a talented bunch, it was much more that expanded the lead. The boys went all out by doing what was expected of them and by stretching the offense, said Pieratos. Towards the conclusion of the game, tempers started to flare a little and Jordan started committing fouls.

The Downey boys that remained on the line during the game continuously yelled "turtle" to remind the players about an offensive play and keep them on check. This seemed to help immensely for attacker, Joseph Silva, who scored 4 points, middles Leo Marquez, George Martinez, and Pieratos who scored 2 points each. After a year absence from Pieratos and a 2-year hiatus from Marquez, these goals were unexpected but praiseworthy.

Monday's game against Bosco was the first one since 2005 and Downey was unsure of what to expect from a team none of the current players have ever played against. Playing almost like they were walking on egg shells, the game was scoreless in the early going.

During halftime, Downey boys lacrosse head coach Scott Witkin explained to the boys that Bosco was not that good, and definitely not better than Jordan. With this knowledge and reassurance, the boys pulled together and ran the offense. They scored 11 goals, with help from Marquis Mustin with 2 points, Marquez with 3 points, and Silva with 6 points, and ended the game strong with an 18-1 blowout.

"I came down and I had an open shot," said Pieratos after the Bosco game. "But I also saw an open player, a brand new player to varsity, and I decided to pass it to him and he scored."

Wrestlers taking on teachers

DOWNEY – Downey High School's CIF champion wrestlers will grapple with teachers in a fundraiser March 25 in the school gym.

Admission is \$5 pre-sale and \$7 at the door. Proceeds will go towards the Pennies for Patients drive benefiting the Leukemia and Lymphoma Society and help wrestlers pay for their championship rings.

The event begins at 6 p.m.

Vaaulu looked upon to lead young Bears

■ **SOFTBALL PREVIEW:** Young Warren team looks to build off last season.

By **SCOTT COBOS,**
STAFF WRITER

DOWNEY – Last year, Warren softball brought home a San Gabriel Valley League title after going 19-10 overall and 9-1 in league. They were then eliminated in the second round of the CIF playoffs against would-be CIF champions Tesoro, 2-1 in extra innings.

The most interesting thing about their final loss last year is that they were the only team in the playoffs to score a run against Tesoro. But what makes this even more interesting is that only two of 11 returning players are seniors this year.

Outfielder Hannah Zarate and Sacheen Contreras are the only seniors on a team that could potentially grow into a CIF championship caliber team. Duly noted as the captains of the team, they will lead one of the best offenses in the league to hopefully another league title.

One thing that the Bears will not be missing this year is pop in the lineup. Tina Iosefa, Molly Odom, Franny Vaaulu, and Arianna Palomares are Warren's four best hitters. All four of them last year

combined for a .413 average, with 70 RBIs, and seven homeruns.

Being a year older and a year wiser, it's possible that those numbers will increase. Warren manager Mary Starksen must be happier than a kid on Christmas morning because of this fact: the oldest player of her four best hitters is a junior.

Lets focus on the heart of the lineup for a second. Vaaulu, one of the juniors on the team, was second in batting average at .427, led the team in homeruns with five, led the team in RBIs with 22, was second on the team in on-base percentage at .458, and led the team in slugging percentage at .800.

She is most notably remembered for last year's heroics in one of the final games of the year that essentially wrapped up the SGVL title for the Bears when she hit a late inning homerun against the Downey Vikings, giving them the lead.

It was something so special that even Downey manager Micah Karzen still remembers to this day as he commented on it last week during an interview about his team.

Exactly how special is Vaaulu to this team? Well to put it in one word, extremely. Vaaulu not only supplies the Bears' lineup with a Barry Bonds effect (minus the

steroids and controversy obviously) but she also locks down the opposing teams' lineup.

Vaaulu, along with Hannah Whitney, make up the returning pitching staff from last year. Whitney in her own regard held up great against opposing teams compiling a 3-1 record with a 4.02 ERA allowing a .216 average, .252 opposing OBP, and pitching 31 innings.

Vaaulu though went above and beyond that. She put together a 14-6 record, 1.65 ERA, .152 opposing batting average, .306 opposing OBP, and pitched close to quadruple the amount of innings Whitney pitched, notching 119 frames.

But a great pitcher is not built on just strikeouts alone. As a team, Warren had a .945 fielding average, only second best to Downey's defense, but not by much. Palomares, like every shortstop, will be leaned on to help anchor the infield defense. Last year, she fielded .950 of balls hit to her cleanly, committing only six errors out of 64 chances.

It's hard not to see Downey and Warren going No. 1 and No. 2 in league this year, and while Karzen said that he believes his team can snatch a league title from Warren, he'll obviously have to go through the defending champs first.

Warren ready to make a splash

■ **WATER POLO PREVIEW:** Bears preparing for upcoming season.

By **JOSEPH APODACA,**
SPORTS INTERN

DOWNEY – There is no escaping the water for the Warren Bears, who after completing successful seasons of water polo earlier this year are ready to make waves once again this swim season.

The boys' head coach Joy O'Dowd and girls' head coach Josie Cordero have not stopped training their swimmers, working them hard during water polo season and now transitioning into swim season. The Bears fared very well throughout water polo season, with the boys edging out the Vikings 7-6 in the fall while the girls, though successful against other teams, lost to the Vikings 10-6 in February.

The coaches have put a lot of focus on getting their team members out of the water polo mindset and into a swim one. Where water polo is an agility based sport, swimming becomes much more straightforward. The focus shifts from six-on-fives to one-on-ones, where the mind of a swimmer is focused on one event at a time. The boys and girls have been practicing their breathing techniques, which are essential to keeping good record times as well as flip turns at the wall which can also shave off a couple of seconds from any event.

"Right now, the girls are out of shape (swimming wise) and so I'm spending more time on the mechanics of their strokes and taking care of the little things that make a big difference in a race," said Cordero.

The girls are no doubt ready for their races this season. Jessica

Hancin plans to take part as middle distance freestyle swimmer & in the 100-meter backstroke. Danniella Flores, who jumps around through several events, will focus mainly on the 200 IM and 200-meter backstroke. Rounding out the Bears' top girls include Saree Waugh, a middle distance freestyle swimmer, Ivana Castro, a sprinter & middle distance freestyle and 100-meter butterfly swimmer, and Star Meza, a freestyle sprinter.

The boys are also ready to make a big splash this season with

the help of coach O'Dowd. Among many others, Joshua Hancin will swim the 50-meter freestyle and 100-meter breaststroke events and Dustin Yi will participate in the 200-yard IM event.

Though the season has only just begun, the Bears are looking forward to the weeks ahead, as far as April. The Bears, especially the ladies, are particularly looking forward to the meet against the Downey Vikings, where last year the lady Vikings took the league title.

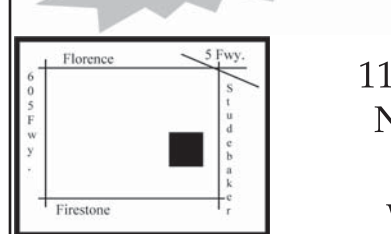


The Downey AYSO 10U boys' all-star team won the Southern California Regional Playoffs held Feb. 20-21 and will compete in the state championships March 28 in Bakersfield, where they will face the top teams in Northern and Central California. "We are excited, motivated and proud to continue representing our city and hopefully bringing the state championship home to Downey," said head coach Manuel Rincon. The team includes Isaac Rincon, Sebastian Perez, Bernie Sosa, Nick Correa, Alain and Brian Hernandez, Luciano Veron, Valentin Felix, Danny Lozano and Bryan Herrera. Team managers are Emma Sosa and Darlene Correa, and coaches are Manuel Rincon, Leonel Perez and Guicho Lozano.

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Baiting crab traps with rockfish carcasses?

Q: I belong to a popular fishing forum on the Internet, and most of my fellow sport fishermen say that when they bait their crab traps/pots, they can use whatever bait they want. Many people are using the carcasses from regulated game fish, such as rockfish, after the fish have been filleted. During previous salmon seasons, they used salmon carcasses, too. Isn't there something in the regulations about this subject? If a person saves their fish carcasses in their freezer, for instance, and then goes out and uses those carcasses in their crab traps, isn't that still considered as "possession"? If I put out crab pots baited with rockfish carcasses, spend the day catching my limit of rockfish and then come back to pull my pots to head back in, I not only have my legal limit of fresh rockfish, but also a bunch of other rockfish carcasses. And what about having those carcasses when a fish isn't even in season?

A: Generally, portions of the fish that are normally discarded after cleaning do not count toward a possession limit. For example, let's say you catch 10 rockfish. When you clean them, you end up with 20 fillets and 10 boney carcasses in your possession. Most people would discard the 10 carcasses, minus the fillets, and keep the 20 fillets to eat. The 20 fillets are your possession limit of 10 rockfish. You can keep the 10 carcasses for crab bait and these carcasses would not count as part of your rockfish possession limit.

According to Department of Fish and Game Lieutenant Dennis McKiver, to eliminate any questions or confusion when you go out crabbing and fishing for rockfish, set your crab traps baited with rockfish carcasses first. Then, at the end of the day when you are returning with limits of rockfish, you can pull your crab traps and discard the used rockfish carcasses before returning to port. Otherwise it may look as though you went out and caught a limit of rockfish to use as crab bait and then continued to catch another limit of rockfish to take home. People have been caught and cited for doing this.

Also, make sure that any fish carcasses you use are from legal fish. Many crab fishermen get cited because the carcasses they are using are from undersized salmon, lingcod, cabezon, greenling or other fish with size limits, or from cowcod, canary, yellow-eye or bronze-spotted rockfish or other restricted species. They may tell their friends they got cited by the warden for using a fish carcass as crab bait, but the real story is that they got cited for the illegal take and possession of restricted fish.

Q: While fishing for steelhead on Carmel River, I came across a 4-point buck that had been dead for at least three months. Given that it was in deep brush, I am guessing a mountain lion had gotten him. Is it legal to take the head with perfect rack and give it to someone as a gift?

A: No, this would not be legal. If the antlers were sheds (naturally detached from the skull), then there would be no problem. However, for any other deer parts, even if this deer was found dead due to predators or natural causes, it is not legal to possess any portions of that animal. Deer may only be possessed if taken by a licensed hunter with a rifle, shotgun, pistol, revolver, muzzleloader or with archery equipment. Otherwise, especially with a deer carcass picked up out of season, it would be impossible for a game warden to know whether this was a deer that had been found dead of natural causes or had been illegally poached.

Q: Is it legal to buy or sell a stuffed rattlesnake or rattlesnake skins in California?

A: No, buying or selling a stuffed rattlesnake or native reptiles of any kind is prohibited. In general, it is also unlawful to capture, collect, intentionally kill or injure, possess, purchase, propagate, sell, transport, import or export any native reptile or amphibian, or part thereof. Native rattlesnakes are not included among these species and therefore may not be commercialized. The only exception for selling or buying rattlesnakes is if the rattlesnake is albino or albino captive bred or if collected by a biological supply house authorized to supply research and educational facilities. *Carrie Wilson is a marine biologist with the California Department of Fish and Game. She cannot personally answer everyone's questions but will select a few to answer in this column each week. Contact her at CalOutdoors@dfg.ca.gov*

New football league holding sign-ups

DOWNEY – The Downey Mustangs, an upstart youth football and cheer organization, will hold registration for its inaugural season tomorrow at Downtown BBQ, 11045 Downey Ave., from 10 a.m. to 2 p.m.

Disc jockey DJ Felli Fel and the Power 106 Flavor Unit will be in attendance, organizers said.

Flag football registration is \$100, tackle is \$175 and cheerleading is \$95. The league is open to children residing in Downey, Bell Gardens, Hollydale and Pico Rivera.

For more information, visit www.downeymustangs.org.

Razorbacks continue sign-ups

DOWNEY – Downey Youth Football will hold registration for its 2010 season tomorrow from 10 a.m. to 2 p.m. and Furman and Apollo parks.

The league is open to boys and girls ages 5-14. Registration is \$160 for tackle, \$100 for flag and \$100 for cheerleading.

For more information, call (562) 928-6081 or (562) 335-5825.

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Service set for Sarah Durkee

DOWNEY – Former Downey resident Sarah O. Durkee passed away March 5 at Northern Inyo Hospital in Bishop, Calif.

Durkee was born Jan. 2, 1918 in Des Moines, Iowa. She moved around to many different states during her childhood, including Colorado and Missouri.

She moved to Downey in 1946 where she met Bob at the Downey United Methodist Church, where they had remained members. She was active in the church and sang in the choir.

She was also active in PTA at Alameda Elementary, South Junior and Downey High School, receiving an honorary life certificate for her service. She also sang with Mothers Singers in the 1960s.

When and Bob retired, they moved to Bishop in 1963.

She is survived by her sons, Raymond and Donald Durkee; daughters-in-law, Vivian and April Durkee; and grandchildren, Matthew and Alison Durkee.

A memorial service will be held at Downey United Methodist Church on Saturday. Any contributions may be sent to Downey United Methodist Church, 10801 Downey Ave., Downey, CA 90241, or Friends of the Inyo, 699 West Line St., Suite A, Bishop, CA 93514.

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Madariaga's focus is jobs, jobs, jobs

By Henry Veneracion, Staff Writer

A fresh visitor to the Downey Adult School at Woodruff and Imperial will be hard-pressed at first to locate H-61, the offices of the school's Career One Stop Center, but once it's located, it may well be one of the most friendly and accommodating places in the entire campus.

There, where OLPH, St. Joseph's High, and Loyola Marymount grad Karina Madariaga presides, students with their unique training and more often than not financial aid needs come and seek counsel from the 'Job Developer' lady. She reports to assistant principal Blanca Rochin.

The job description of Karina's title embraces assisting students with resume writing, preparation of cover letters, and filling out job applications, as well as mock interviews ("A common problem is simple nervousness," she says); giving classroom presentations; maintenance of an online job board; and handling case management work for special program students, such as those referred by EDD, WIA, etc. ("These are handled on a case by case basis").

Her job also includes career counseling, advising students on what career choices may be appropriate, based on their past experience, current needs, and future expectations.

A third dimension of Karina's job, and the one that takes the most amount of time ("This is huge," she says), is helping students with financial aid issues, helping them with PELL grant applications, for instance. She now also keeps the lines of communication open with the Downey Federal Credit Union, with which DAS has just started partnering to serve students, on how they can best be served by DFCU.

Thus students taking classes at DAS have these three possible funding sources: federal funding (PELL grants), state funding (through EDD), or self-funding (now with an assist from DFCU).

As far as career counseling is concerned, Karina says not a day goes by without her advising someone that today computer skills are the typing skills of yesteryear, and therefore if one is contemplating advancement in practically any employment area, one will be wise to gain facility in it.

Right now, she says, in addition to the extremely popular offerings in the medical/dental area, many students are enrolled in general office/office skills courses, as these



lead into such useful and gainful employments in customer service, data entry, business communications and accounting. These seem equally recession-proof, she contends.

Meanwhile a common refrain is heard from her students, such as this one from a happy 'customer': "I have to thank EDD for referring me to this place. Cost-wise, the programs are least expensive here, and the place is not conducive to stress. What's more, what you acquire here can readily be passed on to your family."

She's of course very aware of the administrative realignments now taking place at the district, sending heretofore DAS principal Roger Brossmer to his new assignment at district headquarters come July 1. "I'm excited that Phil Davis is coming," Karina said. "This will mean an excellent match for the school because of his ROP [stewardship]."

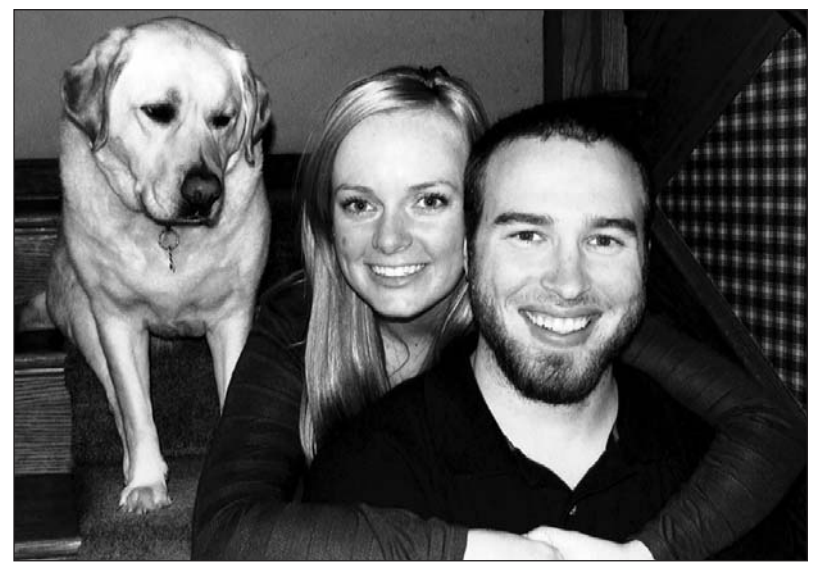
Born to a Basque father and a half-Italian, half-Argentinian mother, Karina has had her share of traveling (to 15 European countries). She says she loves to read

(mostly historical novels), loves languages (a French major, she spent the summer at the Sorbonne following her graduation from LMU), and is unmarried (she says she's happy in her current relationship). A sister, Bernice, works also at DAS in the front office, while another sister also lives here in Downey.

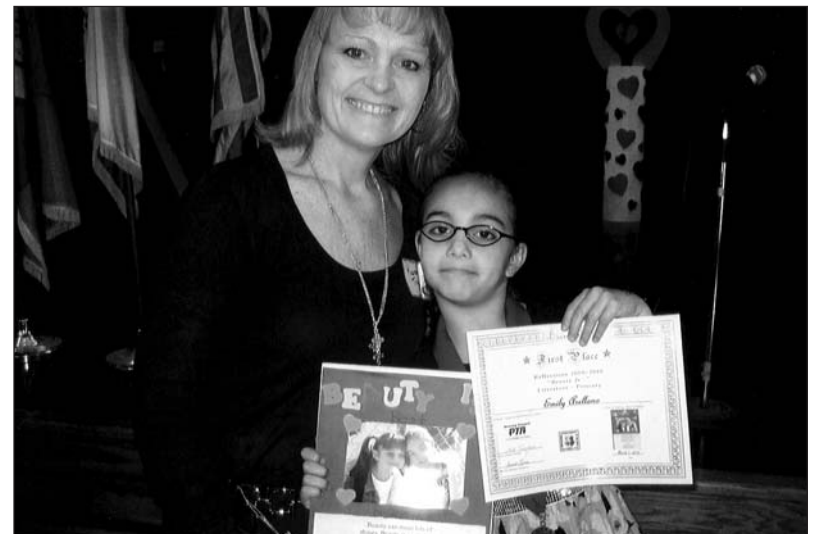
Four times a week, she teaches a dance-based aerobics class called "Zumba" in Anaheim (she also conducts classes on the web).

A lifetime resident of Downey, and a past member of the Soroptimist International of Downey (scheduling conflict), she is the current president-elect of the Downey Los Amigos Kiwanis, the club's first woman president.

She says that as far as her resources will allow, she intends to "care for the community that nurtured me."



Mr. and Mrs. Greg Boone of Downey have announced the engagement of their daughter, Amanda Boone, to Dustin Webb, son of Ken Webb and Michelle Amaradio of San Diego. Amanda is a 2005 graduate of Warren High School and went on to receive a Biology degree magna cum laude at Cal State Fullerton. Dustin, a 2001 graduate of University of San Diego High School, also has a B.S. degree in Biology from Fullerton. After a June wedding, the couple will relocate to Virginia where Dustin will continue his career in biotechnology and Amanda will begin her graduate studies in Forensic Science at Commonwealth University of Virginia.



Emily Arellano, a first grade student at Imperial Elementary, won the PTA Reflection Award in a literature contest themed "Beauty Is..." Her poem follows: Beauty can mean lots of things/ Beauty is everything/ It's always around you/ Beauty is making someone happy/ Always seeing a smile/ It's also having a good heart/ It can mean.../ Trustworthy, Respect, Responsibility, Fairness, Citizenship and Caring.



The OLPH Women's Guild will honor its past presidents at a St. Patrick's Day luncheon tomorrow at 11 a.m. the Rio Hondo Event Center. Admission is \$20 and includes a meal and door prizes. Irish dancers will entertain. Pictured above are Guild members Pat Montero, Charlene McCluskey, Polly Glenn, Bette Lloyd and Joyce Prokop.

Training for marine terminal jobs

LONG BEACH – A new training program designed for front-line managers and others interested in marine terminal operations is being offered through the Center for International Trade and Transportation at Cal State Long Beach.

Called the Marine Terminal Operations Professional (MTO), the program will focus on preparing its students with a wide range of essential skills. The program is being run by the Cal State Long Beach's College of Continuing and Professional Education.

"Marine terminals operate at every port in the world. Few experienced people apply for the jobs," said Carolyn Martin, assistant vice president for Customer Service and Public Relations at International Transportation Services in the Port of Long Beach and course instructor. "A program such as the MTO will address a huge need for professional training in a highly competitive work environment."

The program will be taught partly by industry experts and by professionals who specialize in interpersonal skills. The course is

targeted at working adults with interest in the industry, either as an entry-level manager or as a consultant or contractor with business at the ports.

New front-line managers currently learn on the job, according to Angeli Logan, director of Trade and Transportation Programs at CCPE.

"Our MTO students have to learn and be familiar with a variety of skills, from managing the gate and yard, to vessel operations, maintenance and repair, and customer service," said Logan. "They must also know and understand labor contracts, labor relations and conflict resolutions, just to name a few items taught."

The curriculum will also address the role of government agencies that impact the jobs on the dock, including Customs and Border Protection, Immigration and the Coast Guard. Learning will extend beyond the classroom and students will go on field trips to various types of terminals.

To learn more about the program, visit its website at www.ccpe.csulb.edu/citt/mtop or contact Logan at (562) 985-2872 or alogan@ccpe.csulb.edu.

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Seminary hosting reception

BELLFLOWER – St. John's Seminary will celebrate its 70th anniversary with a series of dinners at parishes throughout the Los Angeles Archdiocese, with the next one planned Thursday at St. Bernard's Parish in Bellflower.

The dinners begin with a reception and are followed by a short presentation on the history of St. John's and its mission to educate priests and lay ministers to proclaim the Roman Catholic faith.

"There are millions of Catholics living in Southern California and St. John's Seminary serves them," said Monsignor Craig Cox, rector and president at St. John's. "Since most will never be able to visit our beautiful campus, our goal with these dinners is to bring the seminary to our parishioners, to introduce our faculty and seminarians, and provide the Catholic community in this sprawling Archdiocese a better understanding of their seminary."

Thursday's dinner begins with a reception at 5:30 p.m. Tickets are \$70 and tables of six are available for \$420.

For more information, or to reserve a seat, call the St. John's Seminary Advancement office at (805) 389-2035.

Miss Bellflower seeks contestants

BELLFLOWER – Applications are now being accepted for the 2010 Miss Bellflower Competition.

An orientation meeting will be held Wednesday at the Brakensiek Library from 5:30 – 7:30 p.m.

For more information, call the Miss Bellflower Hotline at (562) 333-1629.

Chinese festival in Norwalk

NORWALK – A festival celebrating "The Year of the Tiger" will be held on the Cerritos College campus tomorrow from 12-3:30 p.m.

The event will include traditional dishes, various performances and workshops that have touches from many Asian cultures. Performances will include a traditional lion dance, songs, cultural dances, martial arts and more.

The event is free and open to the public. Parking is free in lot C-1 and C-1 in white stalls only. Food will be available for sale.

State of the City March 26

DOWNEY – Mayor Anne Bayer will deliver the annual state of the city address during a noon lunch event March 26 at the Rio Hondo Event Center.

Tickets are \$25 and include lunch.

Credit card reservations are available by calling the Downey Chamber of Commerce at (562) 923-2191.

Travel film March 14

DOWNEY – The travel film "Etched in Stone: Scotland to Provence" will be shown at the Downey High School auditorium Sunday at 2:30 p.m.

Monty Brown will serve as narrator. Tickets are \$10 and available on a first-come, first-served basis. Doors open at 2 p.m.

For more information or to purchase tickets, call (562) 904-7223.

Fundraiser for baseball team

DOWNEY – A fundraising trip to Stateline to benefit the Downey Express travel baseball organization will be held April 17.

To reserve a seat, or submit a donation, call Betty Mora at (562) 412-9113 or Dianne Pacheco at (562) 889-3816.

New Titles at the Downey City Library

Fiction

- **"Another Life Altogether"** by Elaine Beale. A keenly observed depiction of the effects of a mother's mental illness on her young daughter.
- **"The First Rule"** by Robert Crais. From the master of the crime thriller, a new novel featuring Joe Pike and Elvis Cole.
- **"Lost"** by Alice Lichtenstein. On a cold January morning, Susan, a professor of biology, leaves her husband alone for a few minutes and returns to find him gone. Suffering from dementia, no longer able to dress or feed himself without help, Christopher has wandered alone into a frigid landscape with no sense of home or direction.
- **"The Shadow of Your Smile"** by Mary Higgins Clark. At age eighty-two and in failing health, Olivia Morrow knows she has little time left. The last of her line, she faces a momentous choice: expose a long-held family secret, or take it with her to her grave.
- **"The Wild Zone"** by Joy Fielding. Bestselling author Fielding tells the chilling story of a seemingly casual bet among friends gone terrifyingly awry.

Non-Fiction

- **"Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans and Omnivores at Your Table"** by Ivy Manning. This inspiring and practical book shows how to make great meals for mixed-diet families.
- **"Carry Me: 20 Boutique Bags to Sew"** by Yuka Koshizen. Create colorful totes, laptop bags, book covers and more using patterns and fabrics suggested in this new book.
- **"Half the Sky: Turning Oppression into Opportunity for Women Worldwide"** by Nicholas D. Kristof and Sheryl WuDunn. Inspiring stories about women from developing countries who struggled to survive, yet went on to establish their own businesses to support their families.
- **"The Tyranny of E-mail: the Four Thousand Year Journey to Your Inbox"** by John Freeman. The author explores the paradox that the more we 'connect' through the Internet, the more disconnected we become.
- **"You Having a Baby: the Owner's Manual to a Happy and Healthy Pregnancy"** by Michael F. Roizen, M.D. and Mehmet C. Oz, M.D. Two doctors share answers and insights for new parents.

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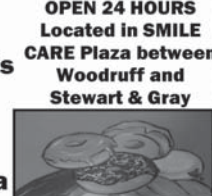
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★ **GREEN ZONE** R (11:10, 1:55, 4:40), 7:25, 10:10
★ **OUR FAMILY WEDDING** PG-13 (12:20, 2:50, 5:20), 7:50, 10:25
★ **REMEMBER ME** PG-13 (11:35, 2:15, 4:55), 7:35, 10:15
★ **SHE'S OUT OF MY LEAGUE** R (12:00, 2:35, 5:10), 7:45, 10:20
★ **ALICE IN WONDERLAND** PG (11:30, 2:10, 4:50), 7:30, 10:10
★ **BROOKLYN'S FINEST** R (10:50, 1:40, 4:40), 7:40, 10:40
★ **COP OUT** R (11:05, 1:45, 4:25), 7:15, 9:55
★ **SHUTTER ISLAND** R (12:20, 3:50), 7:00, 10:10

Times for Friday-Thursday, March 12-18, 2010

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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

FICTITIOUS BUSINESS NAME STATEMENT
 File Number 20100271099
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) Gidget's Pets Etc., 40718 178th St E, Lancaster, CA 93535, County of Los Angeles
 Name of registrant(s): Lenelle Marie Ochsner, 40718 178th St E, Lancaster, CA 93535
 Susan Therese Ochsner, 40718 178th St E, Lancaster, CA 93535
 This business is conducted by a Limited Partnership
 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/Lenelle Ochsner, Partner
 This statement was filed with the County Clerk of Los Angeles on March 1, 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
 3/5/10, 3/12/10, 3/19/10, 3/26/10

FICTITIOUS BUSINESS NAME STATEMENT
 File Number 20100285186
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) Code 3 Handyman Service, 11333 Buell St., Downey, CA 90241, County of Los Angeles
 Name of registrant(s): Erubiel Herrera, 11333 Buell St., Downey, CA 90241
 Maria Herrera, 11333 Buell St., Downey, CA 90241
 This business is conducted by a 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/Erubiel Herrera, Owner
 This statement was filed with the County Clerk of Los Angeles on March 3, 2010. NOTICE-In accordance with Subdivision (a) of Section 17920, 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
 3/5/10, 3/12/10, 3/19/10, 3/26/10

FICTITIOUS BUSINESS NAME STATEMENT
 File Number 20100285186
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
 (1) D Tech Truck Auto, 12036 Carson St., Hawaiian Gardens, CA 90716, County of Los Angeles
 Name of registrant(s): Robert Castro, 5552 Orange Ave., #A, Cypress, CA 90630
 This business is conducted by an Individual
 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/Robert Castro, Owner
 This statement was filed with the County Clerk of Los Angeles on March 5, 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).
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How to Select a Tax Preparer

Franchise Tax Board (FTB) this week offered guidance to taxpayers who plan to hire a tax preparer for the 2009 filing season.

Taxpayers are cautioned to avoid tax preparers who:

- Claim they can get bigger refunds than other tax preparers. •Delegate tax preparation work to someone with less experience or knowledge. •Ask the taxpayer to sign a blank return, or sign a return in pencil. •Base their fee on a percentage of the refund amount. •Do not provide a copy of the tax return for the taxpayer's records. •Cannot clearly answer questions about the tax return. •Refuse to sign the tax return as the paid preparer even though they are required by law to do so.

The IRS and FTB brochure, FTB Publication 982, How to Select an Income Tax Return Preparer assists taxpayers with choosing a tax professional.

The following organizations can provide information about licensed and registered tax professionals in California:

- California Board of Accountancy dca.ca.gov/cba. •California Society of Certified Public Accountants calcpa.org. •State Bar of California calbar.ca.gov. •California Society of Enrolled Agents csea.org. •California Tax Education Council ctec.org. FTB continues to pursue unlicensed and dishonest tax preparers. Last year, FTB assessed 112 penalties against tax preparers for failing to be properly licensed or registered. If taxpayers suspect a tax preparer is fraudulent, they can now inform FTB online at fib.ca.gov, by selecting "Report Tax Fraud" under "Online Services," or by calling 800.540.FILE (3453).

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Stauffer named 'Woman of the Year'

DOWNEY – Longtime Downey resident Dr. Mary Stauffer has been named Woman of the Year for the 50th Assembly District by Assemblyman Hector De La Torre.

The ceremony is held annually in Sacramento to recognize women that have made significant contributions to their communities.

"Dr. Mary Stauffer is an outstanding example of dedication to higher education. For decades, she has given her time to provide scholarships to local high school students in Downey and its surrounding communities," De La Torre said. "Dr. Stauffer is a life-long resident of the city of Downey and has demonstrated that age is not an obstacle. She is 92 years young and continues to contribute to the community."

Stauffer is a retired physician who practiced in Downey. She founded the Mary T. Stauffer Foundation, which provides scholarships to local high school students, and supports numerous educational efforts, such as Character Counts.

She belongs to Downey Rotary and is an advisory board member of the Aerospace Legacy Foundation.

Each year, the California State Legislature pays tribute to the accomplishments and leadership of women in our communities.

During the Assembly floor session, Stauffer was recognized and presented a certificate by Assembly Speaker John Perez. Afterwards, Stauffer attended a reception hosted by the Legislative Women's Caucus.

Other women recognized in the 50th Assembly District include

Rosa Rodriguez (Bell): Rosa Rodriguez has been a community leader the last 10 years in the city

of Bell. She has been a member of various school councils and actively involved in the construction of new schools.

She organized the parents at Woodland Elementary to request a roof for lunch areas and fought to replace the bungalows in the school yard. She also often organizes fundraisers for families in need.

Catherine Sanchez (Bell Gardens): She has successfully overcome many obstacles faced by a teen mother. She currently holds two jobs, and speaks to teens and

parents about pregnancy prevention and STDs.

Doreen Robinson (Bellflower): Robinson is an active member of Soroptimist and the Miss Bellflower committee. She recently took in four siblings that were assigned to Children and Family Services, caring for the children as the family went through the reunification process.

Laura Perez (Commerce): Perez donates her time to the city of Commerce Parks and Recreation Committee, Ad Hock Blue Ribbon Advisory Panel, Commerce Sister City Association and the Commerce Democratic Club.

This year, as a member of the Ad Hock Advisory Panel, she will be responsible for making recommendations concerning the financial recovery of the city. She also

See WOMEN, page 14



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Dr. Mary Stauffer was named Woman of the Year for the 50th Assembly District. She is pictured above receiving the Diakonia Award from then-mayor Mario Guerra.

WOMEN: Active in community.

Continued from page 13

serves as the unofficial voice of residents before the City of Commerce.

Leticia Guzman (Cudahy): Guzman is an active parent volunteer serving on five different school committees and is an active member of the Parents in Action group, in addition to serving with the Cudahy neighborhood watch program.

She is an advocate for quality education for students in Cudahy and has been an active volunteer the past 13 years.

Dolores Cotledge (Florence-Firestone): A longtime member of the Florence-Firestone Community Enhancement Team, Cotledge has publicly advocated for a clean and

safe Florence-Firestone.

Her relationship with the community and the Sheriff's Department has played a significant role in the reduction of crime, De La Torre said, who called her "the force that gets the community organized."

Angeles Especiales de Lynwood (Lynwood): Carmen Colin, Maria Martinez, Blanca Mendoza, Imelda Rodriguez and Juana Uribe are all mothers of children with special needs that attend Lynwood Unified School District schools.


They have for many years advocated for better support services for children with special needs and have pushed the district to provide their children with quality educations.

Esperanza Galvan (South Gate): Galvan has volunteered her time and money as a partner for the Relay for Life, Rotary Club of South Gate, the South Gate Christmas Parade and the South Gate Chamber of Commerce.

Marisol Camelo (Walnut Park): Camelo is a longtime resident and owner of a bakery shop in Walnut Park. She is president of the Southeast Women's Organization, which brings together women from the southeast cities to organize events that benefit kids.

The group organized a book fair last year as well as turkey and toy distributions that provided more than 300 families with toys and turkeys during the holiday season.

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Your Deadline April 5, 2010 Changes Everything

New Changes in the Law May Affect Your Options...

GET THE FACTS

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Banks will no longer be required to extend your **SALE DATE**.
If your Modification is **REJECTED**, you have 14 Days to begin a **SHORT SALE**.
Your Bank will now be able to streamline the process of **FORECLOSURE**.

An Informed Home Owner Makes the Best Decision.

For Example: *The National Average for Monthly Food Expense for a Family of Four is \$500.00*
Most companies offering assistance are merely filling out the forms required by Lenders without understanding the importance of the information they provide.
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