

The Downey Patriot



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Thursday, March 28, 2013

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

Trash rates going up again

• Rate hike is blamed on rising fuel costs; it is the second increase in one year.

By Eric Pierce
Editor

DOWNEY – One year after across-the-board rate hikes, Downey property owners will again see an increase in their monthly trash bill.

After gaining approval from the City Council Tuesday night, trash bills for single-family households will jump from \$15.73 per month to \$17.27, while multi-family properties with 2-4 units will pay \$16.52 monthly, up from \$15.05.

Large residential complexes and commercial buildings with a 3-cubic-yard bin serviced once a week will pay \$123.38 per month, a monthly increase of about \$10.

Rates for optional recycling bins are also going up, from \$71.90 to \$78.50 per month for a residential complex of five units or more.

CalMet, the company contracted to pick-up and dispose of Downey's trash and recyclables, last raised its rates April 1, 2012.

At the time, the City Council signed off on the rate increase but instituted a new "rate adjustment formula" to determine future changes in rates, which are determined every spring.

The city also commissioned a study based on CalMet's 2011 earnings to determine if they earned a profit of more or less than 10 percent, and if another rate increase was warranted.

Due mostly to increases in fuel costs, a consultant hired by the city found that Downey should approve CalMet's requested rate increase of 2.56 percent for residential service and 1.97 percent for apartments and commercial buildings.

It also urged "that the rates further be increased to reflect the calculated One-Time Rate Rebalancing Adjustment of 7.21 percent."

"This type of one-time adjustment is common in many long-term contracts for services and usually takes place at the 'half term point' of the contract to ensure that the contractor is not overcharging," assistant city manager John Oskoui wrote in a report to council members.

"The rebalancing adjustment is a one-time increase and CalMet will only be eligible for standard annual rate increases for the remainder of the contract."

The new rates go into effect April 1.

The fee increase was unanimously approved by the City Council on Tuesday without comment.

FIRE UNION HAS ENOUGH SIGNATURES TO FORCE ELECTION

• At issue is two-thirds voter approval required to contract out police and fire services.

By Christian Brown
Staff Writer

DOWNEY – After a months-long campaign, the Downey Firemen's Association has officially collected enough petition signatures to place an initiative on the ballot next year that will amend the city charter, eliminating the two-thirds voter approval required for Downey to contract out police and fire services.

Fire union officials say Downey is violating the charter by hiring outside EMTs and jailers, exposing Downey taxpayers to potential lawsuits.

"Imagine if someone being transported by one of these ambulance operators got into a car accident, it would be detrimental to the city and the taxpayers," said Steve Davis, president of the firefighters' union.

"The city is in violation of its own charter. How far do they have to go, breaking their own rules before you step in and change the rules?"

However, challengers believe the ballot measure strips voters of their voice on matters of public safety by allowing the city council to contract with other local agencies for fire and police services without voter approval.

Mayor Mario Guerra, who has publicly denounced the proposition of switching to county fire service, said he is disappointed that the union has sought to amend the

charter, making it easier for the city to adopt county service.

"I have nothing against Steve Davis, but a lot of the things he says continue to not be true," Guerra said Tuesday. "I want what's in the best interests of the city of Downey. The fire union continues to mislead and lie to people -- they've chosen to be bullies and have come after me personally."

While the city of Downey does contract out some city services, including jailers and computer technicians, Guerra maintains that five city attorneys have deemed the contracts legal.

"Does the fire union think the city would be better off with high-salary policemen and firemen doing those jobs? For 13 years it's never been an issue," Guerra said. "We're saving millions of dollars a year, and there's not one fireman not doing fire, and there's not one policeman not doing police."

Guerra continued: "To think anyone would vote for their rights to be taken away...we passed that [charter] for a reason. I believe citizens will overwhelmingly vote to keep the charter the way it is," he said. "That's how I'm going to vote."

According to the Downey city clerk's office, the fire association submitted a total of 12,024 signatures. The number far exceeds the nearly 7,500 signatures, or 15 percent of the registered voters, needed to place the initiative on the ballot.

The Los Angeles County Registrar-Recorder's office now has 30 days to verify the signatures, said city clerk Adria Jimenez.

Once the signatures are verified,



Photo by Martin Trejo

the city council must either adopt the ordinance as is or call for an election, where the people decide the fate of the measure.

"This will not be a special election," said Jimenez. "We cannot legally hold a special election for a charter amendment, but we can hold the election during the statewide primary in June 2014 or the consolidated general election in November 2014."

Union officials, however, are pressing the city council to hold the election this November since the city

council is also considering whether to ask residents to approve an increase to the city's utility users' tax.

Davis says the union tried to encourage the city to place the initiative on the ballot last November.

"We've been talking to the council for nine months -- nobody wanted to touch this issue. We've exhausted all our efforts," Davis sighed. "We're hoping the city eliminates the two-thirds voter approval and replaces it with a majority vote by the people. The council can still put it up for a vote."

Nonetheless, Guerra is convinced the union's goal is to change the charter, making it easier for future city councils to disband current safety services in favor of county service.

"I've received calls from firefighters saying they don't support what the fire union is doing so it's not unanimous," said Guerra. "We have the best fire department around, I couldn't be prouder. As long as I'm on the council, I will do everything in my power to keep our police and fire."

Downey confirms interest in second shuttle

• 30-ft. shuttle model in Canada expected to become available soon.

By Eric Pierce
Editor

DOWNEY – A quarter-scale replica of the space shuttle Columbia hanging at Calgary International Airport could make its way to Downey, where it was constructed during the height of our nation's space shuttle program.

Measuring nearly 30 feet long, 14 feet high and 19 feet wide, the model was constructed in the mid-1970s for engineers testing ground vibration's effect on the space shuttle.

Built inside the hangar of Building 288 in Downey, the shuttle underwent nearly a dozen vibration tests before it was shipped to the Marshall Space Flight Center in Huntsville, Ala., where twin rocket boosters were attached for additional tests, according to an article written by retired Boeing engineer Stan Barauskas.

After testing was completed in 1979, the model was categorized as a museum display artifact and in 2000 loaned to the SpacePort Museum inside Calgary International Airport, where it is currently suspended from the airport's ceiling.

The airport plans to remove the shuttle sometime this year as part of renovations. It will be returned to the Johnson Space Center, which has to decide whether to showcase it



This model of the space shuttle Columbia currently hangs at Calgary International Airport but will soon be returned to NASA. Downey officials are interested in displaying the model here.

itself or loan it elsewhere.

The Downey City Council on Tuesday instructed city staffers to study the feasibility of taking possession of the shuttle model.

Before committing itself one way or another, Councilman Roger Brossmer said the council needed more information "so we can make educated decisions."

"I think it's worth exploring," added Councilman Luis Marquez.

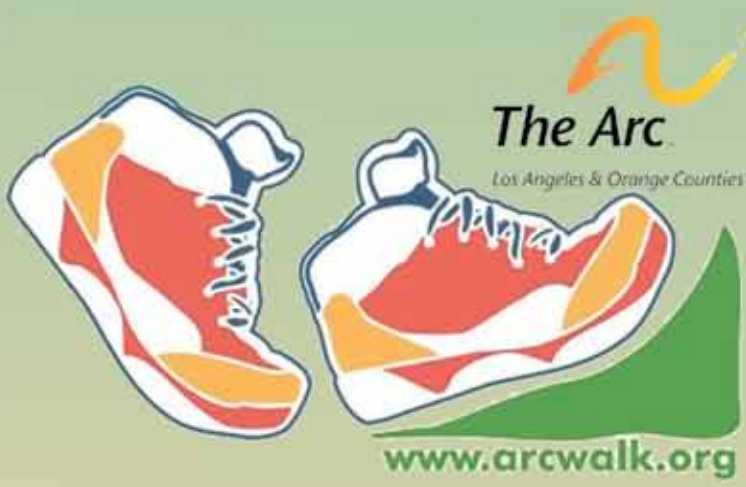
It's unclear where the shuttle would be stored but in January the city applied for a \$3 million federal loan to house its current 128-ft. space shuttle mock-up, named Inspiration, which sits inside a tent outside the Columbia Memorial Space Center.

Dr. Valerie Neal, curator of the National Air and Space Museum (NASM), previously told the Aerospace Legacy Foundation that Downey "might be the eventual home for this incredible model if certain conditions are met."

"[Please] be assured that future display of the model at Downey may be possible when (a) the artifact is

transferred to NASM custody and (b) you have a museum-like facility open to the public," Neal is quoted as saying in 2007, before the Columbia Memorial Space Center was built.

"As the original home of the orbiters, Downey is certainly an appropriate location for Shuttle artifacts."



Arc walk for independence

Last Saturday's Arc Walk for Independence drew a record crowd of 5,000 people who came to support and encourage people with developmental disabilities served by The Arc. It was a morning of hope and joy for the record crowd, who also learned a lot about people with developmental disabilities as they walked together as one.

KABC-TV's Phillip Palmer took the opportunity to interview several participants from The Arc programs as they told their personal success stories.

The Downey community showed their pride, respect and love for people with developmental disabilities.

Photos by Martin Trejo

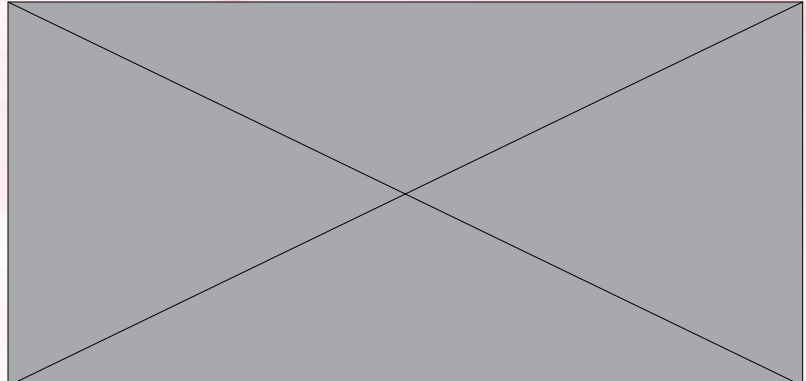


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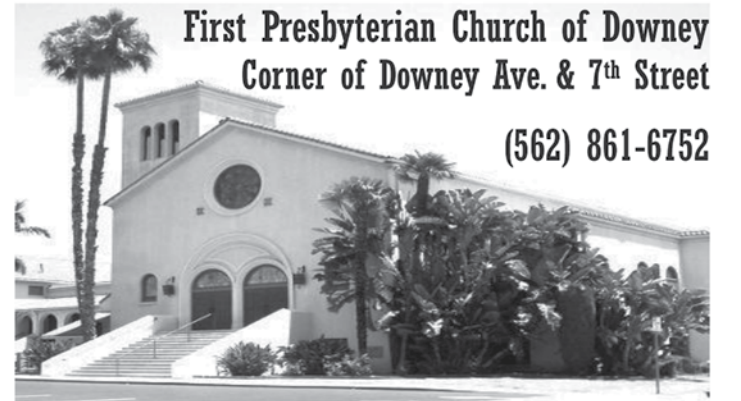
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City hires 3 new firefighters

DOWNEY – Three new firefighters have been hired by the Downey Fire Department.

Recruits Richard Hernandez, Adam Zipperian and Daniel Zandvliet began training Monday and will be assigned to an engine company after four weeks of orientation training. All three are also trained as paramedics.

The fire department plans to hire an additional nine firefighters which will allow Engine 61 to be placed back in service in June. Engine 61 has been deactivated for the past year due to budget cuts.

A federal grant will finance the new personnel costs for a two-year period.

Fire department workers named Employees of the Year

• Tracy Gonzales, Renick Sampson honored by Masonic Lodge.

DOWNEY – Dispatch supervisor Tracy Gonzales and fire engineer Renick Sampson were honored by Downey Masonic United Lodge No. 220 as “Public Safety Employees of the Year.”

Gonzales has been with the Downey Fire Department for 10 years and oversees the 911 center for the cities of Downey, Compton, Santa Fe Springs and Vernon.

She manages a staff of nine workers and this year took on the added responsibility of managing the day-to-day operations of its computer network.

The fire dispatch center is located at Fire Station 1 on Paramount Boulevard.

Sampson has also been with the Downey Fire Department for 10 years. Recently promoted to engineer after finishing first on the departmental promotional exam, he is responsible for maintaining the apparatus and equipment, keeping them operational at all times.



Tracy Gonzales, Fire Chief Lonnie Croom and Renick Sampson.

As an engineer, Sampson must safely drive the fire engine to emergency incidents and pump water at fire scenes.

Downey fire officials also

praised Sampson for his “invaluable mechanical skills and excellent customer service.”

He is currently assigned to Fire Engine 64 on Florence Avenue.

Water barrel giveaway Saturday

DOWNEY – Residents are urged to pick up a free 55-gallon barrel for emergency water storage during a giveaway event this Saturday at Stonewood Center.

The distribution begins at 8 a.m. and will continue until noon, or until all barrels are gone.

Residents must be in a vehicle to take a barrel. There is a limit of one barrel at a time.

Pumps, siphon hoses and cap handles will be available for purchase.

For questions or more information, e-mail ready@downeyca.org.

Tea party for Downey women

DOWNEY – Local women ages 50 and older are invited to a tea party at the Barbara J. Riley Community and Senior Center on April 11 from 1-3 p.m.

Cafe Quill will be serving hot and cold tea, light finger foods and dessert, plus live entertainment and raffles.

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Dr. Jacquelin Perry's life celebrated at Rancho

• Dr. Perry remembered as a pioneer in medicine; she died last week.

By Greg Waskul
Rancho Los Amigos

DOWNEY – An overflow crowd of rehabilitation medicine royalty, patients and Rancho staff attended last Friday's Celebration of Life ceremony at Rancho Los Amigos National Rehabilitation Center for the beloved Dr. Jacquelin Perry, one of history's most outstanding woman orthopaedic surgeons, researchers, educators and mentors. Dr. Perry passed away on March 11 at age 94 at her home in Downey.

"Dr. Perry will always be the guiding star for Rancho and her soul will live here forever," said Rancho CEO Jorge Orozco. "She gave her life and her career to helping others, not only her patients but also her colleagues, and making everyone around her better."

"How fitting as we celebrate 125 years of Rancho history to recognize that she was a key part of that history for the last 58 years," said Los Angeles County Fourth District Supervisor Don Knabe. "Her very core was so kind and gentle and giving. For Dr. Perry, bringing all her incredible skills together to care for her patients was always her top priority. She will truly be missed."

Rancho Chief Medical Officer Dr. Mindy Aisen, said "I'm honored and humbled to be able to represent the doctors of Rancho as we mourn Dr. Perry. "She was one of the greatest leaders in orthopaedics and rehabilitation medicine. Women in medi-

cine have come a long, long way. The whole world of women in medicine know about her and aspire to be like her. I just hope that all of us here at Rancho will continue to be worthy of working at the Jacquelin Perry Institute and honor the legacy she's left us."

"I went to school to get a medical degree, but Dr. Perry truly taught me how to be a doctor," said Dr. Sophia Chun, Director of Rancho's Post-Polio clinic and the head of the Spinal Cord Injury Service at the Long Beach VA. "She embodied the words patient-centered care before it was in vogue, because she always mobilized the whole team to solve what mattered most to the patient."

Dr. Sara Mulroy, who heads the Rancho Pathokinesiology Laboratory that was founded by Dr. Perry in 1968, commented on Dr. Perry's work as a professor at USC. "Dr. Perry dedicated her Saturdays to teaching for 20 years, and I'm sure it was a lot more exciting to us than it was to her. I think she took it as her personal mission to educate clinicians so that they would do a better job at taking care of their patients." She also mentioned Dr. Perry's love of chocolate, as did several other speakers. "She knew how to have fun...a chocolate cake was guaranteed to bring a smile to her face and also bring forth that trademark twinkle in her eyes."

Dr. Mark Hoffer, a longtime colleague and admirer of Dr. Perry, spoke about her entire life. "Her mother was so very proud of her, and she said that Dr. Perry was always so very kind to her." He also noted that she was a champion athlete in high school.

"Can you imagine a person who is a wonderful technical surgeon and a full professor at USC in both orthopaedics and physical therapy having the vigor to write more than 400 peer-

reviewed journal articles?" he said. "So this professor of orthopaedics and physical therapy was a marvelous athlete, a patriot, a physical therapist, and most of all, a grand academic surgeon. But we remember her best as our teacher and our mentor."

Dr. Joanne Gronley, Dr. Perry's research colleague and close friend, described life with Dr. Perry after receiving a standing ovation as she walked to the podium. "She was my best friend, and oh, what adventures we had! Whether visiting the tombs of Egypt at the invitation of Madam Sadat, hiking the trails of New Zealand, sampling the many facets of the Alaskan wilderness, fishing off the Pacific Northwest Coast or enjoying the scenery and the bountiful wildlife of the Yukon or the High Sierra, she brought a true zest for life."

Dr. Scott Ward, Immediate Past President of the American Physical Therapy Association, said "Thousands and thousands of people have been affected by her work. What a delightful legacy she leaves, and she will never be forgotten." Dr. Cheryl Resnick of USC represented the California Physical Therapy Association, emphasizing Dr. Perry's many contributions to the field of physical therapy.

Dr. Chris Powers, co-director of the Jacquelin Perry Musculoskeletal Biomechanics Laboratory at USC, commented about how Dr. Perry inspired him in his career and the daunting task of caring for her as she fought Parkinson's Disease later in life.

Then it was time for Dr. Perry's patients to speak. After Dr. Perry's Post-Polio patient and polio survivor community leader Sue Lau spoke about how Dr. Perry had been the most effective, kind and compassionate friend to the Post-Polio commu-

nity, Emma Eivers, PhD was rolled to the stage by Rancho Physical Therapist Kelely Kubota. When Emma was told that someone could hold the microphone while she spoke from her wheelchair, she said, "Dr. Perry did not take care of me for over 50 years for me to speak from a wheelchair at her memorial. I will stand for Dr. Perry."

Then Emma rose from her wheelchair with Kelly handling the cord to her ventilator and spotting her as the crowd erupted in cheers.

"I came here on Valentine's Day in 1958 at age 12 and didn't speak a word of English," Emma said. "I couldn't walk except in a body cast, which restricted my breathing. Dr. Perry would say, 'if you can't use it, fuse it.' And after being in a halo device for 10 months, she did spinal fusion surgery on me. I was able to walk and get rid of the cast, which meant I could wear regular clothes."

After living at Rancho for five years, Emma went straight to college at Immaculate Heart. She earned a B.A., then went to USC for a Master's and PhD and even earned a degree in advanced studies in France. "I got married and had children, I'm a grandma, and I taught at college for over 20 years," Emma said. "Dr. Perry always looked at me as this little girl who came here with a severe scoliosis at age 12. Thanks to her I was able to do so many things and be a success for her. I am so thankful to have known her, because she gave me the opportunity to live a wonderful life!"

After Rancho Pathokinesiology Laboratory staff member Charles Whitehead read a moving poem he composed for Dr. Perry, Rancho Chief of Therapies Lilli Thompson spoke



Photo by Martin Zamora/L.A. County

Emma Rivers, accompanied by physical therapist Kelley Kubota and foundation executive director Greg Waskul, speaks at a ceremony last week for Dr. Perry

about what Dr. Perry stood for. "Dr. Perry's mission was to make people better...not only the patients, but each of us at Rancho...each of us in our profession, each of us as people, and each of us as clinicians."

Rancho Physical Therapist Kelley Kubota said, "Dr. Perry was a pioneer who was extremely intelligent, generous, compassionate, courageous, thought-provoking, respected, and both a student and a teacher, because she was endlessly committed to learning. Despite all the awards, honors and accolades she received over her lifetime, Dr. Perry was also incredibly humble." Then her colleague Walt Weiss told the audience about how Dr. Perry transformed his career with her extraordinary level of precision and her ability to inspire.

Dr. Lisa Lattanza, MD, co-founder of the Perry Initiative at UC San Francisco, a program to teach high school girls about orthopaedic surgery and mechanical engineering, said, "Dr. Perry was the first person to believe in me and make me think I could go to medical school. She said that every patient she had ever worked with had taught her something. That's the epitome of who Dr. Perry was."

Dr. MaryBeth Brown, who was once a student of Dr. Perry's, said, "She was the most formidable teacher I ever faced, exacting to the max and with standards that were higher than any of us had ever had to meet. We soon grew to love the challenge of rising to the level of capability that each of us possessed. Many of us in this room were the recipients of the greatest gift we had ever gotten from Dr. Perry, and that is understanding the extent to which we personally could achieve."

Dr. Judy Burnfield, co-Author with Dr. Perry of the book *Gait Analysis: Normal & Pathological Function*, said, "Dr. Perry was a true visionary in the fields of Rehabilitation Sciences and gait analysis. She led in the creation of the observational system of gait analysis used by clinicians around the world to determine why a patient has a challenge walking and how to manage that difficulty. Her research with individuals with severe deficits arising from neurologic and orthopaedic injuries still guides therapeutic approaches today, and will do so well into the future."

Dr. Helena Chui, Chair of Neurology at USC who has also served Rancho patients for 30 years, summed up the audience's reaction to the event: "Being here today was kind of like being in heaven, as we saw a tremendous outpouring of affection, love, and respect for our legendary leader, Dr. Jacquelin Perry. She is the embodiment and personification of the spirit of Rancho—the heart, the mind and the soul. She cared most about helping people fight and rise above their disabilities. Dr. Perry, thanks for bringing out the best in us and being our inspiration."

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Letters to the Editor:

East Middle School

Dear Editor:

Set the way-back machine to 1960; I must return to warn my classmates that we will no longer be known as the East Knights. We will become the Doty Dinosaurs! Or Doty Dobermans! Or the Fighting Doty's!

Seriously, I thought we already honored Superintendent Doty by paying her a generous six-figure annual salary with health benefits. In retirement, Doty will not be spending her golden years trying to make ends meet on a paltry Social Security pension. We taxpayers are further honoring her with a lavish lifetime six-figure annual pension from STRS (State Teachers Retirement System).

I attended Rio San Gabriel Elementary, East Junior High and Downey High. They are a part of my history. My record. My DNA. They were named after a nearby river, a neighborhood and a proud city. For those of us who were students there, these are important geographic and historic places.

But members of the Board of Education are politicians, and like politicians everywhere, they indulge in self-aggrandizement. They spend the taxpayer dime "honoring" each other with plaques, petitions and proclamations. They rename streets, playgrounds, parks and schools in "honor" of each other. They defend the practice by saying, "Well, we've done it before! It's a tradition!"

Did they do a cost-benefit analysis? What will the changeover cost? More importantly, did they consult the many of us who attended East and still live in Downey?

I know compromise is a dirty word lately but can't we compromise here by perhaps naming a library or cafeteria in honor of Doty?

I never paid much attention to school board elections but I am looking forward to the next one.

John Marinelli
Downey

Dear Editor:

Downey is a city of approximately 100,000 people, but curiously enough, just seven of those people have the power to change the name of a school.

I speak, of course, of our illustrious seven-person school board who took it upon themselves to arbitrarily change the name of East Middle School to Wendy Lopour Doty Middle School. ("School Board Renames East Middle School After Doty," 3/21/13)

According to Donald LaPlante, president of the DUSD board of education, East Middle School doesn't actually have a name. To quote Mr. LaPlante, "we wouldn't think of naming schools with names, but East and West, those are directions."

I don't know what dictionary Mr. LaPlante uses, but my edition of Webster's defines the word "name" thusly: "a word or phrase by which a person place or thing is known, called or spoken." East Middle School is a name; a nice geographical name, which students and alumni have been proudly using for close to 60 years.

When compared to the total population, the teachers and administrators of the DUSD actually represent a rather small coterie of people, almost a clique you might say, but do they have the bonafide and/or cachet to, in self-congratulatory fashion, name public facilities after themselves?

East Middle School is a public school, consequently it would seem sensible that the general public should have a say in whether the school name is changed or not.

In the final analysis, this was a decision of the school board, by the school board and primarily for the school board.

It probably isn't the greatest example of the democratic process at work.

Jack Russell
Downey

Dear Editor:

As an alumnus of East Middle School, it is an honor to be able to help put in place its new name of Wendy Lopour Doty Middle School for this coming September.

Our retiring superintendent, Dr. Doty, began her career in education here at East. She has served the Downey Unified School District for over 30 years, the last 10 as superintendent.

Dr. Doty's leadership has been pivotal in successfully guiding the district through some of the toughest times for public education these past four years, and we are most grateful.

Through these difficult years of recession, I am not aware of any other school district in California where both students and employees have experienced the continued stability and success that Downey has enjoyed under Dr. Doty's prudent direction. Our cutbacks have been minimal by comparison, the district remains financially solvent and student achievement continues to improve.

It is fitting and appropriate that a school with such a strong, longstanding reputation should finally bear the noteworthy name of someone most worthy of the honor. Watch for changes to be taking place soon as we begin to transition.

By the way, we will still be the Knights; still be red, black and white; and still be providing our students with the very best education to prepare them for high school, college and life.

Brent Shubin
Principal
East Middle School

Stolen computer

Dear Editor:

There were several car break-ins over the weekend on Tweedy Lane and Allengrove Street. I am frustrated since it is the second time my car has been broken into.

My computer was stolen with all of my pictures of my grandmother who just passed away. I was working on a slideshow. I just want them back.

This is supposed to be a safe neighborhood. Instead, our streets have poor lighting, making us easier targets for these criminals.

Leticia Corona
Downey

Gravy train

Dear Editor:

Give a man a fish and he will eat for a day.

Give a man a welfare check, a free cell phone, free Internet, cash for his car, food stamps, Section 8 housing, free medical, prolonged unemployment benefits, free medicine and he will vote Democratic for the rest of his life.

Thelma Simpson
Downey

Broken rules

Dear Editor:

Every time I drive by the skate park at Independence Park, one out of 15 kids have the required safety equipment. I have also seen kids on bicycles in there.

The city's website says helmets, knee pads and elbow pads are required at all times. Also, it states the park is supervised by city staff seven days a week.

My main concern is the safety of the children. Would the city be responsible if a child received a severe brain injury? Whatever happened to the California bicycle helmet law?

I see police officers all the time drive by kids wearing no helmets and never say anything to them. If I were to ride my motorcycle with no helmet I would be stopped by the first officer who saw me and given a ticket.

So I take it our children don't have to follow rules or laws.

B. Fallon
Downey

Raising the utility tax

Dear Editor:

Our city council members have nothing better to do than sit on their fat upholstered seats and dream up new ways to bilk their constituents.

They soon forget who put them where they are. They were elected to represent the people of Downey.

With the federal government, state and city, the utility companies now want their shares. Wake up, people of Downey.

Ask your doctor if you should be taking extra iron. When our city council starts asking for blood, the least we can do for them is to be sure it's healthy blood.

A president can be impeached. Can that be done to this city council? They are not on our side.

Betty Stockton
Downey

Liquor advertisements

Dear Editor:

It's open season for investing in bars in Downey, and you may be angry about this.

Those who would rather have another bar than an empty commercial building in Downey should take a look at the crime reports taken at and around the city's liquor-licensed establishments over the last five years. If you're still not impressed by the influence of alcohol in our city, then just take a look at where it's popping up now - Carl's Jr.

Carl's Jr. is the next restaurant to sell billboard space for booze on its menu under the guise of cooking with bourbon sauces and glazes. The Jack Daniels brand has already conquered processed food labels for drumsticks and pork entrees sold at Sam's Club, so it's no wonder that Jim Beam set its sights on Carl's Jr.

Bourbon sauce on a burger is hardly amazing. What is amazing is the intrusion of a hard alcohol brand into the family-friendly franchise that has never had liquor on its menu. Many Carl's Jr. restaurants are currently showcasing a large window poster with the Jim Beam brand largely sprawled across the front.

This is not unheard of at sit-down restaurants but these places usually serve beer and hard liquor too, so the sense of intrusion by alcohol doesn't pervade or pervert as much. When I approach Carl's Jr. and see the Jim Beam brand on the windows and counter menu, I want to lecture someone on business ethics and profiteering.

Advertising influences many of us, especially young people. As a kid, I remember wanting to be as cool as the Marlboro Man or Joe Camel. I certainly tried my share of cigarettes sooner than I should have.

The city of Downey should be the first to disavow this horrible advertising practice by passing an ordinance that requires greater ethics in advertising. Hard liquor advertisements should not be allowed at businesses that do not have a liquor license, no matter how good Budweiser-battered chicken and Jack Daniels donuts sound.

Dan Chantre
Downey

Vote for Warren

Dear Editor:

My name is Alejandra MacDougall and I am on an engineering team at Warren High School.

We are participating in the Conrad Spirit of Innovation competition and made it to the finals, which puts us in the top five teams in the world. We are going to present our project at the NASA Johnson Flight Center in Houston on April 10.

We are currently in the Public Choice phase of the competition in which we need everyone's support to vote for our team. I would like to ask the residents of Downey to help support us to show what great things are coming out of the DUSD.

To vote, just go to the link conradawards.org/group.346, which is our team page, and hit the green vote button.

We have through Friday, March 29, to garner public support. Let's show the world that Downey is No. 1. Thank you for your support!

Alejandra MacDougall
Downey

Cities flip-flop on notifying residents about water rates

Last Friday, three cities went to court in an attempt to stop the Water Replenishment District of Southern California (WRD) from notifying the public about the rate setting process and scheduled public hearing.

The cities of Signal Hill, Downey and Cerritos asked the court to enjoin WRD from sending notices to approximately 800,000 property owners within the district's service area.

Judge Ralph Dau summarily and forcefully dismissed the request for an injunction to stop WRD from issuing the notification.

"We are pleased by the Court's decision not to prevent WRD's effort to notify parcel owners about our rate setting process and the public hearing," said WRD Board President Albert Robles. "We believe the decision to communicate to all residential and business parcel owners insures that no one is excluded from our rate setting efforts and lends to a more transparent public process."

Representing the cities is the law firm of Aleshire & Wynder, which also serves as Signal Hill's contracted city attorney. Signal Hill stopped paying their groundwater assessment to WRD in March 2011.

At a city council meeting last month, Signal Hill city attorney David Aleshire defended the city's refusal to pay the WRD water assessment by suggesting, "If [WRD] would go through a proper noticing and a proper hearing process . . . we'd be happy to pay, but evidently, not withstanding our saying that, we have to just go down this litigation road to the bitter end."

At the same city council meeting, Signal Hill's city manager, Ken Farfshir, seemed to echo Mr. Aleshire's stated position: "It gets to accountability of the WRD for their rate increases to all of their member agencies and every resident and business that's paying water rates in the Central Basin and also the West Coast Basin."

"WRD is making every effort to notify the broadest spectrum of parcel owners so that no one can come back to us and say that we wrongfully excluded them from the process" said WRD Board Member Rob Katherman. "While this may be troubling for a few cities, the fact is that WRD serves over 4 million residents throughout 43 local cities. We can't simply ignore the vast majority of those who have a right to be engaged in our rate setting process."

Despite the cities' efforts, the public notifications were mailed to approximately 800,000 parcel owners within WRD's service area. WRD is in the process of determining its 2013-14 FY budget and will continue to hold regular public meetings soliciting the public's input.

Contributed by WRD

Letters to the Editor:

Closed gas station

Dear Editor:

What is going to become of the eyesore at the corner of Lakewood and Telegraph?

It used to be a Mobil gas station but has been shut down for several months now. It is fenced in but it is still an ugly spot.

They have also decided to put in dividers on Telegraph from Lakewood to Passons. Looks like a summer of doing my best to avoid Telegraph.

Doris Hannon
Downey

Cadillac dealer

Dear Editor:

I would like to voice my disapproval of the blight that has consumed the former Cadillac dealership near Florence Avenue and the 605 Freeway.

Weeds, political signage and boarded-up windows have turned the property into an eyesore. It needs to be cleaned up immediately.

The property owner should be notified of the site's current condition. If he refuses to fix things, our public works crew should go in there and clean things up, and then send him the bill.

The former Sam's Club across the street is also vacant but that property is properly maintained.

Joseph Bartlett
Downey

Green police

Dear Editor:

I must have read Mr. Luis Marquez's editorial at least 10 times. ("Let's Be Smart About Environmental Justice," 3/21/13). He used the word "environmental" 11 times in his article, which was filled with political correctness, doublespeak and bureaucratic nonsense.

Mr. Marquez and others like him have created the mess America is in with overbearing regulations and the "save-the-planet" mentality. According to the green police, breathing is causing pollution.

California has the highest taxes in the nation, the largest illegal alien population and is also the largest welfare state in the nation, yet politicians call for more taxes and regulations.

Now Mr. Marquez has finally figured it out that California is No. 50 out of 50 in being the most unfriendly state in the U.S. when it comes to opening businesses and creating jobs.

He now wants that organization to be a little more modest in its approach. However, in his last paragraph, he states, "While keeping the door open for new environmentally-responsible economic development."

The Keystone Pipeline was approved three years ago which would have created thousands of jobs but has been held up by the green police and President Obama.

Let's stop all the nonsense and political correctness and get the country moving again.

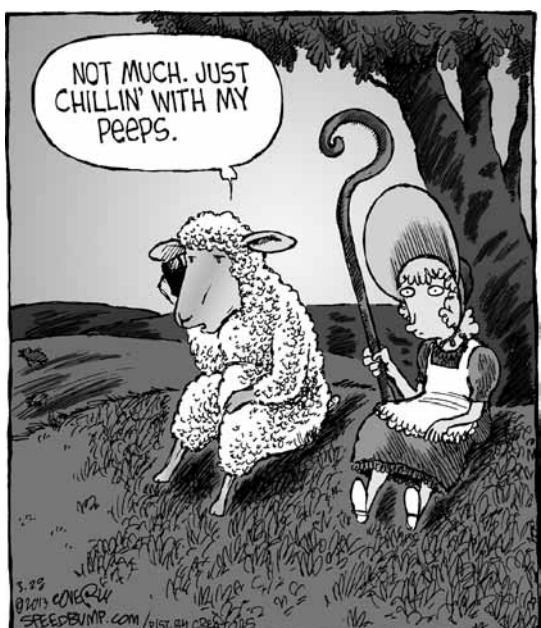
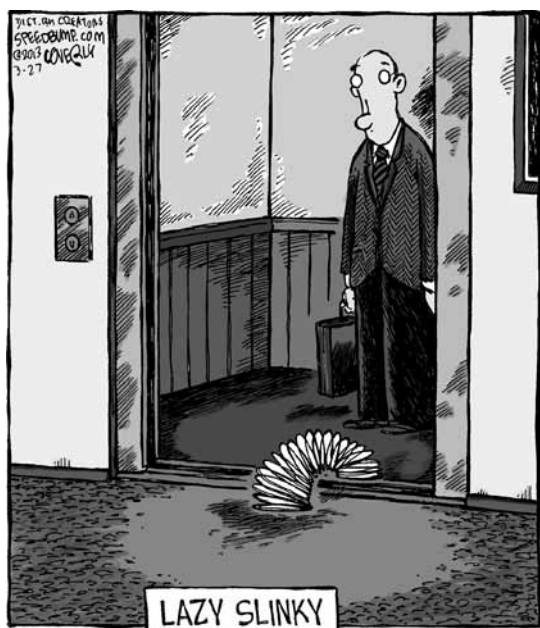
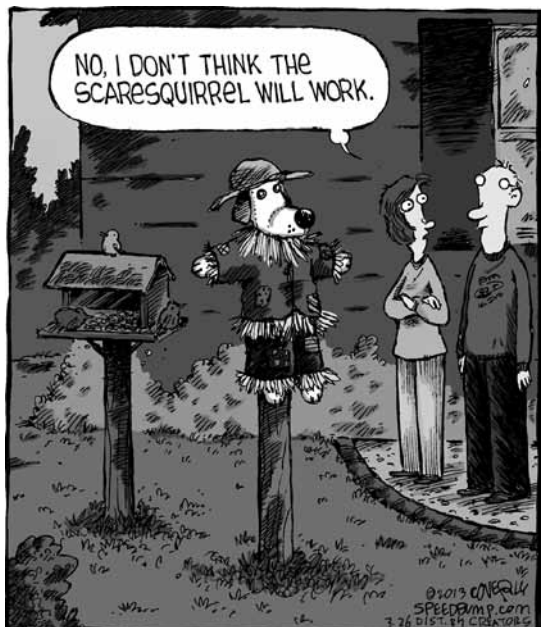
George Hofstetter
Downey

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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For March

Fri. March 29: **12-hour hunger strike**, Light & Life Christian Fellowship, 6 p.m.
Fri. March 29: **Flashlight Easter egg hunt**, Columbia Memorial Space Center, 7:30 p.m.
Sat. March 30: **Water barrel giveaway**, Stonewood Center, 8 a.m.

City Meetings

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 Tuesday, 6:00 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1, 12222 Paramount Blvd.
2nd & 4th Tuesday, 7:30 p.m.: **City Council**, Council Chamber.
3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.

Regularly Scheduled Meetings

Mondays

2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church.
3rd Mon., 7 p.m.: **American Legion Post #270**, at Rio Hondo Event Center, for more info. call 806-2100.
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 e-mail Diane Davis at ddavis87@me.com.
6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Raul Castillo 400-2561.
6:15 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives, for info call 923-1932.
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 Tues., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7117.
2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call 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., 11 a.m.: **Woman's Club of Downey**, for information call Cheryl Olson 833-8954.
1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call Cindy 803-4048.
1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
2nd Weds., 11:30 a.m.: **Christian Women's Club**, at Los Amigos Country Club, call Anita 861-3414.
2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
2nd & 4th Weds., 5:30 p.m.: **Lions Club**, at Sunrise Realty, for information call 577-1104.
3rd Weds., - **Downey Dog Obedience Club**, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
3rd Weds., 10 a.m.: **Los Angeles County Quilters Guild**, at Women's Club, for information call 426-2418.
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.
4th Weds., 7:30 p.m.: **US Coast Guard Aux. Flotilla 5-10**, at First Presbyterian Church of Downey, call Brian 419-5420.
Wed.& Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

7:30 a.m.: **Connections Networking**, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Mia Vasquez, 806-3217.
9:30 a.m.: **Take off Pounds Sensibly**, at Barbara Riley Senior Center, call (800) 932-8677.
12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
1st Thurs., 12:00 noon: **Downey Christian & Professional Luncheon**, at Sizzler's Restaurant, call James Vanlengan 310-1335.
2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
3rd Thurs., 4 p.m.: **Public Works Committee**, at City Hall Training Room.
3rd Thurs., 6 p.m.: **Downey CIPAC**, at Sizzler's Restaurant, for information call Rich Tuttle 413-6045.
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. 622-3785.

Saturdays

9 a.m.: **Farmers Market**, Downey Avenue at 3rd Street, for information call 904-7246.
2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

On This Day...

March 28, 1797: Nathaniel Briggs of New Hampshire patented a washing machine.
1854: Britain and France declared war on Russia during the Crimean War.
1941: Novelist and critic Virginia Woolf drowned herself near her home in England at age 59.
1969: Dwight D. Eisenhower, the 34th president of the United States, died in Washington, D.C., at age 78.
Birthdays: Basketball coach Jerry Sloan (71), country singer Reba McEntire (58), basketball coach Byron Scott (52), actor Vince Vaughn (44), director Brett Ratner (44), former Lakers forward Luke Walton (33), actress Julia Stiles (32) and pop star Lady Gaga (27).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

'88 IN REVIEW: What happened 25 years ago

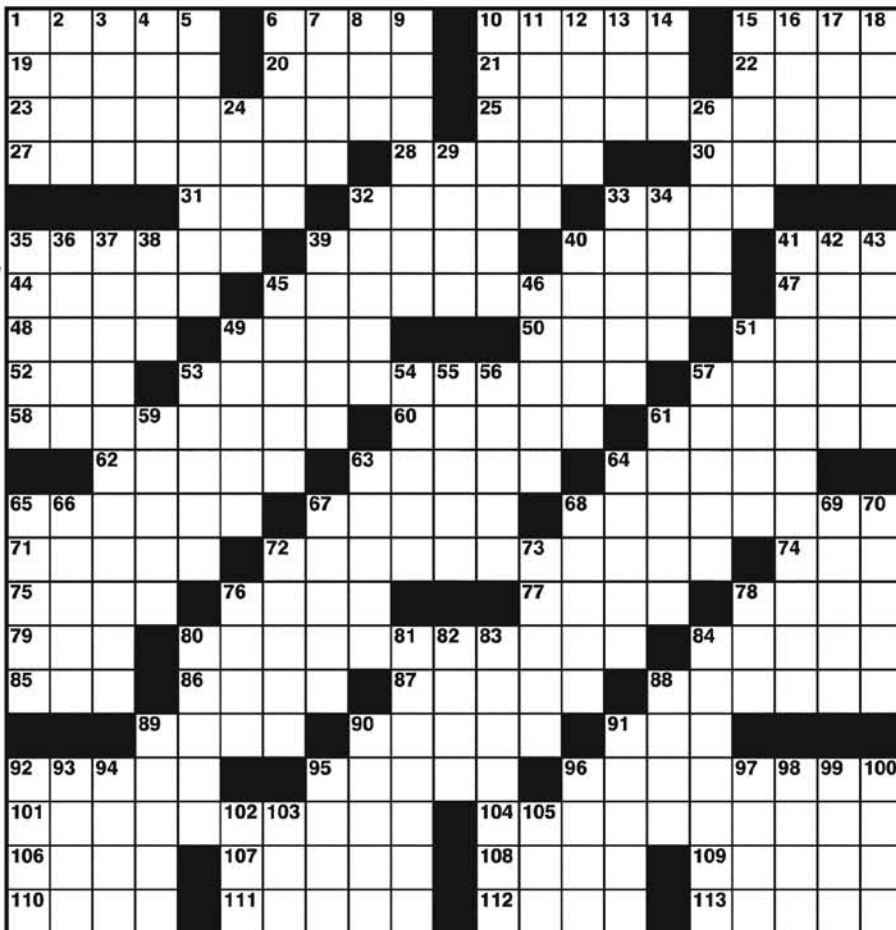
by S.N.

- ACROSS**
- 1 Early employer of 10 Across
- 6 Heron cousin
- 10 Jobs of Apple
- 15 Word on a gift card
- 19 Kid's carrier
- 20 Extended story
- 21 Rome's river
- 22 City near Tahoe
- 23 Song contest won by Celine Dion in '88
- 25 His *Foucault's Pendulum* was published in '88
- 27 Police procedure
- 28 *Star Wars* good guys
- 30 Less than
- 31 Take to court
- 32 Ready for something new
- 33 Reason to say "Brrr!"
- 35 Cruel ones
- 39 Actress Sarandon
- 40 Le ___ (French race place)
- 41 CO clock setting
- 44 Juxtaposes
- 45 Soviet economic program begun in '88
- 47 Spanish article
- 48 '88 award for *M. Butterfly*
- 49 Haarlem museum honoree
- 50 Legendary Old West lawman
- 51 Tap trouble
- 52 Peppery
- 53 Country Music Hall of Fame inductee of '88
- 57 Actress Hedren
- 58 Aspen accessories
- 60 Wall climbers
- 61 Whichever you want
- 62 Roof overhangs
- 63 They're raised on farms
- 64 Shabby
- 65 Eases up
- 67 First two-Nobel winner
- 68 Where some rings hang
- 71 Subdivided, as a city
- 72 Pay-per-view wrestling debut of '88
- 74 Pumpnickel alternative
- 75 Oodles
- 76 Was a passenger on
- 77 Oodles
- 78 Steak cut
- 79 Shoebox specification
- 80 Harry Potter series star born in '88
- 84 Formal wear
- 85 S&L offerings
- 86 Listen to
- 87 Three minutes in the ring
- 88 Rock music genre
- 89 Tupperware toppers
- 90 Giving a signal to
- 91 Resembling
- 92 Where the buoys are
- 95 The good dishes
- 96 Homer or Virgil
- 101 Chrysler car discontinued in '88
- 104 Winner of five gold medals at the '88 Olympics
- 106 Therefore
- 107 Deep fissure
- 108 Mirror shape, maybe
- 109 Be in the cast of
- 110 Gets the point
- 111 Owl's howls
- 112 Pop singer Perry
- 113 Needing a good sweep?
- DOWN**
- 1 Really impresses
- 2 Lacking slack
- 3 City south of New Delhi
- 4 Swindle
- 5 Puts funds to work
- 6 Magazine edition
- 7 Enticement
- 8 "Where did ___ wrong?"
- 9 Central American capital
- 10 Dorm dweller
- 11 Fearful
- 12 Eases up
- 13 Road-fork shape
- 14 Blunder
- 15 Fern leaf
- 16 Swamp stalk
- 17 In the past
- 18 Secure a ship
- 24 Promises to pay
- 26 Oklahoma city
- 29 Chapters of history
- 32 Pop
- 33 Type of terrier
- 34 Peeling potatoes, perhaps
- 35 "Turkish" spa amenities
- 36 Tablet download
- 37 Pretzel chain founded in '88
- 38 Home for hogs
- 39 Tennis great who turned pro in '88
- 40 Sounds of distress
- 41 Sitcom that premiered in '88
- 42 Take potshots (at)
- 43 Swinelike animal
- 45 Reduces, as expenses
- 46 Kings: Sp.
- 49 Apertures
- 51 "I concur!"
- 53 Cherished
- 54 Jeweled coronet
- 55 Singer Lavigne
- 56 Cruise ship
- 57 Top of a job description
- 59 Party spreads
- 61 *King Lear* nobles
- 63 Successful bidder
- 64 North African capital
- 65 Montezuma subject
- 66 Expressed displeasure
- 67 Wrote an app
- 68 Cut and paste
- 69 Examining closely
- 70 Vague perception
- 72 Job ABCs, so to speak
- 73 Bringing to bear
- 76 Wish one hadn't
- 78 Gymnast Mary ___ Retton
- 80 Cologne's river
- 81 Axioms
- 82 Cross the threshold
- 83 Lose control
- 84 It may precede "De nada"
- 88 Talkative
- 89 Nigerian city
- 90 Toy box
- 91 In a well-put way
- 92 Wordsworth works
- 93 Central area
- 94 Outer area
- 95 Florentine farewell
- 96 Coup d'___
- 97 Slightly, in music
- 98 Not deceived by
- 99 Cut and paste
- 100 Wee
- 102 Essen exclamation
- 103 Frat letter
- 105 Top-10 baby girl name since 2005

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

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



Paging Dr. Frischer...

By Dr. Alan Frischer



tion medications lead to deeper levels of sleep, which can make snoring worse.

Establish regular sleep patterns: Bedtime rituals can lead to better sleep, and often minimize snoring. Large meals (or heavy snacks) two-three hours before bedtime can be disruptive to your sleep patterns.

Devices: Various devices have been developed that are helpful for some. One is a strip ("Breathe Right," for example), which is attached to the outside of the nose like a bandage, and lifts and opens the nasal passages to improve air flow. Oral appliances (fitted by a dentist) and continuous positive pressure devices (CPAP) have been useful.

Surgery: Various surgeries may be a last resort when sleep apnea or other underlying causes are involved.

After enduring a partner's nighttime noises, do you find yourself asking, "Why do we snore?" Snoring can become a quality of life issue, interfering with not only the sleep of the snorer, but of everyone else nearby. Snoring can lead to poor sleep and daytime fatigue, irritability, and increased health problems (not to mention relationship problems!). Thankfully, sleeping in separate bedrooms isn't the only remedy for snoring.

The sound of a snore is typically produced while inhaling, by vibrating structures in the upper airway (including the tongue, soft palate, uvula, tonsillar pillars and pharyngeal walls). The result is a rough, harsh noise made in our sleep as we breathe. It varies in frequency, pitch, and intensity.

How common is snoring? It depends on who is asked and how we are asked, but figure that roughly 44 percent of men and 28 percent of women are habitual snorers. The fact that men actually have narrower air passages than women may help to explain the difference. Snoring can be hereditary, because a number of physical features, including a narrow throat, a cleft palate, deviated septum and enlarged adenoids or tonsils are causes. The likelihood of snoring rises with age, weight gain, having a family history of snoring, being out of shape, alcohol consumption, allergies, asthma, being a mouth breather, nasal obstruction, use of muscle relaxants, and smoking.

So, what can be done?
Sleep position: To lessen snoring, the best sleep position is on the side, and the worst is on the back. Propping up with a wedge-shaped pillow can help.

Stop smoking: Snoring among smokers is very likely, because smoking causes airways to be blocked by irritating the membranes in the nose and throat.

Exercise: Working on other muscles can also help to tone the muscles in your throat, which in turn can lead to less snoring.

Lose weight: Even a little weight loss can eliminate some of the fatty tissue at the back of the throat, a cause of snoring.

Avoid alcohol, sedatives, and sleeping pills: These relax the muscles in the throat and can interfere with breathing. Some prescrip-

Don't ignore the psychosocial issues related to being in a relationship with a snorer. Even the most patient amongst us may draw the line at sleep deprivation. No matter how much sleep we lose, however, it's important to be sensitive: your partner may be feeling vulnerable and even embarrassed about this issue.

•It's not intentional. Although it's easy to feel like a victim when you lose sleep, remember that your partner isn't ruining your sleep deliberately.

•Avoid lashing out. Sleep deprivation can be aggravating and even unhealthy, but approach the problem in a non-confrontational manner.

•Choose the right timing. Avoid the middle of the night or the early morning when you're both tired.

•Use humor; laughing about it (not teasing) eases tension. Remember, snoring is a physical issue that your partner has little control over.

If you snore loudly and heavily and are tired during the day, if you stop breathing, gasp, or choke during sleep, or if you fall asleep at inappropriate times, like during a conversation or a meal, then please see your doctor.

Snoring causes more lost sleep and irritability than most of us realize. Let's close with the words of composer and novelist Anthony Burgess, "Laugh and the world laughs with you; snore and you sleep alone."

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

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Psychologist to speak at country club

DOWNEY – Adrienne D. Camillo, a director of psychology and management consultant, will tell "How to Live a Fairytale Life" when she speaks April 10 at Los Amigos Country Club.

The meeting begins at 11:30 a.m. and is hosted by the Downey Christian Women's Club.

Admission is \$15 and includes a buffet lunch.

For reservations, call Anita at (562) 861-3414.

Bill would streamline prescription claims processing

SACRAMENTO – Sen. Ricardo Lara's bill that protects modern and efficient processing of workers' compensation pharmacy claims passed out of the Senate floor Monday on a bipartisan vote with no opposition.

"This requirement for a copy is an unnecessary burden," said Lara. "At a time when California has made it clear that we want to move towards more efficient and expedient electronic billing systems, creating a requirement for a copy that provides duplicative information does not make sense."

In order to carry out the requirements established under current law, a new system would have to be developed and implemented that would allow for the inclusion of a copy of the prescription.

It is unsound to pay for a brand new system when a copy offers the same information given in a claim, Lara said.

Without SB 146, consumers run the risk of their claims being denied if a copy is not provided, he added.

SB 146 provides that a copy of a prescription for pharmaceutical services is not necessary unless required under a written agreement between an employer, insurer or third-party claims administrator and a pharmacy.

The bill is on its way to the Assembly.

Early run/walk sign-ups end Monday

DOWNEY – Early registration is now being taken for the first annual Healthy Downey 5K run/walk taking place April 13 at Rancho Los Amigos National Rehabilitation Center.

The event starts at 8 a.m. and proceeds will benefit the Downey school district's TLC Center.

Health and wellness information booths, music and food will be available throughout the event.

Early registration is \$25 for adults and \$15 for students if paid before March 31. Prices increase \$5 on April 1.

To sign-up, go online to activenet.com.

Traditional in-person registration is available at the TLC Center, 13220 Bellflower Blvd.; the Downey YMCA and at the Barbara J. Riley Community and Senior Center.

Pre-registered participants can pick up their bibs and T-shirts April 12 at the Apollo Park gym from 11 a.m. to 9 p.m.

Parking for the run/walk will be available in the Rancho parking structure accessed via Old River School Road.

For more information, visit dusd.net/tlc.

Memory loss forum at convention center

LOS ANGELES – Local residents living with the early stages of memory loss are invited to the Early Memory Loss Forum to be held April 13 at the Los Angeles Convention Center.

Sponsored by the local chapter of the Alzheimer's Association, the forum is intended for people concerned about memory loss, have early stage Alzheimer's, mild cognitive impairment (MCI) and other dementias, as well as their family members, caretakers and medical professionals.

The symposium is from 8 a.m. to 3:30 p.m. The morning session will feature guest speaker Val Zavala, anchor of KCET's "So Cal Connection".

Admission is \$25 for persons with early memory loss and their families, and includes materials and lunch. The fee for professionals is \$100.

Register online at alzla.org/emlf.

Texting while driving more common in U.S. than Europe

LOS ANGELES – Most U.S. drivers reported talking on their cell phone and about one in three read or sent text or email messages when driving, according to a new study released by the Centers for Disease Control and Prevention.

The study, published in CDC's Morbidity and Mortality Weekly Report, examined two specific types of self-reported distracted driving behaviors: cell phone use while driving and reading or sending text or e-mail messages while driving, among drivers aged 18-64 years in the United States and in seven European countries (Belgium, France, Germany, the Netherlands, Portugal, Spain, and the United Kingdom).

CDC researchers analyzed data from the 2011 EuroPNStyles and HealthStyles surveys and found that 69 percent of U.S. drivers talked on their cell phone while driving within the 30 days before they were surveyed compared to 21 percent of drivers from the United Kingdom.

The study also found that 31 percent of drivers in the United States reported that they had read or sent text messages or emails while driving, compared to 15 percent of drivers in Spain.

"The cell phone can be a fatal distraction for those who use it while they drive," said CDC Director Dr. Tom Frieden. "Driving and dialing or texting don't mix. If you are driving, pull over to a safe place and stop before you use your cell phone."

CDC researchers also looked specifically at U.S. drivers and found that in the 30 days before they were surveyed:

There were no significant differences between men and women in terms of cell phone use or reading or sending text or e-mail messages while driving.

A higher percentage of 25-44 year-old men and women reported talking on a cell phone while driving than those ages 55-64, and;

A higher percentage of 18-34 year-old men and women reported reading or sending text or e-mail messages while driving than those ages 45-64.

"Everyone, of every age and generation, has the ability to make a decision to drive distraction-free," said Linda C. Degutis, director of CDC's National Center for Injury Prevention

and Control. "It's especially risky for young, inexperienced drivers – who are already extremely vulnerable to crashes – to be distracted when they are behind the wheel. Answering a call or reading a text is never worth a loss of life."

Many strategies have been applied to try to reduce distracted driving in the United States and other countries. These include law enforcement efforts, communication campaigns, vehicle and cell phone technologic advances, legislation, and safe driver education. Some strategies have been aimed specifically at high risk drivers such as teens and new drivers. As of February 2013, 33 states and the District of Columbia have laws in place restricting at least some teens or new drivers from using cell phones while driving. More research is needed to identify strategies that can decrease distraction-related crashes.

Parents also have a crucial role in keeping their teens safe on the road. They can model safe driving behavior and consider using tools like parent-teen driving agreements to set and enforce rules for their teens, such as always driving distraction-free. Safe driving habits for teens include never talking on the phone or texting behind the wheel, never drinking and driving, following state Graduated Driver Licensing laws, and wearing a seat belt on every trip.

CDC's Injury Center works to protect the safety of everyone on the roads, every day. For more information, please visit CDC's Motor Vehicle Safety webpage. In addition, CDC's Parents Are the Key campaign offers parents of teen drivers information, tools, and proven tips to help protect their teens from crashes.

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Claudia Hernandez chronicles women's stories of resilience

• "Today's Revolutionary women of Color" highlights 50 inspiring women.

By Christian Brown
Staff Writer

DOWNEY – For most people, recalling 50 inspiring women working toward lasting change in their neighborhood would be a difficult feat – not for Claudia D. Hernandez.

"Not at all, women come up to me and tell me, 'I have a story to tell,'" said Hernandez, leaning forward from her chair. "And these stories need to be told so women know they're not alone."

Inspired by the motivational women in her own life, Hernandez, a published poet and photographer, felt a call last October to recognize those women in the community who are making a difference, empowering young women.

"This project was birthed during very difficult times for me," Hernandez said. "I isolated myself from people – it was a dark period of my life. But it was women, amazing women, who helped me get through what I'm going through."

"Usually we wait until artists die to appreciate them, I'm trying to change that now," she said. "We need to highlight them while they're here. I want to know what happened during their lifetime?"

Using her skills as a writer

and photographer, Hernandez is working on a photography book and walking art exhibit entitled "Today's Revolutionary Women of Color," which will highlight 50 inspiring women, including activists, poets, engineers, professors, and their stories of resilience.

Since October, Hernandez has already interviewed 40 women for the project. Along with short-film interviews, "Today's Revolutionary Women of Color" will also include photos of each woman taken by Hernandez and a collection of songs, essays, paintings, or literature submitted by the women themselves.

"It really is an anthology of art," she said with a smile. "The best part is we're going to have an exhibit in the community. I'm a teacher in southeast L.A. Latino students, they don't know about women who are poets, engineers, authors. I'm going to give a book free to any woman who attends the opening night of the exhibit."

Hernandez, who resides in South Gate, looked for three components when it came to the women she choose.

"They had to have a career, be in the community, changing the community, and they had to have a unique story of resilience," said Hernandez. "All of them are so unique and powerful in their own way – I take a part of each one after the interview. They become a part of my life."

From stories of cancer and

abortion to tales of prejudice and molestation, Hernandez believes the everyday woman can relate to these stories – like she can.

Born in Guatemala, Hernandez has a story of resilience herself, traveling 21 days by land, bus, and water to come to the United States with her mother and two older sisters.

The 34-year-old mother of one son now holds a bachelor's in Liberal Studies with a minor in Art. She's currently finishing a master's in Multicultural Education in addition to pursuing her MFA in Creative Writing for Young Adults with an emphasis in Poetry.

Hernandez says her goal is simply to inspire women and empower them.

"Some men might feel intimidated. This is not to degrade men, I want women to know that others have been in their shoes...so whatever they're going through, they can overcome," she said. "We go to schools and learn about heroes. How often do we hear about women who are here now?"

Currently, the photography book is scheduled to take a year to complete and Hernandez hopes to release the book and open the exhibit in November.

"The interviews are coming along, I've got 10 more to go then I will be putting the book together," Hernandez said. "When the exhibit opens, I'm going to invite women to come and read poetry and share their stories."



In order to raise money and awareness for her project, Hernandez is hosting a fundraising cyclothon this Saturday, March 30 at 8 a.m.

Cyclists will meet at Hollywood Park in South Gate and take a 30-mile bike ride to Long Beach along the river bed. A \$10 entry fee buys participants a raffle ticket. Hernandez is raffling off one of her photography pieces.

All funds will help Hernandez publish the book and make copies available for women on the opening night of the exhibit.

"It's for the betterment of the community – the betterment of human beings, especially women," she said. "This is not just any photography book, this is high art. This is not just putting anything together, this is meant to inspire women to be the best they can be."

From more information or to donate to the book project, visit todayrevolutionarywomenofcolor.com.



KCET has named Downey resident Marisa Urrutia Gedney one of its "Iconic Women in Literary L.A." At 28, Gedney is operations director for 826LA, a non-profit "dedicated to supporting students ages 6 to 18 with their creative and expository writing skills, and to helping teachers inspire their students to write." Just recently Gedney was also named to *Forbes*'s "30 Under 30" list in education.

Downey unemployment rate at 8.8%

DOWNEY – The jobless rate in Downey is at 8.8%, according to data released Wednesday by the Economic Development Department.

According to the latest employment figures, 4,700 Downey residents were still without a job as of January 2013.

Downey's unemployment rate beats the L.A. County average of 10.9% and the Gateway Cities average of 12.3%, but lags behind cities like Cerritos (6%), Whittier (7.8%) and Lakewood (7.1%).

Among cities with a workforce of at least 50,000, Downey's jobless rate is the lowest.

The upcoming Tierra Luna Marketplace is expected to create some 3,000 jobs when it opens in a few years.

Hundreds of jobs have also been created with the gradual opening of the Downey Gateway food court.

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Photo courtesy Josie Cordero

Warren swimmers young but versatile

DOWNEY – The Warren High School girls' swim team currently has an overall record of 3-2 in dual meet competition and will begin league action in April.

The Lady Bears lost to La Serna 87-83, defeated Sunny Hills 109-61, lost to Cerritos 100-69, defeated Whitney 126-112 and defeated Artesia 126-65.

The Lady Bears return several key swimmers from last year's team. Sophomores Brittney Baron, Valerie Orozco and Kim Shepherd all return with more experience and speed, along with juniors Jocelyn Castro, Kayla Casas, Kelly Tovalin and Destiny Hernandez.

Star Meza is the sole returning senior.

Coach Cordero said she is pleased with sophomore sprint and breaststroke swimmer Jackie Hanein as well as freestyle and butterfly swimmer Debra Jeong. Both swimmers have been moved up from a talented junior varsity team to add more depth and versatility.

Coach Cordero also stated that Justine Castro "has been a key addition and great surprise for us."

"Justine adds a great deal of speed in the freestyle events and also swims the backstroke," Cordero said. Because of Castro's versatility, "I can extend all of my relay line-ups," Cordero said.

Coach Cordero likes her team's depth and versatility and is very pleased with how well her team is swimming right now. Cordero believes Downey and Gahr will provide solid league competition because they have quality sprinters and good swimmers.

Coach Cordero and her Lady Bears are looking forward to the start of the league season and qualifying as many swimmers as she can for C.I.F.

–Mark Fetter, contributor

Crucial games loom for DHS lacrosse

DOWNEY – The Downey High School boys' lacrosse team currently has an overall record of 4-4 and a league record of 1-3.

Downey is currently tied for fourth place in the Bay League standings with Beverly Hills and are ahead of Palos Verdes Peninsula and Culver City.

The Vikings are led by senior defenseman and captain Nick Farina, senior midfielder and captain Chase Udelhofen, and junior goalie and captain Cesar Hernandez.

The Vikings finished last season with an overall record of 6-10 and a league record of 3-9. The Vikings are poised and ready to improve

upon last year's result. Coach Scott Witkin and his team continue to work hard in practice and improve.

The Vikings play in a very challenging Bay League against such foes as last year's undefeated league champion Palos Verdes (12-0), Redondo Union, Mira Costa, Beverly Hills, Palos Verdes Peninsula and Culver City. Downey is the only San Gabriel Valley League team to field a lacrosse team. For this reason, the Vikings must travel to distant locations and play in a different league.

The Vikings lost to Palisades 14-0 on 3/1, lost to Palos Verdes 18-2 on 3/4, defeated Manual Arts 12-0 on 3/6 and defeated West

Ranch 13-4 on 3/8. The Vikings then defeated Huntington Park 23-1 on 3/11, lost to Palos Verdes 20-3 on 3/13, defeated Beverly Hills 7-6 on 3/18 and lost a tough game to Mira Costa 12-9 on 3/20.

The Vikings hosted Redondo Union on Wednesday (score unavailable at press time). Downey will travel to Mira Costa on 4/12, travel to Culver City on 4/15 and then host Palos Verdes Peninsula on 4/17.

Things are certainly heating up in Bay League play.

–Mark Fetter, contributor



Downey football offering skills camp

DOWNEY – The Downey High School football program will be offering "Viking Skills Camp" later this spring for young athletes ranging from 6-14 years of age.

The camps will be held on the following Sundays: May 5, May 12, May 19, June 2 and June 9 from 10 a.m. – 12 p.m. on the football field at Downey High School.

The final camp session will be held on Sunday, July 28 and will last from 10 a.m. – 1 p.m. and feature players from the USC football team.

The cost for each camp is \$20, with the exception of the final camp. The final camp session on July 28 is \$40.

The camps will feature agility training and plyometrics, defensive drills, speed training, offensive drills and some 1 on 1 and 7 on 7 drills. The final camp will feature an introduction to tackling techniques with the help of U.S.C. players.

Athletes are encouraged to sign up before April 15 to save money. If athletes sign up before April 15, they will save \$20 and be given a free Downey Viking t-shirt.

Any questions should be directed to head coach Jack Williams at jwilliams@dusd.net.

–Mark Fetter, contributor

Warren struggles in tough preseason

• Bears put preseason behind them as league play gets underway.

By Mark Fetter Contributor

DOWNEY – The Warren High School boys' swim team currently has an 0-3 record in dual meets.

The Bears lost to La Serna 99-71 on 3/6, lost to Sunny Hills 109-60 on 3/7 and lost to Cerritos 107-63 on 3/14.

Warren finished in second place at a tri-meet between Whittier, Warren and Artesia on 3/22. Whittier finished in first place with 132 points, Warren finished in second place with 107 points and Artesia finished in third place with 43 points.

The Bears placed 5th out of 13 schools at the Kennedy Invitational held on 3/16. Coach Nichols believes such a difficult preseason

schedule will prepare his team for S.G.V.L. competition.

Warren opened their league schedule against Gahr at the Downey Aquatics Center yesterday (score unavailable at press time). Warren will be competing at Paramount on 4/18 and at Downey on 4/25. League preliminaries and Finals will be held on 4/30 and 5/2 at a site yet to be determined.

The Bears have several key swimmers returning from last year. Brandon Yi is back swimming the breaststroke and freestyle, Jonathan Iglesias is back swimming the butterfly and freestyle and David Romero is back swimming the butterfly and freestyle. Diego Lucas is back and swimming freestyle, Leon Yao is back swimming the breaststroke and freestyle and Micah Lopez is back swimming the freestyle and backstroke. Sergio Gonzalez returns and is swimming the backstroke and Oscar Orozco is back swimming the backstroke and butterfly.

Coach Nichols is very pleased with the effort of Sergio Gonzalez. Gonzalez is within one second of qualifying for C.I.F. as an individual in the 100 backstroke. Nichols also said that Diego Lucas has proven to be a great utility swimmer. Nichols maintains that "Lucas has been able to place in just about any event I place him in from sprints to distance and all strokes."

Nichols maintains that cross-town Downey will be the team to beat with their influx of young talent. Nichols is looking to his seniors for their experience to compete against an always tough Downey squad. Nichols closed by saying that the Bears finished last year with a third place finish in league but were able to fight back during C.I.F. and finished 12th overall while Paramount finished 13th and Downey 36th at C.I.F. Finals.

Coach Nichols and his team are looking forward to the start of league competition.

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Back row, from left: Ankur Papneja and Ike Enemoh. Bottom: club advisor Fire Chief Lonnie Croom, Betheny Nguyen, Jessica Lee, Shelby Ly, Mallory Perez, Samantha Pacheco and club president Melissa Ly.

Warren engineering students named finalists

DOWNEY – Three Warren High School engineering students have been selected to compete in the final round of the 2012-13 Spirit of Innovation Challenge and now they need the community's help to get them over the top.

Team M3 is comprised of Warren students Mulan MacDougall, Matt Pacheco and Michelle Tulean, and is coached by teacher Glenn Yamasaki.

The team developed an innovative new way to travel comfortably on commercial airliners. They were invited to present their product at the Innovation Summit happening April 10-13 in Houston for the chance to win one of four \$10,000 prizes.

Before the summit, however, the team has one more hurdle to jump -- the People's Choice video contest. From March 18-29, the public is invited to review the profiles of the 20 finalist teams, view their product videos and cast a vote for their favorite video.

Downey residents are encouraged to vote for Warren by visiting conradawards.org/groups.

One vote is allowed per person in each challenge category. Public votes provide valuable points in each team's overall score.

The competition is sponsored by Lockheed Martin Corporation and Battelle, and challenges teens to combine innovation and entrepreneurship along with STEM (science, technology, engineering and math) to create commercially-viable products to benefit humanity.

"To say these young people are creating unique and impressive products only gives a piece of the education puzzle," said Jennifer Fotherby, executive director of the Spirit of Innovation Challenge. "The practical knowledge, leadership and teamwork skills they are development will serve them well as they become the innovative workforce of the 21st Century."

Key Club students attend district convention

DOWNEY – Members of the Warren High School Key Club, along with Kiwanis advisor to the club Fire Chief Lonnie Croom, attended the California-Nevada-Hawaii (CNH) Key Club District Convention held this past weekend in Anaheim.

The convention is held each March at the conclusion of the CNH Key Club year. It serves as a celebration of the accomplishments of individual Key Club members as well as the clubs, divisions and district's achievements.

A convention center is required to host the assembly of over 3,000 members at the general sessions.

The convention also hosts workshops covering training and service project information for elected officers, meet and greets, and motivational seminars.

Warren High's Key Club is "extremely successful" with more than 40 members, led by junior and club president Melissa Ly, said Croom.

There are more than 45,000 Key Club members in CNH.



Dora Alvarez is in her third year at UC Berkeley. She plans to attend medical school after graduating in 2014.

Updates on scholarship recipients

DOWNEY – In honor of its 13th year, the Woman's Club of Downey Scholarship Foundation this week provided updates on some of its past scholarship recipients.

The foundation provides a continuing academic scholarship that is paid out at \$1,000 per year for four years provided that the student maintains a 3.0 GPA in college.

Victoria Beyrooty graduated from Downey High in 2009 and is completing her fourth year at UCLA. She will graduate this June with a major in English and Theater.

Dana Kendall graduated from Warren High in 2009 and is completing her fourth year at BYU. She will graduate this June with a major in Spanish Translation and minors in Humanities Computing and Editing.

Dora Alvarez graduated from Downey High in 2010. She is scheduled to graduate from UC Berkeley in 2014 with plans to continue in medical school.

Richard Lee graduated from Warren High in 2010 and is completing his third year at Princeton. He also plans to attend medical school after graduating in 2014.

Megan Newbold graduated from Downey High in 2011. She is in her second year at UCLA and is scheduled to graduate in 2015.

Sarabeth Schibler graduated from Warren High in 2012. She is attending her first year at Cornell and has made the Dean's List. She will graduate in 2016.

"These are very great inspirations to join and support the Woman's Club of Downey," the club said in a statement. "We are so proud of our recipients."

For details on how to join the Woman's Club, call Jean Barrera at (562) 861-1114.

Casino night to benefit Soroptimist

DOWNEY – Soroptimist International of Downey invites the community to its annual casino night fundraiser, this year themed "Havana Nights," taking place April 19 at 6:30 p.m. inside the Rio Hondo Event Center.

Guests will enjoy hors d'oeuvres, entertainment, casino script, a silent auction, raffles and opportunity drawings.

Dress attire is island festive.

Tickets are \$40 and can be purchased by calling Mia Vasquez at (562) 862-2611.

Boutique sale at Woman's Club

DOWNEY – The Woman's Club of Downey is hosting its spring boutique May 4 from 9 a.m. to 2 p.m. inside its clubhouse.

A large selection of vintage items, handmade glass and other unique items will be available for sale.

Interested vendors should call Marie Augimeri at (562) 884-5799.

"We are so proud of our club. This year we are celebrating our 115th anniversary," said club president Cheryll Olson. "Please come and support us at our event. We need your support, Downey. Without you we would not have made it these 115 years."

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'West Side Story' returns to Pantages

HOLLYWOOD - Tickets are now on sale to see "West Side Story," playing at the Pantages Theatre for one week only starting April 9.

Based on Shakespeare's Romeo & Juliet, "West Side Story" tells the story of star-cross lovers Tony and Maria as they struggle to rise above the hatred and intolerance that surrounds them.

The Bernstein and Sondheim score is considered to be one of Broadway's finest and features such classics of the American musical theatre as "Something's Coming," "Tonight," "America," "I Feel Pretty" and "Somewhere."

The 2009 Broadway revival of "West Side Story" received considerable acclaim. The Associated Press says the production "remains Broadway's best dance-driven musical. Five decades have not dimmed the extraordinary choreography or the score that pulsates throughout."

Variety says, "The true stars of 'West Side Story' are Jerome Robbins' graceful, endlessly expressive choreography and Leonard Bernstein's score, which still sounds bracingly modern a half-century after it was first heard. The music is a primal force."

Orchestra tickets start at \$25 and can be purchased online at broadwayla.org or by calling (800) 982-2787.

Upcoming symphony concert is special for several reasons

DOWNEY - When the Downey Symphony completes its 55th concert season on Saturday, April 6, the audience can expect some extra flourishes in celebration.

The program opens with the guest conductor who won last spring's Baton Auction, that coveted opportunity to lead a stage full of professional musicians. She is the fearless Dara Small, who had a distinct aversion to practicing when she was young, tackling first piano, then violin, then saxophone, then drums, sort of. But this is now, and odds are, with a baton in hand, she will shine.

Another special moment will be the symphony board's appreciation of Wendy Doty, Downey's retiring schools superintendent. About 15 years ago Dr. Doty and our late conductor, Tom Osborn, established an important outreach, Music in the Schools, which reaches every one of our elementary students annually.

"It was a joy to create this program with Tom," she says. "I am very happy the music program still exists to benefit the students."

After intermission we'll hold the auction for next year's baton winner; there's a complimentary reception for everyone at the end of the evening; and - not to be forgotten - somewhere in there is a beautiful concert as well.

Music Director Sharon Lavery conducts Berlioz's Roman Carnival Overture and Brahms's Symphony No. 4. Icing on the cake is soprano soloist Diana Newman singing the ravishing Songs of the Auvergne, by Canteloube.

How's that for a spiffy evening? It's all happening in Downey's Civic theatre, 8435 Firestone Blvd. at Brookshire. Lavery's pre-concert discussion of the music to be performed is at 7:15, and concert time is 8.

Tickets at \$35, \$30 or \$10 with student ID are available by calling the theater at (562) 861-8211 or visiting the box office. Parking surrounding the theater is free and the welcome inside is warm and friendly.

-Joyce Sherwin, Downey Symphony

Church hosting spring festival

DOWNEY - Downey United Methodist Church is hosting its second annual Spring Fling on April 20 from 7 a.m. to 1 p.m.

The event is free and features game booths, a cake walk, food booth, kids crafts, white elephant and a large rummage sale.

The church is at 10801 Downey Ave.

Custom Downey overture gains international fame

• Music scored especially for Downey performed in London.

By Carol Kearns Contributor

DOWNEY - An overture written and dedicated to the Downey Symphony Orchestra by Spanish composer and film scorer Oscar Navarro is gaining international recognition.

Downey is a relatively small city southeast of Los Angeles, but it is close to the heart of Navarro who wanted to pay tribute to its musicians and Music Director Sharon Lavery.

At the world premiere in 2011, the dynamic sounds and rhythms created to interpret an urban environment were showcased to full advantage by Downey's professional orchestra. Since then, the overture has come to the attention of other notable music groups.

In January 2013 the Downey Overture was performed in London at the Royal School of Music by the RSM Film Orchestra. Five days later, the overture was performed in Valencia, Spain, for an audience of nearly two thousand at the Palau de la Musica.

The Downey Overture is also on the program for the 2013 season at Tanglewood, summer home of the Boston Pops in the western Massachusetts and one of the country's premier music festivals each year. H. Robert Reynolds from the Thornton School of Music, USC, will conduct the Young Artists'

Wind Ensemble from the Tanglewood Institute.

Board members of the Downey Symphonic Society said they are proud of the tribute to the orchestra, and the piece will likely be performed again.

On May 24, Mayor Mario Guerra will lead a delegation to County Roscommon, Ireland, Downey's new sister city and birthplace of city founder John Gately Downey. Guerra said he is intrigued by the possibility of the overture being played in John Downey's Irish homeland.

Since completing a graduate degree at USC for film scoring, Navarro has been composing for both the concert hall and movies. His most recent full-length film was The Mule, directed by Michael Radford (Il Postino), a comedy/drama about a soldier protecting a mule during the Spanish Civil War.

Last November Navarro was honored for Best Classical Score by the Hollywood Music in Media Awards.

The Downey Symphony Orchestra will present its final concert for the season on Saturday, April 6,



8 p.m. The program is "Berlioz to Brahms," with a performance by soprano Diana Newman.

Tickets are available at the Downey Theatre Box Office at (562) 861-8211, or at the website: downeysymphony.org.

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Dr. Stauffer among 'Women of the Year' honorees

• Assemblywoman Cristina Garcia honors nine inspiring women.

By Henry Veneracion
Staff Writer

DOWNEY – Downey's Dr. Mary Stauffer and Norwalk's Eileen Sandoval were two of the nine "inspiring women of distinction and service" representing their respective cities who were honored Monday by Assemblywoman Cristina Garcia at a special Women's Month luncheon held at the Cerritos Library.

"Woman of the Year" honorees also went to Susie Gomes of Artesia, Rita Lara of Bellflower, Martha Cabral of Bell Gardens, Katherine Chu of Cerritos, Sandra Jimenez of Commerce, Kathy Brendzal of Montebello, and April Saucedo Hood of Pico Rivera.

The nine cities where the distinguished honorees have made their generous influence felt comprise the cities of the 58th Assembly District, now represented by Garcia, who paid tribute to the nine awardees by saying, "While these women come from different backgrounds they all have one important thing in common – giving back to their communities."

Joining Garcia in honoring the group was special guest speaker U.S. Rep. Linda Sanchez (D-Lakewood) and City Council members from all of the nine cities who introduced the awardees from their respective vantage points.



From left: Katherine Chu, Cerritos; Sandra Jimenez, Commerce; Martha Cabral, Bell Gardens; Susie Gomes, Artesia; Assemblymember Cristina Garcia; April Saucedo Hood, Pico Rivera; Rita Lara, Bellflower; Eileen Sandoval, Norwalk; Dr. Mary Stauffer, Downey; and Kathy Brendzal, Montebello.

In her remarks, Sanchez decried the disproportionate number of women members in Congress and wished that more women assume more leadership roles, that more options get open to them in every walk of life.

Recipient of a multitude of awards over the years, the 95-year old Dr. Stauffer was cited especially for establishing her foundation, the Mary R. Stauffer Foundation, which focuses on community philanthropy. The foundation is credited with contributing millions of dollars toward projects, grants and scholarships, all dealing with education.

Downey Councilmember

Roger Brossmer, who presented Dr. Stauffer to the sizable luncheon crowd, mentioned some of her projects including the Downey High science building, the West Middle School Cyberonics lab, and her numerous scholarships and grants for Downey students, and otherwise summed up her impact to the community as "immeasurable."

Also participating in the ceremony were Downey Councilmember Alex Saab and Mary R. Stauffer Foundation executive director Linda Kennedy.

Eileen Sandoval, a resident of Norwalk since 1971, is director of Men & Women of Faith Interna-

tional, which provides "spiritual guidance and seminars," and, for organizing numerous charitable events out of concern for the "less fortunate" as well throughout Los Angeles County, was cited for her impact on the lives of the "often forgotten."

Active in Faith International's "His Nesting Place," her role in helping young women who are pregnant and have "no place to go" was highlighted, even as she tries to help these moms in finishing their education and finding employment.



Soroptimist International of Downey honored International Women's Day on March 8 with a donation to SWF International to empower women in Sierra Leone with educational resources. The money will also help protect women from the harmful practice of FGM (female genital mutilation) which is commonly practiced on most girls and women there. Pictured is Downey Soroptimist president Giovanna Saab and Dr. Nina Smart, a Soroptimist member traveling to Sierra Leone next month.



DUSD Superintendent Dr. Wendy Doty was guest speaker at a recent meeting of Soroptimist International of Downey, where she presented a "State of the Schools" address. Soroptimist used the occasion to recognize Doty, who is retiring this month, for her 38 years of service to education. Doty has a bachelor's degree and two master degrees, and earned her doctorate at USC. She was named superintendent of Downey schools in 2003.

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Job fair at Cerritos College

NORWALK – More than 30 employers are scheduled to participate in a career expo and job fair April 9 at Cerritos College.

The event is free and open to the public. It runs from 9:30 a.m. to 1 p.m. in the college's Falcon Square.

Employers representing business, finance, sales, retail and other industries will participate in the fair.

For more details, call the Job Placement staff at (562) 860-2451, ext. 2366.

Resident solicits donations for chalk art festival

DOWNEY – A chalk art festival to raise money for child abuse prevention is planned for April 27 from 10 a.m. to 4 a.m. at Downey Memorial Christian Church, if organizers can raise enough money to purchase necessary permits.

The event is organized by Shirley Johnson, a Downey resident and member of Rotary Club of Downey, in conjunction with Su Casa and the OLPH Catholic Guild.

Johnson said there are plans to supplement the chalk art festival with a gourmet food truck, live music, art and more.

The top three artistic works will receive prizes, as judged by Stay Gallery, Johnson said.

Johnson is collecting donations to purchase permits and prizes. To make a donation, call Shirley Johnson at (562) 862-2378.

Fifteen animals from the county animal shelter in Downey found new homes during an adoption event hosted by the Helpful Honda Guys last Saturday.

Helpful Honda offered discounted adoption rates, pet matchmaking services, food trucks benefiting charity, face painting and more.

All adopted pets were sent home with a new leash and collar, and a donation was made to the shelter.



Walk with the assemblywoman

BELFLOWER – Assembly member Cristina Garcia is hosting a community walk April 6 on the Bellflower Bike Trail.

The walk begins at 8 a.m. at the historic Pacific electric Train Depot, located on Bellflower boulevard and Mayne Street in downtown Bellflower.

Garcia's office will be accepting donations of new socks, underwear and travel-sized toiletries to distribute to the homeless and needy.

For more information, call (562) 774-2358.

Knabe to deliver State of the County

NORWALK – Los Angeles County Supervisor Don Knabe will deliver a State of the County address April 11 at the Norwalk Arts & Sports Complex. The event begins at 11:30 a.m.

Tickets are \$25 for members of the Norwalk Chamber of Commerce and \$25 for non-members. Admission includes lunch.

Table sponsorships are \$200 for a table of eight. Tickets will not be sold at the door. For tickets and reservations, call (562) 864-7785 or e-mail info@norwalkchamber.com.

Open mic Friday night

DOWNEY – A free open mic for local singers and performers will be held at Super Stack Burger (behind Krikorian Theaters) Friday night. Sign-ups begin at 5:30 p.m. and performances start at 6.

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Thank You!

A Special Thanks to all those that participated and supported The Arc Walk for Independence.

Thank You for caring about people with intellectual disabilities and supporting The Arc.

We had a record crowd of over 5,000 people.

On behalf of over 400 people with intellectual disabilities.

Thank You!

Hosted by
Los Angeles County Supervisor Don Knabe

Special Guests
Phillip Palmer – KABC - TV

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- This Year – Come and take a tour of The Arc Programs
- The Arc is happy to make presentations to Schools, Churches and Service Organizations
- We are happy to host organizations for lunch at The Arc and include a tour
- All of our services for people with developmental disabilities are free – call for assistance
- Call us at 562-803-4606 ext. 223 or check us out at www.TheArcLAOC.org

Thank you for a great Arc Walk for Independence
See You March 22, 2014

A Royal Thank You to our Sponsors
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Junior Miss Downey Linden Hausmann,
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Citywide Easter egg hunt Saturday

DOWNEY – The Downey Lions Club is sponsoring a citywide Easter egg hunt Saturday.

Thirty giant Easter eggs bearing the Lions Club logo will be hidden throughout Downey.

Residents who find the eggs can redeem them for an Easter basket beginning at 11 a.m. on March 30 in the Columbia Memorial Space Center parking lot.

Disaster training offered to residents

DOWNEY – The Downey Fire Department will begin its next round of CERT training for local residents April 6.

CERT (Community Emergency Response Team) is a free program in which residents ages 18 and older are trained to respond in the event of a neighborhood disaster.

Residents are trained in disaster preparedness, fire suppression, medical operations, damage assessment, light search and rescue, team organization, disaster psychology and disaster simulation.

To become CERT-certified, residents must attend three days of training – April 6, 13 and 20, from 8 a.m. to 4:30 p.m. – at the Barbara J. Riley Community and Senior Center. Training is free.

RSVP by e-mailing ready@downeyca.org.



Downey's 16u AYSO girls soccer team won the Eagle Classic Tournament held this past weekend in Rowland Heights. Downey defeated Arcadia, Claremont, Chino and North Torrance before shutting out Upland, 5-0, in the final. The team is currently fundraising to play their final tournament in Puerto Rico. Top row, from left: Coach Jorge, Theresa, Danielle, Nadalie, Leslie, Juliza-Paola, Sabrina and Coach Win. Second row: Rebecca, Gia, Dominique and Miranda. Third row: Brittany, Natalie, Elvia, Alexis and Julissa. Front row (captains): Caitlin and Destiny. Not pictured: Natalia.



The Downey 10u AYSO Region 24 boys division all-star team won third place in the AYSO California State Championship held March 17 in Davis. The team is coached by Jose Soria and William Del Valle.

CRIME REPORT

Friday, March 22

At 10:00 p.m., a robbery occurred at the "Home Depot" located at 7121 Firestone Blvd. when two male suspects entered and selected several items from the store's shelves. The suspects then exited the store, failing to pay for the selected items. When they were confronted by store security, one of the suspects threatened to produce a handgun and shoot the employee. In fear for their safety, the employees fled back into the store and called the police. Detectives are investigating.

Saturday, March 23

At 1:00 a.m., officers responded to a call of a shooting that occurred in the area of Florence and Little Lake Rd. The victims were traveling in a vehicle westbound on Florence when the suspect, pulled in front of the victim's vehicle and slammed on his brakes, coming to a stop in the roadway. The victim stopped behind the suspect vehicle and then, after approximately 20 seconds merged into another lane and began to pass the suspect vehicle. As he did, the suspect fired a single gunshot at the victims, striking the vehicle. The victims fled to escape further assault and called the police a short time later to report the incident. Neither the victim, nor the passenger was struck by the gunfire. Detectives are investigating.

Sunday, March 24

At 4:20 p.m., officers responded to the intersection of Lakewood and Stewart and Gray regarding an attempted stabbing. Officers located the victims, an adult male and a pregnant adult female, who had been threatened by two adult male suspects at the location. When the male victim attempted to defend his pregnant girlfriend, one of the suspects produced a folding knife and attempted to stab him. In defense, the victim took off his belt and began to swing it at the suspect, who then fled. Both suspects were later located in the parking lot of the "Downey Landing" where they were arrested.

At 6:00 p.m., the new resident of a home in the 9600 block of Cecilia was mowing his rear lawn for the first time when he discovered what he believed was a military style mortar lying in the grass. Several surrounding homes, as well as Rio San Gabriel Park were evacuated. The LASD bomb squad responded and identified the device as a practice mortar which posed no threat. They took possession of the device.

Wednesday, March 27

At 8:30 a.m., officers responded to the 7900 block of Lubeck regarding a possible residential burglary. A witness reported a male was climbing out of the rear yard of a residence, holding what appeared to be a large black case. When officers arrived they located and detained the male. Officers discovered the male had actually forced his way into a garage and the item he was holding belonged to the resident. The male was arrested for Burglary.

Information provided by Downey Police Department.

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FROM FORECLOSURE TO FREEDOM

How Real Homeowners Escaped an Unmanageable Mortgage without Going Through Foreclosure

Lisa and Mark* purchased their first home in 2004. They were newly married, had 2 young children and were quickly outgrowing their apartment. Their parents encouraged them to purchase their first home, even helping them with their 5% down payment. "This is the American Dream!" they thought. They purchased a 3 bedroom, 1 bathroom starter home. The house needed a little bit of work, but Mark was good with his hands and they were not worried. Mark's buddies could come over for a pizza and beer party...after helping to paint a wall or two.

A few years later, their daughter started suffering seizures. After several visits to the hospital, Lisa and Mark decided to pull their daughter out of traditional school and Lisa, a teacher's aide, would quit work and home school their daughter and son. Now the medical bills were adding up and their household income was greatly reduced.

One day, Mark heard a radio ad about a "cash out refinance." This sounded like the answer to their prayers! The value of their home had gone up and interest rates had come down. They could refinance their home and pull out enough cash to pay down their debts and replenish their rainy day fund. Their monthly payments would only go up about \$50 a month. They could handle that, right?

Well, not really. Business was slow and Mark's employer cut back his hours. Mark and Lisa found themselves in the same situation as before the refinance — too many bills and not enough money to cover all their expenses. The stress caused Mark and Lisa to lose sleep, and they fought more than they ever did before. Finally, they reluctantly made the decision to file bankruptcy to get some breathing room from their overwhelming debt.

They decided to exclude their home from the bankruptcy so they could pursue a loan modification with their lender, Bank of America. The modification payments were tough but bearable; they made some sacrifices but worked things out so they never missed a payment. Then came a punch in the gut.

After making every modification payment on time for more than a year, Mark and Lisa were informed that their permanent loan modification was being *denied*. In less than 2 months, their payment would go back to the previous payment amount, an amount that the bank already knew they could not afford.

Mark and Lisa were shocked and confused. Why would the bank deny a permanent loan modification when they made every payment on time? Shortly thereafter, they received a letter saying that there would be a new servicer on their loan. When they called their bank to see what was going on and to ask why their permanent loan modification was denied, they were advised to wait until the new servicer took over and "try again."

Mark and Lisa felt like they were being punished for trying to be responsible homeowners. They eventually got tired of getting calls from one servicer's collections department when they were told by the loss mitigation department to wait to talk to their new servicer for help. They were "over it." Lisa and Mark contacted Caroline Gim at Expert Real Estate & Investment. Could she help them? Absolutely.

I listed Lisa and Mark's home for sale and successfully negotiated a short sale with their servicer in less than 90 days. The homeowners are happy to be free of their unmanageable mortgage and even happier that they did not have to pay one penny out of their pockets for my services.

If I can be of service to you, call me at (562) 861-4311. Contact me today for a free, confidential consultation and take the first step towards becoming my next success story.

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*Lisa and Mark are actual clients and this is their true story. We changed their names out of respect for their privacy.

In Memory of Donald L. Hollister

November 18, 1923 - March 19, 2013

Donald L. Hollister, long time resident of Downey, passed away peacefully on March 19, 2013, at the age of 89. Born in Hollywood, California on November 18, 1923, he graduated from Hollywood High School. He served on the USS Pennsylvania during WWII from 1943-1945. Upon discharge from the Navy, he married the love of his life, Valerie "June" whom he met on a blind date.

Don loved family activities and enjoyed living close to Furman Park. He & June always attended the Wednesday night "Concert in the Park" where they would meet up with many of their friends. Throughout his life, he also loved traveling, square dancing with the Downey Hoedowners, bowling & golf.

In 2007, they moved to Phoenix, Arizona, to be closer to their daughter.

Don is survived by his wife of 66 years, June; son, Bruce, and his wife, Cathe, of Virginia; daughter, Donna, and her husband, Randy, of Arizona; brother, Robert, of California; 5 grandchildren & 3 great-grandchildren.

Private services to be held.

Track coach sent to prison

BELLFLOWER – A former Bellflower High School track and girls' basketball coach was sent to state prison for 28 years this week for molesting a teenage girl over a five-year span starting when she was 13.

Deputy District Attorney Jessica Tillson said 49-year-old Bryan E. Shepherd was sentenced by Norwalk Superior Court Judge Peter Espinoza.

Although Shepherd was a high school coach, authorities said the crimes did not occur at the school. The victim was molested from the time she was 13 in 2005 until she was 17 in 2010.

Students plan 12-hour hunger strike

DOWNEY – A group of Downey and Warren High School students, along with their families, will hold a 12-hour hunger strike at the Light & Life Christian Church of Downey beginning Friday, March 29 at 6 p.m.

"The strike is not intended to be a protest but rather an effort to raise awareness about hunger and homelessness in the Downey community," said Alex Gaytan, a member

of the Downey Kiwanis Club. "The purpose of the event is to educate students on the hunger problems that exist around the world and here at home."

Students will fast for 12 hours and make homes out of cardboard boxes to experience what it feels like to go to bed hungry and without shelter.

The event will be held in the church parking lot and will be

well-attended by members of the Downey Kiwanis clubs and members of the Light & Life Christian Church, said Gaytan.

A documentary and movie about the hunger epidemic will be screened to students. The event will conclude with a pancake breakfast.

Admission to the event is \$10 for students, and \$15 for adults. All participants are asked to bring two non-perishable food items.

Caltrans closing Firestone freeway ramps

NORWALK – Caltrans will permanently close the northbound I-5 off-ramp and southbound on-ramp at Firestone Boulevard next week as part of the freeway-widening project.

The closures will take effect the night of April 4.

Drivers can exit at either the Rosecrans Avenue, Norwalk Boulevard and Imperial Highway ramps.

A digital portable message sign is at the ramps to notify drivers of the upcoming closure.

Meanwhile, on April 8 Caltrans will begin pile-driving for the Shoemaker Avenue Bridge reconstruction. Work will take place from 7 a.m. to 3:30 p.m. in a construction zone facing southbound I-5 between Shoemaker and Loch Nevis avenues.

Shoemaker, between Rosecrans and Excelsior Drive, will be closed

for approximately one year until spring 2014. The Shoemaker Bridge is the first structure among the I-5 projects to be closed, demolished and to begin reconstruction.

The Firestone Boulevard frontage road between Carmenta and Rosecrans was closed last month for realignment. The road will remain permanently closed except for a segment between Gracebee and Loch Nevis avenues, which will reopen in late summer 2013.

Dollison Drive, a local street abutting the southbound I-5, was closed March 4 and will remain closed through September of this year.

Finally, pile-driving for the new 10-lane Carmenta Road Bridge is ongoing at the intersection of Firestone and Carmenta, abutting the southbound freeway. Crews are setting 2,500 steel piles into the ground

Money raised will go to Stop Hunger Now to support school feeding programs in Haiti. The food items will be donated to the Downey PTA HELPS room and Los Angeles Regional food bank.

Attendees are also encouraged to donate travel size hygiene kits to donate to TLC.

For more information, call Alex Gaytan (562) 396-6042.



with work taking place weekdays from 7 a.m. to 5 p.m.

Local residents and businesses can expect noise from jackhammers, equipment back-up alarms and work crews. Accessibility for emergency vehicles will be main-

tained at all times and water trucks will minimize dust levels, Caltrans said.

The work is part of a massive project to widen the 5 Freeway between Norwalk and the Orange County border.

LEGAL NOTICES

FICT. BUSINESS NAME

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME. File Number 2012076989 DATE FILED: APRIL 25, 2012. NAME OF BUSINESS(ES): MINI MART SAN LAZARO...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013061022. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AMERICA 1ST REALTY & INVESTMENTS, 8043 2ND ST. STE # 101, DOWNEY CA 90241...

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013040563. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AAA LIMO SERVICE, 18408 ARLINE AVE, ARTESIA CA 90701, COUNTY OF LOS ANGELES...

The Downey Patriot 3/28/13, 4/4/13, 4/11/13, 4/18/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013042643. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) COPA CABBANA RESTAURANT CLUB, 2688 E. SOUTH ST, LONG BEACH CA 91805, COUNTY OF LOS ANGELES...

Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot 3/14/13, 3/21/13, 3/28/13, 4/4/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013048245. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) YOUR BEAUTY SALON, 9426 TELEGRAPH RD, DOWNEY CA 90240, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013044899. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) MICHAEL PERRAS, 440 PROVIDENCE CT 101, LONG BEACH CA 90803, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013044654. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CALI PRO SHOP PRISMATIC APPAREL, 6721 S BROADWAY, LOS ANGELES CA 90003, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013044888. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) COBREIRO BOOKKEEPING & TAX SERVICES, 9900 LAKEWOOD BLVD STE 206, DOWNEY CA 90240, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013044646. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) IMG CONSTRUCTIONS, 9083 HALL RD, DOWNEY CA 90241, COUNTY OF LOS ANGELES...

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013035189. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) REAL ESTATE EXECUTIVES SECURE PROPERTIES, 8141 20TH ST, STE 404, DOWNEY CA 90241, COUNTY OF LOS ANGELES...

The Downey Patriot 3/14/13, 3/21/13, 3/28/13, 4/4/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013042959. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PRINTIFF, 6912 TELEGRAPH ROAD, COMMERCE CA 90040, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013046679. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) 599DOORS, 6604 WALKER AVE #8, LOS ANGELES CA 90201, COUNTY OF LOS ANGELES...

The Downey Patriot 3/14/13, 3/21/13, 3/28/13, 4/4/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013032204. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ANA RAMIREZ, 8500 MULLER ST, LOS ANGELES CA 90241...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013047934. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) IAMNATALIEB, 6708 HOLLENBECK ST, HUNTINGTON PARK CA 90255, COUNTY OF LOS ANGELES...

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013052948. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) MARU JANITOR SERVICES, 2696 W 12TH ST, APT. 1, LOS ANGELES, CA 90006, COUNTY OF LOS ANGELES...

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013045679. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) NATALIE BARRERA, 6708 HOLLENBECK ST, HUNTINGTON PARK CA 90255, COUNTY OF LOS ANGELES...

The Downey Patriot 3/21/13, 3/28/13, 4/4/13, 4/11/13

FICTITIOUS BUSINESS NAME STATEMENT. File Number 2013046679. THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) 599DOORS, 6604 WALKER AVE #8, LOS ANGELES CA 90201, COUNTY OF LOS ANGELES...

The Downey Patriot 3/14/13, 3/21/13, 3/28/13, 4/4/13

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Downey to host summit on hydrogen, fuel cell

• Industry leaders will talk renewable energy, transportation solutions and more.

DOWNEY – The California Hydrogen Business Council (CHBC) has released the agenda for the upcoming CHBC Hydrogen and Fuel Cell Summit at the Energy Research Center of Southern California Gas Company on April 9 in Downey.

The program will highlight solutions for renewable energy integration, zero-emission transportation, and Cap and Trade.

"At the Summit, attendees will participate in discussions with utilities, regulators, industry and other stakeholders that are invested in meeting California's strong commitments to provide 33% of renewable energy by 2020 and to reduce emissions," said Jeff Serfass, managing director of the CHBC.

"Speakers will discuss hydrogen energy storage technology, transportation solutions, environmental commitments from ports, and the effectiveness of regulatory tools like the new Cap and Trade system."

An energy storage panel with speakers from the National Renewable Energy Laboratory and companies that are engaged in hydrogen energy storage like Hydrogenics, Ballard Power Systems, and ITM Power, will provide updates on technological solutions and opportunities for the California energy market.

A second panel will highlight alternative transportation technology, which met a significant milestone in March when Hyundai announced the first Fuel Cell Electric Vehicles (FCEVs) to roll off an assembly line. This marks the launch of mass pro-



duction of these emission-free cars.

Honda, Toyota, GM, Daimler, Volkswagen and several other car companies have announced dates between 2015 and 2017 for their first mass produced FCEVs. The Summit will feature a panel with representatives from auto-manufacturers providing an overview of the latest regulatory and deployment developments as well as offering FCEVs for a test drive.

A third panel will discuss the state's innovative Cap and Trade program funding and how it can be applied to emissions free technologies like hydrogen. Speakers will evaluate the progress of the program in the first few months, along with opportunities for the industry to support emission reduction.

This day-long meeting on Tuesday, April 9, is open to the public and will feature speakers and panels from private and public entities. CHBC members and industry representatives will come together to learn about the latest technological advancements and legislative developments.

The Summit will be both informational and provide ample networking opportunities for attendees.

PLASTIC OCEAN: WHAT WE CAN DO

• Simple ways to prevent further damage to our earth.

By Lars Clutterham Contributor

DOWNEY – Last week we detailed the experience of Gauldin Elementary students, who a couple of years ago saw samples of plastic-laced ocean water taken from the Great Pacific Garbage Patch by the Algalita Marine Research Foundation and its founder, Captain Charles Moore, author of the book, "Plastic Ocean."

Moore describes the water as "plastic soup," because most of the plastic is in tiny fragments, barely larger than the plankton whose space it has invaded. This plastic ocean pollution is an object lesson in how much we've dirtied our world, but it's easy to sit back and do nothing, whether from a feeling of helplessness or disinterest.

So here are some thoughts on how we personally can treat our world with a little more kindness. It's most commonly expressed in the 3 R's of good environmental behavior: Reduce, Reuse, and Recycle, though some advocates are now adding the word "Refuse" at the beginning of the list. In short, the idea is to use less stuff and throw away what you must with great care.

Here are a number of examples: if you're a Starbucks coffee drinker, or you frequent other major coffee chains, get a reusable mug and never use a throwaway cup again. Starbucks will give you a 10-cent discount, and you'll save hundreds of cups.

Get yourself a supply of reusable shopping bags, and use them for all your shopping needs. Or do without a bag when buying easily carried items. Nowadays, almost all retail stores are

open to the customer using his or her own bags. You can, if you want to be especially diligent, reuse plastic produce bags, washing them out after use, of course.

While you're at the grocery store, avoid packaged foods as much as possible. This is a good idea, not only for the environment, but also for your diet, because many of these foods contain additives that aren't as good for you as nature's food. Also, if you have a choice, pick an item that's better packaged for recyclability, such as cardboard, paper, glass, or aluminum, rather than plastic or indeterminate metal content.

Another way to reduce consumption is to eat takeout food less often. Fast food packaging has improved in the last several years since McDonald's famously did away with its Styrofoam burger containers, replacing them with cardboard. But, believe it or not, only the plastic fast food cups are recyclable, since the ones that look like paper are actually plastic coated. It goes without saying that this will be good for your diet too.

Furthermore, regarding durable goods, the best approach is to simply buy less stuff. This may seem like an anti-consumerist statement, but it's a matter of simple truth when it comes to sustaining our environment. Again, the packaging of durable goods has improved significantly over the past few years, with cardboard insulation largely supplanting Styrofoam. But Amazon in particular is remiss in not packaging its products carefully for mailing. This leads to the legitimate business-friendly conclusion that shopping locally is also better for the environment (not to speak of local tax revenues).

As to transportation, look to other modes than your car. Consider public transportation, walk, or ride a bike! If you're heading to the grocery store or elsewhere in the local com-



munity for some solitary item, walk or bike it home, in your backpack, or in one of those reusable bags mentioned above.

Back at home, conserve water. One simple way to do this is to keep a bucket in the shower to hold cold water while the shower's getting hot. You'll get somewhere between one and two gallons of water with every shower--otherwise wasted--which can be lovingly poured on your favorite roses or other foliage. An option to this approach, but much more expensive, is to install instant water heaters in your home. Same thing for water in your yard. If you own your home, be sure there's no overspray or other waste in your landscape watering system.

Saving electricity at home is much easier than it used to be, with CFL bulbs now the norm, and much smarter energy-savings electronics and appliances. But it's still a good idea to heed your grandma's advice, and turn out the lights when you leave the room. The expensive option here, though well worth it in this writer's view, is to lease or purchase whole-house solar. Costs continue to decrease and tax rebates still exist in this burgeoning marketplace.

Also at home, composting is a marvelous way to let nature recycle. Our penultimate suggestion is

to recycle everything you can, using your best judgment as to its recyclability. Ultimately, commercial recycling is market driven, but if we give recyclers the opportunity, those cans and glass containers, as well as many kinds of plastic, can be remade into something new and useful, instead of just being trucked to a landfill.

Lastly, NEVER LEAVE ANY OF YOUR TRASH ANYWHERE! Because, returning to our opening theme, there's a good possibility it will find its way to the ocean. We can't clean up ocean pollution, but we can at least help stop it from getting worse.

This is by no means an inclusive list, but perhaps it will provide a few ideas you hadn't yet considered, and a helpful review of the 3 R's.

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Priced at: \$475,000

BACK ON MARKET!



This One Won't Last!

3 bedroom, 1 bath home with new paint and carpet, large yard and a 2 car detached garage.
Priced at: \$325,000

SPLISH SPLASH!



Northwest Downey Home

3 BD, 2 bath pool home with large living room, family room & master bedroom, newer roof, copper plumbing, alarm system, and newer sliding door leading to backyard.
Priced at: \$430,000

PENDING!



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