

The Downey Patriot



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Donation for fireworks show See Page 10

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

Friday, April 23, 2010

SUPERINTENDENT WENDY DOTY

Teachers, DUSD reach deal

■ Layoffs and furloughs avoided, but classroom sizes will increase.

By Henry Veneracion, Staff Writer

DOWNEY – A key provision of the master (labor) agreement between the Downey Education Association (representing certificated personnel) and DUSD ratified Tuesday is the one that increases class size in grades 1-3 from a 1:20 ratio to the maximum allowed ratio of 1:26 for the 2010-2011 school year, with class size slated to increase by one, to 1:27, for the 2011-2012 school year.

City getting hip to technology

■ From City Hall to the police department, Downey is investing in technology..

By Christian Brown, Staff Writer

DOWNEY – City officials have been initiating several changes as of late.

From public records and building permits to code enforcement notices and community services information, officials have began a deliberate effort to upgrade city standards through technological advancements.

Hoping to maximize efficiency and minimize human error, City Hall will soon computerize its records and link four separate departments together through integrated software. Similarly, the police department hopes to invest in a nearly \$120,000 license plate recognition system, which will trace the license plates of cars traveling through the city.

For Assistant City Manager Gilbert Livas, the use of advanced technology in city affairs is grounded in promoting efficiency and better service.

"We want to make sure we produce the greatest service we can," said Livas, who praised the new permit-tracking software system, a product of Accela Inc. "Permits and plans will be turned in digitally and at the click of a button, the information is at your fingertips. It streamlines the process, takes less time and saves a lot of paper." The new software, which Livas estimates will launch next month, will track the movement of cityprocessed projects, from submittal to project completion. A striking change from the city's current process of manually issuing permits, a practice that uses much staff time and makes interdepartmental communications difficult. "There was a big push from our staff," said Livas. "When you hear what other industries are doing, you sort of want that - it's like going from carbon paper to word processor."



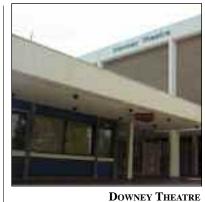
The city of Downey unveiled a revamped website last month that city officials say is more user-friendly. The city has begun a push to invest more resources into technology.

launched, supported by records management fees.

The new system will come just months after the city unveiled its new website, a change brought forth by the City Council and pushed forward by Council members Mario Guerra and Roger Brossmer. cases, it creates more leads."

In order to boost its own efficiency, the Downey Police Department has increased its use of technology, computerizing dashboard cameras in every police car, in addition to requesting a license plate recognition system that will record license plates into a database for immediate recovery at any time.

license plate recognition system. As a part of the program, police cars will be outfitted with cameras that will read plates and record the time and location, helping officers to better track cars possibly involved in a crime. "Cars are involved in all kinds of cases," Heckel said. "License plate recognition can be helpful in solving these crimes." While Livas acknowledges the aversion to change that comes with such advancements, he maintains that city staff look forward to the changes, which will hopefully minimize mistakes and make the city more effective.



Downey Theatre losing money

■ City seeks private contractor to operate Downey Theatre.

By Henry Veneracion, Staff Writer

DOWNEY – Working with community services staff, the City Council subcommittee formed last year to look into the operation of the Downey Civic Theatre has come up with recommendations to improve its utilization.

For years the theater has realized revenue from regular users such as the Downey Civic Light Opera, the Downey Symphony, the Downey Rose Float Association, Downey United School District, dance groups, and other similar cultural, educational and artistic groups.

Rental revenues, however, have

By the same token, class size for grades 4-5 will increase from 1:32 to 1:34 ratios.

Stan Hanstad, assistant superintendent for personnel services, said that, in contrast to the layoffs, furloughs and other unfortunate developments suffered by other districts in the Southland and elsewhere, the latest bargaining agreement with DEA has been shielded from layoffs, furloughs, salary reductions or loss of medical benefits.

The agreement is effective from Sept. 1, 2009-Aug. 31, 2012.

The reduction of 32 teachers, as has been previously announced, Hanstad said, is due to attrition, retirement, and the temporary nature of their jobs.

"We worked collaboratively with everybody concerned," he said.

DEA president Jeff Orlinsky thanked the board for its support and acknowledged: "We worked hard and made sacrifices, but we had a very good round of negotiations. In the end I think we came up with one of the best agreements in the state of California."

"There has been no known study signifying that increased class size has deleterious effects on students," Superintendent Wendy Doty said. "Besides, this is the best we could do, under the [tight] circumstances."

Negotiations for the bargaining agreement for classified (clerical) personnel are scheduled to open next month.

Meanwhile, the 2010-11 school year is scheduled to begin on Sept. 8.

At a cost of more than \$647,000, the Accela program will be self-sustaining once it is "We heard that the website needed to be more user-friendly," Livas said. "It's easy to get behind the eight-ball, but we wanted to provide better costumer service and do a better job promoting our services and local businesses."

While the city enhances its records and website, the police department has also brought in new technology to help accomplish its highest priority.

"Bottom line – it helps us find the bad guys," said Lieutenant Jim Heckel, who oversees the department's technology division. "The technology helps us solve criminal Utilizing a program produced by Coban Technologies Inc., the department wirelessly downloads into servers each digital in-car video filmed while officers patrol in their vehicles.

"Immediately from my desk, I can watch almost all of what is done in the field," said Heckel in a phone interview. "It works well for us and takes away human perceptions – what they [officers] saw or didn't see – it's all being filmed."

In the coming 2010-2011 fiscal year, police officials will request a

stands, that is not the only reason

John Bangle is to be remembered.

While an agrarian lifestyle might

be hard to fathom in a computer-

ized 21st century America, one

must remember that the average

"We are looking at, studying, and evaluating all of these things," said Livas. "It's all to get us to the point of being a modern, efficient city."

never approached budgeted costs. Findings indicate that the theater operation has been losing \$1 mil-

lion a year. The subcommittee, consisting of Council members David Gafin and Roger Brossmer, recommends contracting with a qualified firm to handle the overall management and operation of the civic theatre, including its scheduling, booking, marketing and ticket sales.

A best case scenario would be for some private company to produce and program substantial cultural projects to include concerts, performances and other worthwhile activities that would sufficiently attract local residents and others in surrounding communities to buy tickets, city officials said.

The consensus of opinion nonetheless is that the handsome resource that is the Downey Civic Theatre can be properly and better utilized and, as Brossmer says, be made to break even or better.

It is believed some cost mitigation comes from the golf course fund.

Councilman Mario Guerra points to the theater's significance as a touchstone of art and culture, serving not only local needs but those of surrounding areas.

"Our kids, our families, our community needs it," he said. "It is therefore important that it be kept operating." Echoing this, Gafin was quoted as saying, "We don't want to board it up."

Notices will be sent out soon to potential operators to submit their proposals according to specific guidelines. Community Services director Thad Phillips says he's optimistic that there will be takers. Proposals, he says, are due on May 28, with final selection to be announced on June 14.

Looking back on... Bangle House

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – In the fall of 1874, John Bangle decided it was time to move.

Dreaming of a rich and vast land filled with opportunity and adventure, Bangle, a native of North Carolina, and his wife, Mary Buchanan Bangle, left their log house on a cotton farm in Lafayette Springs, Mississippi for what they called a "Land of Sunshine in the Golden West."

The couple, along with their children, took the train at Oxford going to Omaha, Nebraska and from there by immigrant train to San Francisco. Because there were no trains that ran south to Los Angeles during that time, the Bangles had to board a ship that brought them down the Californian coast to San Pedro. After days of travel, the last train ride would carry the Bangle family into Downey, a developing farming community where they would revolutionize agriculture, provide a detailed history of the city and construct a two-story frame house that still stands today.

Shortly after arriving in Downey, John Bangle bought 60 acres of ground on the east bank of the Old San Gabriel River, now known as the Rio Hondo. Except for a two-room California boxhouse and a water well, the property was barren. Bangle, a skilled farmer with years of experience, cleared the high land of cactus and wooded growth and planted corn.

In 1880, he built a two-story home for his growing family and today, the 130-year-old Bangle house is the oldest home in Downey at 7810 Bangle Rd.

Although his custom home still



PHOTO BY CHRISTIAN BROWN

Downey resident living in the late 1800s had to live off the land.

Financial stability for many was determined by the strength of one's crops.

See BANGLE, page 4

The Downey Patriot

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Four educators named 'Teacher of the Year'

Downey Masons honor local teachers.

BY HENRY VENERACION, STAFF WRITER

DOWNEY - The Downey Board of Education Tuesday heard presentations honoring four teachers for being named "Teacher of the Year" awardees by the Downey United Masonic Lodge #220.

This year's awardees represented each of the three DUSD high schools, and included a representative of the Special Education department.

The awards were announced by the Masons' master Bob Udoff.

Recognized were Gallatin Elementary's Joy Reppert, Sussman Middle School's Tony Reyna, Columbus High School's Virginia Comer, and Special Ed's Marcia Curran.

In her commendation, Gallatin principal Dr. Rani Maline-Bertsch said kindergarten teacher Joy Reppert, who worked in the retail industry for 18 years prior to her

arrival at Gallatin, is "truly a joy to her colleagues and friends" and known for her "passion for teaching and a great love of kids."

Sussman principal Gloria Widman said this of Sussman's band teacher Tony Reyna, whose band students number more than 200: "Tony consistently brings out the best in each of them." Indeed, Reyna, "who is at his best with jazz," has guided Sussman advanced student, Kevin Valencia, to win first chair baritone sax in the prestigious All California State Honor Band competitions in which more than 700 students competed, said Widman, who is retiring this year.

Columbus High principal Kathy Succa characterized 24-year teacher Virginia Comer as someone whose dependability, honesty, reliability and, most of all, compassion, is the perfect antidote to the often sad home environment many of the students have to deal with but that her "love for teaching and nurturing is evident." Comer herself said: "I love being a mom to the kids and teach them at the same time. The kids respond to this."

In describing the accomplishments of speech and language pathologist Maria Curran, retiring program administrator for special education Julie Helm said: "Mrs. Curran's dedication, knowledge, leadership and generosity have enabled children under her care who are born with or acquire a disability to find their voice. She has helped many children communicate either verbally or non-orally." In this connection, special education director Kent Halbmaier, who is also retiring, will be replaced by Ruth Valadez, who was introduced at the session.

The following were also cited as award recipients: Phil Davis, director of support programs, career and technical education, who was honored as the California Industrial Technology Education Association Foundation's "2010 Administrator of the Year" for the entire state of California; Roger Brossmer, Downey Adult School principal, as the Association of California School Administrators' "Adult Education Administrator of the Year for Region XIV"; and Buck Weinfurter and Calvin Davis for their "Energy Lighthouse Award," in recognition of their roles in effecting \$8 million savings in cost of utilities in the district, making it "one of the district leaders" in the nation.

Meanwhile, four district elementary schools, Alameda, Price, Unsworth, and Ward, were recognized as 'California Distinguished Schools' for outstanding academic achievement, with Alameda receiving added accolade as a 'Title I achieving school', the only school in the district so cited.

Also, it was learned that four of Roybal-Allard's 34th Rep. District's five art awards went to DUSD school students, with Warren High snatching three and Downey High getting one, out of a



Virginia Comer



total of 217 entries from her district. . In other action, the Board:

*Accepted with thanks dona-

tions in cash and in-kind from various parties, including \$5,000 from the Lewis Elementary School PTA for the purchase of classroom voice amplification systems at Lewis; \$3,900 from Rio San Gabriel Elementary School PTA, to be used for student field trips at Rio San Gabriel; and \$2,000 from The Ellen and Clarence Peterson Foundation, for student eyeglasses and frames:

*Ratified/approved usual district business, including the payment of convention and conference



Joy Reppert



Marcia Curran

attendance; special education placements; purchase orders by the Purchasing Department; the issuance of payroll orders for hourly, overtime and Civic Center work performed by classified personnel, Adult School and Food Services; B warrants covering the months of February and March; change orders involving speechlanguage pathology services, frozen food products & produce items, Downey High School modernization of Bldgs. J/K/N, and L; and routine Personnel items until subsequent action is taken by the Board of Education;

See DUSD, page 10

Students learn at Disneyland

DOWNEY – Students from Warren High School traveled to Disneyland on March 19 to take part in the Disney Youth Education Series program.

Most of the program takes place in and behind the scenes of the theme park.

Areas of study include career discovery, life management, physical science, natural science, history, art and humanities. Professional Disney facilitators help guide the students in understanding key components about each subject.

The YES program is offered at both Disneyland and Disney World in Florida. For more information, visit www.DisneyYes.com.

Artist to give demonstration of work

DOWNEY - Colored-pencil artist Barbara Rogers will give a demonstration of her work Tuesday at 7:30 p.m. at Furman Park.

The event will be part of a general meeting of the Downey Art League.

Rogers is a longtime Lakewood resident and has worked with colored pencils for 15 years. As a child she enjoyed drawing and painting but took a 25-year detour as a special education teacher before returning to art.

Today she is a signature member and five-year merit honoree of the Colored Pencil Society of America. Her work has been juried in nine National CPSA shows and she is currently president of the Los Angeles District Chapter of CPSA.

Rogers' demonstration Tuesday is free and the public is invited to attend.

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Tony Reyna



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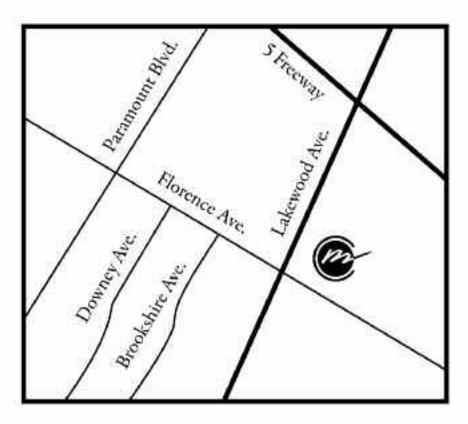
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Food court moves closer to reality

■ City Council expected to consider food court, retail strip at current Gourmet Cafe location.

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – After months of anticipation, the City Council may soon approve a developing contract with Westland Industries, who is seeking to transform a 1.15-acre parcel at the southwest corner of Firestone Boulevard and Downey Avenue into a 26,000-square-foot food court and retail center.

On April 7, the Planning Commission recommended the agreement for approval by the Council who will vote on the item on Tuesday. The proposed project, known as Downey Gateway, will extend across Firestone Boulevard south to Nance Street between Downey Avenue to La Reina Avenue.

Slated to become the grand entrance to the downtown, the project will utilize the entire 50,300square-foot lot, where four buildings totaling 26,232 square feet will be constructed for a food court and retail center that will accommodate 13 tenants.

Once completed, the four structures will surround a central plaza where most of the restaurants and stores will open.

Presently, Gourmet Café and two smaller buildings occupy the site. Plans call for the smaller structures to be remodeled and for the demolition of Gourmet Café, which will be replaced with two new buildings for a total of four structures.

According to the staff report, Westland's plans also call for the reconstruction of Nance Street between Downey and La Reina Avenues. In addition to added parking, Nance Street will also receive a new eight-inch water main between existing lines on

■ St. George Greek Church to be consecrated tomorrow.

BY HENRY VENERACION. STAFF WRITER

DOWNEY - The St. George Greek Orthodox Church in Downey, eight years after it officially opened its doors ("Thyranoixia") in 2002 and 28 years after it was formally founded in 1982, will be consecrated tomorrow, with matins at 7:30 a.m. and a two-hour ritual-filled hierarchical divine liturgy starting at 10 a.m.

The day will conclude with a mini-festival on the church grounds in the afternoon on to the evening.

The occasion will mark the culmination of a dream long dreamt by parishioners to have a permanent Sanctuary that will serve this and future generations of the Greek Orthodox communicants of Downey and surrounding communities.

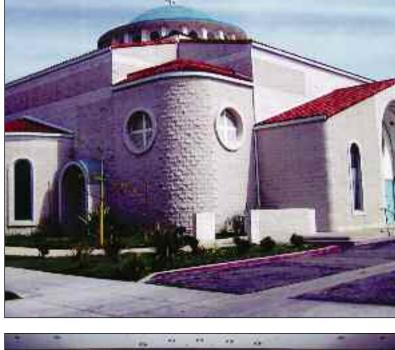
Officiating at the rare and unique ceremony will be His Eminence Metropolitan Gerasimos, Ruling Hierarch of the Greek Orthodox Metropolis (archdiocese) of San Francisco, assisted by His Grace Bishop Anthimos of Olympos. The San Francisco Metropolis exercises jurisdiction over the Greek Orthodox churches dotting the whole Western United States, including Hawaii.

In celebration of the historic event, the church held its first annual golf tournament on Wednesday at the Rio Hondo Golf Club, and conducted St. George vespers yesterday from 7-8:30 p.m.

Setting the stage for tomorrow's ritualistic and richly symbolic consecration service is this afternoon's short service of Great Vespers at 4:30 p.m., in commemoration and honor of the memory of the martyrs whose relics are to become part of the altar table of the church.

Today is also the feast day of St. George, and, to observe it, a two-hour hierarchical divine liturgy service starting at 10 a.m. has been scheduled.

Holy Day for St. George





there was no Greek Orthbodox church in Downey, the parishioners had no choice but to travel to Los Angeles, Orange County and other surrounding areas to worship.

According to the Consecration Committee's Harold Tseklenis, the Greek families c.1982 realized that they would prefer to organize a local parish and build their own church rather than travel some distance away. They figured a local church would serve their worship needs as well as make it easier for their children to attend Sunday in Athens, who bring their art and expertise to Downey every summer.

The St. George sanctuary was designed by the late Sam Grillias of the well-known architectural firm of GPRA Architects of Irvine, California, who also designed the Greek Orthodox Church of St. Paul in Irvine, as well as other churches and a number of buildings for USC and other institutional and government buildings. Designed in the 6th century Byzantine style, the 10,000 sq.-ft. St. George edifice with its distinctive patinated copper dome ("the dome is a symbol of the union of heaven and earth") ranks as a significant architectural landmark in Downey.

Bus trip to Pechanga

DOWNEY - The Woman's Club of Downey is sponsoring a bus trip to the Pechanga Resort and Casino on May 3.

Funds raised by the trip will go to the club's scholarship fund.

The bus will leave the Woman's Club at 8 a.m. and return by 6 p.m. Cost is \$6 for Woman's Club members, \$11 for non-members, and includes a \$10 voucher for casino play.

Bingo is played on the bus. Guests must be at least 21 for the trip. For reservations, call Jeanine Keys at (562) 923-6620 or Doris Patterson at (562) 869-0377.

CareMore center set to open

DOWNEY - The new CareMore Care Center at 10000 Lakewood Blvd. will celebrate its grand opening with a ribbon-cutting ceremony Wednesday at 10 a.m.

The center offers CareMore's senior members personalized health planning, along with programs in diabetes care, fall prevention, foot care and more.

The grand opening is open to the public. Reservations are requested by calling (877) 211-6614.



I absolutely love this time of the year in southern California. The gardens are blooming, the weather is mostly pleasant, the days are longer and we get to see more wildlife. I'm sometimes surprised how many "wild" critters there are around Downey.

This morning I was greeted by a little squirrel who was taking his breakfast in one of my pine trees out back. Interestingly enough the squirrel was actually eating one of the softer, new pine cones like we eat corn on the cob. It was fun to watch until Ivan (my Husky) spotted him. I'm sure if Ivan could talk he would have shouted "Squirrel" like the dogs in the movie "Up." Needless to say, my morning squirrel watching was over for the day. The Downey Patriot will periodically feature photos and commentary from photographers Pam Lane, Joan Anderson and Allison Mansell, creators of

DowneyDailyPhotos.com.



Downey,

Connect

Downey Avenue and Paramount Boulevard.

As a part of the contract, the city will reimburse Westland Industries, a real estate management group based in Long Beach, nearly \$150,000 for the additions to Nance Street and another \$140,000 for the water line. If approved by the Council, the company must then be required to provide the Planning Commission with a site plan, including building and landscape designs, which must be approved.

Special events planned for farmers market

DOWNEY – The Downey farmers market will celebrate its second anniversary tomorrow from 9 a.m. to 1 p.m.

There will be special entertainment, activities for children and families, and raffle prizes.

Raw Inspiration, which manages the market, is sponsoring the event.

For more information, call (818) 591-8161.

The farmers market is located on 2nd Street, between La Reina Avenue and New Avenue.

Expected to take part in tomorrow's consecration are mayor Anne Bayer and city council members, former mayors Meredith Perkins and Bob Winningham, as well as representatives of Cong. Lucille Roybal-Allard and Assemblyman Hector de la Torre, and other guests.

All services are open to the public. It is estimated that at least 10,000 Greek Orthodox inhabit the state of California, with close to 150 but very active Greek families residing in Downey.

It's not unusual for St. George's annual festival, which is celebrated this year June 5-6, to attract thousands of visitors.

This afternoon's service of Great Vespers holds to the Greek Orthodox tradition that because the church was built on the faith and blood of its early martyrs (the early church found itself worshipping in the catacombs and among the tombs of the martyrs), their relics are to be placed within the altar table when a church is consecrated. Greek Orthodox began trickling into Downey in the early 50s. As

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school and participate in other church-sponsored activities and programs.

After organization, services were first held at St. Mark's Episcopal Church. The first parish priest assigned to minister to them was the late Very Reverend George Stevenson. The Reverend Angelo Artemis was parish priest from 1997-2001. The Archimandrite Very Reverend John Constantine was appointed the church's third parish priest and continues to serve as parish priest today.

An aggressive pay-as-you-go effort he shepherded after his arrival has since brought the church's interior furnishing and the iconography to a "substantially complete to advanced" stage. Work on the iconography continues to be executed by Spyro Tsalangiras and Katerina Vlachou, a husband and wife team of iconographers based

"These things really take a long time to build," said Tseklenis. "Look at the Cologne cathedral, which took hundreds of years to finish. Same thing with the Sacra Familia cathedral in Barcelona, and so on. Anyway, I think every generation should have the opportunity to invest a little personal equity into the [building of the] church."

For information, contact either of the celebrations' co-chairs: Georgia Covell, 818-790-3433 (gacovell@sbcglobal.ne), Sasha Vithoulkas, 562-869-3533, or visit www.stgeorgedowney.org/consecr ation, or contact Harold Tseklenis, 562-928-8967.



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Gloria Haddad

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Angelica Bobadilla Ernesto Carranza

Mildred **Molitoris** was local teacher

DOWNEY – Mildred M. Molitoris, a former teacher in Downey, died April 15.

She was born in 1935 in Northampton, Mass., and graduated from Smith College in 1956. She earned Master's degrees in Education from the University of Massachusetts and USC.

Molitoris was a teacher in the Greenfield, MA public school system and Downey Unified School District until her retirement in 2005. She was past president of the Downey Newcomers Club.

Services were held Wednesday at Our Lady of Perpetual Help.

She is survived by sisters, Elizabeth and Lorraine; and nephews, William, Gregory and Alan.

Contributions may be made to the Mildred Molitoris Memorial Scholarship Fund, c/o Downey Federal Credit Union, P.O. Box 4639, Downey CA 90241.

Bingo lunch event May 2

DOWNEY – The Italian Catholic Federation of St. Raymond's parish will host a bingo luncheon May 2 at 12:30 p.m. in the Msgr. Robert Gipson Hall, 12349 Paramount Blvd.

Cost is \$10 and includes one bingo card, door prize and lunch. Prizes, including a \$25 money tree, will be raffled off as well.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-1937.

Adoptable Pet of the Week

Hello, my name is Daisy. I am a real sweetie. I was turned in by my owners because they could not keep me at the house any longer. I have been here since March 11th.

Breed - Cocker Spaniel mix Sex - Female Age - 3 years Kennel - 211 Impound - 10-21139



Adoption Fee = \$100.00 Includes spay or neuter, microchip, 1st set of vaccinations, rabies shot, de-wormer, and flea treatment To adopt, call (562) 803-3301 🌔 🯹

Auction items on preview

DOWNEY - The Downey City Library's silent auction items for the month of April are now available for viewing in the library's foyer.

Items include "The Sonnets" by William Shakespeare, richly illustrated throughout by Charles Robinson; "The Seasons Observed," photographed by Evelyn H. Lauder, are natural landscapes documented in diverse settings such as Aspen, Florida, Hawaii, the Hudson River, Bali and the Caribbean; "Treasures of the Old West" by Peter H. Hassrick, sculptures and paintings from the Thomas Guilcrease Institute of American History and Art tell the story of an untamed West and untamed people.

Bids are due by tomorrow at noon.

PTA honors teachers, supporters

DOWNEY - The Downey Council PTA held its annual Honorary Service Award Banquet on April 14 at the Rio Hondo Event Center.

Representatives from the 19 DUSD schools and dignitaries from the 33rd District PTA were in attendance from the luau-themed program and dinner.

Beth Gendreau, Downey Council PTA president, and philanthropist Dr. Mary Stauffer were each honored with the prestigious Golden Oak Award by Gallatin Elementary.

Many teachers and volunteers were also honored.

The 140 guests were entertained by the Academy of Polynesian Performing Arts.

Bangle: Plans for house unknown.

Continued from page 1

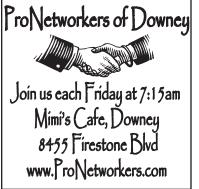
Aware of this, the United States cultivation of the English walnut. fathered 26 children, although Agriculture Department After planting one of the first walsome died in infancy. Many of the nut groves in the valley, Bangle Bangle children continued to live sought for and obtained the early in Downey or in neighboring cities kind of English walnut that bears in until their deaths. One prominent half the time. daughter of John Bangle was While the old hard-shell nuts Easter Bangle Morrison who take 10 to 12 years to produce, the stayed in Downey until her death in nuts that Bangle grew produced in 1959. Morrison compiled an early five to six years. Overtime, produc-As Bangle researched, he history of the city of Downey and tion of the soft-shell walnut would its founders in 1939, gathering become one of the leading induspages of information from school tries of the valley. reports to intricate family histories. In 1902, after spending the Without Morrison's writings, John Bangle is credited with majority of his life as a farmer, local historians today would be Bangle died in his home, where he missing vital information concerning the founding and establishment **KNIGHTS OF Columbus** of Downey.

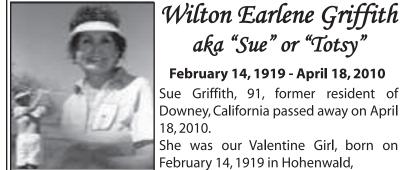
Emily Castro Ofelia Chaparro **Krystel Colis Gioria Elias** Peter Garcia Isabel Gomez Valerie Gutierrez Alko Lacanilao Sammie Lam Jennifer Le Jisoo Lee Jazmine Maldonado Lety Mancilla **Michelle Morales** Karla Moreno **Faye Panganiban** Robert Ramirez **Diane Rios Stephanie Rodriguez** Julio Romero Martha Sencion Diana Yanez In Memoriam **Bob Millier**

Margaret Cain **Rita Breen** Marcelle Harman Washington D.C. hired John Bangle to operate a testing ground for trees and plants in this new land called California. Bangle's reports showed that many trees and plants thrived in California as well as in their original nativity.

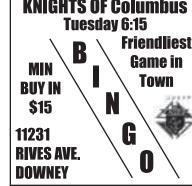
became interested in a crop that would catapult the local farmer from obscurity and bring the Bangles much wealth.

the vast improvement made in the





the Lord.



aka "Sue" or "Totsy"

Tennessee. She and her sweetheart William H. "Bill" Griffith Jr. were

married on December 27, 1936. They were married for 64 years.

Even though Bill preceded her in death their love affair continues.

From a teenager to when she was called home she walked with

As a long time resident of Downey, Sue was active in the Downey

Sue is survived by her children, William H. Griffith III of Big Bear

Lake, and Sharon Arlene Height of Fontana. She is also survived by

Services will be held at Rose Hills Whittier, Thursday, April 29,2010

at 11:00 at the Rainbow Chapel. There will be a private graveside

United Methodist Church, Easter Star and Job's Daughters.

4 grandchildren and 12 great grandchildren.

service following the ceremony.

As Bangle's descendents begin to move away, the family home was sold to Dr. A. Zimmerman and has since changed owners several times.

Today, the five-bedroom residence covers 2,991 square feet and still sports its original features including three fireplaces, a library, dining room, kitchen, family room and three bathrooms.

However, currently the home is vacant. Purchased in 2007, the Bangle house is now owned by construction and property management company, Joy 2001 LLC, which is based in Bell Gardens and owned by builder Jose Gonzales.

Gonzales could not be reached for comment concerning plans for the home.

Nevertheless, similar to both the Dismukes house on Rives Avenue and the Parley Johnson residence on Florence Avenue, the Bangle house stands to remind current generations of the innovative spirit that motivated hopeful Americans to establish new cities and provinces in the West.

Like John Bangle, most settlers came to California poor, but as a result of their diligence and ingenuity many not only made money, they made history.



Camila Garcia

Downey Regional Medical Center

David Ruiz

Your Community Hospital

www.drmci.org

The Downey Patriot 🗕

Editorial Page 5 Friday, April 23, 2010

Results and process both matter

Lee Hamilton

B efore and after the House of Representatives' historic vote on health-care reform, one of the more interesting debates in Washington involved not the package itself, but how it came to a vote. Do Americans care about a congressional process that even President Obama labeled "ugly," or will they — as the Democratic leadership hopes — focus on the substance of what the House passed?

Like so many "either/or" questions that get kicked around wherever the nation's political class likes to gather, the answer is undoubtedly "both." Those who believe that Americans don't notice or don't care about how things get done are deluding themselves; those who are pinning their electoral hopes on widespread disgust with horse-trading and arm-twisting forget the power of enacting legislation that will change the lives of many millions of people.

Members of Congress often argue — in the recent past, it has come up especially when attention turns to ethics reform — that voters are far more focused on policy than they are on process. But long before the health-care debate, it was clear this just wasn't so. Extensive polling and interviews during the 1990s by two University of Nebraska political scientists registered great interest in, and concern about, how Congress conducts its business. In particular, this work found, people wanted the legislative process to be fair, and they wanted all concerned to play by the rules; they were especially leery of any tilt in favor of lobbyists or members of Congress looking out primarily for themselves.

This basic American value of fairness came back to burn the Democratic leadership earlier this year after details emerged of the deal it struck with Sen. Ben Nelson of Nebraska to secure his vote on the Senate version of health care — federal funding for the cost of Medicaid expansion in Nebraska. The so-called "Cornhusker Kickback" became an emblem of the sort of special pleading Americans mistrust, and a barrier even among Democrats to passage of the measure in the House. It's little wonder that removing it was a key part of what the House wanted in the package of changes it sent to the Senate for approval.

The argument gets significantly more convoluted when it turns to the lead-up to the recent House vote. The issues that exercised those inside the Beltway — "deem and pass," "self-executing rules," "reconciliation," "CBO scores" — are hard to understand in the first place, and even harder to sort through when it's clear that both parties are happy to use any parliamentary maneuver they can find when they're in power, and equally happy to excoriate the same maneuver when they're in the minority.

They do this because, from the leadership's perspective, results matter most. This is true for many Americans, as well. The scenes of celebration on Capitol Hill after health-care reform passed, and at the White House signing ceremony a couple of days later, were a reminder that in the end this was about far more than simple process; it was about a profound change to national policy. On an issue this far-reaching and complex, with the nation as a whole so divided and Republicans so united in their determination not to give Democrats any hint of bipartisan support, cutting some corners had obvious appeal.

Letters to the Editor:

Amazing Day

Dear Editor:

This is an open letter to *The Downey Patriot*, and the residents of our great city.

I was pleased to read some of the thoughtful, well-intentioned postings on your website about our request to hold the first annual Sean Vernon Feliciano Amazing Day Foundation Run for Life 5K run/walk in the city of Downey. ("City Denies Request to Close Streets," 4/16/10)

Just a couple of comments: first, ignorant folks who don't understand the loss of a loved one to suicide do not deserve a response from me or any other person.

Others have expressed some excellent comments. The city of Downey has always done things their way; is that the residents' way, I think not.

Now for the substance of this letter. I left the city council meeting Tuesday after they voted 4 to 1 against our permit request. I thank God I did so because I would have really been offended after denying our request to close Woodruff Avenue for one hour on a Saturday morning as opposed to closing Downey Avenue every Saturday for a three-month trial. It may have pushed me over the line.

A couple of other corrections about misinformation provided by Downey officials. No one from the city worked with us to find another venue for the run; in fact, when I would call certain city administrators to find out what was going on or to set up a meeting, I did not receive the courtesy of a return call.

I moved to Downey 40 years ago and have raised four great kids in our city and for the life of me I will never understand what happened to my son, Sean. Obviously ignorant folks who really don't understand life kiss things off, but those who knew Sean know he was a winner in everything he did.

We will have the Walk on Sept. 11, but we are not giving up on the 5K run/walk, and we will reapply to hold the event next year.

When we think of runs that impact traffic just look south to Long Beach and their annual marathon, or the city of Lakewood that will close major streets for their 10/5K run this year.

Sean was an athletic young man who loved sports. We wanted to raise awareness by holding this event. I ask you how much traffic would closing Woodruff for one hour have impacted our city? The farmers market will benefit vendors, and add taxes to our city and make some of our city council members happy while causing problems for 5,000 or more vehicles that travel on Downey Avenue every Saturday between the hours of 7 a.m. and 3 p.m.

I find it somewhat hypocritical of an elected official who states; "It is a very worthy cause, but we don't close streets" and then votes to close Downey Avenue every Saturday for a three-month trial. We would have appreciated the same type of courtesy of a trial run for the Amazing Day Foundation.

The city of Downey is still a great community to live in, our city employees provide us with great service. Our schools are great and we are really fortunate to have so many fine neighbors.

Members and volunteers of the Amazing Day Foundation are looking forward to a great event on Sept. 11, 2010, but rest assured we will approach the city with a new permit for 2011 5K run/walk for life. **Bob Feliciano**,

Downey

Tall weeds

Dear Editor:

Two months ago I wrote regarding the tall, dry weeds on Florence Avenue's south curb between Wiley-Burke and the bowling alley. Besides an eye sore, they could cause a thrown cigarette to ignite and result in serious problems to cars and the adjacent series of homes.



Moving the farmers market

Dear Editor:

I attended the Tuesday night City Council meeting April 13.

One of the items on the agenda was the closing of Woodruff Avenue on Sept. 11, 2010 for a walk from Stonewood Center for East Middle School and back from 7:30 to 8:30 a.m., and all but Mayor Anne Bayer voted against the closing.

Another of the items on the agenda was moving the farmers market from 2nd Street to Downey Avenue, encompassing the first two blocks from Firestone Boulevard to 3rd Street every Saturday of the year. Three of the council people – Roger Brossmer, Luis Marquez and Mario Guerra – voted in favor of the closing and Bayer and David Gafin opposed the closing.

By closing Downey Avenue from 7 a.m. to 2 p.m., the city would interrupt the flow of 4,000 cars each Saturday (according to their statistics) and they felt that that would be OK. Guerra said he contacted most of the merchants on Downey Avenue and 75 percent were OK or ambivalent, while 25 percent were opposed.

The major reason for wanting to move the farmers market is because Porto's Bakery is coming and the city doesn't want the entrance to their bakery and restaurant to be blocked on a very important business day.

The three council people obviously don't mind inconveniencing the merchants on Downey Avenue or the traffic flow through the city on such an important business day.

The mortuary holds funerals at any time convenient for the families and closing the exit to Downey Avenue makes it very inconvenient.

Rethink this vote – move the farmers market to the bus station or a park. Don't foul up Downey Avenue.

— Bob Udoff,

Building Manager, Downey Avenue and 3rd Street

Dear Editor:

Location in business indicates if you will be successful or if you will be a failure. At the current time the farmers market is in a position to have parking at its disposal, which means it has a two-story downtown public parking structure, across 2nd Street it has the Auto Club parking lot and all of the adjacent parking lots. This enables customers to park close to the market, purchase their products and continue their day.

There, of course, lies the rub. Over the last few decades on Capitol Hill, expediency has often trumped by-the-book procedure. This is why the budget process is broken; massive "omnibus" bills are the norm now, not the exception; and regular conference committees are mostly a memory.

Yet congressional procedures did not develop because Capitol Hill goody-goodies thought they'd be nice; they developed over many years because Congress recognized that results are not the only thing that matters — so do deliberation and fairness. Our representative democracy rests on the promise that alternative proposals will get careful scrutiny and all voices will have a chance to be considered, not just those of the majority.

Americans understand this at a gut level; this is why they care as much about how Congress works as they do that it does work. Democracy, in other words, is as much about process — how we go about resolving our differences and crafting policy — as it is about results.

Pursuing good process is not easy. It takes time, effort, and a huge amount of energy. Sometimes, congressional leaders believe they can't get what they want by adhering to it. That's understandable, but they shouldn't be under any illusion that people don't care — or that there's no cost to the values Congress is supposed to embody. You can get what you want by sidestepping fairness and good process, but the victory carries a price: it erodes the integrity of the institution and the deliberative process that lies at the heart of what Congress is all about.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

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- Thelma Hawkins,

Downey

Paying for a murderer

Dear Editor:

Now we will be forced to pay for [San Diego murderer] John Albert Garder's keep for the rest of his life.

Three square meals a day, a comfortable bunk bed, an hour's exercise each day and probably medication for his "bi-polar" condition.

There is something wrong here. He brutally murdered two little girls and we have to put up with him.

He could have been sent back to prison for violating parole on several occasions but instead was let go.

– Florence M. Peterson,

Downey

If you move the farmers market to the area of Firestone Boulevard and 2nd Street, you are asking the customers to park two to three blocks away. Do you really think you will keep people coming to purchase products and carry the contents to their cars?

Realizing that, Councilman Mario Guerra's plan is to bring people to the downtown area and it is earmarked for failure. Look at the merchants located on Firestone Boulevard -- store after store closed, and why? No parking.

As far as I am concerned if the City Council moves the farmers market to Downey Avenue, this project is doomed. I hope the city make the right decision regarding this move.

— Gil Hille, Downey

Teaching kids to save money

The ABA Education Foundation is releasing tips and resources for parents to use as they teach their children about saving in celebration of Teach Children to Save Day, Tuesday, April 27.

"The economic crisis sent an urgent message that financial education can no longer be an option or a privilege," said Laura Fisher, director of the ABA Education Foundation, which sponsors Teach Children to Save. "Teach Children to Save events and celebrations will educate and raise awareness, but at the end of the day we hope students will take action. All young people, with the help of their parents, should have a way to save, whether it's a piggy bank or a savings account."

Students who don't receive an in-person lesson from a banker volunteer can get savings education resources from the Teach Children to Save Web site: www.teachchildrentosave.com. The Web site brings components of the Teach Children to Save program into the homes of families across the country. The site offers tips for young people and their parents on how to set a budget, start a savings account and make deposits regularly.

For families, the site features a personal finance newsletter for kids, the Parent Money Manual -- personal finance activities and lessons for families -- family budgeting worksheets and much more.

The ABA Education Foundation has a few tips for parents to use now and throughout the year to teach their children to be good stewards of their money:

Talk openly about money. Communicate your values and experiences with money. Encourage children to ask questions, and be prepared to answer them -- even the tough ones.

Open up a savings account at your local bank for your children and take them with you to make deposits, so children can learn how to be hands-on in their money management.

Be an example of a responsible money manager by paying bills on time, being a conscious spender and an active saver. Children tend to emulate their parents' personal finance habits.

The Teach Children to Save program is a national campaign that organizes banker volunteers to educate young people about the importance of developing a lifelong savings habit. Since 1997, the campaign has reached 3.4 million young people with the help of some 80,000 banker volunteers, an annual awareness day -- Teach Children to Save Day -- and the Teach Children to Save Web site: www.teachchildrentosave.com.

For more information on the Teach Children to Save program and a list of participating banks, please visit www.abaef.com.

Page 6 Friday, April 23, 2010 Comics/Crossword ______ The Downey Patriot



Downey Community Calendar

Events For April

Fri. April 23: "The Sound of Music," St. Mathias High School, 7:30 p.m. Sat. April 24: Consecration of church, St. George Greek Church, 7:30 a.m. Sat. April 24: Carnival of Champions, Warren High School, 8:30 a.m. Sat. April 24: 2-year anniversary celebration, Downey farmers market, 9 a.m. Tues. April 27: Rise 'N Shine Networking, Bob's Big Boy, 7:30 a.m. Tues. April 27: Painting demonstration, Furman Park, 7:30 p.m. Wed. April 28: Grand opening, CareMore Center, 10 a.m. Wed. April 28: <u>NARFE meeting</u>, Barbara J. Riley Community & Senior Center, 1 p.m. Thurs. April 29: Author Priscilla Burris, Downey City Library, 6:30 p.m.

City Meetings

1st Tuesdavs, 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 & 4 th 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 Saylors at 927-2000. 6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call John McAllister 869-0928. 7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478. 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-Beard 869-7618. 1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357. 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028. 2nd Weds., 7:30 p.m.: Downey 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.

April 23, 1908: President Theodore Roosevelt signed an act creating the U.S. Army Reserve.

1954: Hank Aaron hit the first of his 755 major leage home runs.

1985: Coca-Cola announced it was changing its "secret formula" and introduced New Coke. It was a flop.

On This Day...

1993: Labor leader Cesar Chavez died at age 66.

1995: Sportscaster Howard Cosell died at age 77.

1998: James Earl Ray, convicted in the murder of Dr. Martin Luther King Jr., died in prison.

Birthdays: Former child actress Shirley Temple (82), actor Lee Majors (71), basketball player Gail Goodrich (67), director Michael Moore (56), actress and weight-loss spokesperson Valerie Bertinelli (50), comedian George Lopez (50), wrestler John Cena (33) and 'Slumdog Millionaire' actor Dev Patel (20).

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

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.

> 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.

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Health & Wellness

April 23, 2010

Paging Dr. Frischer...

By Dr. Alan Frischer



hen I first met my wife, she was a slender 18 year-old, drinking diet cola and eating chocolate. My obvious question was "Why the diet drink, if you're eating chocolate?" Her answer: "You have to choose your calories carefully!"

Soda manufacturers have spent billions of dollars trying to convince us that diet soda is a healthy, light choice. With so many in our country struggling with weight gain, who can blame us if diet soda seems like a dream come true? Soft drinks are the most heavily consumed beverage in the United States (although they are losing some ground to bottled water, sports drinks, and energy drinks). An average of about two and a half cans of regular or diet soda are consumed every day for each man, woman and child. Even without any in-depth analysis, it's terribly obvious that soda consumption is a significant problem in our country.

As we all know, diet sodas have no calories. Many overweight people drink them heavily, believing that they will aid in weight loss. But is that actually true? It will come as no surprise that studies have linked consumption of sugarladen sodas with multiple risk factors for heart disease. However, it is fascinating that the same link exists for diet sodas! More than one reliable study has now shown that those who drink one or more diet sodas per day have a 50-60% increased risk for developing metabolic syndrome, a cluster of risk factors including obesity around the waist, low levels of the good cholesterol HDL, high blood pressure, and elevated sugar levels. Those who have metabolic syndrome markedly increase their risk of having a stroke, heart attack, and diabetes. On average, all soda drinkers, whether diet or regular, tend to have similar eating patterns and consume more calories, more saturated fats and trans fats, eat less fiber, exercise less, and be more sedentary. Even when researchers adjusted for dietary habits, a significant link was still observed between diet soft drink consumption and the risk of metabolic syndrome. A University of Texas study looked at artificial sweeteners and weight. Again, it was no surprise to find a correlation between the daily consumption of large amounts of all soft drinks and obesity. What was surprising was that those who only drank diet sodas had an even higher risk of obesity. Theories

abound. The most common is that when the body tastes something sweet, it then craves more sweettasting foods. Another theory reminds me of my wife's philosophy from years ago. When we drink diet sodas, we are actually making a deal with ourselves that if we avoid calories in our drink, we allow ourselves the luxury of eating something else. (Thank goodness that every rule has exceptions. My wife still drinks diet coke, still loves chocolate, and is still slender.)

Let's not forget that diet soda has a laundry list of suspicious ingredients that likely work against our body's effort to achieve a healthy balance, including caffeine, artificial sweeteners, sodium, and phosphoric acid. This is particularly worrisome when parents allow their overweight children to drink diet sodas instead of a nutritionally rich drink like non-fat milk.

• We've discussed caffeine in previous articles. It gives us an often-useful energy "buzz" along with potential addiction, fatigue, anxiety, insomnia, tremors, palpitations, and exaggerated mood and hormonal swings. It is a diuretic, so it can actually work against hydration.

· Soda contains sodium, which quenches thirst, but can raise blood pressure and cause water retention.

• Studies done on nurses who drank two or more diet sodas per day had a two-fold increase in risk of kidney disease. The reason is likely due to the sodium and artificial sweetener.

• Experts aren't certain why drinking soda is linked to osteoporosis and risk of fracture. Perhaps it is simply that the soda is displacing healthier drinks, like milk or fortified orange juice in the diet. However, new research indicates that there may be more to this connection. Researchers at Tufts University, studying several thousand men and women, found that women who regularly drank three or more cola-type sodas per day had almost 4% lower bone mineral density in the hip, even though these women were no different in their calcium and vitamin D intake. However, women who drank noncola soft drinks, like Sprite or Mountain Dew, didn't show this lower bone density. Phosphoric acid, a major component in most sodas, may be to blame. Phosphorus itself is an important bone mineral, but a disproportionate amount of phosphorus compared to calcium could lead to bone loss. Another possible culprit is caffeine, which experts have long known can interfere with calcium absorption. Both caffeinated and non-caffeinated colas are associated with lower bone density, but the caffeinated drinks appeared to do more damage.

Much of this data is preliminary and begs for further study. However, the facts are piling up. Here are some strategies for dealing with soda, whether diet or regular:

• Replace some of your soda with water. A general rule of thumb is that we should drink, in ounces, about half of our body weight in pounds. A 140-pound person should have about 70 ounces of water every day.

• Take a daily multivitamin if vou choose to drink diet sodas. This will help balance some of the missing nutrients inherent in a poorly balanced diet.

• Explore why you are drinking diet soda. Is it a stress reaction, a (misguided) weight loss strategy, a habit from boredom, or for social reasons? If you can't answer this, try stopping and observe your reaction. The reasons will become apparent.

Let's put more conscious effort into what we put into our bodies. Drink water! Good health to you all.

County projects promise a 'greener future'

The Los Angeles County Board of Supervisors has given the green light to a series of demonstration projects designed to convert nonrecyclable waste into clean energy. As approved by the board, the Southern California Conversion Technology Demonstration Project will be using a variety of state-ofthe-art methods to break down virtually all solid, non-recyclable waste into renewable energy and useful material, such as biodiesel and ethanol fuel.

The project will use a variety of processes, including anaerobic digestion, pyrolysis, and gasification to convert currently untreatable waste into valuable products. Once the demonstration phase has been successfully completed, the technology will eventually be installed at other county waste facilities.

While conversion technology has been implemented in Japan, Europe and Canada, the County's demonstration sites will be the first of their kind in the United States. "This is a huge step for the residents of Los Angeles County as trash moves from a liability that costs taxpayers money to a resource that benefits all of us," said Board of Supervisors Chair Gloria Molina.

Supervisor Mark Ridley-Thomas added, "These projects are about promoting and deploying the most cutting edge technologies on the planet to determine what makes the most sense for future largescale use in Los Angeles County."

The demonstration project phase will be undertaken at three waste facilities and expected to be operational by 2012. They include an anaerobic digestion project operated by Arrow Ecology and Engineering and CR&R in Perris, a gasification project operated by

Entech Renewable Energy Solutions and Rainbow Disposal Co., Inc. in Huntington Beach and a pyrolysis project operated by International Environmental Solutions and Burrtec Industries in unincorporated Riverside. Additional project sites are also being identified in Los Angeles County.

The Board of Supervisors has been at the forefront of efforts to evaluate and promote the development of conversion technologies as environmentally friendly alternatives to landfill disposal. About 135,000 tons of trash are sent to California landfills every day. Conversion projects have the potential to reduce the amount of waste being sent to landfills, create local green jobs, produce renewable energy and turn trash into a resource.

The demonstration project is supported by a broad coalition of

local governments, residents, waste management agencies and environmentalists.

O'Day, Executive Terry Director of Environment Now, said that the future of trash management would see a dramatic shift away from landfills. "As we make the shift, we should always look to see if the waste can be reduced, recycled and disposed of in the least harmful way," O'Day said.

"These new technologies hold promise to reduce greenhouse gases, reduce diesel emissions, reduce the need for waste transport through our neighborhoods, and supply a source of base power that facilitates our transition to renewable energy. The demonstration projects should provide very useful data to evaluate these potential benefits," he added.



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DR. ELI AYOUB M.D.F.A.C.S (562) 862-5160 11480 Brookshire Ave. #303 Downey, CA 90241

Genealogist to speak on census

WHITTIER – Genealogist Diane Wright will speak about the 1930 U.S. federal census at the May 15 meeting of the Whittier Area Genealogical Society, to be held at 1 p.m. at the Whittier Masonic Lodge.

Dressed in period clothing, Wright will portray Bessie Hough, one of the enumerators of the 1930 census.

Wright has walked Hough's district, visited her house and found her grave. Wright's presentation will offer new insights into the 1930 census.

Also scheduled to speak is Pat Chavarria, president of the Glendora Genealogical Group. She will speak on "Using City Directories for Genealogy Research."

Wright's presentation is free while Chavarria's lecture is \$3. The public is invited.

For more information, call Joyce Biby at (562) 296-6372.





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Do you have Peripheral Vascular Disease (PVD)?

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www.vascularaccesscenters.com

We are open from 8:00am to 4:30pm M-Sa

Page 8 Friday, April 23, 2010 Dining/Entertainment_____The Downey Patriot

Warren High extends 'Cuckoo's Nest'

DOWNEY – Due to popular demand, Warren High School has announced two encore performances of "One Flew over the Cuckoo's Nest" this weekend.

Performances will be given in the school's Emerson Theatre today and tomorrow at 7:30 p.m.

Tickets are \$8 and available for reservations by calling (562) 869-7306, ext. 87910, or at www.emersontheatre.net.





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Five indispensable business talents

By Elaine Stirling

eadership and talent feel like rare commodities these days. We ascribe leadership to people who sit high on the organizational chart, but where does that leave everyone else? As for talent, well, it's nice if you can get it.

The fact is, every one of us carries leadership and talent within us. This means in an organization with 1,000 employees, you have the potential of 1,000 talented leaders. Can you imagine how that would look-talented leadership flowing through every office, plant and distribution center? If your answer is yes, then you've begun the process.

Eight thousand years ago, talent was a form of currency. One talent was equal to 3600 Babylonian shekels, and the word also meant balance, abundance and wealth-the goals most organizations, then and now, aspire to.

The ancients understood leadership too. At its simplest, leadership initiates. The writer leads the reader; the speaker leads the listener. In these binary relationships, both parties are necessary and occur in a certain order. But if you're going to lead your readers and listeners from one place to someplace better, whether it's improved operational standards or a reduction in employee absenteeism, a greater "something" is needed.

The ancients called that some-

thing quintessence, which means the presence of all five elements operating in balance. The elements in those days were fire, earth, air and water, with spirit or ether as the mysterious fifth-hard to measure in the 21st century. So what I've done is retained the template and updated the terms.

Five elements become five indispensable talents. We were born with four of them. Cultivate the fifth, and you become a brave new business leader. Practice them in every moment, and regardless of how things may appear on the balance sheet, you will move your organization toward prosperity.

1. Responsibility. This is the talent or ability to respond. As infants, our response ability was highly tuned and sensitive. If we didn't want to be picked up, we wailed. A beam of light, a sudden noise, we were right there, all senses perked.

As adults, we allow this lustrous talent to dim. We distort responsibility, confusing it with blame. "Don't look at me, I didn't do it!" Response ability is not reaction, which is primitive and kneeierk. A person with the talent to respond holds back from fixing other people's problems; she is always, however, highly attuned to her own.

The ability to respond means you communicate as an equal with anyone, based on your unique perspective and knowledge of the job. An HR professional and a structural engineer, for example, could respond brilliantly to one another on the topic of stress. A stock clerk would be able to share his experience of calming an irate customer who might otherwise have sued. Imagine your bottom line rising while you create the space for such dialogues.

2. Curiosity. As energy-conserving beings, we tend not to puzzle things out if they're working reasonably well. Only when the hard drive crashes or our reserved parking spot is taken do we ask questions like, "What the . . . who the ...?" without actually expecting a reply.

The capacity for wonder of us, but it's still there, bubbling happily, waiting for a time when we'll get real answers. Meanwhile, we're perfectly free to create an environment where questions are encouraged, regardless of whether our workspace is the corner office or halfway down the conveyor belt.

presence known twice in this article. Creating a safe space for dialogue; the capacity for wonder. The technical definition of capacity is volume, or how much a vessel can safely store. The word comes from Latin, capax, which means spacious, able, roomy, fit. It's a state of emptiness we can count on.

Which may explain why we see so little capacity in the workplace. We are all stuffed to the brim with opinions, business theories, biases, wounded feelings, RSS feeds, Facebook and Twitter updates, text messages, emails, and way too many meetings. As vessels, if we haven't cracked already, we fear we're going to.

Here is a simple truth to help you restore your inner spaciousness. No one speaks on behalf of all investors, all customers or any group in its entirety. Even if they're speaking it loudly and in your face, they don't actually have everyone behind them. Give yourself the space to remember that. On a more practical note, use white space in your emails: white space after the greeting, white space between paragraphs and before your sign-off. This small practice of capacity relaxes your readers and increases their ability to absorb what you're saying. You

ease the world a little. 4. Audacity. If you've imagined yourself practicing the suggestions mentioned so far, this fourth talent won't seem so shocking. Audacity, like the other talents, has become tarnished; we associate it with people speaking out of turn. "How dare you?"

Well, the thing is, leaders do dare. Quintessential leaders not only celebrate audacity in people around them, they rely on it. The Latin root of this talent, audax, includes bold, courageous, to listen, to hear. It's related to audience.

Sometimes you'll hear things you'd rather not have heard. You'll witness a behavior that doesn't feel right. Audacity is the talent of honoring whatever comes into your sensory orbit and doing something about it. Someone, somewhere lipped underground early for most turned away from this inborn talent, and is now complicit in nine million recalls.



What if we were to . . .

I wonder why no one has never thought of . . .

A responsible leader poses these ever-open questions often. He posts them in obtrusive places like staff rooms, board rooms and online chatrooms, and makes sure there is a safe place for answers to arrive.

3. Capacity. The third indispensable talent has already made its



5. Authority. This fifth and final talent is the one we cultivate by practicing the first four. Authority is belief in your own authenticity. To be authentic means to own your words and your actions, and be willing to say, "I don't know". Sourced from the Latin word for Self, authority shows us what we're capable of, one exhilarating step at a time.

There's no need to fear authority, never has been, not when we're born with so much talent-and so much capacity to lead.

ACTION: Encourage the five talents in everyone and watch your business flourish!

Elaine Stirling is an author of fiction and nonfiction, teacher and communication consultant. Her clients include international banks, nonprofit agencies, hospitals and top-tier business schools. She attended the University of Toronto and Laurentian University where she received her BA in Political Science, International Relations. www.elainestirling.com/index.htm



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Sports

Friday, April 23, 2010

Benadom resigns as head coach

■ FOOTBALL: Benadom cites 'many contributing factors' in announcing his decision.

By Scott Cobos, Staff Writer

DOWNEY – After two years at the helm of the Warren football program, Chris Benadom has stepped down as head coach.

The 2-time San Gabriel Valley League champion coach turned in his resignation on April 1 with the school just recently starting to accept applications for the now open position.

There were many rumors floating around on why Benadom mysteriously stepped down after winning two league championships in two years as head coach, but the 37-year-old father said he just wants to spend more time with the family.

"There were many contributing factors to my resignation, one being my desire to spend more time with my family," he said in a statement. "I do not wish to elaborate nor comment on any of the other reasons."

Sources said that one of the contributing factors may have been some difficulties that the football program was having with the boosters club, but Benadom directed most questions about the boosters to athletic director Steve Hill.

Hill and Principal John Harris did not return messages regarding questions about Benadom and the boosters club.

In January, the boosters were disbanded by Benadom due to "internal problems." Also according to sources, in excess of \$15,000 was raised by the boosters but has not been returned to the program.

"As far as we know, the money will be returned," Benadom said. "That is what has been promised by the old booster club president and treasurer. That was January. It's now April. I'd just like to see the kids get the money."

Benadom said when he informed the team of his decision to resign, he received a lot of mixed responses.

"Some were questions of disbelief, some were questions of what happened, some were hugs," he said. "There was a range of responses."

While Benadom made the decision to step aside, he still recognizes how lucky he was to have the opportunity to run the program.

"It was a great experience being head coach at Warren," he said. "I loved our kids, I loved our players, the staff has been phenomenal to win back-to-back league championships. It just has been phenomenal."

As far as the rest of Benadom's coaching staff, no one has decided whether or not they want to stay except for former head coach and current freshman head coach Jeff Welch, whom Benadom confirmed will not be returning to the program.

In his short term as head coach, Benadom led the Warren football program to back-to-back SGVL championships. His overall record with the program was 18-6 with a 9-1 record in league play, also including an incredible 12-1 record at home. Benadom helped the program to two consecutive appearances in the CIF playoffs, both times reaching the second round before exiting.

The coach also helped develop one of the most dynamic running backs in school history in Jesse Callier. While playing for Benadom, Callier shattered nearly every school football record including yards in a season, touchdowns in a season, touchdowns in a game, and yards per game.

Currently, Benadom is helping out with the golf program and has yet to decide whether or not it's something he will continue to do.

Downey & Warren prep for track and field meet

TRACK & FIELD: Warren and Downey both producing quality track & field programs.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Track teams from Downey and Warren high schools will compete in the 2010 Track & Field Classic scheduled for Wednesday at Warren.

Field activities start at 5 p.m. with running events at 6 p.m.

Admission is \$3 and the public is invited.

Both the Bears and Vikings will send several outstanding athletes to the meet.

Warren features UC Santa Barbara-bound Dani Moreno, who will attempt to break her own school record of 11-ft., 1 inch in the pole vault, while San Francisco State-bound Monique Diaz will compete in distance running.

Sophomore Daniel Rodriguez, ranked No. 4 in the state among 10th graders, will try to break 5:00 in the 1600m.

The Vikings also have talented girls, including Brittany Householder in the 800m and senior Cristina Matthews, who runs a 57. and change in the 400m.

On the boys side, the Vikings will feature high-jump standout Steven Williams, winner of the Pasadena Games, Trabuco Hills and Irvine Invitational. He placed second at Mt. SAC last week.

Downey also has Issac Dan, who set the school record in discus with 160-ft., 2 inches. Dillon Atcheley is the 2009 San Gabriel Valley League pole vault champion.

The Bears are led by senior Frank Lopez, the 2009 SGVL



Warren High School pole vaulting standout Carli Ciatti competed at the 43rd Annual Arcadia Invitational National Track and Field competition last weekend. Ciatti competed against 50 other high school students from California, New York, Arizona, Utah and Colorado. She finished in 1st place and jumped a personal best of 11 feet, 1 inch. Her next challenge will be when she competes in the CIF championships next week.

800m champion. Junior Christopher Enriquez is the 3200m champion, while top sprinter Javan Polk will lead a very solid team of young runners, including Hakeem Fairweather, Ceaser Ochoa and Gabriel Campos, all sophomores.

Warren football quarterback Sam Bettencourt will debut at hurdles, Irving Zamora in middle distance.

stroke against Paramount. Sarah

Aguayo finished first in the 200

freestyle against Whitney in addi-

tion to Brenda Rosero's win in the

grueling 500-meter freestyle event.

to make good with individual first

places after losing to Whitney High

overall. Junior Derek Klotzer still

The boy Vikings also continue

Coaches from both Downey and Warren encouraged residents to attend the event.

"There is a track and field athlete past or present in every household, so come out and support our kids," said Warren Coach Ramon Miranda. "It's such a positive atmosphere for all, don't miss out."

The Downey Patriot 9

Warren great but not perfect

• SWIMMING: Loss to Paramount puts blemish on Bears' record.

By Joseph Apodaca, Sports Intern

DOWNEY – The Warren varsity boys' swim team was looking at a perfect season record until they were defeated in the last event against their biggest rival, the Paramount Pirates, in last week's league meet.

The Bears were neck-and-neck with the Pirates throughout the entire meet until anchor Alex Rivera was edged out by Paramount, handing the boys their first loss of the season. The final score from the meet came down to 87-83, with the Bears losing by just four points overall, giving them an overall record of 5-1.

All wasn't lost, however, for the Bears who walked away from the meet with several first place individual records. Rivera swam to a first place win that is the fastest known record in the school's history, closing in on the 100-meter freestyle event with a time of 0:47.15. Josh Hanein and Luis Herrera also took home impressive first place finishes, with Hanein coming in first in the 50-meter freestyle sprint and Herrera in the 100-meter backstroke event.

Now that the Bears are well into their league season, the pressure has set in to make the best of every meet that comes their way. While the Bears have already gone up against their biggest rival, they still have several other teams to compete against before the big championships meet at the end of the season. Despite a couple of recent setbacks, the team is intent on maintaining their excellence.

"There's now a lot of pressure to pick up some slack because I have a couple of serious injuries, including my captain, which pulls some major swimmers out of my lineup," said head swim coach Joy O'Dowd. The boys are not the only one's fighting to the finish in league, as the girls are proving they have just as much fight in them. The girls took home a victory over the Pirates with a final score of 100-70. The ladies made a major splash in the 200-meter freestyle event, where the three Warren swimmers gathered first, second, and third places. The girls are most anxious to swim against Downey, not because they are their cross-town rival, but because they won the league championship last season and are hoping to take that title this season.

Downey finding ways to score

■ LACROSSE: Close victories give Downey winning record at 8-5.

BY ALYSSA WYNNE, Sports Intern

DOWNEY – Downey boys' lacrosse keeps up its record, now at 8-5, after some very tight wins but their record is expected to only improve.

The boys played Culver City on April 7 and had a stronger second half for their win. The 14-11 victory was made possible with four goals from Marques Mustin, three from Leo Marquez, two from Javier Robledo, and one from Jonathan Flores, Ian Padilla Franky Castellanos, Joseph Silva and Jacob Michael.

Goalkeeper Nathan Hanker saved 4 of 15 shots on goal.

St. John Bosco held their match against Downey on April 12 and left Downey with a 12-4 win. George Martinez, Padilla, Mustin and Marquez scored two points each, and Eduardo Ambriz, Flores, Silva and Michael scored one point each. Hanker blocked seven goals shots.

On April 14, Downey triumphed over Chadwick 9-1. Austin Weisenburger, Castellanos, and Silva scored twice, and Robledo, Flores, and Martinez each scored once. Hanker saved six shots.

Downey lost to Mira Costa last Friday, 19-4. Mustin, Martinez, Silva and Marquez scored one goal each, though there was a total of 19 shots fired on Mira Costa's goal. Hanker saved only 11 of the 30 shots made against him.

The Vikings crushed Beverly Hills on Monday with a 17-4 victory. Silva contributed six points, Castellanos had three, and Mustin, Marquez and Padilla had one each, and one point each for Martinez and Ambriz. Downey had 33 shots on goal, half of which were successful. Hanker saved two goals made against Downey.

With only four games remaining in the season, Downey is expected to end with a strong record.

Cindy Vega golf tourney June 15

DOWNEY – Warren High School will again be hosting their annual Cindy Vega Golf Tournament on June 15 at Rio Hondo Golf Club.

The shotgun tournament will be a 4-person best ball scramble format and will start at 1:30 p.m.

Cost is \$150 for single players and \$400 per foursome. Sponsorships are also available.

If interested, payments can be taken to Warren or mailed to Warren High School, 8141 De Palma Ave., Downey, CA, 90241 Attn: Kellie Acosta.

Also, for more information call Rob English at (714) 336-8417 or Eric Watts at (562) 972-4013. You can also email your questions to cindyvegagolfclassic@yahoo.com.

individual talents

Downey looks to pool

• SWIMMING: Downey swimmers setting personal bests in CIF meets.

By Joseph Apodaca, Sports Intern

DOWNEY – Now that league is well underway for the Downey swim team, maintaining individual excellence and aiming for overall victory will be a balancing act for the Vikings, who started their league efforts against Gahr last week.

Prior to entering into league, the Vikings had done a good job of garnering several first place times in meets, some even qualifying as CIF best times. So far this season the Vikings have been big on individual events but now that league is upon them, the motivation to win the meets overall has never been more important to them.

For the lady Vikings, who won league championships last season, maintaining their excellence has been a no-brainer all season long.

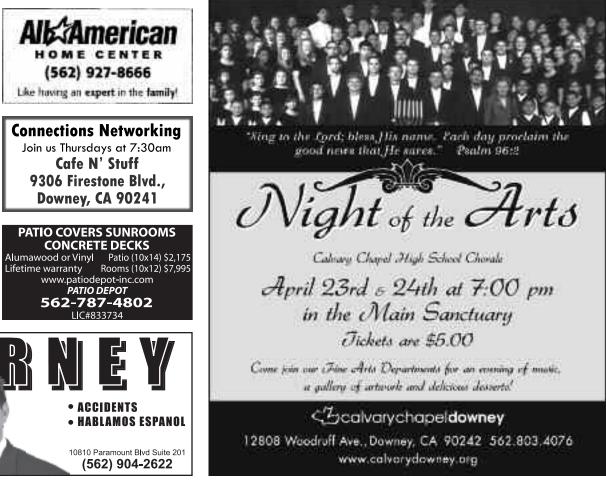
The girls dominated the Gahr Gladiators last week in their first league meet, taking the overall lead with 111 points to Gahr's 44 points. They won every event and gathered many personal best times. Prior to swimming against Gahr, the girls lost to the Paramount



Pirates and Whitney overall but manages to take top honors in the managed to take home some 200-meter and 500-meter freestyle impressive individual first place events, despite being the two most wins. Freshman Meghan Nevarez demanding events to participate in. swam all the way to first place in Sophomore Colin O'Conner also the 50-meter freestyle sprint while continues to shine in the 100-meter Linsay Gonzalez took top billing in backstroke. the 100-meter butterfly and Faith The boys' head coach Shaun Hundtoft in the 100-meter breast-

Delhousay has been steadily preparing his swimmers for league, even holding practices in the early mornings of spring break to ensure overall success.

Individual times have continued to improve all season as well.





The Downey Police Officers Association pledge their support for the city's Fourth of July fireworks celebration with a check for \$2500. Cpl. Mike Pope (DPOA president, middle right) accompanied by Police Chief Rick Esteves (far left) and Lieutenant Jim Heckel (far right), presented the donation to Deputy City Manager Mark Sauter this week. Pledges now amount to more than \$26,000 for the potential celebration. Community and business members interested in pledging their support of the event should contact Sauter at (562) 904-6107.



Susan Domen was recently installed to a second consecutive term as president of the Downey Rose Float Association. She is pictured above with installing officer Mike Prokop. Domen's first float, "Jewels of the Pacific," was awarded the Founders Trophy in this year's parade. Other newly-installed officers include Mike Artherton, first vice president; Sue England, treasurer; and Pam Chambers, secretary. New board members are Madelyn Barefoot, Gary DeRemer, Annett Pasco, Lee Ann Sears, Margie Grisson, Jeff Shadic and John Johnston.

Resident donates long locks

DOWNEY – Downey resident Gwynn Gustafson grew her hair for three years to celebrate her 65th birthday with twin sister Gail, who died from cancer at the age of 57.

Gustafson donated the hair to organizations that create wigs for cancer patients who lost their hair from chemotherapy and radiation treatments.

Gustafson went to Salon Zorina because the owner is familiar with how to cut hair for donation. Then, following guidelines laid out on their websites, she donated her 14inch long hair to Wigs for Kids and Pantene's Beautiful Lengths.

Wigs for Kids required 12 inches regardless of the gray and Pantene required a minimum 8 inches and only 5 percent gray. Along with the hair, Gustafson also sent a monetary donation to Wigs for Kids.

"I encourage all the readers of The Downey Patriot to consider



this selfless act," Gustafson said. "It was fun and felt so good to remember my sister this way."

For more information on donating hair, visit www.wigsforkids.org or www.pantene.com.

Downey schools excel in state

■ Alameda, Ward, Unsworth and Price elementaries among top in the state.

BY ERIC PIERCE, CITY EDITOR

DOWNEY – Four Downey elementary schools were selected as California Distinguished Schools for 2010, the California Department of Education announced Monday.

Alameda, Ward, Unsworth and Price elementaries were recognized as being among the state's "most exemplary and inspiring public schools," based on their performance on the state's Academic Performance Index and federal government's Adequate Yearly Progress results.

Schools earning the Distinguished Schools title agree to share their signature practices with other schools and serve as mentors to other educators, state education officials said.

"I had the privilege to call all the winning schools and personally shared the good news with each principal," said Jack O'Connell, state superintendent of public institution. "These schools have persevered despite state budget cutbacks that have cut deeply into the budgets of local school districts. I encourage educators throughout our state to review the signature practices that Distinguished Schools are using to improve student achievement."

Distinguished Schools are geographically diverse with locations in small rural communities, suburban neighborhoods and large urban cities, education officials said. Most of the schools have significant populations of students living in poverty or learning English.

Participation in the awards program is voluntary. Elementary and secondary schools are recognized during alternate years.

According to a state news release, Distinguished Schools

were chosen based on their API and AYP results, which are the state and federal accountability models, respectively. Applicants were also identified by their success in narrowing the achievement gap that exists between higher-performing and lower-performing students.

Schools underwent a "stringent selection process" conducted by the California Department of Education with the assistance of educators from across the state. Each applicant was required to describe two signature practices that have led to an increase in student achievement and a narrowing of the achievement gap.

Schools were then selected to receive a site visit to validate the signature practices.

A total of 484 California elementary schools were selected as Distinguished Schools. They will be honored during an awards ceremony and dinner June 4 at the Disneyland Hotel in Anaheim.

Children's author visiting library

DOWNEY – The Downey City Library will celebrate El Dia de los Ninos on Thursday with a free program for families with children ages 3-12.

Author and illustrator Priscilla Burris will discuss the process of creating a book and will draw characters from her books.

Burris is the bilingual author of

children's picture books, including "I Love You All Day Long" and "Tu Si Puedes, Gabriela!"

Children who attend will have the opportunity to draw pictures at the program. Due to limited seating, free show passes will be distributed at 6:30 p.m. to the first 110 children and adults.

"El Dia de los Ninos, also

a celebration of children, families and reading," said Children's Librarian Gina Orello. "It emphasizes the importance of literacy for children of all linguistic and cultural backgrounds."

(562) 904-7360, ext. 4.

known as Children's Book Day, is

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NCUA

DUSD: Agreement with Arc.

Continued from page 2

*Ratified the general agreements with Optimist High School, Excelsior Youth Center; Yellowstone Boys' and Girls' Ranch, Arc of Southeast Los Angeles County;

*Ratified the settlement agreement regarding Case No. 2010011269 and approved the payment of \$6,200;

*Approved the schedule of regular board meetings for the 2010-11 school year;

*Approved the proposed revisions to AR 3111, Regular School Calendar 2010-11;

*Approved the revision to AR 3740, Fees – Class and Lab;

*Approved the Title I AARA Waiver Application and Plan;

*Authorized the 2009-10 payment of membership fee for the National Council of Teachers of Mathematics;

*Adopted the re-stated Accumulation Program for Part-Time and Limited Service Employees (APPLE) Plan and the Amendment, for the Economic Growth and Tax Relief Reconciliation Act (EGTRRA), effective Feb. 1, 2010;

*Ratified the amendment to the DataDirector License Agreement with Riverside Publishing;

*Ratified the professional services agreement between Murphy & Associates and DUSD, to provide a computerized IEP program;

*Approved the contract for services relating to mandated cost claims with Centration, Inc.;

*Approved the student teaching agreement with Biola University, effective Sept. 1, 2010-Sept. 1, 2012;

*Ratified the agreements between Downey Adult School

Career & Education Center and Dr. John G. McAllister, as well as with Charles Zanders III, DDS, to furnish practical experience to students enrolled in the Dental Assistant program;

*Authorized the advertisement for bids for a contract for roof repairs, replacement, and asbestos abatement of roofing materials, to be charged to the General Fund, Deferred Maintenance Fund, and/or Bond Funds as required;

*Ratified the request for the purchase and installation of an Audio/Visual System in the Downey High School cafeteria, to be charged to the Food Services Fund;

*Awarded the request for the purchase and installation of an Audio/Visual System in the DHS cafeteria to PCM Technologies, LLC, of Downers Grove, ILL, in the amount of \$26,468.77, to be charged to the Food Services Fund;

*Accepted and approved the use of the Glendale Unified School District Bid# P 16-09/10 with Palmer Hamilton, LLC, for school furnishings, office furnishings and accessories on an as-needed basis, to fill orders for cafeteria furniture with the same advantages, terms and conditions; and also accepted and approved the use of the Waterford Unified School District Bid #01/09 with A-Z Bus Sales of Colton by the DUSD to fill orders for buses with the same advantages, terms and conditions;

*Renewed the annual contract for weed control services, Bid #08/09-07, with TruGreen Limited Partnership, Anaheim, for the second of a five-year optionally renewable period, in the estimated annual amount of \$85,400, to be charged to the General Fund;

*Accepted as complete fenc-

ing, backhoe, paving, concrete, electrical, and cooler/freezer work (at Columbus High School) performed by various contractors;

*Approved the adjustments to the General Fund, Adult Education Fund, Cafeteria Fund, Deferred Maintenance Fund, Capital Facilities Fund, County School Facilities Fund, Special Reserve for Capital Outlay Fund, Self Insurance Fund, Self Insurance Workers Compensation Fund, Self Insurance Health and Welfare Fund, Self Insurance Dental Fund, and Self Insurance Vision Fund,

*Approved the sale and/or recycling of district surplus property, and abated the income to the Food Service Fund, and/or pick-up by a local recycler for proper recycling;

*Ratified the establishment of a few positions to provide support services for students with special needs, as well as changes in the Food Services Department, as well as to the duties of the ASB accounting technician, attendance/records clerk, and senior secretary;

*Approved the proposed change in high school lunch to \$2.25 for the 2010-11 school year;

*Adopted the proposed 2010-11 course of study of the middle schools and the high schools;

*Approved the Local Educational Agency plan addendum:

*Approved the designation of members of the Board of Education for graduation; and

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

The next regular public meeting of the Board of Education will be at 5 p.m. on Tuesday, May 11, at the Gallegos Administration Center, 11627 Brookshire Ave.

New probation chief begins term

DOWNEY – Donald H. Blevins officially began his tenure as 18th Chief Probation Officer of the Los Angeles County Probation Department on Monday.

Blevins, who was the chief probation officer for Alameda County for six years, replaces former Robert Chief who Taylor retired in February. Acting

Chief Probation Officer Cal Remington, from Ventura County, will continue to lead the Department until Blevins arrival and will remain onboard for several weeks to oversee a smooth transition.

Blevins now heads a department that is currently experiencing tough budget challenges and strong criticism from the Los Angeles County Board of Supervisors. The Probation Department, largest in the U.S., presumably the world, has 6,214 employees (4,404 of whom are sworn officers) who supervise over 60,000 adult and 20,000 juvenile probationers in Los Angeles County.

The Los Angeles County Probation Department has 30 area offices, 15 residential treatment service camps and three juvenile halls located throughout the County. There are more than 4,000 juveniles currently incarcerated in Los Angeles County.

Blevins enters L.A. County Probation Department with a resume that includes over 34 years of experience in both Alameda and San Diego County Probation Departments. He has a Bachelors degree in Psychology and Sociology from the United States International University and holds

Downey musician returns to rock musical

BY ANDY NAGLE, **DEPOT THEATRE**

DOWNEY - Steve Probst has Sister Mary Jolene of Our Lady of Perpetual Help Elementary School in Downey to thank for a life of music.

As an 11-year-old in 1971, Probst was swept up by his teacher's passion for guitar. Now at age 49, Probst performs 200 high-profile shows a year with internationally renowned Hotel California - A Salute to the Eagles who launch an original musical at the Blue Moon Theatre in Whittier on April 30.

In addition to lead vocals, Probst plays banjo, lead, rhythm, acoustic, double neck and 12 string guitars with the nationally touring Hotel California. For more than two decades, the band has touched the hearts of fans by faithfully and accurately reproducing the Grammy award winning sounds of the Eagles.

The dynamic, highly-acclaimed band launches a bold new production, "New Kid in Town," which tosses musical theatre convention out the window by using dance to drive the affecting narrative woven through the lyrics of Eagles songs. The musical runs from April 30 - May 16 on Fridays, Saturdays and Sundays with tickets priced between \$10- \$30. The Blue Moon Theatre located at 16200 E. Amber Valley Drive in Whittier.

An inspired concept by awardwinning producer Shawn Hillman shifts the storytelling balance from song to dance, hence "dansical" versus "musical." In addition to a compelling love story supplied by some of rock's finest storytelling songwriters, the Eagles, choreographer Amy Weisenhorn has created the added bonus of a wide array of dance styles, including contemporary, jazz, modern and ballet. Hotel California plays live on stage while dancers interpret the love story with movement.

The band, which usually performs in venues with 1,000 seats or more, agreed to a three-week run at the 340-seat Blue Moon Theatre to help the newly formed non-profit theatre raise funds. They traveled directly from the East Coast on their tour bus to perform the run in Whittier.



Steve Probst, originally from Downey, leads Hotel California, an Eagles tribute band. They will be playing at the Blue Moon Theatre in Whittier beginning April 30 for a two-week run.

Rankin, Richie Furay, 38 Special, and John Kay and Steppenwolf.

Five years ago, Probst obtained his "dream gig" by joining Hotel California playing, performing art centers, theatres, arenas and other high profile engagements. In his off time, he writes songs for other artists to record and creates music tracks for films and television. When he's home, he plays guitar at his church in Riverside.

"The positive way people respond to Hotel California's performances is very rewarding for me," said Probst. "After shows people tell us how the concert brought back feelings from years before."

Probst's love of music extends to his family. He is married to Liz, a music instructor and elementary school teacher. They have two children, Emily, 18, who plays the flute, bass guitar and the euphonium, which is a brass instrument also know as a "baby tuba." She attends college at California Baptist. Son Jonathan is 16 and plays the trumpet and guitar. Emily and Jonathan play in the Pacific Crest Drum and Bugle Corp in Diamond Bar.

covery that leads him far from home. After a misunderstanding with his girl and his parents, the young hero hits the open road. It doesn't take him long to realize that the grass isn't always greener on the other side of the fence, so he longs for what he had.

This premiere engagement is a showcase of Eagles megahits such as "Take it Easy," "Heartache Tonight," "Hotel California," "Witchy Woman" and, of course, "New Kid in Town."

The combination of lyrics and dance drives the plot without dialogue. It reveals that dance as a form of storytelling— whether in the form of a ballet or contemporary choreography —can be as potent

Crime Report

Friday, April 9

At 8:30 a.m., an affiliate with a fire explorer academy at Warren High School reported a burglary. The victim left two laptop computers in the office overnight, and when he returned the following morning, the computers were gone.

At 9:30 a.m., a resident in the 7800 block of Lyndora discovered a homemade explosive device (Molotov Cocktail) on their front lawn. The object contained an unknown liquid with a burnt rag at one end. No one was injured.

At 5:15 p.m., officers attempted to stop a subject riding a bicycle in the 13400 block of Barlin. The suspect fled on foot, discarding a loaded handgun as he ran. A search was conducted and the suspect was located hiding in the area. He was arrested and charged with carrying a concealed weapon.

Saturday, April 10

At 3:30 a.m., a male juvenile from Inglewood, who was bleeding from a puncture wound, was discovered to the front of 7300 Florence Ave.

He was transported by a relative to a local hospital where he is listed in stable condition. Detectives are investigating the incident.

At 12:20 p.m., a male suspect entered a check cashing business located at 7433 Florence armed with a handgun. He ordered everyone to lie on the floor and demanded money. After receiving the loss, (U.S. currency and cell phone), the suspect fled on foot. No one was injured. Detectives are investigating the incident.

Thursday, April 15

At 7:30 p.m., an officer initiated a short vehicle pursuit after a traffic violator failed to pull over in the 9000 block of Angell Street. The driver faces a misdemeanor charge of evading.

Friday, April 16

At 5:00 p.m., officers detained a 12 year-old boy in a parking lot in the 7800 block of Firestone for pointing a handgun at people. Officers determined that the boy had been pointing a realistic-looking "air-soft" pistol.

At 5:30 p.m., officers arrested a 38 year-old female from Paramount for stealing merchandise from Macy's Department Store at Stonewood Shopping Center. The suspect fought with store security officers, and was booked for robbery.

Saturday, April 17

At 9:30 a.m., an aggravated assault occurred after a traffic altercation took place between the driver of a vehicle and a pedestrian walking in the crosswalk on 2nd Street and Downey Avenue. After an exchange of words, the driver of the vehicle sideswiped the pedestrian's leg. The victim sustained minor injury and the suspect fled the scene.

At 3:15 p.m., officers arrested a 22 year-old man from Pico Rivera after he exposed himself inside Macy's Department Store at Stonewood Mall. The suspect was booked for indecent exposure.

Sunday, April 18

At 3:00 a.m., officers observed suspicious subjects in a vehicle parked in the 8500 block of Imperial Highway. Both occupants were arrested, one for possessing methamphetamine for sale and the other for being under the influence of drugs.

At 12:30 p.m., officers arrested a 21 year-old Los Angeles man after he was caught burglarizing a home in the 8700 block of Mory Street. A second suspect eluded capture.

At 7 p.m., band members promoting their group's music entered Crawford Park to sell their music CD's. They approached a group of males, one of whom pointed a gun at them and robbed them of their iPods and cell phones. The suspects ran across the riverbed toward South Gate.

Tuesday, April 20

At 7:50 a.m., officers responded to the 7900 block of Florence regarding a robbery. The 12 year-old victim was walking to school when he was confronted by the 13 year-old suspect, who asked to use the victim's phone. The victim complied and the suspect raised his shirt, revealing a knife in his waistband. The suspect fled with the victim's phone. The suspect was later arrested and charged with armed robbery.

membership in many professional societies including;

• Chief Probation Officers of California (CPOC)

of

•American Probation and Parole Association (APPA) •National

Institute Corrections

In a recent interview, Blevins was asked why he believed the Los Angeles County Board of Supervisors entrusted the management of the world's largest County Probation Department to him.

"One of the reasons why the Board chose me was because I had experience in dealing with a tough budget climate," Blevins said. "A person in this position must be the most fiscally responsible individual in the Department."

Acting Chief Remington will provide support agreeing to remain Probation Department at Headquarters in Downey for about 60 days to assist in Blevins' acclimation.

"My role as acting Chief was a temporary one in which I assessed the Department's strengths and weaknesses, and will provide that assessment to the new, incoming Chief. I've known Don for some time and he's really an outstanding professional. I wish Chief Blevins all the luck in the world."

"We're excited to partner with the Blue Moon on this musical," said Probst, who also writes songs and creates music for film and television. "As a band, we decided it was an important time to step up and support theatre and the arts in general as much as can."

"I can vividly remember playing 'If I Had A Hammer' in class with Sister Mary Jolene," laughed Probst. "That's when I was first hooked on music."

Probst began singing with a band which played rock music at school assemblies at Griffith Junior High School in Downey. Although Probst owns 10 guitars, he still performs with the 1974 Fender Stratocaster given to him by his father during this time. While at Warren High School, Probst and his band, Silver Shadow, won a music competition called "The Way Outer Broadway Show" at the Downey Theatre.

Probst graduated from Warren in 1979 and spent one semester at Cerritos College "playing guitar under a tree."

He gained notoriety as a guitarist and vocalist for two decades both in bands and as a soloist. During this time, he opened for such artists as the Little River Band, Dave Mason, Randy Meisner (Eagles), America, Three Dog Night, Charlie Daniels, Kenny

"Both of my children are natural musicians, but I'm pretty biased about that," said Probst.

"New Kid in Town" follows a young man on a journey of self disand emotionally jarring as any reflective Sondheim ballad or a belted Broadway song.

"I think this is an ideal show for theatergoers looking to broaden their horizons," said Probst.

New Kid in Town featuring Hotel California – A Salute to the Eagles runs April 30 – May 16. Shows are Fridays at 8 pm; Saturdays at 4 pm and 8 pm and Sundays at 4 pm. Tickets are \$10- \$35 and may be purchased online at www.bluemoontheatreco.com or phoning (800) 838-3006.

Courtesy Downey Police Department





www.stevelopeziaw.com

8567 Florence Ave. • Downey, CA 90240 • 562-904-1193



Page 12 Friday, April 23, 2010 Classified/Real Estate _____ The Downey Patriot

LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File Number 20100489085 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) Fiji Foods, 12155 Paramount Blvd, Downov, CA, 00242, Counth of Los Apadel

 Forder CA. 90242, County of Los Angeles Name of registrant(s): (1) Kissun Lal, 11413
Horton Ave, Downey, CA. 90241
(2) Saleshni Devi Lal-Prasad, 11417 Horton Ave, Downey, CA. 90241
(3) Dhirendra Lal, 12506 Del Rio Ct, Norwelk, CA. 90650. Norwalk, CA 90650 This business is conducted by a Joint

Venture

The registrant commenced to transact busi-ness under the fictitious business name or names listed above on 4/15/10. 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/Kissun Lal, Owner This statement was filed with the County Clerk of Los Angeles on April 9, 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 social the statement a change in the 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, # BS124251 4/23/10, 4/30/10, 5/7/10, 5/14/10

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAE R. MULKEY

MAE R. MULKEY Case No. BP121943 To all heirs, beneficiaries, creditors, con-tingent creditors, and persons who may oth-erwise be interested in the will or estate, or both, of MAE R. MULKEY A PETITION FOR PROBATE has been filed by udy Shorep Sipoleir in the Superior

filed by Judy Sharon Sinclair in the Superi Court of California, County of LOS ANGE-LES.

THE PETITION FOR PROBATE requests that Judy Sharon Sinclair be appointed as personal representative to administer the state of the decedent. THE PETITION requests the decedent's

THE PETITION requests the decedent's will and codicils, if any, be admitted to pro-bate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the In-dependent Administration of Estates Act. (This authority will allow the personal representative to take

will allow the personal representative to take

many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the

A HEARING on the petition will be held on May 16, 2010 at 8:30 AM in Dept. No. 11 located at 111 N. Hill St., Los Angeles, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing Your appearance may be in person or by

gent creditor of the deceased, you must file your claim with the court and mail a copy to

YOU MAY EXAMINE the file kept by the

court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as pro-vided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner: JOHN R GOTTES ESQ JOHN R GOTTES ESQ SBN 134317 JOHN R GOTTES ESQ 3470 TWEEDY BLVD SOUTH GATE CA 90280-6048

CN836583

TUTORING

TUTOR NEEDED For Spanish conversation. Monday - Thursday (562) 500-7677

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FRI 4/23 & SAT 4/24 7am-2:30pm, baby/toddler, new kitchen, dinnerware, & misc items 9847 Norlain Ave. Dwny **Florence/Tecum**

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APPLICATIONS AND **INTERVIEWS:** MONDAY & WEDNESDAY (9:00AM-4:00PM) BRING DMV H6-SPAB & **MEDICAL TO:** 8050 FLORENCE AVE #202 SO. BLDG. **DOWNEY, CA. 90240** (562) 927-9399

FOR LEASE

LAND FOR LEASE

Excellent Downey location. 60,000 sq. ft. all or part zoned CM \$0.15 sq. ft. mo. Secure storage sheds also available John Lacey - Agent (562) 861-8904

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DOWNEY BEST OFFICE LOCATION 12117 Woodruff Ave., Arenas Square. Ideal for real estate office, insurance & many other offices. 700 sq. ft. A lot of parking available. Plus huge office at 12125 Woodruff Ave.

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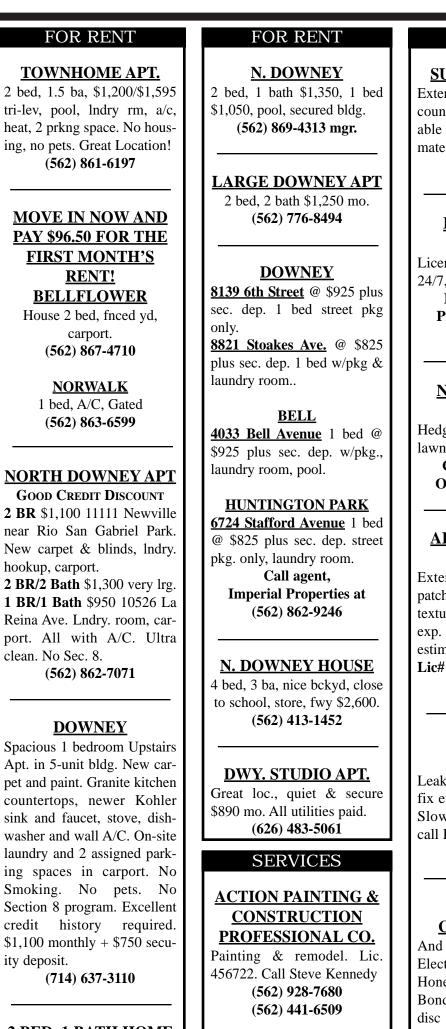
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DOWNEY APT. 3 bed, 2 bath \$1.400 mo. 1 bed, 1 bath \$900 mo.



7325 GLENCLIFF DR., DOWNEY 3 bedrooms, 3 baths, Den, Central A/C & Heat, Pool.

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SERVICES

SUPERB PAINTING Exterior, interior, senior discounts, references, dependable & reliable. Free estimates. Lic. #634063. Wayne. (562) 863-5478

FULL SERVICE PLUMBING

Licensed, bonded & insured, 24/7, senior discount **McKinnon & Sons Plumbing of Downey** (562) 904-3616

NICK'S GARDEN SERVICE

Hedging, lawn mowing & lawn irrigating. Lic. 214833. Cell (562) 712-1838 Office (562) 861-5866

ARMAS PATCHING & RESTUCCO

Exterior & interior plaster patching, matching all stucco textures. Very clean. 25 years exp. No patch too small. Free estimates. Ask for Ray Armas Lic# 882779 (562) 923-8227

RELIABLE HANDYMAN

Leaky roof, leaky faucet we fix everything. Fast Service-Slow Pricing. References, call Phil anytime at (562) 714-7702

GENERAL CONSTRUCTION

And Repairs, Plumbing, Electrical, Remodeling and Honey Do List. Licensed, Bonded and Insured. 10% disc to Seniors and Veterans. Call Charlie (213) 407-0332



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Planning for an Emergency – Week 4

BY MARK SAUTER, **CITY OF DOWNEY**

ow are things going? Hopefully you have had the interest, time and a little money to begin your planning efforts for an emergency. The last three weeks have placed an emphasis on obtaining emergency supplies, developing plans for emergency situations and learning more about our local risks. This week will continue the same theme.

Earlier this week, many of us were fortunate to attend the Gangs Out Of Downey (GOOD) luncheon. The featured speaker, UCLA football coach Rick Neuheisel, delivered a great presentation on the value of collaboration and positive support.

He spoke of how he coached his current and former players and how they learned from his support and influence. He made a point of mentioning how important having a 'culture' was to the UCLA football program. He stressed the importance of 'chipping in' and being a part of the community. Finally, he told everyone that Downey was a special place because of the teamwork that takes place here between the City, the school district and the community.

The same message applies when we prepare for an emergency. It takes a commitment to the process and the support of the

disaster strikes, we could find the local pharmacies are not as accessible as we would like. Many times we wait until we run out of a pain reliever or specific medication before we decide to 'fill' the order.

The more prepared way to deal with this situation is to buy our medications ahead of time. Even ordering medications using the mail system can be done ahead of time. It just takes a little planning.

It's that 'preparedness culture' concept, again. So, this week, take the necessary steps to ensure you always have a weeks worth of your medications on-hand. Whether it requires a trip to the store, sending in an order or making a notation on a calendar (for the next order), let's get this done.

Final objective for this week is to start drafting your personal disaster plan. So what is this? It's a plan of action for you and your family should a disaster strike.

The first step of the plan should be to ensure all family members have a list of the cell, school and business phone numbers. These numbers should be loaded into each cell phone and a 'hard-copy' of the numbers should be carried by everyone as well (the battery on your cell phone will run-down eventually).

An out-of-state phone number for a relative or friend should be included in the list. The distant number serves two purposes. Often

contact should family or business members find themselves separated after a disaster.

And don't forget to share your communication plans with your family members and trusted coworkers. Working together is the way to get through a disaster and the best way to recover from one. Mark Sauter is deputy city manager in charge of emergency preparedness for the city of Downey.

Federal workers meet this week

DOWNEY – A representative from the Southeast Center for Independent Living will be guest speaker at Wednesday's meeting of the National Active and Retired Federal Employees Association, starting at 1 p.m. at the Barbara J. Riley Community and Senior Center.

The public is invited to attend. For more information, call Bob Knerr at (562) 943-5513.

Cerritos state of the city May 6

CERRITOS - The city of Cerritos will hold its annual state of the city forecast May 6 at the Cerritos Center for Performing Arts at 11:30 a.m.

Mayor Joseph Cho and City Manager Art Gallucci will be guest speakers.

(562) 467-0800.

Bellflower chorus in concert

The BELLFLOWER _ Bellflower Civic Chorus will present a series of spring concerts May 14-16 at the Bristol Auditorium at Bellflower City Hall.

The chorus will be singing favorites from Hoagy Carmichael, Johnny Mercer, Duke Ellington, Cole Porter, the Gershwins and Glenn Miller. Performances will be interspersed with specialty acts and solos.

Performances will be given May 14-15 at 7 p.m. and May 16 at 2:30 p.m.

Tickets are \$5 will be available at the box office. They can also be purchased in advance by making a check payable to Bellflower Civic Chorus and sending a selfaddressed stamped envelope to Bellflower Civic Chorus, P.O. Box 1058, Bellflower, CA 90707.

Doctor to discuss feet

CERRITOS - Dr. James Lee, a podiatrist, will be guest speaker at a lecture Wednesday at the Cerritos Senior Center.

Lee will provide details on the different types of foot problems people with diabetes can develop. The meeting begins at 1 p.m.

and the public is invited. For more information, call (562) 916-8550. The Cerritos Senior Center is at

12340 South St.



Students at Gallatin Elementary conducted their second annual Coins That Care collection and raised more than \$1,100. The children donated \$400 to the American Red Cross for Haiti relief efforts and \$717.53 to the TLC Family Resource Center. Checks were presented at a school assembly by Student Council Officers who organized the drive. Representatives from TLC and the Red Cross accepted the donations.

Jeong completes basic training

FORT JACKSON - Army Specialist Seonggyu Jeong has completed basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, Jeong studied the Army mission, history, tradition and core values, and physical fitness.

He also received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches and field training.

He is the brother of Heekyeong Jeong, of Downey.





Page 14 Friday, April 23, 2010 Real Estate



detached guest house. Price: \$489,000 Call Michael @ 562-818-6111



Room, Rooms, and More Rooms! 6BR, 3Ba N. Downey home with living room and family room. Home is 2,246 sq. ft. and is situation on a 6,372 sq. ft. lot. Price: \$489,000 Call Michael @ 562-818-6111

NE Downey Listing!

4 BD, 3 BA, formal living room and dining

room with new laminate floors, remodeled

master & hall bathrooms, cozy family room

and bright kitchen w/ granite countertops.

Price: \$675,000

Virtual tour at www.MichaelBerdelis.co



Northeast Downey Prize! 5 BD, 4.5 BA, 5200 sq ft home with amazing kitchen and master bathroom, excellent attention to details, and backyard with pool, spa, and BBQ. Reduced Price: \$999,000



sq. ft.) and a large detached guest house.

Price: \$449,000

Bonus Points For This One Wonderful 2,452 sq ft home w/ 4 bd, 3 ba, formal living rm, lg family rm, spacious kitchen, formal dining rm, lg pool, a nice view of backyard from several areas of the home! All on a 13,000 sq ft lot! Price: \$665,000 Call Michael @ 562-818-6111



NE Downey Development! 5 BD + loft (possible 6th BD) 4 BA w/ 3,839 sq ft, large re-landscaped backyard & 4 car att. Garage. Price: \$990,000 Virtual tour at www.MichaelBerdelis.com



View these homes at: www.MichaelBerdelis.com

Price: \$ 1,200,000 Wow - Your Palace Awaits 6 BD, 8 BA, approx. 7,000 built, Pool,4 car gar & 10,260 lot.



Location, Location, Location Perfect Opportunity 17 000sqft 53,000 + Lot & Much More Call for private showing! 562,445,3076



Reg Sale. Remodeled NE DOWNEY Gorgeous - 4 8D, 3 8A, 3,100 built Pool 8BQ, 2 car gar & 10,260 lot.

www.MikesGroup.com

Free Online Home Evaluation



Price: \$ 560,000



Regular Sale. . Big price reduction. 3 BD, 2 BA 1 436 sqft Lrg Den 2 car gar w/ workshop 6250 lot.





Price: \$ 615,000

Remodeled N. DOWNEY 4 BD, 3 BA, 2 Story Home 2,163 sqlt, 8,443 lot & bet 2 Car Gar

