



The Downey Patriot



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SHARED STORIES:
THE TIES THAT BIND

My Dad's Hands

We are sad to report that a longtime member of the memoirs class, Owen Heninger, recently passed away. Owen was a talented man in so many ways: knowledgeable, creative, well-read, and with a rich personal history. He was also very modest about his accomplishments. Owen's writing reflected his joy of life, and everyone looked forward to his stories when it was his turn to share.

Growing up in Provo, Utah, during the Depression, Owen knew rural life, learning how to fish and hunt deer. As a teenager, he earned extra money by raising rabbits. Owen continued to enjoy outdoor activities all through his life, and he was proud of being an assistant scoutmaster for the Boy Scouts. He also belonged to that elite group of hikers who climbed Mt. Whitney.

Owen was a man of science who followed in his father's footsteps and became a psychiatrist himself. Owen attributed his successful rehabilitation from a terrible bicycle accident as a young boy to his father's medical skills. As a psychiatrist, Owen explored the therapeutic benefits of poetry writing for his patients.

Readers may remember Owen's last story, "Duffel Stew", that appeared in this column. It described his emotional attachment to the duffel bag he acquired during his military service in the Korean War. The essay is a good example of Owen's ability to shine a deserving spotlight, through humor, on an item and experience that, at first glance, seems quite ordinary.

Owen was a talented writer who liked to play with words and explore different genres. The prose poem below is Owen's tribute to his father. Written nine years ago, the words reveal Owen's love and reverence as they describe the arc of his father's life.

Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Owen Heninger, MD

My dad's hands gathered eggs, milked the cows and churned the milk. They sloped the pigs, held the reins and were bronzed.

My dad's hands pitched the hay, managed a plow and wielded a pick. They hove a shovel, farmed the land, were strong and calloused.

My dad's hands fired a gun, turned a wrench, held a salute and were disciplined.

My dad's hands were pious, braced in prayer and carried "The Book of Mormon." They were ministering, devout and baptizing.

My dad's hands held a pen, grasped Tennyson, gripped geology and embraced science. They split rocks, laid open a dogfish and were energetically steady.

My dad's hands mastered a scalpel, dissected a cadaver and focused his microscope. They used a syringe, wrote prescriptions, delivered life and were accomplished.

My dad's hands tossed us kids, froze ice cream and guided our family. They cleaned a deer, built my backboard, controlled his outboard, held a fishing pole and were resolutely brave.

My dad's hands sewed up my cheek, cast my arm, sewed up my nose, cast my neck and saved my life. They built our pulley chair, taped up my back, got me crutches and were confidently tender.

My dad's hands superintended a hospital, helped us move and arrowed a deer. They wrote his memoirs, folded in repose and turned into mine.

Whittier, CA, April 2, 2006

Wary of lawsuits, Downey rolls back restrictions on sex offenders

• **CITY COUNCIL:** Supreme Court rules residency restrictions unconstitutional.

By Eric Pierce
Editor

DOWNEY – The City Council on Tuesday reluctantly but unanimously voted to roll back its residency restrictions on registered sex offenders after the state Supreme Court ruled that similar restrictions in San Diego County are unconstitutional.

State law already prohibits sex offenders from living within 2,000 feet of parks and schools. In 2009, Downey went a step further by creating "residential exclusion zones" that also barred sex offenders from living near childcare centers and the library.

Such restrictions could be challenged in court and Downey would likely lose based on recent court decisions, warned city attorney Yvette Abich Garcia.

On March 2, the state Supreme Court ruled that similar restrictions in San Diego County were unconstitutional because it barred sex offenders from 97 percent of the available housing in the county.

Critics had also argued that the restrictions forced sex offenders into homelessness, making it more difficult for law enforcement to track their locations and activities.

In its decision, the Supreme Court relied on studies "that found that homeless sex offenders are difficult to supervise and track, and locate for arrest, and therefore present an increased danger to the

public," Garcia wrote in a report to council members.

Downey suspended enforcement of sex offender residency restrictions last year, after the California Court of Appeal ruled that local statutes are preempted by state law, which already regulates the movement of registered sex offenders, according to Garcia's report.

Despite rolling back its residency restrictions on sex offenders, officials said they don't expect the city to be any less safe.

Police Chief Carl Charles said his police department has yet to file charges against any sex offender under the city ordinance.

And Garcia said the District Attorney's office generally does not prosecute sex offenders for violations under local ordinances.

Councilman Sean Ashton instructed Garcia to investigate whether the city can bill sex offenders to cover the costs of police supervision.

"I don't want sex offenders here. I don't care where else they have to go, I just don't want them here," he said.

"My sympathies are not with sexual offenders who can't find places to live or work, but with the victims who face a lifetime of therapy," added resident Carlos Galvan Jr. in comments to council members.

• In other action, council members began discussions on how to improve security at local parks. Two possibilities are installing more cameras in parks or hiring part-time park rangers.

Four cameras were installed at Brookshire Park three weeks ago, and although the sample time is small, the police chief said it has already cut



down on loitering.

Installing surveillance cameras at Downey's remaining 11 parks would cost an initial \$391,110, plus recurring annual costs of \$22,440.

Police Chief Charles said he would also need at least 2-3 additional employees to monitor the cameras.

"Conceptually, this sounds like a good idea, but right now it's premature," said Councilman Fernando Vasquez.

The discussion is expected to continue as the city gets closer to adopting a 2015-16 fiscal budget.

• Also at Tuesday night's meeting, Councilman Vasquez announced that all three lanes on the Firestone Boulevard bridge should be open by September, when Florence Avenue will be reduced to a single lane near the 605 Freeway due to freeway construction.

• The City Council approved a

\$3.18 million joint project with Pico Rivera to improve the intersection of Lakewood Boulevard and Telegraph Road.

The project calls for widening the south side of Telegraph and the east and west sides of Lakewood in order to add additional turn lanes.

Crews will also install double left-turn lanes in the eastbound, westbound and northbound directions, and exclusive right-turn lanes in the eastbound and northbound directions.

There will also be decorative crosswalks and street lights, new trees, modified traffic signals, and more.

• CalMet received authorization for a 1.58% increase in its fees for residential trash service, and a 0.75% increase for commercial customers.

Weekend at a Glance

Friday 89°



Saturday 82°



Sunday 77°



Things To Do



Bunny Breakfast - Breakfast, crafts, carnival games, prize walk, vendors, skate park, and more.

Saturday, Golden Park, 8:30 a.m.-noon, \$5 for breakfast



Downtown Bookfest - Authors and publishers of books big and small gather for this annual festival.

Saturday, Grand Park in downtown L.A., 12-5 p.m., free



Beatles vs. the Stones - One of the greatest debates in rock music history may be answered in this tribute band concert.

Saturday, Gaslamp in Long Beach, 7 p.m. \$15-\$20

Facebook Conversation

Sex offender restrictions

Jorge Muniz: This is no surprise coming from the California Supreme Court.

Rose White: Convicted sex offenders should not have constitutional rights.

Randy Olivarez: I could never understand this logic: When a dog attacks a child, the dog is put down. When a person attacks a child, they are incarcerated, registered and released. Both situations result in permanent scars.

Lucero Isabel: Really?! California State Supreme Court sides with sex offenders instead of children?

Heather Madden: Downey better keep the restrictions!

Ken Cook: Did you read the article? It is not up to our city to decide. I argue that released sex-offenders should be quarantined to a remote island. Let them harm each other!

Pixie Bavlé-Nolin: Calm down people. Not all sex offenders are registered due to a crime with a child and many aren't even involving sex.

Mario Guerra: Downey's ordinance is not the same as the one that was ruled unconstitutional. And since it is being appealed I hope Downey waits before repealing it.

Tweet of the Week

@DowneyASB: Congrats again to all three Downey cheer teams on taking 1st place at Nationals! Hope you guys liked the quad!

Warren High's Alison Kirby named Woman of the Year



DOWNEY – Warren High teacher Alison Kirby has been named "Woman of the Year" by Assemblywoman Cristina Garcia.

She and other honorees from Garcia's 58th Assembly district were honored at a luncheon last Friday at the Southern California Gas Company's Energy Resource Center in Downey.

"As part of Women's History Month, it is such an honor to recognize these strong women, from my own backyard, who inspire, empower their communities, and improve their neighbors' lives - they are the #pride58," Garcia said, referring to her #pride58 program that recognizes outstanding people in her district.

Kirby was born and raised in the 58th Assembly District and spends almost every day of her life giving back to her community, in particular the city of Downey.

She has worked at Warren High School as an English teacher for six years but Kirby's day doesn't end when the bell rings. She has taken

on the role of Link Crew advisor, a transition program that welcomes freshmen and makes them believe that students can help students succeed.

Kirby is also an advisor for the Ladies Leadership Club, a club dedicated to empowering young women through mentorship, political engagement and educational opportunities. Kirby serves as cheer coach and ASB class advisor.

Aside from her work in school, Kirby also partakes in the accreditation commission for schools as a WASC Committee Leader, Skills USA Advisor, PLC leader, ILT member and SIOP Coach.

In addition to Kirby, other honorees include Dr. Linda Lacy (Norwalk), Veronica Bloomfield (Artesia), Sandra Espinoza-Perry (Bellflower), Marilyn Thompson (Bell Gardens), Mae Lovgren (Cerritos), Carmen Marquez (Commerce), Shushma Patel (Montebello) and Lizet Olmos (Pico Rivera).

Dr. Linda Lacy
Dr. Linda Lacy was appointed president of Cerritos College in 2009. More than 40 years ago, she began her career as a high school coach and teacher, and she has been dedicated to education ever since.

She has maintained her "coaching mentality" throughout her career and encourages others to give their best. Lacy established the Cerritos College Hall of Fame, to honor individuals who have made outstanding contributions to the college.

She also created the Falcon Leadership Academy to develop successful leaders through a series of experiences designed around sound practices and guided discovery

activities.

Lastly, she created the President's Middle College Scholars Program in partnership with ABC, Bellflower, Downey and Norwalk La-Mirada Unified School District, to allow selected high school students who are interested in teaching careers to take college-level courses focusing on STEM.

Aside from her work with Cerritos College, Lacy also serves on the CA Community College Athletics Association Board of Directors, the Coast Plaza Hospital Governing Board of Directors, the Community College League of CA Chief Executive Officers of CA

Community Colleges and the CCLC Advisory Committee on Legislation.

Veronica Bloomfield

At a very young age, Mrs. Bloomfield learned what it meant to be a community volunteer as she accompanied her parents in some of their civic activities.

In honor of her father "Mr. Artesia," Mrs. Bloomfield coauthored "Artesia: 1875-1975", which is a gathering of photographs and considerable narrative material that explains the history of Artesia.

See WOMEN OF THE YEAR, page 15

Vandals burglarize Rio Hondo Elementary

DOWNEY – Downey police say they are following up on leads after a vandal -- or vandals -- burglarized Rio Hondo Elementary over the weekend, stealing laptops and vandalizing the campus.

Sgt. Kevin McCaster of the Downey Police Department said the break-in occurred sometime between Saturday and Monday.

The vandals smashed windows to gain access to administration offices and the cafeteria, McCaster said.

Loss and damage was estimated at \$24,000.

Retired LAPD detective accused of uploading child porn

DOWNEY – Charles Daniel Henderson, a Downey resident and retired LAPD detective, was scheduled to be arraigned Wednesday on child pornography charges.

Henderson is accused of uploading child porn in May 2014. A search warrant served at his home last October turned up more than 600 images of child pornography, prosecutors said.

If convicted, he faces up to six years, four months in prison. Bail was recommended at \$80,000.

Henderson worked at the LAPD for about 20 years. The case is being investigated by the Downey Police Department.

Did the Downey library really ban Tarzan books?

By Donald W. McCormick, Ph.D.

DOWNEY - In the early 1960's it was reported that the Downey City Library had banned all of Edgar Rice Burroughs' "Tarzan" books because Tarzan wasn't married to Jane when they conceived Boy.

This was widely believed throughout southern California during the 1960's and 1970's and is still believed by many today. This rumor implied that the people of Downey were ignorant, intolerant, right-wing prigs.

This belief has surprising staying power. Over 45 years after this ban was supposed to have happened, the

2007 book "Tarzan: The Broadway Adventure" by Michael Lassell claimed that a national ban of Tarzan books started in Downey in 1962.

Almost 10 years after the "ban," the Los Angeles Times still considered it newsworthy. In May 8, 1970, the popular Los Angeles Times columnist Jack Smith wrote "Downey Sends L.A. Back to the Bush League."

In it, he stated, "Wasn't it Downey, a few years ago, that tried to get the Tarzan books out of the town library on the grounds that Tarzan and Jane were living together but weren't married? Yes, it was Downey."

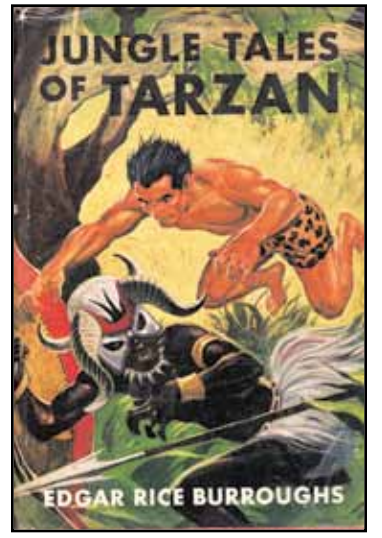
Ray Loynd's September 8, 1971 Los Angeles Times article, "Stage Review: Downey Guild Offers Evening of Theater" (see p. H9)

called Downey "a community that is capable of banning Tarzan from the public library."

The rumor about Tarzan was, however, a wild exaggeration of what actually happened. According to a Dec. 28, 1961 Los Angeles Times article, "Zane Grey Also Safe: Tarzan's Marital Status No Issue as Downey School Ban Is Denied," a rumor spread that one of the Downey elementary schools had removed Edgar Rice Burroughs and Zane Grey books from its library because "1—There was no indication that Tarzan and his mate, Jane, were ever married before they took up housekeeping in the treetops," and "2—Grey was known to put such expletives as 'damn!' and 'hell' in the mouths of his western cowhands."

In a later article, ("Downey Furor Result: Schools Take Over Control of Libraries," Los Angeles Times, Jan. 6 1962) the Times explained that the superintendent of the Downey Unified School District heard this rumor and investigated the situation to find out what happened.

He discovered that there was no "ban." What had happened was that



in one elementary school, a parent had put two Zane Grey books "out of site in a desk drawer." No Tarzan books were involved.

The Zane Grey books were subsequently put back on the shelves.

Donald W. McCormick is a retired business school professor at Cal State University Northridge. He grew up in Downey.

SPRING WORSHIP GUIDE

Downey Memorial Christian Church
PALM SUNDAY - MARCH 29
EASTER SUNDAY - APRIL 5
 Worship Service 10:00 am
 8441 East Florence Ave
 Downey, CA 90706
 562-869-7291
 Visit us at downeymemorial.org

Come Celebrate Easter Morning at HOLY REDEEMER LUTHERAN CHURCH
 Festive Worship Music & Holy Communion
 10:00 am
 Family Continental Breakfast
 11:00 am
 Children's Easter Egg Hunt
 Saturday, April 4, at 1:00 pm
 14515 Blaine Avenue (Blaine and Maplewood)
 Bellflower, CA 90706
 562-867-0714

Holy Week
 March 29—Palm Sunday at 10:00 am
 Procession of Palms
 April 2—Maundy Thursday at 6:30 pm
 April 3—Good Friday at 6:30 pm
 April 4—Easter Vigil at Christ Lutheran in Long Beach at 7:00 pm
Easter Sunday
The Resurrection of Our Lord!
April 5, 2015
10:00 AM Worship Service
 Christ Lutheran Church
 7707 Florence Ave • Downey 90240
 562.927.4421

Love God, love people, serve the world
Downey First Christian Church
 Amén a Dios, amén a las personas, sirve al mundo
Iglesia Cristiana de Downey
www.downeyfirst.org ~ www.iglesia-cristiana.org
 (562) 862-2438 (562) 862-7418
YOU'RE INVITED!
Easter Sunday, April 5
 English Worship 8:30 am & 10:00 am
 Spanish Worship 12:30 pm
 Family Cafe open 8 am - Noon
 We have newly remodeled areas for your kids!
10909 New St., Downey, CA 90241
 Encouraging message ~ Uplifting music ~ Outstanding childcare
 Casual atmosphere ~ Friendly people ~ Community minded

Holy Week
Messiah Lutheran Church
 10711 Paramount Boulevard • Downey • CA
 Maundy Thursday ~ April 2
 7:00 p.m.
 Good Friday ~ April 3
 7:00 pm
 Easter Sunday - April 5
 9:00 a.m. - Easter Service
 10:30 a.m. - Breakfast
 11:00 a.m. Egg Hunt for children 12 & younger
 For more information call (562) 923-1215

Celebrate Easter
 at Downey United Methodist Church
 10801 Downey Avenue
 Pancake Breakfast starts at 8:00 a.m.
Worship Service at 10:30 a.m.
 Children's Easter Egg Hunt following Worship Service
 HE HAS RISEN
 Making a difference for Christ in Downey and beyond

EASTER 2015
 "He is not here, but is risen! Remember how He spoke to you when He was still in Galilee, saying, 'The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.'" Luke 24:6-7
Good Friday - Communion
 Friday, April 3rd at 12:00pm (Noon) at Calvary Chapel Downey, Main Sanctuary - Communion by Pastor Jeff Johnson
 Music by CCD Worship Band
 No Child Care Available - Habrá traducción en Español
Servicio de Viernes Santo
 Viernes, 3 de Abril a las 7:00pm - Servicio en Español en el Santuario Principal de Calvary Chapel Downey
 Música, Drama, & Mensaje Especial por el Pastor Jesse Colon
He's Alive Jubilation for Kids
 Saturday, April 4th at 10:00am at Calvary Chapel Downey, Main Sanctuary - A Celebration Just For Kids! (3yrs - 6th grade)
 With Bear Hug Band, Glad Scientist, & Straight-Up Puppet Team
He Is Risen - Easter "Sonrise" Service
 Sunday, April 5th at 5:45am at Cerritos College Stadium
 Message by Pastor Jeff Johnson - Music by CCD Worship Band
 (If it rains, meet at the church) Habrá traducción en Español. Solo traiga radio portátil 88.9 F.M.
Sunday Services
 Sunday, April 5th at 8:30 & 10:30am at Calvary Chapel Downey
 Message by Pastor Jeff Johnson - Music by CCD Worship Band
 Habrá traducción en Español - Children's and Youth Ministries available, Nursery through 12th Grade
 Spanish Service at 1:30pm - Servicio En Español en el Santuario Principal de Calvary Chapel Downey
 Calvary Chapel Downey
 12808 Woodruff Ave. Downey, CA 90242 (562) 803-5638
www.calvarydowney.org

St. Raymond Catholic Church
 12348 Paramount Blvd., Downey CA 90242
 Phone: 562-923-4509 • Fax: 562-869-3359
 Website: www.st-raymond-downey.org • E-mail: straydney@aol.com
Holy Thursday Mass
 April 2nd - 7:30 p.m.
Good Friday
 April 3rd
 12 noon 7 Last Words (Spanish)
 3:00 p.m. Liturgy of the Passion (English)
 6:00 p.m. Liturgy of the Passion (English)
 8:00 p.m. Liturgy of the Passion (Spanish)
Easter Vigil, Holy Saturday Mass
 April 4th - 7:30 p.m.
Easter Sunday Mass Times
 April 5th - 7:00 p.m. (English)

Fire department taking sign-ups for CERT training

DOWNEY - The Downey Fire Department is now taking sign-ups for Community Emergency Response Team (CERT) training, which begins April 11.

Training is held at Calvary Chapel Downey from 8:30 a.m. to 4:30 p.m. April 11, April 18 and April 25.

Students must complete all 20 hours of the course to receive a certificate of completion. Training is conducted by the Downey Fire Department.

"Following a major disaster, police, fire and medical professionals may not be able to fully meet the demand of a large disaster," fire officials said. "Citizens may have to rely on each other to meet their immediate lifesaving and life-sustaining needs, particularly in isolated neighborhoods that may be cut off from the main roads for a period of time."

The first class on April 11 will cover disaster preparedness, fire suppression and disaster medical operations 1. On April 18, the class will cover disaster medical operations 2, light search and rescue, and terrorism.

Training wraps up April 25 with instruction in disaster psychology, team organization, and review/simulation.

Training is free and participants must be at least 18. To sign up or more information, call (562) 904-7345 or email ready@downeyca.org.

April's RED HOT COUPONS
Cats & Dogs PET BOUTIQUE
GRAND OPENING SPECIAL!
50% OFF FULL GROOMING
 OPEN: Mon. - Sat. 8:30 AM - 5:00 PM
 7844 FLORENCE AVE., DOWNEY • 562.291.1132
NARAI THAI
\$2.00 OFF Lunch or Dinner
 (\$20 minimum) Valid on dine in, take out or delivery
 7611 Firestone Blvd. Downey (562) 928-4632
NEW YORK STEAK & SHRIMP
 INCLUDES POTATO • SOUP • SALAD
 Only \$11.99 ANYTIME
NORMS Downey
 Firestone Blvd. at Paramount • (562) 862-5145
Celebrating 55 Years in Downey!
Pina Pizza House 15% off
 All Dinners Excluding Pizza & Beverages (Dine-In-Only) (Not valid with any other special, offer, or banquets). Exp. 4-30-15.
 11102 Paramount Blvd., Downey, CA 90241 • 562.923.4411

Amistad gala celebrates supporters of world renowned hospital

DOWNEY – The Rancho Los Amigos Foundation hosted its 29th annual Amistad Gala, themed “The Heart of Rancho,” on Saturday, March 14, at the Westin in Long Beach.

The night was designed to celebrate the people and companies who, through their collective support of the foundation, enable Rancho Los Amigos National Rehabilitation Center to be one of the top 10 rehabilitation hospitals in the country.

This year’s celebration honored two Amistad Awardees: the Bank of America Merrill Lynch Adopt a Family program, and Art of Rancho artist and patient advocate Carlos Benavides.

Bank of America

For nearly 20 years, Bank of America employees from various locations have thrown an annual holiday party for patients of Rancho Los Amigos and their families as part of their Adopt-a-Family program. This program is unique in the fact that the majority of funds are raised by Bank of America employees themselves throughout the year to help provide our Rancho Los Amigos families with food and gifts for the holiday season.

Every year, more than 500 employees are able to raise over \$10,000 in gifts and “adopt” anywhere from 20 to 40 families to help to bring their holiday dreams to life.

“The outstanding contribution of Bank of America’s Adopt A Family program for more than two decades truly gives our patients and their families a reason to feel joy, hope, and friendship from our community partners,” the Rancho Los Amigos Foundation said.

Carlos Benavides

As a survivor of a debilitating spinal cord injury, Carlos Benavides knows firsthand what it is like to have your world change in the blink of an eye. He went from being a fully able-bodied motorcycle rider, rock

playing musician, to a wheelchair bound tetraplegic.

Though Carlos’s accident dramatically altered the course of his life, it did not take away his vast creativity or his ability to connect with those around him in deep impactful ways. At Rancho Los Amigos, Carlos is an everyday fixture. Everyone on the Rancho campus knows Carlos by name, and he is a renowned member of the “Art of Rancho” program, with his works prominently displayed throughout Los Angeles.

As a peer mentor, Carlos is able to share his own life experiences with those who may just be starting their journey to accepting life with a physical challenge. Serving as co-chair of the Patient Advisory Council, Carlos strives to make sure that each and every patient at Rancho receives the level of care that they deserve regardless of their status as an inpatient or outpatient.

Outside of Rancho, Carlos serves as a commissioner for the Los Angeles ADA Commission.

“Carlos’s outstanding contributions and leadership at Rancho over the years have proven him to be a vital resource for patient advocacy and peer mentoring, and a distinguished member of our Artists of Rancho program,” the foundation said.

The gala event featured a silent auction, dinner, dancing, and a live auction featuring auctioneer L.A. County Supervisor Don Knabe.

In addition, the more than 350 guests in attendance were given an opportunity to preview the newly approved designs for the complete renovation of Rancho Los Amigos, set to begin next month and be completed in the year 2020, earning



it the nickname “Rancho 2020.”

Knabe presented the master plans for the renovations to the Los Angeles County Board of Supervisors on Feb. 24, and has secured funding for the \$420 million dollar project.

The foundation is a non-profit, public benefit corporation that conducts fundraising activities to support research, education, equipment and patient care at Rancho.

The funds raised at the Amistad Gala provide financial support to

the Rancho Los Amigos National Rehabilitation Hospital to fund programs such as patient activities, facilities, equipment and series that help the thousands of patients treated at Rancho each year.

For more information on the Rancho Los Amigos Foundation, including donation opportunities, to join the mailing list, or more information on programs funded, contact the foundation office at (562) 401-7053.

Financial literacy course at church

DOWNEY – Downey First Christian Church is hosting a nine-week financial course beginning Sunday, April 12.

The DVD-driven course, titled Financial Peace University, is taught by best-selling author and radio personality Dave Ramsey.

Participants will learn “common sense principles” such as saving money, paying off debt and improving their financial futures.

After each session, the church leads a group discussion where students discuss emergency funds, budgeting, insurance, housing, income, and more. The average student claims an \$8,000 financial turnaround in just the first three months of applying the course’s principles, the church says.

Classes are held Sundays from 2-4 p.m. For more information or to register, call Pastor Mark Schoch at (562) 862-2438.

POETRY MATTERS

By Roy Anthony Shabla,
excerpt from “poems for the dead”

it is far too early
in the cycle of the year
for the sunny air to carry
the scent of basil
and yet it does

the garden beds and boxes need
a healthy dose of water
every other day
when rain should be performing
the routine of our work

i am not ready
for the fullness of the orchard
for the ripeness

the overcoats and sweaters
have just been stored
and the rugs still need to be rolled

yet there is much to do
before the greens are gathered
before the fruit is picked
and i am alone

but who can control the weather?

it is far too early in the cycle of the year
for the starry air to carry
the scent of jasmine
and yet it does

and i am unprepared
so unprepared
for the harvest

if the figs ripen early
they will finish early
and the winter will be long

ProNetworkers of Downey
Join us each Friday at 7:15am
Mimi's Cafe, Downey
8455 Firestone Blvd
www.ProNetworkers.com

**To Find A Business go to
AllAboutDowney.com**

DOWNEY PARTY RENTALS

10900 Paramount Blvd.
Downey CA 90241
(562) 861-1616
www.DowneyPartyRentals.com

Hours
Mon - Fri 8:30 - 5
Thurs. 8:30 - 7
Sat 8:30 - 2
Sun 8 - 11

OPEN LATE ON THURSDAYS



What will I do as a Pharmacy Technician?

- Count tablets and measure amounts for prescriptions.
- Accept payments and process insurance claims.
- Package and label prescriptions.
- Take information from customers and health professionals to fill in their orders.

Become a PHARMACY TECHNICIAN at Downey Adult School



This program will prepare you with the technical knowledge and skills necessary to work alongside licensed Pharmacists. In as few as 25 weeks you could be starting your new career!

Call today to find out more about our program!

www.DAS.edu • (562) 940-6200

Find us on Facebook:
Downey Adult School

Believe in yourself





The St. Raymond academic decathlon team brought home four medals after competing in the 25th annual Los Angeles Archdiocese Academic Junior High Decathlon on March 7 at the L.A. Sports Arena.

Competing against 115 schools, the St. Raymond team earned four individual medals (pictured above, left to right): Rachel Javier (9th place, English); Alyssa Nevarez (10th place, Literature); Paula Zepeda (4th place, Religion); and Hilda Barraza (9th place, Current Events).

Other team members included Andrew Nevarez, James Colom, Matthew Morales, Isaiah Gomez, Jeremy Bohol, Catalina Bayardo and David Gonzalez, along with coaches Ms. Buckner and Ms. Larson.

Mayor accepting Courage Award nominations

DOWNEY – Mayor Luis Marquez is seeking nominations for his “Mayor’s Courage Award,” which recognizes people committed to improving the lives of others in Downey.

The award specifically recognizes people “who have exemplified exceptional courage in the face of adversity, performed an outstanding act of generosity or good deed, and/or are determined to make our community and world a better place.”

Honorees will receive a letter of appreciation presented at a City Council meeting.

Nominees must live or work in Downey. Nomination forms are available at downeyca.org, or call the council office at (562) 904-7274.

Spring festival at Golden Park

DOWNEY – Downey’s Golden Park will host a “bunny breakfast and spring extravaganza” this Saturday, March 28, with carnival games, a prize walk, vendor booths, a portable skate park, and more.

There will also be picture opportunities with a bunny (bring your own camera).

The event is from 9 a.m. to noon and is presented by the city of Downey and Downey Los Amigos Kiwanis.

Nolan Hubbs funeral Saturday

DOWNEY – Downey resident and World War II veteran Nolan Hubbs passed away March 3. He was 98.

He was born Oct. 29, 1916 in Equality, Ill. to Joseph and Bessie (Stricklin) Hubbs. He was the second of 12 children, including six brothers and five sisters.

Nolan was a WWII veteran, serving in the U.S. Navy aboard the U.S.S. Portland.

He is survived by two sisters and two brothers; a son; one granddaughter; and many nieces and nephews. He was predeceased by his wife, Phyllis.

Graveside services are scheduled for March 28 at 3 p.m. at Rose Hills Memorial Park.

Louis Caldarelli passes away at 92

SANTA FE SPRINGS – Louis Caldarelli, 92, a chemical engineer, musician and founder of a Santa Fe Springs business, passed away peacefully March 4 at his home, surrounded by family and friends.

Born in Raton, NM in 1925, youngest son of Settimo and Maria (Benedetti) Caldarelli from Spoletto, Italy, Louis graduated from Purdue University and served in the US Army during WWII as an engineer with The Manhattan Project in Los Alamos, NM.

After working for Firestone in PA, Congoleum-Nairn in NJ, and 3M Company in LA, Louis co-founded Coral Industries Inc., Santa Fe Springs, serving as owner/President/CEO for over 45 years.

One of Coral Industries’ long-standing business relationships has been with the annual Pasadena Parade of Roses, where the company’s adhesives are used exclusively in all float construction.

Funeral services were private. In lieu of flowers, the family requested donations to the Fender Music Foundation in support of music education in schools.

Students make Dean’s List

DOWNEY – Ikechukwu Enenmoh, of Downey, was named to the Dean’s List for academic excellence for the fall 2014 semester at Johns Hopkins University.

He is majoring in neuroscience and is scheduled to graduate in May 2018. A graduate of Warren High School, he is the son of Anthony and Patricia Enenmoh.

Meanwhile, Stephanie Jasmine Milioto, also of Downey, made the Dean’s List at Seattle Pacific University, also for the fall 2014 semester.

Seattle Pacific University is a Christian university serving more than 4,000 undergraduate and graduate students.

At Azusa Pacific University, Downey residents Nicole Dobson and Maisie Madrid also were named to the Dean’s List.

Dobson is a nursing major, while Madrid is studying psychology. Azusa Pacific is an evangelical Christian university.

In Memory of Kenneth Beckner

April 13, 1918 to March 9, 2015



Kenneth Beckner passed away peacefully on March 9th, one month shy of his 97th birthday. A long time Downey resident, Ken lived a full life with his family and in his community. As a World War II Army Veteran, an active member of the Disabled Army Veterans and American Legion, Ken was proud and honored to have served in the Armed Services. He often shared about his experiences in Europe, as well as his rough seas transport aboard the Queen Mary.

Kenneth was born and raised in Clayton, New Mexico. After the War, he and his wife Virginia purchased their first home in Downey in 1950. There, they raised their son, DeWayne. Ken worked and eventually retired from EckAdams Furniture Company.

After retirement, Ken kept busy with community service projects and doting on his grandchildren. Ken served on the City of Downey Water Board and was Chair of the Downey Cemetery Board. He played a key role in the fundraising, building and dedication of the Veterans Memorial at the Downey Cemetery in 2005.

Ken is survived by his son DeWayne, grandchildren Geoffrey, Nicole, Yamizel and his great-grandchildren, Carleigh and Ethan.

Alana Sauerwein mourned

DOWNEY – Alana Sauerwein, of Downey, passed away at home on March 9.

She was born May 31, 1947 to the late Edmund and Irene Krams. She graduated from St. Pius X High School and was an active member of Our Lady of Perpetual Help parish.

She wrote letters to Thomas Sauerwein while he served in the Vietnam War. When he came home, Tom decided to pursue her hand in marriage. They would raise two children together.

Alana is survived by her husband, Tom Sauerwein; brother, Bill Krams (Mary); son, Michael Sauerwein (Tawny); daughter, Kelly Sauerwein (Charlie); and close friends and relatives.

Alana was buried at All Souls Cemetery in Long Beach on March 17.

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CELEBRATING 50 YEARS *the Moravian Trombone Choir*

The Moravian Trombone Choir is celebrating their 50th anniversary this year. Founded in 1965 by Jeff Reynolds, the Moravian Trombone Choir of Downey is one of the most active all trombone choirs in the world. They will be performing their spring concert on Saturday, March 28 at 7:30pm. This concert is the perfect way for you and your family to start off Holy Week. The concert is free, a freewill offering will be taken.

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MONEY and TAXES 2015

The Internal Revenue Service seeks volunteers to serve on the Taxpayer Advocacy Panel

The Internal Revenue Service seeks civic-minded volunteers to serve on the Taxpayer Advocacy Panel, a federal advisory committee that listens to taxpayers, identifies major taxpayer concerns and makes recommendations for improving IRS service.

The TAP provides a forum for taxpayers to raise concerns about IRS service and offer suggestions for improvement. The TAP reports annually to the Secretary of the Treasury, IRS Commissioner and National Taxpayer Advocate. The Office of the Taxpayer Advocate is an independent organization within the IRS that provides support for and oversight of the TAP.

The TAP includes members from all 50 states, the District of Columbia and Puerto Rico, in addition to one member abroad representing international taxpayers. Each member is appointed to represent the interests of taxpayers in his or her geographic location as well as taxpayers as a whole.

To be a member of the TAP, a person must be a U.S. citizen, be current with your federal tax obligations, be able to commit 200 to 300 volunteer hours during the year, and pass a Federal Bureau of Investigation criminal background check. New TAP members will serve a three-year term starting in December 2015. Applicants chosen as alternate members will be considered to fill any vacancies that open in their areas during the next three years.

Applications for the TAP will be accepted through April 20, 2015. You may apply online at www.usajobs.gov. For additional information about the TAP or the application process, you may visit www.improveirs.org or call 888-912-1227 (a toll-free call) and select prompt number five. You may also contact the TAP staff at taxpayeradvocacypanel@irs.gov for assistance.

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Republican budget would help Middle Class

U.S. Senate Majority Leader Mitch McConnell made the following remarks on the Senate floor Wednesday regarding the Republican budget that focuses on helping the Middle Class:

This week, the Senate will pass a balanced budget. It's an important moment for our country. I know a lot of Americans are excited to see it finally happen.

Our friends across the aisle don't seem to be sharing in the enthusiasm though.

Instead, we seem to hear demands for more taxes.

More regulations.

More overspending.

Basically, more failed policies of the past. These are odd demands, but in the spirit of budget week, we figured—why not give our friends what they're asking for?

So last night, we offered them a chance to support President Obama's budget.

It drops tax after tax on the American people, to the tune of almost \$2 trillion.

It piles on the regulations.

And it overspends by trillions and trillions — never balancing, ever.

No wonder a DC newspaper implied it was a manifestation of the Left's, quote, 'dream version of Obama.'

You'd think our friends would have supported this 'dream' budget overwhelmingly.

But actually, hardly any were brave enough to do so. Apparently, the President's budget is just so unserious and embarrassing, only a single member of his party could be seen supporting it in public.

What a contrast to the balanced budget before us today.

It balances, without raising taxes.

It acknowledges the obvious truth that Washington has a spending problem, and takes responsible action to get spending under control.

It also recognizes the undeniable fact that government programs cannot meet their mandate to the vulnerable if left unreformed, and proposes improvements to programs like Medicaid.

This balanced budget aims to make government more efficient, more effective, and more accountable. It will go a long way toward getting our fiscal house in order.

But that's not all this balanced budget is about.

It's also about growing the economy. It's also about raising incomes. It's also about creating jobs.

In short, it's about promoting an economy that works better for the Middle Class of today, and that leaves a more prosperous future to the Middle Class of tomorrow.

One way to do that is by embracing the energy revolution — by lifting barriers to responsible energy development, just as this budget proposes.

Another way is by replacing our outdated and ineffective tax code with one that's simple and effective. So this budget proposes to repeal unfair taxes, like those in Obamacare, and then sets the table for comprehensive tax reform instead.

Ideas like these are just common sense. No wonder the nonpartisan Congressional Budget Office says that our balanced budget would accelerate economic growth.

The truth is, Middle Class Americans have seen a lot of unfairness out of Washington during the Obama years. The Middle Class has had to play by one set of rules and make tough choices, while a big spending Obama Administration got to play by its own rules.

It's time for that inequality to end.

It's time for Washington to make tough choices and balance its own budget, just as the Middle Class has to.

Now is the time for Washington to move beyond failed ideas of the past—like we saw in the White House's left-wing 'dream' budget—and support a balanced budget instead, one that's focused on boosting the economy, creating jobs, and raising wages.

That balanced budget is before us right now.

I'm calling on every Senator to support it, including our friends on the other side.

We know they don't have a budget proposal of their own. And we know they're too embarrassed to support the President's.

So why not show your support for the Middle Class by voting for this balanced proposal?

Governing by crisis isn't governing at all

By Lee H. Hamilton

After Congress came a hair's breadth from shutting down the Department of Homeland Security a few weeks ago, members of the leadership tried to reassure the American people. "We're certainly not going to shut down the government or default on the national debt," Senate Majority Leader Mitch McConnell declared on CBS's "Face the Nation." Congress, he said, would not lurch from crisis to crisis.

I wish I could be so confident. Because if you look at the year ahead, the congressional calendar is littered with opportunities to do just that.

Next month, unless Congress acts, doctors will see a steep cut in Medicare reimbursements. In May, the Highway Trust Fund runs out of money, meaning that infrastructure projects all across the country could grind to a halt. The following month, the federal Export-Import Bank's charter runs out. By the end of summer, Congress will need to raise the debt ceiling. Then it will have to find a way of funding the government for next year, deal with across-the-board spending cuts that are scheduled to take hold, and make it possible for the Treasury to continue to borrow money.

I don't know about you, but my bet is not on smooth sailing.

This is a huge problem. Great democracies do not veer from one doomsday moment to the next, nor do they fund government on a week-to-week basis. World superpowers do not risk their creditworthiness or threaten to strangle their own agencies or force them to plan repeatedly for shutdowns. Yet that is precisely the habit Congress has developed. It's embarrassing.

Why? Look at what happened with Homeland Security. The issue, essentially, was that members, unhappy with President Obama's plan to shield undocumented immigrants from deportation, tried to use the DHS funding measure to force him to back down. In other words, they tied two unrelated issues together. The solution ultimately lay in separating them, allowing a vote on each.

But during the weeks Congress spent arriving at this commonsense approach, DHS had to get ready for roughly 30,000 employees to be furloughed, arrange to wind down administrative support functions, prepare law enforcement across the country for the loss of training funds, and ask crucial employees to be willing

to work without pay — we're talking the border patrol, Coast Guard, screeners at airports, cargo inspectors...the people on the front lines.

The impasse threatened ongoing research and planning on making the country safer and grants to local communities to pay salaries for emergency personnel. At the very point when terrorism overseas was consuming the attention of our national security agencies, the department charged with protecting the nation at home had to be consumed with shuttering its operations.

Small wonder that much of the world thinks the United States is incapable of governing itself.

I know that the politics of Capitol Hill are difficult right now. But they've been troublesome for years, and legislating is about getting things done in a difficult environment. Congress is designed to be an institution where the dilemmas of the moment can be overcome by skillful legislators. We need a Congress that can address its problems before a crisis comes up.

What will it take to do so? Part of the answer lies in dedication to Congress's job. Its members need to work at legislating every day — not just the three days in the middle of the week. Its leaders need to make clear their determination to move legislation through in an orderly fashion. The so-called "Hastert Rule" — that the Speaker of the House will not allow a vote on a bill unless he has a majority of his own party behind it — needs to be jettisoned for good, not just in extreme circumstances. Allowing a majority of the House and the Senate to work its will, whatever the partisan alignment, would do wonders.

And perhaps most important, the tactic of tying two unrelated issues together in order to force an opponent's hand needs to be rejected. The parade of make-or-break issues that Congress faces this year presents myriad opportunities for legislative mischief. If all we see before us is one government-shutdown threat after another, the remaining faith Americans hold in our chief lawmaking body could disappear altogether. And deservedly so.

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

What happened to Flight 370?

By Rick Eriksen

Malaysia Airlines Flight 370 remains missing and to this day there has been no trace of evidence of a plane crash in any ocean.

The day this happened news came out raw and fast. Reports in the first week or so claimed the aircraft climbed to 43,000 feet, which is the top service ceiling for a passenger aircraft. It would have been difficult to climb to that altitude with all those passengers and fuel. Most airliners operate in the high thirties and usually only after they burn off some fuel. Climbing to 43,000 feet would have come much later in the trip, if at all. At 43,000 feet a civilian aircraft is out of its intended environment and at that altitude, if anything happened to the pressure vessel (the hull) of the aircraft there is not time to react. Blood boils in 15 seconds at 41,000 feet so 43,000 would only be worse.

Flying this heavy airliner into this rarefied atmosphere had to be done by a well-trained pilot and not accomplished through autopilot. The aircraft

would have stalled and went straight into the ocean, in which case there would have been a debris field miles around and easily seen from space-based high-resolution cameras. The plane did not stall, which raises the question: What was it doing up there?

If you wanted to hijack the plane and not have a few hundred upset passengers, the pilots would simply switch to 100 percent oxygen (which they can) and turn off the pressurization in the cabin. In seconds your passenger problem is resolved. From here, all that is left is to turn off the transponders and fly to some abandoned airfield in an off-the-grid location. From there you could hide the plane in an old hangar and dispose of the passengers.

So why go through all this to steal an airplane? One day we will see this aircraft again. From where the plane is presumably located now, and once refueled, it can go far in any direction. One could paint a new tail number on the plane, file a flight plan as someone else, take off from an uncontrolled location and join the air traffic control system. No one would know until it's too late. In that scenario, there would be no alarm, no nothing and the plane could fly where they want under no ATC guidance.

The reason it makes no sense to steal a plane for nothing is that you can buy used 747's or other used airliners in auctions everyday on the cheap. If someone just wanted a plane for business, why not buy it?

What's also interesting is that whoever did this did not dump airplane parts and bodies in the ocean. Some debris would at least create the illusion a crash occurred. But it's a year later and nothing has been found. You cannot have a crash of that magnitude without debris. It has never happened in the history of aviation. Aircraft parts float, bodies float and somewhere in the world after a year someone would have found something. I hope I am wrong, but I am concerned that I am not.

Let's hope the people responsible for the investigation are checking tail numbers.

Rick Eriksen is one of the founders of Aviation Consulting 360 (www.askac360.com), a firm that specializes in assisting businesses with their aviation needs. He created and founded Midwest Air Charter, the first single-flag carrier for the United States Federal Reserve Bank.

LETTERS TO THE EDITOR:

Public education

Dear Editor:

Talk about sour grapes!

So, first Pierre Dauphin claims that his son's high school and university diploma are "worthless", placing no blame on his own son's inefficiency at securing employment and inferring that it is all due to a subpar education received from inefficient public school educators. ("University Admissions," Letters to the Editor, 3/19/15)

Then, he suggests that the "650" illegal aliens are to blame for his son's inability to register for classes at Cal State Long Beach. All this begs many questions:

One, if he and his son, who I presume is an adult and should speak for himself, are so disillusioned with the education poor Pierre Junior received, then why does he choose to return to a public school anyway?

Second, where does his son's responsibility come into play? Is he simply going to go through life blaming others for his inadequacies? So Pierre teaches him to blame the teachers, blame the school system, blame the immigrants, what a pleasure person he is creating. I wonder if this could be the reason he can't hold a job.

Maybe a move to Arizona is in order, or perhaps, as his name implies, a study of his own historical roots. I doubt Pierre Dauphin is of Native American origin, and they are technically the only non-immigrants to this land anyways.

Marisela Padilla Downey

Dear Editor:

In response to Pierre Dauphin's letter, I find it amusing how he blames the "illegal aliens/inlanders" as the reason to why his son cannot be admitted into CSULB. Is he aware that CSULB received over 83,000 applications in the fall of 2014? They must be selective because they cannot be accepting all those 83,000 applicants.

Also, is he aware that many of these Dreamers were brought into the U.S. as children? They were raised here, received an American education and speak English, but yet he wants them deported to a country that is foreign to them. We cannot punish these Dreamers for something their parents did; it would be like punishing the children of convicted criminals for crimes they had no part in. I am proud to see that these Dreamers are striving for a higher education in order to improve their lives and live the American dream.

I am glad that CSULB has opened up a center to assist the Dreamers in furthering their education and assisting them financially instead of rejecting them when they clearly lack resources. When it comes to his statement "free tuition for invaders, but no access for native students," he is mistaken. I am American born and attended CSULB, and I had access to financial aid. The two years I was there when I transferred from Cerritos College, most of my tuition was paid for through financial aid. All I had to pay for were my textbooks and the parking permit.

As for his son, I wish him the best of luck on continuing his education. Be glad that he was able to be accepted into CSULB the first time and earned a degree. Even though his degree is in education, he has to look for jobs outside his field. I have my degree in history, but currently work in the medical field.

There are other options as well for anyone with an undergrad degree, such as grad school or even looking outside the state for career opportunities.

Guillermo Vazquez Downey

Recording police

Dear Editor:

Police brutality and corruption is out of control in America. I salute the good officers, but with the good come those that are not so good.

I believe we should have transparency in government, too many of our rights are being violated by law enforcement on a daily basis and we need protection.

I am very pleased that state Sen. Ricardo Lara has introduced SB411. It is a California bill that would protect civilians recording police activity. The time has come to police the police, as well as putting a stop to their use of lethal force on our pets and our unarmed humans.

I have said this before and I will say it again, this isn't Nazi Germany or Mexico, this is the United States of America, and don't you forget that we have rights in this country, and that we must stay vigilant because there is a force that is working very hard to make sure that we are stripped of our constitutional rights.

While our troops are in foreign countries fighting terrorism, the citizens in this country are fighting terrorism by those that took an oath to serve and protect us. I am sure that our Founding Fathers are rolling over in their graves.

Patty Jackson Downey

Help for animal shelters

Dear Editor:

I love animals and currently I am helping get the dogs of SEAACA adopted.

There are many shelters out there who have more help when trying to get a dog adopted. They can take photos of the animals and even videos. It would help the dogs tremendously to get seen and therefore adopted.

The information they have on the dogs available is mediocre at best. I know they try their best but certain things would help get these pets a home. They could mention age, weight, potty trained, previous owner history if known.

Maybe showing a picture of the week for dogs available would help. There are many animal lovers that want to help these animals. I don't know if there is some kind of publicity you can do or raise awareness to my cause.

Too many animals are dying and need help. Take a look at Friends of SEAACA on Facebook to see the work volunteers do.

I don't know if my letter will help but it doesn't hurt to try. People can also donate to both shelters in Downey.

Alexandra Bowman Downey

Political dynasties

Dear Editor:

Christina Kirchner was elected to succeed her husband Nestor as President of Argentina. Kim Jong-un, the current Supreme Leader of the Democratic Republic of North Korea inherited his title from his father. Raul Castro was appointed President of Cuba by his brother Fidel.

These are examples of political dynasties in other countries. They produced a smooth transition of power and stable governments in those countries.

In spite of those merits I prefer our process of free elections because they provide economic stimulus to the radio, TV, newspaper, advertising and travel industries that employ thousands of people, entertain us through the primary and final elections and allow us to exercise our right to vote for the candidate of our choice.

Our political system would be perfect if it wasn't for the national impoverishment of political leaders. I certainly don't want to vote for a Clinton or a Bush anymore. I hope that there are other people who can create new and more effective political agendas. The country certainly deserves better than the current political dynasties offer.

Jorge Montero Downey

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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For March

Sat., March 28: **Bunny breakfast**, Golden Park, 9 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, 6:30 p.m.: **City Council**, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 4th Mon., 5 p.m.: **Green Task Force**, at City Hall.

Regularly Scheduled Meetings

Mondays

- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info call 304-3439
- 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 Paul Sheets at 714-618-1142.
- 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 dianedavis4sc@gmail.com.
- 6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Karika Austin 260-3856.
- 7 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives Ave., for info call 923-1932.
- 1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
- 2nd Tues., 3:30 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., 6 p.m.: **American Legion #270**, at Sizzler Restaurant, for information call 544-0372.
- 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.
- 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 (310) 604-0725.
- 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.
- 12 p.m.: **Optimist Club of Downey**, at Rio Hondo Events Center.
- 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.
- 2nd & 4th Thurs., 6 p.m.: **Lions Club**, at Coco's, for information call Lenora (310) 283-9825.
- 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.
- 4th Sat., 12:00 p.m.: **Downey Arts Coalition**, for information email contact@downeyarts.org.

On This Day...

March 26, 1992: A judge in Indianapolis sentenced former heavyweight boxing champion Mike Tyson to six years in prison for raping a Miss Black America contestant.

1997: The bodies of 39 members of the Heaven's Gate techno-religious cult who had committed suicide were found inside a mansion in Rancho Santa Fe, Calif.

1999: Dr. Jack Kevorkian was convicted of second-degree murder.

Birthdays: Former Supreme Court justice Sandra Day O'Connor (85), actor James Caan (75), singer Diana Ross (71), actress Vicki Lawrence (66), football hall of famer Marcus Allen (55), country singer Kenny Chesney (47), actress Leslie Mann (43), and actress Keira Knightly (30).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WEIRD WORDS: With various unusual properties
 by Lonnie Burton

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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



In a perfect world, at such a critical time, the focus should be on the patient. In this perfect world, many of these complex issues have already been resolved. In reality, most sensitive decisions get made at "crunch" time, between the family and the physician. Advance directives and end-of-life decisions are typically made when a loved one becomes critically ill. The plethora of mixed emotions must be put in the background so that there can be a discussion of the more pressing issues: what and how much is to be done medically now, and at the next decision point.

End of life. When we, or a loved one, are approaching this difficult time, how do we decide when to take advantage of everything medical science has to offer...and when to focus only on comfort care...or somewhere in between? In what ways can the doctor help, given that his or her years of medical training generally focused on doing everything possible? Just when is that point in time when we need to make the shift to letting go?

These are all impossible issues that I am involved with every day. They involve medical knowledge, compassion, dealing with feelings of guilt and loss, and a whole basket of family dynamics. Decisions needing to be made might include legal matters, financial concerns, and choices about a multitude of medical procedures and interventions. These simmer in an extremely complex and murky soup of emotions and family relationship history. It's hard enough for one person to handle alone, but families may struggle over these issues and disagree over issues including love, attention, past relationships, guilt, and of course... money. The goal is that in the end, everybody can feel comfortable with the choices that are made. Let's tip toe through this topic...with great care.

Let's enter that room with family and the physician. When the patient can make decisions on their own behalf, or has already made their wishes clear, the medical decisions are much easier. Otherwise, everyone needs to be fully brought up to speed on the patient's condition and prognosis. As you might expect, this is a very emotional experience, and the need for family to support one another is never greater. In the event that a family cannot reach a consensus, the physician will clearly explain what will happen by default. The family then meets again whenever there is more information from additional tests, consultations, involvement of the hospital ethics committee, etc.

Until very recently, end-of-life decisions were pretty much limited to choosing for or against cardiopulmonary resuscitation. Now, the range of decisions that are considered legally and ethically appropriate and desirable includes a much broader choice. These include do-not-hospitalize orders; whether to and how to provide nutrition or hydration; whether or not to initiate future interventions aimed at cure (such as antibiotics); discontinuing potentially life-

sustaining treatments, including feeding tubes and intravenous fluids, mechanical ventilation, or renal dialysis; providing sufficient pain medication, even if it were to possibly shorten life; and possibly even the controversial issue of terminal sedation.

It is important to navigate between two main goals: maximal diagnostic and therapeutic care primarily aimed at maintaining life, and maximal supportive care primarily aimed at comfort and dignity. While each goal may be appropriate at certain times, near the end of life, these two goals are often mutually exclusive. In times of family disagreement or an unclear prognosis, or even when death is inevitable but the family has trouble accepting it, there may be an option to set a period of time for full medical support, and if the patient fails to improve, to move on to supportive care. Even if a recovery is possible with full medical support, the family will want to evaluate just what the best possible quality of life would then be for their loved one.

It is so clear that the simplest, but not always the easiest, time to talk with loved ones about our own end-of-life care is before a serious illness or loss of competence. By discussing our thoughts, desires and values ahead of time, and even putting it clearly in writing, our loved ones can follow them closely when the time comes. This could take place at a small family gathering, or you might inform family that you have a living will or advance directive. Provide your doctor with a copy. If you have aging parents or a spouse who have not expressed their desires, introduce the subject. Explain to them that by discussing values and decisions

ahead of time, it will help to avoid confusion or conflict. In the absence of decisions and preferences, the default action is to do everything possible to preserve life.

Increasingly, medical and lay communities have called for patients to establish advance directives to inform others of the type of care you would want for yourself if you were seriously ill or dying. It can include a living will, which records your end-of-life wishes in the case that you are no longer able to speak for yourself, designation of a proxy with durable power-of-attorney, which allows someone else to make care decisions for you if you are unable, and a medical directive established with a physician. Note that these documents focus only on health care, and do not address financial and estate issues. Unfortunately, as few as 20% of patients who lack decision-making capacity have advance directives in place. As a result, doctors frequently make critical medical decisions with close relatives, but without direct input from the patient.

An attorney can prepare these documents, or you can do it yourself. Forms are easily found on the web. As time passes, you can change your mind.

Even with written documents, implementing these decisions for others is tough at best. Substituted judgment is making every effort to choose what the ill patient would have wanted. Best interest refers to

deciding what is best for the patient. I have seen that the best decisions combine these two methods. Consider the following:

- Has the dying person ever talked about what he or she would want at the end of life?
- Has he or she expressed an opinion about how someone else was being treated?
- What were his or her values in life? What gave meaning to their life?

Most family members are not trained to discuss these topics, let alone to make such decisions. The conversation is emotional and fraught with pitfalls. Nonetheless, discussing this early empowers each of us, and enables decisions to be made that reflect our own wishes and desires. I urge all of you to begin this discussion, and in the meantime, to live your life and to enjoy every day.

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.

People living longer with cancer

Two out of 3 people diagnosed with cancer survive five years or more, according to a CDC study published in last week's Morbidity and Mortality Weekly Report.

The report found that the most common cancer sites continue to be cancers of the prostate (128 cases per 100,000 men), female breast (122 cases per 100,000 women), lung and bronchus (61 cases per 100,000 persons), and colon and rectum (40 cases per 100,000 persons).

Among these common cancer sites, 5-year relative survival was 97 percent for prostate cancer, 88 percent for breast cancer, 63 percent for colorectal cancer, and 18 percent for lung cancer.

The authors noted that disparities in cancer incidence still persist, with greater rates among men than women and the highest rates among blacks.

Additionally, 5-year relative survival after any cancer diagnosis was lower for blacks (60 percent) than for whites (65 percent).

"These data are an important reminder that a key to surviving with cancer is making sure everyone has access to care from early diagnosis to treatment," said Lisa Richardson, M.D., director of CDC's Division of Cancer Prevention and Control. "We know, for example, that early detection of colorectal cancer has had the largest impact on long-term survival rates."

CLOTHES THE DEAL would like to Thank First Presbyterian Church and the Community. Their clothing drive provided Clothes the Deal with 383 pieces of clothing. Spring cleaning? Call Clothes the Deal to donate clothes.

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I-5/Florence Avenue Interchange Project

Ground was recently broken on the \$215 million I-5/Florence Avenue Interchange Project in Downey. The project will add a carpool lane and a regular lane in each direction of the Santa Ana Freeway (I-5), as well as increase vehicle capacity on Florence Avenue. Metro is providing nearly \$128 million for the project.

Blue Line Upgrades Project Continues

Work is wrapping up on the Compton station, which is part of Metro's \$1.2 billion Blue Line overhaul. The station received new tile, new audio/visual enhancements, fresh paint and more. Willowbrook/Rosa Parks and 103rd St/Watts Towers stations are next up to go under construction. Check service advisories at metro.net/bluelineupgrades.

VetsGo511.com

VetsGo511.com is a one-stop source for veterans and others in the military community to get help with transportation options, housing, employment, healthcare and more. To learn more, visit VetsGo511.com.



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MAYOR'S CORNER: Welcome, Ireland!



By Mayor Luis H. Marquez

Greetings Downey,

It's official! Our City will be hosting a delegation from Ireland for the upcoming Special Olympics World Games taking place in L.A. this summer. Before the World Games begin on July 25, the delegation will spend July 21-24 in and around Downey before competing at the World Games.

Downey has joined several other cities across Southern California as part of the Special Olympics Host Town Program and we're excited to welcome over 100 athletes and coaches from Ireland.

Hosting the Ireland delegation is even more special to us due to our City's history ties with Ireland, and our Sister City relationship with Roscommon County, Ireland. The Host Town program in Downey is a collaboration between the City and various community partners, and together we will welcome these Special Olympics athletes and coaches, and provide them food, housing and entertainment.

The City has a complete itinerary planned for the Ireland delegation during their stay in Downey. The City is also in the process of recruiting volunteers to assist during the delegation's stay and those interested are encouraged to submit a volunteer interest card. We're also still accepting sponsorships to assist with this event. All of this information can be found on our City website, so log-on to www.downeyca.org to get all the details.

I want to thank everyone who came out last Saturday, March 21st for the annual Arc Walk. Thousands of people came out to walk for an amazing cause, which is to support those with physical and mental disabilities. This is Arc's biggest fundraiser of the year

we're proud to have this event here in our community year after year. Special thanks to Arc, Stonewood Mall and our City's Police, Fire and Public Works Departments for collaborating and making this another successful event.

That same Saturday, right after the Arc Walk, we drove over to Apollo Park to officially open the park's new walking trail. This is the second walking trail we've open in the last few months. Late last year we had the pleasure of opening a walking trail over at Furman Park. These two walking trails were made possible thanks to a \$600,000 grant awarded to the City by the L.A. County Regional Park & Open Space District. It was nice to have our residents come out to help us celebrate with activities such as a dedication walk and arts & crafts for children. A special thank you to Senator Mendoza's office, Supervisor Knabe's office, and Assemblywoman Garcia for joining us for this event. Our City has made our parks one of our main priorities and it's exciting to see some of the recent park improvements taking place.

Speaking of park improvements, we also recently dedicated new fitness equipment over at Furman Park. This equipment was purchased thanks to a donation made by the Downey Los Amigos Kiwanis. A sincere thank you to Kiwanis for investing in our community. We're lucky to have great community organizations in town that care about providing opportunities that increase the quality of life for our residents.

Our City's Columbia Memorial Space Center will be hosting the first ever City of STEM week from April 7th through April 11th. This will be a weeklong celebration of science, technology, engineering and math (STEM). Through this event, the Space Center will present STEM programming to the community. What's even better is that guests will be able to enjoy free admission to the Space Center for the entire week, beginning Tuesday, April 7th. This week coincides with spring break for our local schools so we hope students and their families make the Space Center one of their destinations during the holiday break. Log on to

www.downeyspacescience.org to get all the details.

Don't forget that this Saturday is the annual Bunny Breakfast & Spring Extravaganza event at Golden Park. The indoor breakfast event is already sold out, but you can still join us for free arts & crafts, carnival games, a prize walk, portable skate park and information booths. Thank you to Downey Los Amigos Kiwanis, Downey Lions Club and Boy Scout Troop #441 for helping sponsor this event. For tickets and more information, please call our Parks & Recreation Department at (562) 904-7238.

Save the date for the following events: Downey Street Faire taking place Saturday, April 11th from 10 a.m.- 5 p.m. There will be food, entertainment, a kids zone, and a variety of vendors. Contact the Downey Chamber of Commerce for more details at (562) 923-2191. The third annual Healthy Downey 5K for TLC will take place on Saturday, April 18th at Rancho Los Amigos. This event helps benefit the Downey Unified School District's TLC Family Resource Center. Registration is underway so log-on to the District's website at www.dusd.net to sign up. On Wednesday, April 22nd, I invite you to join my fellow Council colleague, Sean Ashton, for a very informative Town Hall Meeting. Councilmember Ashton will provide City updates and he encourages our residents to share their thoughts and ideas about our City. The meeting starts at 6 p.m. at the Barbara J. Riley Community & Senior Center. For more information call our Council office at (562) 904-7274.

Lastly, I want to thank all who attended the State of the City Luncheon on March 4th. It was a pleasure being able to talk about our City, its accomplishments, goals and progress over the last few years. Special thanks to the Downey Chamber of Commerce for once again putting together another successful event.

Look forward to connecting with you again next month.

Sincerely,
Mayor Luis H. Marquez



Downey Federal Credit Union employees are pictured making a donation to SEACA. The credit union recently donated nearly \$6,000 to local charities.

DFCU donates nearly \$6K to local charities

DOWNEY – Downey Federal Credit Union donated nearly \$6,000 to local non-profits and charities this month, part of its ongoing effort to give back to the community it serves.

Among its donations were \$2,500 to Gangs Out of Downey; \$1,340 to SEACA; \$1,040 to the TLC Family Resource Center; \$1,000 to The Arc – Los Angeles & Orange Counties; and \$100 to the PTA HELPS food pantry.

The credit union also continues to collect donations for Feeding Children Everywhere 2015.

"We are never going to stop making community involvement a priority at Downey Federal Credit Union," said CEO Ray Mesler. "I can confidently say that all of DFCU's staff stand behind the city of Downey and its success."

When new members join the credit union, \$5 of the one-time \$7 membership fee is donated to the charity of the new member's choice.

Blood drive at C21

DOWNEY – Century 21 My Real Estate is hosting an American Red Cross blood drive Tuesday, April 7, from 12-6:15 p.m.

"A blood donation is truly a gift of life that a healthy individual can give to others in their community who are sick or injured," the realty office said. "In one hour's time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives."

To schedule an appointment, or for more information, call (800) 641-2111.

E-waste collection Saturday

DOWNEY – Warren High School's football program will be collecting broken or unwanted electronics this Saturday, March 28, from 9 a.m. to 2:30 p.m.

Items that can be dropped off include computers, monitors, digital cameras, cell phones, DVD players, MP3 players, printers, televisions, and more.

Light bulbs, batteries, refrigerators and ovens cannot be accepted.

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Screening is recommended beginning at age 50, or earlier if you have risk factors, so schedule your colonoscopy today and make sure colon cancer doesn't keep you from enjoying the moments to come.

Call the PIH Health Colon Cancer Prevention Program to schedule a colonoscopy today at 562.945.4754.

PIHHealth.org/Colonoscopy

TRAVEL GUIDE: EXPLORING ALASKA



Alaska is the 49th and largest state in the United States of America. Separated from the rest of the country, (the "lower 48"), by Canada, Alaska lies on the Arctic Circle. America's final frontier is the size of California, Texas and Montana combined, making it huge in comparison to the rest of the states. Alaska is also home to the highest point in North America and all of the top ten highest mountains in the USA.

Understanding Alaska

In 1867, the territory of Alaska was purchased from the Russians for \$7.2 million (or about 2 cents an acre). For many years people referred to the acquisition as "Seward's Folly", named for Secretary of State William H. Seward (1801-1872) who made the deal. They viewed Alaska as a frozen wasteland, not realizing it would turn out to be one of the United States' richest resources for gold and oil. It took until 1959 for the territory to become a State of the Union.

How to get in:

Anchorage, and to a lesser extent Fairbanks, are serviced by most major airlines. Ketchikan, Wrangell, Petersburg, and Juneau are also served by daily jet service through Alaska Airlines flights originating in Seattle and terminating in Anchorage. Other communities within the state are served by an extensive system of regional and local air services connecting to Anchorage, Fairbanks, Juneau, and Ketchikan, the state's four largest

urban areas.

Air travel is the cheapest and most efficient form of transportation in and out of the state. Anchorage recently completed extensive remodeling and construction at Ted Stevens Anchorage International Airport to help accommodate the upsurge in tourism. Anchorage International is a very big and clean airport that isn't very crowded. It has many different amenities for awaiting passengers to enjoy. They have everything from shops, restaurants, duty free shops, and even bars close to where you board your plane. The biggest problem with flying into Anchorage is that if you're not staying in Anchorage, you are going to need to take a long drive to wherever your destination is; most people just rent a car, which can get very pricey. If you are visiting family, you are better off just having them come and pick you up from the gate. Nobody likes to take a long drive after a long flight, but the scenery you will see will make you forget all about the long flight and drive.

What to see:

Alaska is huge. It actually spans what once were five time zones. So big in fact you probably won't scratch the surface of what it has to offer in terms of geography, wildlife, local flavor, or Alaska native culture.

You might visit a couple of the regions of the state during your visit. It is quite possible to experience the ancient rainforest of Southeast Alaska, camp in Denali National Park, and kayak among icebergs in Prince William Sound on the same trip.

Another option is to focus on a smaller (still huge) region of the state and spend enough time for a better look and then plan a return trip to explore a different region. Alaska does not have to be a once in a lifetime destination.

Three weeks in the Inside Passage, traveling from town to town

by ferry, is likely to leave you wanting more time if you enjoy hiking, sea kayaking, fishing, wildlife watching, scenery, Native culture, biking.

The Kenai Peninsula, south of Anchorage, is another region worthy of an extended stay and is easily accessed from Anchorage. Plenty of public campgrounds make this an extremely affordable do-it-yourself destination if you have a few folks to share the cost of a rental car.

An Anchorage, Denali, Fairbanks, Valdez driving loop also offers plenty to see and do for two weeks or more and can be quite affordable with camping and a shared rental car.

What to do:

There are many things to do when traveling to Alaska. If you are the adventurous type then Alaska will be a great place to go. You can go hiking, biking, kayaking, fishing, and expeditions to see the wildlife of Alaska like wolves, whales, moose, and bears. There are also month-long expeditions to the top of Mt. McKinley.

A journey on the Dalton Highway provides a very unique experience. The highway crosses mountains and tundra, the Arctic Circle, and 414 miles of pristine wilderness.

Stay up late to see the midnight sun, it's fascinating to watch in the summer when daytime seems endless.

Anyone traveling to Alaska should definitely make a trip to Mt. McKinley; it is absolutely beautiful. You can see it from most places in the state when there are clear skies.

However, if you get the opportunity to take a trip to see it up close, do it. On the way up the path, you will see vegetation and wildlife that you can't see anywhere else. Once you finally get to the top of the mountain, you will see one of the most beautiful sites in all of the United States. Digital cameras and photos doesn't do the mountain's beauty enough justice. The mosaic of blues, whites, grays, and greens will leave you absolutely astonished.

Not everyone is a fisherman; many people enjoy catching fish but hate waiting around to try and catch one. Well if you are one of those people, try fishing in Alaska. You will be amazed at how quickly you can catch fish there if you are in the right spot. You can definitely leave the river every day with your daily limit of fresh Alaskan salmon. There are plenty of commercial fishing companies that will take you out to fish in some of the best areas. However, if you really want to get a great experience, pay a local to bring you out on their boat and fish for the day. They usually know where the least crowded and best areas to fish are. When you are done, ask them to make you a dinner with your day's catch, you will never have a fresher piece of seafood in your life.

What to eat:

Alaskans love their food, fresh or otherwise you need good food to keep up with daily life here. The portions in this state are huge. Almost every little town will have a local diner where one can get a filling breakfast and lots of hot coffee. Try the reindeer sausage with your eggs and hash in the morning and you'll feel like a true Alaskan.

Some foods indigenous to this area are fireweed honey (distinctive and quite uniquely delicious), and spruce tip syrup made from the Sitka spruce which grows very commonly throughout Alaska; and of course there is perhaps the most well known of all Alaskan produce: seafood. Alaska's fishing grounds are among some of the richest in the world and feature among other delicacies King and Snow crab which are exported the world over. Many local restaurants close to the shore serve fresh halibut and salmon daily, right off the boats. Unfortunately, most of the fish is served deep fried, and asking for a simple piece of grilled fish will usually result in an overcooked, dried out disappointment. Restaurant prices also tend to be rather high.

Most things in Alaska are going to feel like they are overpriced, but

they are expensive because it is so expensive to transport goods and food to Alaska. If you are out to eat, don't rob yourself by ordering pasta or spaghetti, get some type of seafood or meat. A lot of restaurants in Alaska serve "catch of the day" and other meats that were hunted locally. Chefs will almost always have a new spin on your favorite seafood that you'll never have the opportunity of trying again.

Alaska is famous for their Alaskan King Crab legs. Many people think that they've had them before, but often times they are sold as Alaskan king crab legs in the lower 48 states and they aren't technically Alaskan king crabs, and if they are, they aren't even close to as fresh as they are in Alaska. Many restaurants will cook them in lemon juice, butter, and Old Bay seasoning. You will know when you've had an Alaskan king crab leg because the legs are about the same thickness as a woman's wrist.

Beer is a big deal in Alaska with 7 breweries in Anchorage alone. Alaskan Brewing Company in Juneau is the best known brewery in the state and its Alaskan Amber leads beer sales.

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GET HARD R **Fri to Wed:** (11:10, 1:40, 4:10, 7:00, 9:30, 10:50)
Thu: (11:10, 1:40, 4:10, 7:00, 8:05, 9:30, 10:50)
GET HARD R **Thu Fri to Wed:** 8:05, 10:50
★ **HOME** PG (11:30, 12:05, 1:55, 2:30, 4:20, 6:45, 7:25, 9:10)
★ **HOME 3D** PG (4:55)
IT FOLLOWS R (12:20, 2:50, 5:20, 7:50, 9:45, 10:25)
★ **THE DIVERGENT SERIES: INSURGENT** PG-13
Fri to Wed: (11:00, 1:50, 4:40, 7:30, 10:20, 10:55)
Thu: (11:00, 1:50, 4:40), 7:30, 10:20, 10:55
★ **THE DIVERGENT SERIES: INSURGENT** PG-13 **Thu**
Fri to Wed: (11:40, 2:30, 5:20, 8:10, 10:55)
Thu: (11:40, 2:30, 5:20)
THE GUNMAN R **Fri to Wed:** (11:20, 2:05, 4:45), 7:40, 10:30
Thu: (11:20, 2:05, 4:30)
CINDERELLA PG **Fri to Wed:** (11:05, 1:45, 4:30), 7:15, 10:00
Thu: (11:45, 2:25, 5:15)
CINDERELLA PG **Thu Fri to Wed:** (11:45, 2:25, 5:15)
Thu: (11:05, 1:45, 4:30), 7:15
CHAPPIE R **Fri to Wed:** (11:00, 2:00, 4:50), 7:45, 10:45
Thu: (11:00, 2:00, 4:50)

Times for Friday-Thursday, March 27-April 2, 2015
Bargain Matinee () SPECIAL ENGAGEMENT/NO PASSES ★

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SPORTS BRIEFS: Baseball preseason heats up

• Baseball teams stay busy as league matchups scheduled to begin in two weeks.

By Mark Fetter Contributor

DOWNEY - The Downey High School baseball team currently has a record of 5-7. The Vikings split a doubleheader against Long Beach Poly at Downey last Wednesday, 3/18, with an 8-0 defeat of the Jackrabbits in the first game and were defeated 7-3 in the second game.

The Vikings defeated Westminster at Downey 5-0 on Tuesday and will participate in the Anaheim Lions Tournament this weekend 3/27-4/1.

Downey will play Palos Verdes in their first game on 3/27, Charter Oak in their second game on 3/28, Palos Verdes Peninsula in their third game on 3/30, Culver City in their fourth game on 3/31, and fifth game against an undecided opponent on 4/1. The Vikings will travel to South Hills on 4/7 before they open S.G.V.L. play on 4/14 at Lynwood. Downey will host cross-town rival Warren on 4/21 in the first game of their home and away series.

The Downey High School softball team currently has a record of 6-9. The Lady Vikings were defeated by North Torrance 5-0 at the Torrance National Tournament on 3/17 and defeated Kennedy 6-3 in the same

TNT Tournament at Wilson Regional Park. The Lady Vikings were defeated by California at Downey 2-1 on 3/19, were defeated by Woodrow Wilson 4-3 on 3/20, were defeated by Carson 10-0 on 3/21 and defeated Stockdale 6-3 on 3/21.

Downey has been extremely busy this preseason and recently played six games in a five day stretch from 3/17-21. Downey played at Schurr on Thursday (score unavailable at press time) and will host Thousand Oaks on 3/31 before opening S.G.V.L. play at Lynwood on 4/14.

Downey will host cross-town rival Warren on 4/16 before traveling to Warren for the rematch on 5/5.

The Warren High School baseball team currently has a record of 8-2. The Bears split a doubleheader against Santa Fe at Santa Fe on 3/21 by falling to defeat 6-2 in the first game and by defeating the Chiefs 3-1 in the second game.

Warren will play Culver City on 3/30 and at Palos Verdes on 3/31 in the Anaheim Lions Tournament. The Bears will also play Crean Lutheran on 4/4 in the St. Paul Easter Tournament before they begin S.G.V.L. play by hosting Gahr on 4/14. Warren will travel to Gahr on 4/17 for the second game in their home and away series.

The Bears will then travel to

Downey on 4/21 and host the Vikings on 4/24. The Bears will host Dominguez on 4/28 and travel to Dominguez on 5/1. Warren will face Lynwood in the fourth week of league play and conclude their regular season with two games against Paramount.

Warren has had a busy preseason schedule in preparation for the start of league play. Coach Pearson, his staff and players are looking forward to the start of league play and making another run in the C.I.F. Division 3 playoffs.

The Bears finished last season with an overall record of 29-5 and a S.G.V.L. record of 7-3. Warren was the number two entry from the San Gabriel Valley League and lost to Palm Desert 7-4 in the third round of postseason competition.

The Warren High School boys' volleyball team currently has a record of 7-4 and hosted Gahr yesterday in their first S.G.V.L. match (score unavailable at press time). The Bears opened their season at home against Bellflower on 3/3 with a 3-1 win and defeated Santa Fe at Santa Fe 3-0 on 3/5.

Warren participated in the Redondo Union Tournament on 3/6-7. The Bears defeated Salesian 2-1 on 3/6, were defeated by Redondo Union 2-0 on 3/6 and were defeated by Simi Valley 2-0 on 3/6. Warren was defeated by Burroughs 2-0 on 3/7, defeated

Millikan 3-0 at Millikan on 3/10, were defeated by El Segundo 3-0 at El Segundo on 3/17 and defeated Valley Christian 3-0 at Valley Christian on 3/19.

Warren will travel to Montebello later today, will host El Rancho on Monday and will travel to cross-town rival Downey on Tuesday. Coach Scott Lane, his staff and players have had a busy preseason schedule in preparation for the start of league play.

The Bears are led by a pair of 6'3 senior captains in Gary Trejo and Brian Castro.

The middle school sports fourth rotation of baseball and softball has reached their midway point of the season. Each of the four middle school teams have played three games and have three games remaining. Doty has traveled to Stauffer, hosted Stauffer and traveled to Griffiths. Griffiths has hosted Sussman, traveled to Sussman and hosted Doty. Stauffer has hosted Doty, traveled to Doty and hosted Sussman. Sussman has traveled to Griffiths, hosted Griffiths and traveled to Stauffer.

The 8th grade Doty baseball team has taken an early lead and is currently in first place with a 2-0-1 record. The Knights tied Stauffer 6-6 in their first game, defeated Stauffer 8-0 in their second game and defeated Griffiths 7-0

in their third game. Stauffer is currently 1-1-1. Stauffer tied Doty 6-6 in their first game, were defeated by Doty 8-0 in their second game and defeated Sussman 8-1 in their third game. Griffiths and Sussman are currently 0-1-2. The Indians tied Sussman twice last week 5-5 and 2-2 and were defeated by Doty 7-0 on Monday. Sussman is currently 0-1-2 also. Sussman tied Griffiths 5-5 in their first game, tied Griffiths again 2-2 in their second game and were defeated by Stauffer 8-1 in their third game.

The 8th grade Stauffer softball team has taken an early lead and is currently in first place with a 3-0 record. The Spartans defeated Doty at Stauffer 8-3 in their first game, defeated Doty 11-3 in their second game and defeated Sussman 16-0 in their third game. Griffiths is currently 3-0 also. Griffiths defeated Sussman in their first game 10-1, defeated Sussman in their second game 6-0 and defeated Doty 3-2 in their third game. Doty is currently 0-3. The Knights were defeated by Stauffer 8-3 in their first game, were defeated by Stauffer 11-3 in their second game and were defeated by Griffiths 3-2 in their third game. Sussman is currently 0-3 also. Sussman was defeated by Griffiths in their first game 10-1, were defeated by Griffiths in their second game 6-0 and were defeated by Stauffer 16-0 in their third game.

The 6th/7th grade Stauffer baseball team has taken an early lead and is currently in first place with a 3-0 record. The Spartans defeated Doty 2-1 in their first game, defeated

Doty 12-0 in their second game and defeated Sussman 11-2 in their third game. The Griffiths 6th/7th baseball team is currently 2-0-1. The Indians defeated Sussman in their first game 7-0, defeated Sussman in their second game 5-0 and tied Doty 5-5 in their third game. Doty is currently 0-2-1. The Knights were defeated by Stauffer 2-1 in their first game, were defeated by Stauffer 12-0 in their second game and tied Griffiths 5-5 in their third game. Sussman is currently 0-3. The Patriots were defeated by Griffiths 7-0 in their first game, were defeated by Griffiths 5-0 in their second game and were defeated by Stauffer 11-2 in their third game.

The 6th/7th grade Doty softball team has taken an early lead and is currently in first place with a 3-0 record. The Knights defeated Stauffer 15-3 in their first game, defeated Stauffer 12-0 in their second game and defeated Griffiths 9-2 in their third game. Griffiths is currently 2-1. The Indians defeated Sussman in their first game 16-4, defeated Sussman in their second game 16-2 and were defeated by Doty 9-2 in their third game. Stauffer is currently 1-2. The Spartans were defeated by Doty 15-3 in their first game, were defeated by Doty 12-0 in their second game and defeated Sussman 10-9 in their third game. Sussman is currently 0-3. Sussman was defeated by Griffiths 16-4 in their first game, were defeated by Griffiths 16-2 in their second game and were defeated by Stauffer 10-9 in their third game.



Thank You!

A Special Thanks to the thousands of people who participated and supported The Arc Walk for Independence.

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

On behalf of over 400 people with developmental disabilities

Thank You!

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- This Year - Come and take a tour of The Arc Programs
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- All of our services for people with developmental disabilities are free - call for assistance
- Call us at 562-803-4606 or check us out at www.TheArcLAOC.org

Thank you for a great Arc Walk for Independence
See You March 12, 2016

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Downey Family YMCA
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Downey, CA 90241

LEGAL NOTICES

BULK SALES

NOTICE TO CREDITORS OF BULK SALE (UCC 6101 et seq. and B & P 24074 et seq.)

Escrow No. 047253
(1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described.
(2) The name and business addresses of the seller are: FARHAT SHAH, MEMONA ABBAS SHAH, MOHSIN RAZA SHAH AND ZULFIQAR ALI SHAH, 11117 OLD RIVER SCHOOL RD, DOWNEY, CA 90241-4216
(3) The location in California of the chief executive office of the Seller is:
(4) The names and business address of the Buyer(s) are: DISCOUNT STORE FIXTURE INC, 11117 OLD RIVER SCHOOL RD, DOWNEY, CA 90241-4216
(5) The location and general description of the assets to be sold are: ALL STOCK IN TRADE INCLUDING INVENTORY, SUPPLIES, MERCHANDISE, FIXTURES, EQUIPMENT, GOODWILL, TRADE NAME AND TRANSFER OF OFF SALE BEER AND WINE LICENSE #20-523424 of that certain business known as ZNM MARKET, located at: 11117 OLD RIVER SCHOOL RD, DOWNEY, CA 90241-4216
(6) The anticipated date of the bulk sale is ISSUANCE OF THE PERMANENT LICENSE, at the office of SECURITY LAND ESCROW COMPANY, 10805 PARAMOUNT BLVD, 047253 STE A, DOWNEY, CA 90241, Escrow No.: 047253, Escrow Officer: LAWRENCE GARCES.
(7) Claims may be filed with Same as "6" above.
(8) This Bulk Sale IS NOT subject to California Uniform Commercial Code Section 6106.2, but is subject to Section 24074 of the Business and Professions Code.
(9) Listed by the Seller, all other business names and addresses used by the Seller

within three years before such list was sent or delivered to the Buyer are: NONE
DATED: MARCH 23, 2015
TRANSFEREES: DISCOUNT STORE FIXTURE INC, A CALIFORNIA CORPORATION
LA1518980 DOWNEY PATRIOT 3/26/15

The Downey Patriot 3/26/15

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2015054317
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PUNKIN SEED STITCHERY, 6038 AMOS AVE, LAKEWOOD CA 90712, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JENNY DUNTON, 6038 AMOS AVE, LAKEWOOD CA 90712
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 03/02/2015
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/JENNY DUNTON, OWNER
This statement was filed with the County Clerk of Los Angeles on MARCH 2, 2015
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the

residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot 3/5/15, 3/12/15, 3/19/15, 3/26/15

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2015073987
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VELMA'S CAFE, 13215 PARAMOUNT BLVD, SOUTH GATE CA 90280, LA COUTNY, 12234 JULIUS AVE, DOWNEY CA 90242
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) ANTHONY CARLO LA PIETRA, 12234 JULIUS AVE, DOWNEY CA 90242
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ANTHONY CARLO LA PIETRA, OWNER
This statement was filed with the County Clerk of Los Angeles on MARCH 19, 2015
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant

to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot 3/26/15, 4/2/15, 4/9/15, 4/16/15

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2015058298
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) THE HEALTHY ZONE, 6022 ARBUTUS AVE, HUNTINGTON PARK CA 90255, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) ARIANA CONTRERAS BARON, 6022 ARBUTUS AVE, HUNTINGTON PARK CA 90255
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 03/04/2015
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ARIANA CONTRERAS BARON, OWNER
This statement was filed with the County Clerk of Los Angeles on MARCH 4, 2015
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in

the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot 3/26/15, 4/2/15, 4/9/15, 4/16/15

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2015053433
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) A 3D VIEW, 1024 MIRAFLORES AVE, SAN PEDRO CA 90731, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) S/COOPER PROPERTY GROUP INC, 1024 MIRAFLORES AVE, SAN PEDRO CA 90731
State of Incorporation: CA
This business is conducted by a Corporation
The registrant commenced to transact business under the fictitious business name or names listed above on 02/20/2015
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/S/COOPER PROPERTY GROUP INC, PRESIDENT, CHARLES COOPER
This statement was filed with the County Clerk of Los Angeles on FEBRUARY 27, 2015
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as

provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot 3/19/15, 3/26/15, 4/2/15, 4/9/15

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2015065964
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) DM EXPRESS COURIER SERVICE (2) DM EXPRESS PACKAGING AND DELIVERY SERVICE, 12741 CARAVEL ST, CERRITOS CA 90703, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) SANDRA MAZZEO, 12741 CARAVEL ST, CERRITOS CA 90703
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/SANDRA MAZZEO, OWNER
This statement was filed with the County Clerk of Los Angeles on MARCH 11, 2015
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of

WOMEN OF THE YEAR: volunteers honored by Assemblywoman

Continued from page 1

Currently, Mrs. Bloomfield is the president of the Artesia Historical Society. She worked in partnership with the City of Artesia in overseeing the relocation of a private home which in time became the Artesia Historical Museum.

She is also the chairperson of the Beautification and Maintenance Commission, founding member and secretary of the Friends of Artesia Foundation, president of the Woman's Club of Artesia-Cerritos, and chairperson of the Board of Trustees of the Artesia Cemetery District. Mrs. Bloomfield earned her RN degree from the California Hospital School of Nursing and her Masters in Health Science from Cal State Los Angeles.

Sandra Espinoza-Perry

Sandra came to the United States in 1988 looking for a better life. Her escape from poverty and fear ultimately led to her blessed life in Bellflower where she gives back to the country in which she fled and also to the country that has blessed her.

Sandra gives back to the country she left, Honduras, through a child care center called Centro Integral Jesus Amigo de los Ninos. Her family and World Help provide care for orphaned children and those whose parents are in the United States.

Through her partnership with World Help they feed 400 children a day, provide their school clothing and during the past year built nine homes, replacing cardboard shacks and put in six water wells in critical areas where there was either no water or contaminated river water as their only source.

She gives back to her community of Bellflower in many ways. Sandra and her husband hosted the families of Bellflower's City sister Los Mochas, she is in the Board of Directors for the Miss Bellflower Competition/Pageant and member of the Bellflower Family Lions Club.

Marilyn Thompson

Marilyn Thompson has been a teacher at Bell Gardens Intermediate School for more than 30 years. Throughout her career, she has changed the lives of countless students in the city of Bell Gardens.

Her devotion and compassion for teaching is truly admirable and inspiring.

Aside from her everyday task as a teacher, Mrs. Thompson is also known for her dedication outside the classroom. She works with students to fundraise for "Leadership Camp", an annual 3-day trip where students develop their leadership skills. She is an integral part of the Sacramento Study Trip, where she takes students to the Capitol, San Francisco and nearby universities.

Thompson also works with the Bell Gardens Intermediate School Dance Team, Yearbook and PTA.

Mae Lovgren

Mae Lovgren uprooted her family from Las Vegas to the city of Cerritos in 2008. She wasted no time becoming involved with the community.

Lovgren has been PTA President at Nixon Academy for three years and since then has implemented the mission "Engage, Education, Encourage all to be involved".

Under her leadership, the PTA membership doubled, creative, new programs were implemented to build community including; the annual Trunk or Treat, Health and Fitness Week and the Dad's Program which aims at involving more male figures into Nixon Academy.

Lovgren has also been ABC Council President, PTSA President

at Tetzlaff Academy, member of the School Site Council for Nixon, Vice President-Hospitality on the ABC Council PTA and has served on various committees within the ABC Unified School District.

Carmen Marquez

Carmen Marquez attended schools in the Montebello Unified School District. She is an active supporter of equal education for all students and continues to strive to set and reach her goals.

Marquez retired with over 35 years of teaching and counseling experience. She has served as Board President, Secretary and Vice President of Rosewood Park PTA, Secretary of Montebello Council PTA, Chair of "Red Ribbon Week" for the 33rd District PTA, President and secretary of the Commerce Woman's Club and chairperson of Commerce Education Commission.

She also serves as Vice President of the California Association of Bilingual Education, CABE Montebello Chapter, treasurer of the Association of Mexican American Educators, Hispanic Coalition Board Member, CAHPERD-Southern Region Health Representative and CACSAP-Region Coordinator.

Shushma Patel

Shushma Patel is the proud owner and manager of an independent community pharmacy established in 1954 that currently serves residents

within a 10 mile radius.

Since ownership Patel has enhanced her service by implementing various immunization protocols, educational workshops and by forming joint programs with local physicians.

Patel's had a lot experience in international clinical pharmacy programs and internships. Aside from her work as a pharmacist she also manages time to be a board member of the Montebello Rotary Club, the Beverly Hospital Foundation, and advisory board member and chairwoman of the Indian Pharmacists Association of CA advisory.

Patel has also taken part in the Mentorship Program Paving Career Pathways for Women and has even received a special invitation to the "The First Lady Maria Shriver" CA Governor's Conference.

Lizet Olmos

Lizet Olmos is an extremely dedicated professional who works diligently to bring programs to the Pico Rivera Senior Center to help promote wellness and community building.

She demonstrates great interest in making sure seniors in the center have the latest information on changes taking place with Medicare and Medi-Cal.

Olmos maintains the Senior Center lively by engaging seniors in a variety of activities that support their physical and emotional health.

Olmos engages and coordinates a variety of activities for the seniors including dance classes, technology courses and/or informational workshops.

"Woman of the Year" nominations were open to all women who live, work, or attend school in the 58th Assembly District, including the cities of Artesia, Bellflower, Bell Gardens, Cerritos, Commerce, Downey, Pico Rivera, Montebello and Norwalk.

Easter stories for children

DOWNEY - The Downey City Library is celebrating Easter with children's stories this Tuesday and Wednesday from 10:30 to 11 a.m.

Children ages 3-5 can hear stories about the Easter Bunny and the goodies that he brings to kids. The program is free.

Half-price book sale at library

DOWNEY - The bookstore inside the Downey City Library is currently having a half-price book sale in order to make room for new donations.

The bookstore is located near the young adult section of the library and is open from 10 a.m. to 7 p.m. weekdays, and from 10 a.m. to 4 p.m. Saturdays.

All proceeds are used to help fund library programs.

Search all properties at www.downeyrealestate.com

IMPROVE YOUR HOME'S VALUE THIS SPRING



If you're like many homeowners, you think of **two things**: How much is my home worth, and what can I do to improve its value? Your home's value depends on many factors, including its location, age, size and condition. While you may not be able to do anything about your home's location or age, there are things that you can do to improve its size and condition and add value.

Boost Your Home's Curb Appeal
Curb appeal isn't just the concern of home sellers. Even homeowners who wish to stay put are putting time and effort into maintaining the curb appeal of their homes. Since most people will only see your home from the street, how well your property is kept from the outside provides a glimpse into how well it's maintained on the inside.

5 Easy Ways to Boost Your Home's Curb Appeal

- 1. Maintain your lawn.** Mow, pull weeds and make sure your walkways are free of debris
- 2. Keep your hedges in check.** Well-maintained hedges and shrubs improve the look of your property.
- 3. Clean your windows and gutters.** This isn't just for aesthetics; it's good home maintenance as well.
- 4. Maintain your home's exterior.** Keep your home looking like new with a new coat of paint every few years, replace your roof when necessary and make repairs on time.
- 5. Spring for new home accents.** Spice things up with new house numbers, a fresh coat of paint on your shutters or colorful plants and flowers in your window boxes or garden beds.

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OUR CLIENTS
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"Steve Roberson did a good job and it was done right! I am passing out Steve's business cards" - **Mary Lou Canata**
"Lorena Amaya & Lilian Lopez did a great job for me!" - **Jose Ed Jesus Ruiz**

FEATURED PROPERTY
North Downey Opportunity!
Nice starter home with 2 car detached garage, 3 bedrooms and 1 bathroom. The property has updated kitchen counters, wood floors and a private back yard. Very nice home! Call Today For Info!!!

TOP PRODUCERS
TOP LISTING: **Maria Zuloaga**
TOP PRODUCTION: **Kai Chan & Cheryl Van Rensselaer**
TOP SALES: **Lorena Amaya & Lilian Lopez**

Excellent Downey Home!
Great 3 bedroom, 2 bathroom home in a quiet area. Home features a family room, fireplace and a 3 car garage. The home also has a lovely backyard with a covered patio. Call Today For Info!!!

Nice Downey Condo!!!
Very nice and clean condo. Updated kitchen. Fireplace in living room, laminated wood floors, new window coverings, dining area off kitchen. This is not an FHA approved complex.

North Downey!!!
Nice 2 bed, 3 bath Downey Condo! New flooring, new paint, new blinds, some updates in kitchen and baths. Large bedrooms with walk in closets, area pool, patio 2 car garage with security gate. Very nice.

Spectacular View
Beautiful gated community in a working Avocado Grove. Estates property is a 4 bedroom 3 bath multi-level home with 2 master bedrooms, one downstairs. Living room upstairs with a balcony & a mountain view. Family room, formal dining, kitchen & wet bar. Call Today For Info!!!

Downey Dream!!!
Prime area of Downey. Located in a cul-de-sac, excellent neighborhood close to schools and Los Amigos golf course. This property is in immaculate condition and offers step down living room with fire place. Call Today For Info!!!

Classic Downey Home!
Nicely kept 3 bedroom and 2 bathroom home in Downey. The home also features a den with a fireplace and a mother in law/guest house. Call Today For Info!!!

North Downey With Large Lot!!!
Rare opportunity to find a 15,000+ lot in Downey. Existing 4b 2ba 2157 sq ft home with huge oversized 10' deep pool. Needs TLC and the perfect homeowner to truly appreciate this property. Call Today For Info!!!

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Downey 2-story home, 4BD, 4 BA, 4 car garage, 3,519 sq. ft. living space
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Feature of the Week

NE Downey Pool Home
4 BD, 2.5 BA, 2,926 sq. ft. on a 10,000 sq. ft. lot. Family room, remodeled kitchen with Viking appliances & large master BD.
Call For Price!

Model Home in Tract Built in 2003
5 BD, 5.5 BA, 3,510 sq. ft., almost \$100k in upgrades w/custom wood work throughout, kitchen w/built-in appliances, spacious master suite, marble floors & new carpet.
List Price: \$724,950

Custom Built Home in N.E. Downey
4 BD, 4 BA, 2,828 sq. ft., 7,780 sq. ft. lot, 5 year old kitchen with many upgrades, oversized master BD with fireplace, and high ceilings thought out.
List Price: \$915,000

OPEN HOUSE SAT & SUN

Orange Estates Pool Home
5 BD, 3 BA pool home near Furman Park on a 10,000+ sq ft lot w/2 car detached garage. Large living room & dining area, family room w/ fireplace & master BD.
Reduced to: \$799,000

Model Home in Tract Built in 2003
5 BD, 5.5 BA, 3,510 sq. ft., almost \$100k in upgrades w/custom wood work throughout, kitchen w/built-in appliances, spacious master suite, marble floors & new carpet.
List Price: \$724,950

REDUCED \$75,000

Large Guest House Large Lot!
3 BD, 2 BA, 2,000 sq. ft. main house with a 1 BD, 1 BA, 700 sq. ft. guest house on a 13,837 sq. ft. lot. Circular driveway, 2 car detached garage. Remodded in 2004.
Starting at \$649,999

Pride of Ownership!
Large 3 BD, 2 BA home in Downey school district with pool! Almost 2,000 sq ft living space with master BD, family room with fireplace, & step-down rec room.
List Price: \$489,000

Warm and Friendly!
3 BD, 1.5 BA 1,643 sq. ft. on a 7,505 lot, living room & formal dining room, large family room, master BD, inside laundry room and 2 car garage.
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