



The Downey Patriot



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Thursday, April 23, 2015

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

SHARED STORIES: THE TIES THAT BIND

A Horse of Course

Kacie Cooper grew up in Norwalk where zoning regulations permitted horses. Intwoven among the humor, Kacie sheds light on some of the angst common to many adolescents, as well as her own personal challenges. The story is also a tribute to her parents. 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 Kacie (Kathy) Cooper

"Go right to the horse and ask the horse/He'll give you the answer that you endorse/He's always on a steady course/Talk to Mr. Ed..."

When I was a young teenager there was a show on TV called "Mister Ed." It was about a man who talked to his beautiful Palomino horse, and his Palomino horse would talk to him. I loved that show. What I wouldn't give to talk with a horse. Who knew that my young life would turn out to resemble this sitcom?

I met my first best friend, Mary, when I was only seven years old. But she had many other friends and I was often alone. When I was twelve my father brought home a little Shetland pony and life got a bit easier.

She was auburn colored and we named her Cindy. She was perfect. I think I felt safe around her because she was shorter than me. I learned to clean her hooves and her cage, and feed her in the mornings before going to junior high school.

She and I had a great relationship. She never asked too much from me, and perhaps what I gave her was all I could give at that young age.

The day before my 13th birthday I got silly and brave and decided to try talking to Cindy. I wanted to tell her my deepest thoughts. It worked for "Wilbur", didn't it?

Cindy was expecting a little colt any day and I was ecstatic just waiting for the arrival. "Cindy! Please! Please, Cindy, if you have a little male pony, we could name him Mister Ed. That would be appropriate since it's also my dad's name. Plus, it's also the name of a famous TV star horse. Can you do that for me, Cindy?"

I stared at Cindy, and turned away from her, thinking she'd be more up for talking if I didn't put her on the spot. Moments later as I entered my house from the backdoor I heard a snort from Cindy. I just knew she had heard me.

The next morning I woke up before dawn to feed Cindy. I was so excited; it was my 13th birthday! "Now Cindy, I have this juicy, red apple for you. Happy birthday to me." As I reached for the apple in my pocket I told her, "Did you say something Cindy?" Then I froze. The apple rolled out of my hand onto the ground. I never actually planted my eyes on her pony, but I knew that she had given birth that morning, my birthday.

Cindy had done her best for me, but the pony was motionless. No one had to tell me anything. I knew he was dead. I was a teenager now and had to grow up. I also knew I would never be able to talk to this beautiful, male, Palomino pony. Under my breath I whimpered, "Goodbye Mister Ed." Then I ran into the house to tell my dad.

A few months later I recovered and Dad had traded Cindy for a much bigger, older horse named "Lady." I was very uncomfortable with Dad's new choice. But perhaps Dad thought there was something I could learn from this old battle axe. He was always telling me to "talk" to Lady. I wondered if he had overheard me talking to Cindy. Taking care of this giant of a mare would be hard, but I'd give it my best shot.

Lady was also auburn colored, but very tall. At the time I was only five foot one. I didn't mind cleaning her cage, but I was very threatened by the challenge of riding her. My left leg was shorter and smaller due to the polio I contracted at age three. I was afraid that Lady would crush that little foot because I just knew that Lady did not want to be ridden.

Dad had shown me how to saddle her and put the reins on. After a couple of times riding her he told me, "Now take her to that open field across from your friend Mary and ride her over there."

"By myself?" I enquired. But that was all I said. I never asked Dad too many questions. He was always trying to teach me something.

I never told anybody how afraid I was of Lady. I just felt I was a wimp because of the polio. Now I wanted more than anything to get tough. But I would have to somehow talk to Lady in her own language.

A few weeks later I felt more confident. I walked to the open field across from Mary's house and rode Lady bareback. I pulled the reins back. She acted as though she was going to bite the back of my hand.

"Oh no you don't! I'm the boss here. You will not bite the hand that feeds you, Lady!" She immediately stopped snapping at me. But she was trying to tell me she wanted me off when she began lifting her hind legs and kicking them out from behind her. I decided to share this extra bonus with my best friend Mary.

Mary rushed over to us and quickly climbed up on Lady. Instantly Lady took off like wildfire. You would have thought she was in one of those rodeos that my dad had taken the family to.

As soon as the bronco act was over Mary jumped off and angrily ran to her front door. I sensed that something was wrong.

"What do you think, Mary? Wasn't that fun?" I asked her as she opened her door and slammed it behind her.

"Kathy, your horse is crazy! And so are you! She's a bucking bronco!"

"Yeah, I know. Yeah... wasn't it fun?" Mary never replied.

The day Lady died I watched a big tow truck pull up on the empty lot next to our house. My mother yelled for me to run back into the house. I did, but watched from the backdoor window as they hooked Lady up to a big crane and carried her body away.

The whole time my mom was crying like a baby. I don't even remember her ever riding Lady. Years later I realized that she was mourning my loss. She knew what that horse had done for me during those adolescent years. I really missed Lady, but I got even closer to my mom after that. We talked more to each other. My mother was the real Lady.



PHOTO BY JOHN ZANDER

The Downey Dirt Devils, a travel baseball team for kids ages 10-12, were honored by the City Council last week after qualifying to compete in a pair of national World Series tournaments.

Ranked No. 37 in the nation, the Dirt Devils are raising money to compete in the National Mini World Series in Kissimmee, Fla., and another in Texas that is scheduled to be televised by ESPN. In total, the team is seeking funds to cover airfare and hotel for 12 kids over 14 days.

The team is coached by Jose Rodriguez, a 2001 Warren High alum who was drafted by the Cincinnati Reds out of high school. To help the team through sponsorships or donations, call Coach Jose at (562) 244-1661.

Community comes together to clean up American Legion

•Volunteers spend entire day improving run-down American Legion post in Hollydale.

By Alex Dominguez
Contributor

DOWNEY - Several volunteers with weed whackers and other various tools in hand took to the American Legion Hollydale Post 723 on Saturday as they began work on an extended beautification and rehabilitation project.

The campaign was led by the Living Tree Foundation.

The Living Tree Foundation is a nonprofit organization that provides assistance for military veterans who find themselves in need after their service to the country has ended. Its founders, Rick and Lupe Rodriguez, created Living Tree three years ago after their two sons returned from war.

"My oldest son came back, he was a Sgt. 1st Class in the 4th Infantry Division of the US Army, and he had 42 soldiers who came out of the army when he came out," said Rodriguez. "Immediately he came home and he came to our family business to help work it and run it and he said, 'Dad I've got 42 soldiers who need jobs'...So we created a back-to-work program for veterans."

Living Tree soon expanded to be involved in more than just job assistance, as Rodriguez started to come across veterans who had other complications and needs. Living Tree then started to offer other forms

of aid, such as counseling, religious study, resources, and various forms of relief.

Living Tree's current project, "Operation Clean-Up," brought as many as 60 volunteers to the rundown American Legion Post that resides on Gardendale Street and Garfield Place.

The American Legion is another nonprofit organization dedicated to support of military veterans. This particular post was suffering from an overrun of weeds and dirt. Bruce Lee Cameron, the Commander of Post 723, described the American Legion as "home."

"We don't have a lot of money; we're a nonprofit organization. This is what happens," said Cameron. "With the help of this foundation, it's going to be gorgeous."

Cameron served as a US Army Jag Officer from 1955-1962.

Living Tree was not the sole workforce at Saturday's clean-up effort, as there were several other organized bodies who answered the call, such as recovery homes House of Jeremiah and House of Esther.

Also on hand was the Warren High School Humanitarian Society. Spanish teacher and club advisor Jackie Pardo and several Warren students cleaned tables and helped get rid of weeds all in the name of helping those who have served the country.

"It's so sad and unfortunate that their facilities haven't been taken care of. It looks like an abandoned place and that's not what we should be doing," said Pardo. "We should be somewhat giving back to our heroes that have come back, and those that

have passed away fighting for our country."

One of the Warren Students, Senior Alyssa Jimenez, found that the day's volunteer work had special meaning to her besides her passion for volunteering.

"It means a lot to me personally because I do know people who are in the army," said Jimenez. "It hits close to home."

Downey Mayor Pro Tem Alex Saab was also present and lending a hand. Saab expressed his deep pride to see members of the local community stepping up to help those who needed it.

"This is important for multiple reasons. Not just because it's the right thing to do to help our veterans, but it's also an opportunity for our community to come together and show the humanity in people; whether it's from City Hall, service clubs, businesses, corporations," said Saab. "It shows that even though we're a huge city, 113 thousand people in the city of Downey, at the end of the day we're one big family with a responsibility, that comes together to help those in need, especially our veterans."

Living Tree hopes that Saturday's effort will be the first of many. Rodriguez said that they hope to work on the American Legion Hollydale location every 90 days until "[The American Legion] is able to do it on their own."

Those who are interested in more information about The Living Tree Foundation and their volunteer opportunities are encouraged to visit yourlivingtree.org

South Downey car wash to expand

•Sultan Car Wash on Imperial Highway adding a dozen self-serve vacuums.

By Christian Brown
Staff Writer

DOWNEY - A south Downey car wash is remodeling its exterior and installing 12 outdoor, self-service vacuums this year after the city planning commission agreed the renovation would not cause undue noise impacts on adjacent residences.

Sultan Car Wash, located at 8845 Imperial Highway, includes a 2,817-sq.-ft. facility with a car wash

tunnel and 12 parking spaces that are surrounded by commercial buildings and residential homes.

In addition to vacuums, each parking stall will soon feature an overhead arch cover. Sultan plans to modify its mechanical room and building facade while upgrading the on-site drainage in the parking lot.

The 17,300-sq.-ft. parcel, which Downey officials first permitted as a car wash 27 years ago, is also getting a central vacuum producer that will power hoses at airflow rates up to 506 cubic feet per minute.

In order to reduce any potential noise generating from the machine, the owners agreed to build a

concrete block enclosure around the vacuum producer. While the closest residences live 180 feet to the north, city staff were initially concerned about noise impacts.

However, in the staff report from April 1, city officials ensure nearby buildings and the vacuum enclosure will sufficiently mitigate any noise from the added equipment.

"The proposed improvements at the subject site can provide a benefit to those who live and work in the area, without creating significant adverse impacts to the area," said assistant city planner Kevin Nguyen.

Weekend at a Glance

Friday 67°

Saturday 69°

Sunday 77°

Things To Do



Armenian Genocide - A public commemoration of the 100th anniversary of the Armenian Genocide.

Saturday, Bicknell Park in Montebello, noon



Seal Beach Classic - A classic car show with 30 categories of classic automobiles, and motorcycles.

Saturday, Main Street on Seal Beach, 10 a.m. to 4 p.m., free



La Mirada Carnival - Rides, games, live dance and music, food trucks, craft vendors, and more.

Saturday, Benton Middle School, 12-11 p.m.

Facebook Conversation

Coffee now available at the library

Lana Joy: I saw this last week when I took my kids to the library. They were immediately begging for junk food. Can't we go anywhere to escape commercialism?

Patricia De Anda Salgado: I walked in last week to open a library card for my special needs son & was pleasantly surprised. I think it's a nice idea as coffee, tea & books go together nicely. Hope they keep it & bring a few nice bistro tables & chairs outdoors to give it a nicer feel. Kudos Downey Library for getting with the "times."

David Forward: On hot days, the library will be busier than ever. Maybe some will read a book.

Military couple from Downey appears on Price is Right

Mario Guerra: They really are a great couple and family and deserve all the best. Thanks to all our veterans.

Ileana O'Neal: How fun! Thank you for your service to our country.

Sarah Osuna: Yay! Good luck. Such a deserving couple.

Elisa Garcia Duran: Thanks everyone it's been an amazing day! Thank you for all the comments... we are truly blessed.

Tweet of the Week

@spidey810: why let a Walmart open in the new promenade? They don't care about the community look at what happen in Pico Rivera.



Kacie Cooper and her Shetland pony, Cindy.

LOCAL OBITUARIES

Gerald Tompkins services this weekend

DOWNEY – Gerald Bunker Tompkins, born in Downey on Jan. 17, 1924, died March 31.

He attended Downey High School where he met and married his childhood sweetheart, Bettie Norman.



He promised to marry her if he got a leave from the Army Air Corp aviation training before he was sent out of state. He got his leave and they were married March 14, 1945.

Gerald and Bettie raised their son and four daughters in Downey. Gerald worked for North American Rockwell (now Boeing) in Downey as an engineer and was involved with the Apollo space project.

Bettie passed on May 5, 2013. Gerald is survived by his son, Hal, and daughter-in-law, Sandy; daughter, Shirley, and son-in-law, Russ; daughter, Jerry, and son-in-law, Bob;

daughter, Terri; daughter, Beth, and son-in-law, Steve; 10 grandchildren; and 11 great-grandchildren.

There will be a short visitation at Miller Mies Mortuary Friday, April 24, from 9:30-10 a.m., followed by the burial at Downey Cemetery at 10:30 a.m.

A memorial service will be held at Miller Mies Mortuary April 25 at 11 a.m.

Jack Hayes was longtime Norwalk resident

NORWALK – Jack Richard Hayes, a 65-year resident of Norwalk, died April 19 at age 92.

Born in Ohio in 1922, Jack was a child of the Great Depression. After serving his country in WWII, he and his two brothers, William and Robert, saved to buy and fix up Wizzer motor bikes (basically a bicycle with a small motor on it) and trekked from Ohio to California at a max speed of 30 MPH, getting only one flat tire between them on the way.

When they arrived in Los Angeles, all went to work in different areas of the city.

A couple years later, Jack happened to look out the window of

his small hotel room to see "the most beautiful blue-eyed girl walk by." After a courtship, Jack and Margie were married in 1954.

They, along with Margie's son, Roy "Butch," moved to a pink stucco house on Elmcroft Avenue in Norwalk.

After 30 years of marriage, Margie became sick with an unexpected illness and passed away.

After working at Rockwell for more than 30 years, Jack retired. As a hobby, he sold trinkets and sold watches at the local swap meet, arriving each day at 5 a.m.

After a lengthy retirement, Jack's health declined and he moved to Texas, where he lived near his grandchildren.

He was preceded in death by his parents; his wife Margie; son, Roy; and other family members.

He is survived by his brother Robert; sister, Marybelle Benkert; daughter-in-law, Karen Lake Brothers (Myron); grandchildren Michelle Hall (Michael), Laura Lake, Angela Lake (Teddy Bettis), Rachel Talley (David-lex), Scott Brothers, Mary Raven (Nick); great-grandchildren, Danielle, Rachelle, Vivian, Victoria, Kathlina, Ava, Haylenn, Sean, Ethan. Jason and many others.

He will have a small graveside family service with military honors at Little Lake Cemetery in Santa Fe Springs. In lieu of flowers, family members requested donations in his name to the American Cancer Society.

Patricia Campbell was American Legion volunteer

DOWNEY – Patricia Ann (Pergeau) Campbell passed away Feb. 10. She was born in Los Angeles on Oct. 6, 1940 to Theodore J. Campbell and Helen E. (Campbell).

Her only brother, Michael V. Campbell, also born in Los Angeles, found his way to the Willits area in the early 1970's. He then convinced the family that the community was a nice place to settle. They soon followed.

Pat was raised in the Los Angeles area and graduated from Downey High School in 1959. A few years

later she gave birth to son, Michael O'Brien.

After being abandoned, they moved to Cibola, Arizona, where her parents operated a hunting-fishing resort.

The USMC was conducting desert warfare operations in the area, and while on liberty, a group of Marines happened upon the resort. She fell in love with a Marine named Alfred M. Pergeau, "Marty". Shortly thereafter, Marty was transferred to Adak, Alaska to undergo Arctic Warfare & Survival. After completion Marty took liberty, went to the resort and asked Pat to marry him. They were married in Winterhaven, California on June 21, 1965.

While moving from place to place every two years she managed to have and raise three children, Gary M. Pergeau, born in Garden Grove, California, now living in Ukiah; Richard M. Pergeau, born in Camp Lejeune, North Carolina, now living in Willits; and Sheri L. Pergeau, born in Orange County, California, now living in Willits.

Despite the military life as a wife and raising three children, Pat and Marty adopted a family friend's daughter, Jenny (Lopes) Pergeau, of West Palm Beach Florida.

With Marty eligible for retirement and Pat pregnant again, she convinced Marty to take retirement and to settle in Willits. So they retired from the USMC on February 7, 1977. Two days later, their son, Larry M. Pergeau was born in Ukiah and still lives there.

Now retired and looking for events and activities, they both joined the American Legion and the Veterans of Foreign Wars, in which they were life members.

With the economy downfall and looking for work they moved to Corpus Christie, Texas, then to Hazel Park, Michigan.

In 1981, Pat, Marty and family made their way back to Willits for the final time. Still members of the American Legion, they became active members of Post 174, where Pat held almost every position in the Ladies Auxiliary.

Even after the loss of her husband, Marty, of 41 years, Pat remained an active member. She had held the positions of Historian, Membership and Scholarship Committee Board.

Her last act for the American

Legion was selling Sweetheart Drawing tickets. Pat fell and passed away six days later of pneumonia.

A memorial service was held at noon on March 21, 2015 at the Veteran's Memorial Building on North Main Street in Willits.

Owen Heninger was psychiatrist

DOWNEY – Owen Earl Heninger, M.D., R.P.T., (age 85) died peacefully in his sleep, March 4 after several months of failing health. He was 85.

Owen is survived by his wife of 62 years Audrey Olson Heninger; son Gregory Owen Heninger, daughter Jody Heninger Kozak (Greg.) brother George Robert Heninger (Julie,) grandchildren, great-grandchildren, nieces, and nephews.

Owen grew up in Provo, Utah, living with three siblings (Mary, George, and John) in a State house, because their father, Owen Pratt Heninger, was superintendent of the State Mental Hospital. Mother Rachel Cannon Heninger was a revered community volunteer and pianist.

At Brigham Young High School, Owen met his future wife, Audrey. After high school, Owen served in the National Guard and U.S. Army during the Korean War. He was honorably discharged, returned to Provo to marry Audrey in 1952.

Owen graduated from Brigham Young University, and New York Flower and Fifth Avenue Medical College. Owen served his internship at Los Angeles County General Hospital, and completed his residency in psychiatry at Metropolitan State Hospital in Norwalk.

In 1964, Owen achieved his Board Certification in Psychiatry, and established his private practice in Whittier. Owen avidly supported education about mental health. He served as chairman of the committee to organize the psychiatric unit at Presbyterian Intercommunity Hospital in Whittier. He also served as assistant clinical professor at USC School of Medicine, teaching family practice residents.

Owen continued his education and became a Registered Poetry Therapist. From 1975-1997, Owen published widely in the field of

poetry therapy; and was closely associated with Dr. Arthur Lerner in developing the field. Owen served on the Editorial Board of The Journal of Poetry Therapy. He was former President of the American Psychiatric Arts Association, former director of courses in poetry therapy at annual meetings of the American Psychiatric Association.

Owen closed his private practice in 1995. He worked full-time for four more years in the psychiatric field at Rancho Los Amigos Medical Center, and Long Beach Mental Health Services. And from 1999-2008 he was a part-time psychiatric consultant at Rancho Los Amigos National Rehabilitation Center.

Owen was an active volunteer in Lion's Club and Rotary Club. He was a dedicated supporter of Boy Scout Troop 936, and accompanied the troop on hikes for ten years.

In 1990, Owen was enthused by artists Christo and Jeanne Claude's art installations. Owen befriended the pair, and worked as a monitor on The Umbrella Project over Tejon Pass in 1991. In retirement, Owen stayed busy writing memoirs and short stories with two writing groups. He was always happy to read his stories aloud, and to see them published in local papers.

A private family service was held in March.

Stanley Kelton was lawyer, journalist

PARAMOUNT – Stanley M. Kelton, a Huntington Beach lawyer who helped operate one of the nation's oldest high school journalism workshops, died of cancer April 12. He was 63.

Stan was a director and treasurer of the California Scholastic Press Association (CSPA), an all-volunteer, non-profit organization that, for the last 64 years, has held a workshop at Cal Poly San Luis Obispo.

Born in Long Beach, Stan attended Paramount High School, graduated with a bachelor's degree in journalism from USC and a law degree from Loyola Law School. He was later admitted to the State Bar.

All his life, Stan maintained an interest in print, TV and radio journalism as well as news photography. He was a longtime contributor to the laradio.com site.

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Thursday, April 30, 2015
From 4 PM to 9 PM

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562-803-0108

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Meet and Greet with Dr. Prasad Chode



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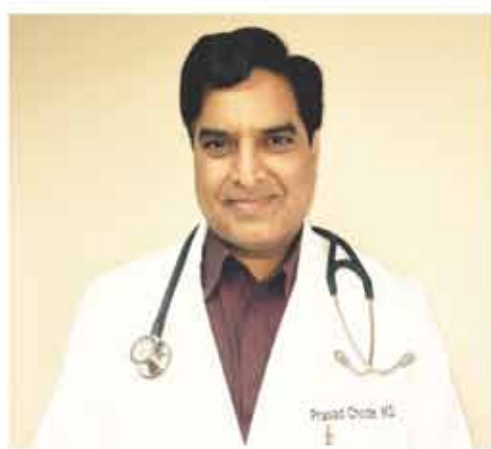
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Meet and Greet with Dr. Prasad Chode

Friday, May 1, 2015

10:00 AM

Barbara J. Riley Community and Senior Center

7810 Quill Dr. • Downey, CA 90242

CareMore believes in treating every aspect of your physical, mental and social well-being to help keep you healthier, longer. We're in your neighborhood. Come see what we're all about!

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Teen fatally shot near Woodruff/Nance

DOWNEY – Downey police are investigating a fatal shooting that left a 19-year-old man dead early Sunday morning.

Police received a 911 call at 2:47 a.m. reporting that a person had been shot near Woodruff Avenue and Nance Street.

Responding police officers found the victim, identified as James Lieneke, on the sidewalk with at least one gunshot wound. Paramedics pronounced him dead at the scene.

Police have no suspects at this time, although they believe Lieneke was targeted.

Anyone with information is encouraged to call the Downey Police Department at (562) 904-2308 or Detective Paul Hernandez at (562) 904-2368.

LAPD detective pleads no contest to child porn charge

DOWNEY – A retired LAPD detective who lives in Downey pleaded no contest Tuesday to an allegation that he was in possession of child pornography.

Charles Daniel Henderson, 69, returns to court May 27. He is expected to be sentenced to five years probation and 30 days community service, and avoid jail time.

He is also expected to register as a sex offender for life and undergo one year of sex offender counseling.

Downey police officers executed a search warrant at Henderson's home last October and found more than 600 sexually explicit images featuring children.

Henderson had been with the LAPD for about 20 years.

Tip-a-Cop at Johnny Carino's

DOWNEY – Downey police officers will be working as hosts and waiters at Johnny Carino's next Thursday, April 30, as they raise money for local Special Olympics athletes.

The public is invited to attend as police officers greet guests and take orders, collecting tips on behalf of Special Olympics Southern California.

The event is from 5-9 p.m. at the Johnny Carino's at Downey Landing. For questions, call Corp. Mike Pope at (562) 861-0771, ext. 353.

Apollo Park facilities closed Friday

DOWNEY – Due to a scheduled Southern California Edison power outage, several city facilities will be closed Friday, April 24.

Closures include the Barbara J. Riley Community and Senior Center, the Parks and Recreation administration office, the ASPIRE office, and the McCaughan gymnasium.

There will be no front office staff to answer telephones, nor will the public be able to enter/access the facilities.

All facilities will resume normal operating hours on Saturday.

For questions, call the City Manager's office at (562) 904-7284.

Country singer is guest speaker

DOWNEY – Professional country singer June Wade will be guest speaker at the Downey Christian Women's Club May 13 meeting at the Los Amigos Country Club.

The luncheon begins at 11:30 a.m. Wade's program is titled "How to Forgive those Who Have Hurt You."

Admission is \$15. For reservations, call Anita at (562) 861-3414.

Downey woman working to make cruises safer

DOWNEY – Georgia Gonos Ananias, a former teacher and principal in the Downey Unified School District, has been elected to the Board of Directors of the International Cruise Victims Association.

Ananias and her family were on the ill-fated Costa Concordia cruise ship that nearly sank in Italy. They were the last people to get off the sinking ship.

The five family members wrote a book about their escape called "SOS Spirit of Survival."

The International Cruise Victims Association advocates for legislative reform to protect cruise ship passengers from crimes and to keep passengers and crew members safe and secure while on board a cruise ship.

"Unfortunately, the safety and the health of passengers on cruise ships is not the number one priority for cruise companies," Georgia Ananias said.

Silent auction underway at library

DOWNEY – The Friends of the Downey City Library holds monthly silent auctions to raise money for library programs. April's items include:

"Baseball's Greatest" (a set of four books: The Greatest Games, Greatest World Series, Greatest Ballparks and Greatest MVPs);

"Rush for Riches – Gold Fever and the Making of California" (the story of the gold rush from 1849-1884);

"Gone with the Wind" (a very thorough look- includes the book, the movie, the making of the movie, and even the Mammy's story);

"The DK Illustrated Family Bible" (a visual approach to understanding the Bible);

"Killing Lincoln" and "Lincoln's Last Days" (some of history's most remarkable figures-two books and 6 CDs tell the story);

"Titanic and Her Sisters Olympic and Britannic" (a definitive account of these three beautiful ships with stories and pictures from their construction to the present day);

"Uppity Women of Shakespearean Times" (200 downright dangerous damsels who refused to button up or back down);

"Campbell's Classic Recipes" (great meals in 20 minutes or less-classic recipes);

"The Universe and How to See It" (a practical guide to viewing and understanding the night sky);

"Jazz" (a film by Ken Burns shares the story of this art form in 10 VHS cassettes);

"Grandma Moses" (This work examines the art and personality of Anna Mary Robertson Moses);

"A Special Collection in Praise of Mothers" (a collection of thoughts and praise for mothers from more than 20 authors);

Books have opening bids from \$5-\$10. Bids can be made through noon, Saturday, April 25, on cards in the Friend's Bookstore located in the young adult section of the library.

Drama students to perform 'Arsenic and Old Lace'

DOWNEY – Downey High School's Drama Production class will present the darkly hilarious, screwball comedy "Arsenic and Old Lace" by Joseph Kesselring, in the DHS theater (located in the D. Mark Morris Hall on campus), opening May 15.

The play revolves around the sweet, charming, little old ladies known as the Brewster sisters. They run a boarding house for lonely old men and look after their nephew, Teddy, who actually thinks he is President Theodore Roosevelt.

Things get even more quaint and charming when their other nephew, Mortimer, comes to visit and announces he's getting married to a sweet minister's daughter, Elaine.

Everything is going wonderfully until Mortimer unwittingly discovers the Brewster sisters' secret hobby: they've been poisoning the old men who visit their boarding house and burying them in the cellar. The sisters believe that they are performing the nicest of final charities for these lonely old men, but obviously Mortimer feels different about this.

Throw in an unexpected visit from Mortimer's psychopathic brother Jonathan and his German sidekick Dr. Herman Einstein and you've got a maniacal comedy of misplaced bodies, misunderstandings, and mayhem.

Showtimes: Friday, May 15, 7 pm; Saturday, May 16, 7 pm; Wednesday, May 20, 4 p.m.; Thursday, May 21, 4 pm; and Friday, May 22, 7 pm.

This play has been an enduring comedy classic on Broadway ever since its 1941 premiere, and even more people have seen the popular 1944 film version starring Cary Grant.

The show is family-friendly and runs approximately two hours and 10 minutes.

Tickets are \$8 for the general public and \$6 pre-sales are available at the Downey High ASB window on campus.



"Jolly Roger & the Pirate Queen," a comedy "sure to sail you away to the Caribbean and tickle your funny bone, will be performed April 27-30 at Doty Middle School.

For ticket information, contact Julie Moren at jmoren@dusd.net.

Top row, from left: Jacob Aceves, Georgee Campbell, Michelle Salinas, Arriyon White, Clarissa Martinez, Delilah Stevenson, Haidy Aiead, Elizabeth Castillo.

Second from the top: Lexi Gonzales, Jillian Ulloa, Damaris Chacon, Jenni Martinez, Brandon Garcia, Sebastian Aguirre, Tristan Lugo, Krystal Landazuri, Miss Julie Moren

Third row from the top: Lindsay Adams, Dominic Gallardo, Vaidehi Patel, Makayla Posada, Tristan Yopez, Daniel Padilla, Adrian Henriquez. Valeria Martinez

Bottom row: Noah Ortega, Christopher Benitez, Angelene Leija, Gaby Dominguez, Charlize Duron, Amanda Ortiz

Woman's Club fashion show May 16

DOWNEY – The Woman's Club of Downey will host its annual fashion show fundraiser, featuring exclusive styles by Draper's and Damon's, on Saturday, May 16, from 11 a.m. to 2 p.m. at the Woman's Clubhouse on Paramount Boulevard.

The event includes live musical entertainment by the Karaba Brothers, gourmet lunch by King Events Catering, and door prizes.

Tickets are \$35 and proceeds benefit sponsored charities. For information and reservations, call Patricia at (562) 659-8146.

You are Invited!

Messiah Lutheran Church
WORSHIP AT 9:00 AM
10711 Paramount Blvd., Downey, CA 90241 (562) 923-1215

Protect Local Citrus Trees

A deadly citrus tree disease called Huanglongbing (HLB) or citrus greening disease has been found in your area and is threatening citrus trees that have been growing in local backyards for decades. The disease is spread by a pest called the Asian citrus psyllid and it has no cure. We must do what we can now to protect our local trees.

For more information, visit CaliforniaCitrusThreat.org

Citrus Pest & Disease Prevention Program

Desert Reign Church
Saturday, April 25th | 11am - 2pm

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Courses Offered: Enrichment/Review/Elective
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Summer School Director Ms. Figueroa: 562-925-5073 x107



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Poor street conditions is popular subject at town hall meeting

• Residents decry poor street conditions in Downey; officials say funds are limited.

By Eric Pierce
Editor

DOWNEY – Just five months after winning election to the Downey city council, Councilman Sean Ashton hosted his first town hall meeting Wednesday night, sharing mostly positive news about the city's direction but also fielding several complaints about Downey's subpar residential streets.

The public meeting took place inside the auditorium of the Barbara J. Riley Community and Senior Center.

About 50 people in attendance listened to a slideshow presentation that listed several positives for Downey, including 13 new hires at the fire department and a recent investment in two new fire engines and an ambulance.

"I'm really happy with the services our fire department provides," said Ashton, a school teacher who was elected to office last November. "I feel strongly we need to keep Downey services here in Downey."

Ashton also shared details on the police department's expansion of a canine program, and said the city recently purchased 50 body-worn cameras that will be issued to Downey police officers. Twenty

police officers are already equipped with the cameras, so essentially all police officers will be equipped with cameras soon, Ashton said.

The city's neighborhood watch program continues to expand, Ashton said. The councilman said the program is personal to him because his home was burglarized four years ago, but the culprit was arrested after a neighbor spotted the break-in and called 911.

Ashton's presentation also included updates on new street signs throughout the city (better designed and longer-lasting, he said); public works projects; efforts to cut down on electricity costs at city facilities and City Hall; water conservation efforts; and economic developments such as Vallarte supermarket and the Promenade.

One new announcement Ashton revealed is that residents will be able to pay their water bills online starting in May. There will be no fee for residential customers.

The presentation also included remarks by Ben Ovando of Rancho Los Amigos National Rehabilitation Center, who offered details on a \$418 million renovation project the hospital is just now beginning. Work is expected to be complete by 2020.

The town hall meeting included a chance for public comment, and residents were quick to criticize the city for dilapidated residential streets. One resident, who did not provide her name but said she lives on Cole Street, said her street has fallen into such disrepair "it's like riding the



PHOTO BY JOHN ZANDER

Councilman Sean Ashton hosted a town hall meeting Wednesday, where residents complained about the poor quality of Downey's residential streets.

bumper cars at Disneyland."

"We just want to have a new slurry coating," said the woman, who brought photo evidence for the city officials in attendance. "We feel it's about time you listen to us."

Councilman Roger Brossmer said he sympathized with the woman and other residents whose streets are in similar conditions, but with limited funds, there is no easy answer.

"Your street, my street, several streets are beyond slurry seal," Brossmer said, referring to an asphalt compound that is used to enhance the life of residential roadways. "Fixing the streets is a priority, but

we don't have the dollars. I know it's not the answer you want to hear."

"Public safety has always been our number one priority -- quality of life is number two," added Mayor Luis Marquez. "All five council members and staff are working hard to find a solution."

As the state grapples with a record-breaking drought, residents also lodged concerns that the Downey municipal code prohibits them from replacing their lawns with artificial turf. Ashton said the City Council will consider loosening those restrictions.

Other concerns brought up by residents included a lack of handicapped-accessible city parks; lack of sidewalks on thoroughfare streets (one example was Brookshire Avenue between Cherokee and Florence); depreciation of the Rives Mansion; lack of assisted-listening devices at city facilities; and filthy motels on Firestone Boulevard.

Ashton said he plans to host another town hall meeting in September.

CRIME REPORT

Friday, April 10

At 2:30 a.m., two male adults were standing in front of an apartment building in the 9330 block of Elm Vista when four male suspects drove up and contacted them. A fight ensued between the victims and suspects, and during the fight one of the suspects produced a handgun and pointed it at the victims. The suspects fled from the location prior to police arrival. Detectives are investigating.

Saturday, April 11

At 3:50 p.m., a driver was stopped in his vehicle for a red signal at the intersection of Imperial and Barlin when the car beside him began to move into his lane. As the victim couldn't move, the suspect became upset and raised an object, believed to be a handgun and pointed it at him. Detectives are investigating.

Sunday, April 12

At 2:35 p.m., a 17-year-old male suspect took merchandise from JC Penney's (Stonewood Mall) and left without paying. Loss prevention officers confronted the suspect outside the store. The suspect brandished a large knife and pointed it at the loss prevention officers. Loss prevention officers grabbed the suspect by the hands and disarmed him. The suspect was detained and arrested without further incident. During the altercation, one of the loss prevention officers sustained a minor laceration to his hand.

At 2:50 p.m., a subject was retrieving money from the ATM at 8555 Florence Ave. The suspect approached him and asked for money. When the victim refused, the suspect reached into his pocket, advised he had a knife, and threatened to cut him. Fearing for his safety, the victim pulled out cash from his pocket and handed it to the suspect, who fled on foot. Officers detained the suspect without incident a few blocks away and recovered the loss. The suspect was arrested and booked for robbery.

At 6:55 p.m., dispatch advised of an Automated License Plate activation regarding a reported stolen vehicle at Firestone and Patton. An officer later located the vehicle westbound on Florence and followed it as it turned on to northbound Orizaba. The driver accelerated in an attempt to evade and a brief pursuit ensued. The driver continued w/b on Lubec, driving erratic and at a high rate of speed, thus the officer cancelled the pursuit before the driver entered the intersection at Paramount on a red signal, colliding into a vehicle traveling southbound. The driver fled on foot to the rear of a residence on the 9800 block of Paramount. A perimeter was set and the driver, a Bell Gardens resident, was taken into custody without incident. The driver of the other vehicle involved in the collision sustained minor injuries. The suspect was booked for felony evading and transported to LA County Jail.

Information provided by Downey Police Department.

A couple of local residents spent spring break visiting Jokulsarlon, Iceland. From left: Allana Sheri Collier, of Virginia; Curt Collier, of New York; Cheryl Kleinsmith, of Paramount, Calif.; and Mary Kitchener, of South Gate, Calif.



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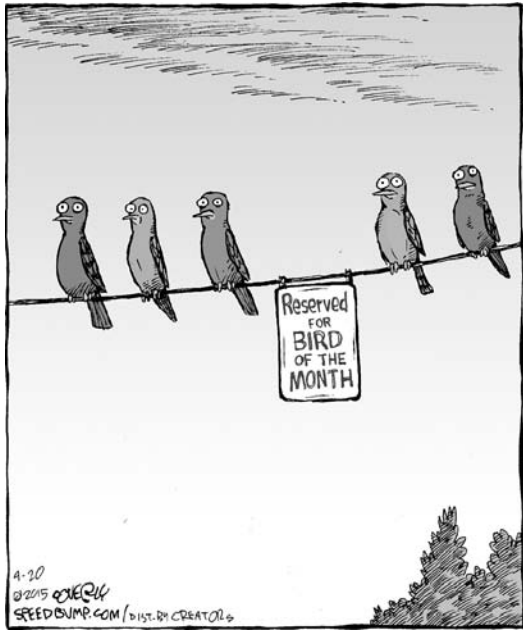
As a Lung Cancer Alliance Screening Center of Excellence, we offer:

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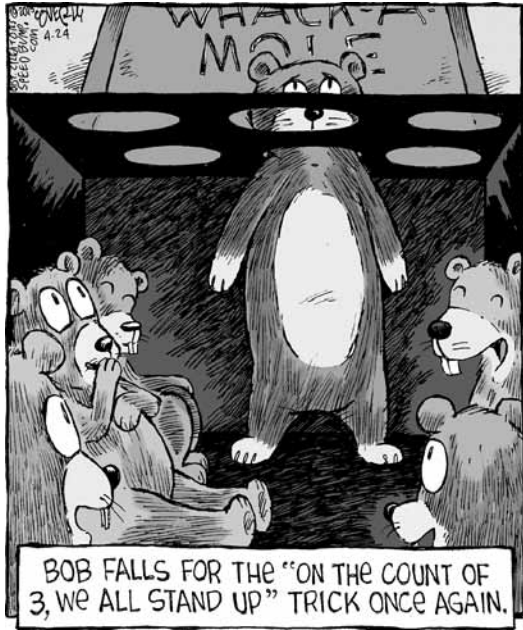
If you have questions about our Lung Cancer Screening Program and want to find out if a screening is right for you, please call 562.967.2892 today.

PIHHealth.org/Lung

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For April

- Mon., April 27: **Green Task Force meeting**, City Hall (2nd floor training room), 5 p.m.
- Tues., April 28: **Police and Firefighter of the Year awards**, Rio Hondo Event Center, 11:30 a.m.
- Thurs., April 30: **Tip-A-Cop Special Olympics fundraiser**, Johnny Carino's, 5-9 p.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.
- 1st Thurs., 7:30 p.m.: **The Downey Amateur Radio Club**, at First Baptist Church room 120.
- 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...

April 23, 1954: Hank Aaron of the Milwaukee Braves hit the first of his 755 major-league home runs in a game against the St. Louis Cardinals. (Aaron's career total is second only to Barry Bonds*.)

1985: Coca-Cola Co. announced it was changing its secret formula for Coke. (Negative public reaction forced the company to revert to the original version.)

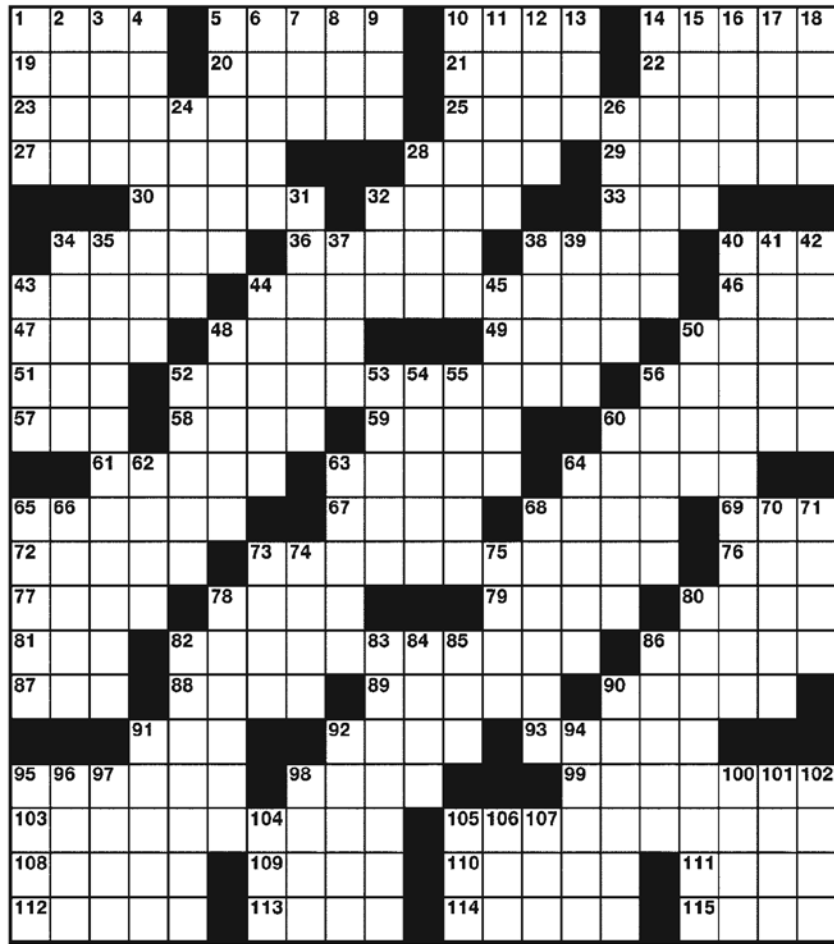
Birthdays: Actor Lee Majors (76), director Michael Moore (61), actress Valerie Bertinelli (55), comedian George Lopez (54), TV host David Tutera (49), wrestler John Cena (38) and comedian John Oliver (38)..

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
AFTER YOU: Completing various comments
 by Fred Piscop

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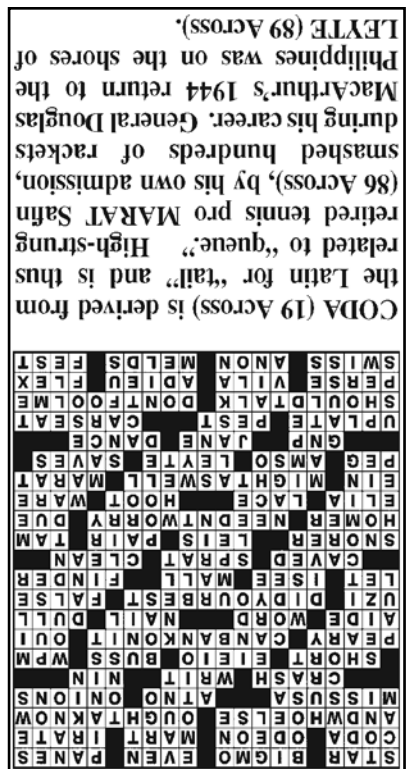
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Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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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



occurs, it triggers a series of events known as the allergic reaction. The body produces IgE, an antibody that binds to the allergen. It then attaches to a mast cell, which is a type of blood cell that regulates the immune system. Mast cells are found in our airways, intestines, and every tissue. Histamine is then released, which causes most of the troublesome symptoms.

Allergy symptoms vary.

- Allergic rhinitis symptoms include itchy, watery eyes, sneezing, runny nose, sore throat, blocked nasal passages, post nasal drip, loss of taste, loss of voice, and fatigue.

- Allergic dermatitis occurs when there is direct skin contact with an allergen. This skin reaction, which may include eczema and other types of rashes, may take 24 to 48 hours to develop. Common allergens include latex, perfumes, hair dyes, antibiotic creams, nickel, and adhesives.

- Food allergies are most often caused by peanuts and other tree nuts, eggs, milk, wheat, and shellfish. These result in tingling or itching in the mouth, hives, itching or eczema, swelling of the lips, face, tongue and throat or other parts of the body, wheezing, nasal congestion or trouble breathing, abdominal pain, diarrhea, nausea or vomiting, dizziness, lightheadedness or fainting, and even anaphylaxis.

- A sting from a bee or other insect can cause local swelling, redness, and pain. Reactions vary from mild to severe.

Anaphylaxis, the most severe allergic reaction, is a whole body reaction that may include hives, itching, wheezing, shortness of breath, and tingling in the hands, feet, lips and scalp. Anaphylaxis is life threatening and requires immediate medical attention. Symptoms can progress very quickly, leading to difficulty breathing; so time is of the essence.

An allergy diagnosis is based upon a physical examination and

history. Sometimes specific triggers are obvious, such as a new pet in the home, or a new laundry detergent. For more difficult cases, an allergist can perform skin tests to identify the specific allergens.

How do we treat allergies? First, try to avoid the allergen. This is easier if it is, say, a plant in the yard, than if it is a beloved pet! When avoidance isn't possible, medication can usually control the symptoms. Work with your doctor - you may need to try a variety before settling on the best medication and dose. For common mild symptoms, antihistamines like Claritin, Allegra, or Zyrtec, or decongestants like Sudafed are used. If these are not effective, nasal allergy symptoms can also be treated with steroid, antihistamine, or saline nasal sprays. Skin allergy rashes are usually easily treated with hydrocortisone creams. Those who are prone to severe allergy symptoms like anaphylaxis should always carry an epinephrine auto-injector pen. If symptoms are chronic, or difficult to control, see your doctor or an allergist for further evaluation, allergy testing, and possibly a series of allergy immunotherapy shots.

How do we tell the difference between a cold and an allergy? Colds are caused by one of hundreds of different viruses, and allergies are caused by an overactive immune system to an allergen. Viruses are contagious and allergies are not. Both can occur any time of the year, although colds show up more frequently in the winter, and allergies in the spring and fall. Both can result in a cough, fatigue, sore throat, and runny nose. Allergies never cause body aches or fevers, and colds may. The onset of symptoms of a cold takes two to three days from exposure, where allergy symptoms can show up immediately. The biggest difference, of course, is that colds last from three to 14 days. Allergies can last for days, months, or even years.

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.

E-cigarettes gaining in popularity among kids

Current e-cigarette use among middle and high school students tripled from 2013 to 2014, according to data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products (CTP) in a Morbidity and Mortality Weekly Report (MMWR).

Findings from the 2014 National Youth Tobacco Survey show that current e-cigarette use (use on at least 1 day in the past 30 days) among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students.

Among middle school students, current e-cigarette use more than tripled from 1.1 percent in 2013 to 3.9 percent in 2014—an increase from approximately 120,000 to 450,000 students.

This is the first time since the survey started collecting data on e-cigarettes in 2011 that current e-cigarette use has surpassed current use of every other tobacco product overall, including conventional cigarettes. E-cigarettes were the most used tobacco product for non-Hispanic whites, Hispanics, and non-Hispanic other race while cigars were the most commonly used product among non-Hispanic blacks.

"We want parents to know that nicotine is dangerous for kids at any age, whether it's an e-cigarette, hookah, cigarette or cigar," said CDC Director Tom Frieden, M.D., M.P.H. "Adolescence is a critical time for brain development. Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use."

Hookah smoking roughly doubled for middle and high school students, while cigarette use declined among high school students and remained unchanged for middle

school students. Among high school students, current hookah use rose from 5.2 percent in 2013 (about 770,000 students) to 9.4 percent in 2014 (about 1.3 million students). Among middle school students, current hookah use rose from 1.1 percent in 2013 (120,000 students) to 2.5 percent in 2014 (280,000 students).

The increases in e-cigarette and hookah use offset declines in use of more traditional products such as cigarettes and cigars. There was no decline in overall tobacco use between 2011 and 2014. Overall rates of any tobacco product use were 24.6 percent for high school students and 7.7 percent for middle school students in 2014.

In 2014, the products most commonly used by high school students were e-cigarettes (13.4 percent), hookah (9.4 percent), cigarettes (9.2 percent), cigars (8.2 percent), smokeless tobacco (5.5 percent), snus (1.9 percent) and pipes (1.5 percent). Use of multiple tobacco products was common; nearly half of all middle and high school students who were current tobacco users used two or more types of tobacco products. The products most commonly used by middle school students were e-cigarettes (3.9 percent), hookah (2.5 percent), cigarettes (2.5 percent), cigars (1.9

percent), smokeless tobacco (1.6 percent), and pipes (0.6 percent).

Cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco are currently subject to FDA's tobacco control authority. The agency currently is finalizing the rule to bring additional tobacco products such as e-cigarettes, hookahs and some or all cigars under that same authority. Several states have passed laws establishing a minimum age for purchase of e-cigarettes or extending smoke-free laws to include e-cigarettes, both of which could help further prevent youth use and initiation.

"In today's rapidly evolving tobacco marketplace, the surge in youth use of novel products like e-cigarettes forces us to confront the reality that the progress we have made in reducing youth cigarette smoking rates is being threatened," said Mitch Zeller, J.D., director of FDA's Center for Tobacco Products. "These staggering increases in such a short time underscore why FDA intends to regulate these additional products to protect public health."

The report concludes that further reducing youth tobacco use and initiation is achievable through regulation of the manufacturing, distribution, and marketing of tobacco products coupled with proven strategies.

Shortly after a long run up a dry dirt trail in our beautiful Santa Monica Mountains last weekend, I started sneezing repeatedly. The sneezing didn't subside for a good 24 hours! Little wonder that I have decided to sit down and write about...allergies.

Who gets allergies? Although 20% of us display allergy symptoms, about 55% of us actually would test positive for at least one allergen. Allergies are inherited - if one parent is allergic, their offspring have a 50% chance of having allergies, and that risk grows to 75% if both parents have allergies. Allergies can develop at any age; something that has never posed a problem may suddenly cause a reaction.

Allergies are an abnormal response of the immune system - in other words, our body reacts to a usually harmless substance, or allergen, in the environment. Common allergens include pollen, mold, dust mites, pet dander, peanuts, and seafood, various perfumes and dyes, medications, latex, metals such as nickel, and chemicals in household cleaning products. Symptoms tend to be seasonal, since major allergens, such as pollen, appear in the spring, and mold levels rise in the fall. We are exposed to allergens by inhaling them, swallowing them, or from skin contact.

Once exposure to an allergen

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Sexual Assault Awareness Month
April is Sexual Assault Awareness month and Metro reminds you that the "LA Metro Transit Watch" security app is a quick, easy and anonymous way to communicate directly with law enforcement about suspicious activity at a Metro station or onboard a bus or train. Find the free app in the App Store or Google Play Store.

Blue Line Upgrades Project
Work continues on Metro's \$1.2 billion Blue Line overhaul. Stations are receiving new tile, new audio/visual enhancements, fresh paint and more. Learn which stations are currently being worked on and check service advisories at metro.net/bluelineupgrades.

Metro Seeks Input on 2016 Fiscal Year Budget
Metro's annual budget sets transportation priorities across Los Angeles County for the coming year. Before the budget goes to the Board of Directors, Metro would like your input. Metro will hold an informal public forum on April 25 and a public hearing on May 20 to gather comments on the proposed budget. The budget will go to the Board for approval in late May. Find out how to participate at metro.net/budgetcomments.

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Air Force band performing free concert

DOWNEY – The U.S. Air Force Band of the Golden West will present a free matinee concert at the Downey Theatre on Sunday, May 17.

Although the concert is free, tickets are required by calling the theater box office at (562) 861-8211. The concert begins at 3 p.m.

The U.S. Air Force Band of the Golden West is comprised of professional Airmen-musicians who support the global Air Force mission by providing musical products and services for official military, recruiting and community relations events.

Under the direction of Captain Dustin Doyle, the band is the largest ensemble within the organization.

The band tours the western states of California, Oregon, Washington, Idaho, Arizona, Utah and Nevada, performing a wide variety of music from standard concert band literature and military marches to jazz and pop arrangements, Broadway standards and, of course, patriotic music complete with instrumental soloists and featured vocalists.



English-as-a-Second Language (ESL) morning students happily sit for a photo after graduating from the ESL Program on April 2 in the Harriet Paine Event Center on the campus of Downey Adult School.

Walking across the stage to receive their certificates, the school administration and audience of family and friends cheered as school administrators congratulated the students on their completion of the program.

Guest speaker and former Adult School graduate (ESL, GED, and Medical Assistant) Cinthya Portillo praised the preparation, training, and support she received at the Adult School, then spoke of her current enrollment as a sonography student at a local college.

Shown are ESL Advanced Instructors Evelyn Jackson (left) and Julie Meuret-Kalousek (right).



John McKinsey, president of Downey Sertoma Club, presents a \$500 check to Jeffrey Stephens of The Arc - Los Angeles and Orange Counties. Stephens was guest speaker at a recent Sertoma Club meeting, and Sertoma has long supported The Arc, along with the YMCA, Meals on Wheels, and other groups.

Sertoma is a service club that specifically helps the deaf and hard-of-hearing community. It sponsors baseball and ice skating fantasy camps for deaf and hard-of-hearing kids ages 6-17.

For details, email Penny Pereboom at penny.ocsertoma@aol.com or go to ocdeaf.org/iceskatingcamp.

Mayor's Corner: a busy spring in Downey

Hello Downey!

Spring is officially here and April has been an exciting month for our community — highlighted by the success of several community events. The City of Downey has long been known as a great place to live, work and play. This sense of community is evident in the many events that bring us and our neighbors together.

First off, the Downey Street Faire once again drew thousands of people to come out and enjoy great food, carnival games, entertainment, community booths and lots more. Our City looks forward to this event every year and the Downey Chamber of Commerce does an excellent job in putting this on for our community. It's definitely one of my favorite events here in town.

The 3rd annual Healthy Downey 5K for TLC event was held last Saturday, April 18th and hundreds participated to help support our local TLC Family Resource Center. TLC is part of the Downey Unified School District and it provides valuable resources to our Downey families. I'm glad that so many people came out to show their support, while promoting our other community initiative - Healthy Downey. Thank you to all who were involved in putting together this great event.

Help support the upcoming Special Olympics World Games this summer by purchasing our official Downey Host Town fundraising merchandise, now on sale! We have a variety of items including tote bags, I love Downey pins, shirts, water bottles, hats, and more. All proceeds go toward supporting the Special Olympics athletes' visit to Downey before they head over to compete in the actual Special Olympics L.A. 2015. Merchandise is available at the Parks & Recreation Office and at major upcoming City events. To view the merchandise, log-on to our City website or City Facebook page. The actual Host Town program will take place July 21-24, 2015.

Did you know our City Library now has a coffee cart? Coffee is now available for sale at our Library. You can't miss the coffee cart as soon as you walk in. Stop by to visit our



PHOTO BY JOHN ZANDER

Last Saturday's Downey TLC 5K attracted hundreds of runners and walkers.

Library sometime soon and make sure you get your java fix while you're there!

The City of STEM event was a great hit at our Columbia Memorial Space Center during this past Spring break. Many of you came out to explore our Space Center and learn about the world of STEM. This weeklong event featured several activities that focused on engaging students and their families through Science, Technology, Engineering and Math. This was the first ever City of STEM event and we're glad that our community got to experience this science festival through our very own Space Center. A special thanks to Aerojet Rocketdyne for helping sponsor this event and to our Space Center staff for all of their hard work!

At our last City Council meeting, we approved the purchase of two new Fire Engines for our Fire Department. These Engines will replace two older Fire Engines that have reached their projected end-of-service life. Our City has always expressed great support for public safety and we feel that both our Police and Fire departments need nothing but the best resources and equipment to protect and serve our community. Our Fire Department was in need of these two engines and without hesitation, my Council colleagues and I approved to provide them with the funding needed to purchase these vehicles.

Speaking of public safety, our

Downey Police Department will be holding their annual "Tip a Cop" event on Thursday, April 30th from 5-9pm, at Johnny Carino's. Our Police Officers will serve as hosts and waiters that evening and will be accepting tips from dinner patrons to benefit local Special Olympics athletes. Come out and support our officers in such a great cause and enjoy great food from Johnny Carino's Italian Restaurant!

Just around the corner is one of our City's biggest events - Kids Day! Mark your calendars for Saturday, May 9th. As always, the event will feature many great activities for the entire family to enjoy. Hope to see you there!

As for the Promenade project, construction is underway and the majority of tenants are expected to open before Thanksgiving 2015. The rest of the shopping center will be open by April 2016.

For those of you not familiar with this project, this will be a new, 1.5 million square foot development that will feature an assortment of premiere retailers, restaurants and cafes, a 14-screen cinema, and office space. It is currently being built on the former Downey Studios lot, right next to the Columbia Memorial Space Center. I'm happy to announce that the following tenants have been confirmed:

- Benihana Japanese Restaurant
- Lazy Dog Café
- Jersey Mikes
- Rock & Brews Restaurant
- Pick-Up Stix
- Five Guys
- Gaucho Grill
- Fresh Griller
- Mod Pizza
- CineMark Theaters
- 24 Hour Fitness
- ULTA
- Carters/Oshkosh
- Layne Bryant

Last but not least, guess what's happening next month!? You will now be able to pay your water bill online! In May, we're launching our online water bill pay system, which means you can pay your water bill from the convenience of your own computer. No more trips to City Hall or stamps to mail in your water bill. Stay tuned for more info. You will be receiving notices in the next few days and you'll also find more details on our City's website and Facebook page.

As always, the City Council welcomes your comments, concerns, or questions. You can reach me or any other Council Member by calling 562-904-7274, or by using the links to our email addresses located on the "Mayor & City Council" page of the City website at www.downeyca.org.

Until next month,
Mayor Luis H. Marquez

Downey teen chosen for West Point leadership program

DOWNEY – Downey's Viviana Gonzalez has been accepted into West Point's exclusive Summer Leaders Experience program.

Viviana, who is a junior at Cornelia Connelly High in Anaheim, will spend a week living in the cadet barracks and participating in academic, leadership, athletic and military workshops.

The program is designed to help students with their college-selection process, while giving them an idea of the importance of leadership and sound decision-making in their education, careers, and lives in general.

This Spring at Downey Civic Theatre



STARSHIP
Featuring Mickey Thomas
Friday, May 8th 2015 8:00 pm

Since 1979, when Mickey Thomas joined the Jefferson Starship as lead vocalist, the group, renamed STARSHIP, has produced an amazing string of hits including "No Way Out," "We Built This City," "Sara," and "Nothing Gonna Stop Us Now."



US Air Force Band
Sunday, May 17th 2015 3:00 pm

Dedicated to using the power of music to inspire, The United States Air Force Band performs military marches, jazz and pop arrangements, Broadway standards, and of course, patriotic music.



Rita & Louie
Saturday, May 30th 2015 8:00 pm

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TRAVEL GUIDE: PUERTO VALLARTA



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Puerto Vallarta is a city and popular vacation resort on the Pacific Coast of Mexico.

Beautiful beaches, lush jungles and sparkling waterfalls offer many opportunities for the adventurous, while five star resorts, world-class shopping and gourmet restaurants satisfy even the most sophisticated traveler. Stretching from the south end of Old Town to central downtown, a newly extended and refurbished boardwalk along the ocean, called the Malecon, passes by any number of shops, restaurants, and hotels, and often plays host to mimes, breakdancers, clowns and artists.

The residents of Puerto Vallarta are very friendly and generally willing to help with directions and other requests. Old Town Vallarta (or the Zona Romantica district) south of the River Cuale is more like a Mexican town and less like a tourist trap.

English is widely spoken, and as a tourist destination prices are higher than many other places in Mexico.

How to get in:

Gustavo Diaz Ordaz International Airport (IATA: PVR) is located just to the north of Puerto Vallarta proper, and just south of Nuevo Vallarta. Most major US airlines serve the airport along with Aeromexico, Interjet, Volaris and VivaAerobus. It has been recently remodeled, though waits can still occur when more than two flights have landed.

Note that the arrival area is

combine an extraordinary day of sun, fun, and adventure with just the right mixture of entertainment, learning and challenge, while snorkeling, sea kayaking, and exploring the tropical ecosystems on the secluded islands and beach hideaways that surround beautiful Banderas Bay.

The Mexican Outback in the states of Jalisco and Nayarit offers an opportunity of discovery and adventure: A culturally and ecologically trained guide can take you into authentic Mexican villages and through the sub-tropical forest with its extraordinary ecology and wildlife. Vallarta Adventures' Sierra Madre Expedition takes you in specially designed Mercedes Benz all-terrain vehicles on an off-road voyage of discovery, past forgotten villages into the heart of the Sierra Madre.

Banderas Bay is the second largest bay in North America, behind Hudson Bay, and is ideal for sailing. The deep, calm waters offer a very rich biodiversity, stunning beauty, romantic sunsets and relaxed sailing.

Kitesurfing is becoming more and more popular in Banderas Bay. Especially in Bucerias, a fishing village north of Nuevo Vallarta, you can see up to 30 people kitesurfing on a Sunday when the wind is good.

You are able to parasail at pretty much every beach. The sky high trip usually last around 15 min. Jet skis can be rented at most beaches by the hour.

Banderas Bay is home to annual Puerto Vallarta International Fishing Tournament held since 1956. Fish types include sailfish, dorado, marlin, bonita and yellowfin tuna, rooster fish, jack cravel, pargo, red snapper and more denizens of the deep, black, blue and striped marlin.

Some tour companies offer educational programs combined with hands-on activities to help save Mexico's turtles. After the female turtles lay their eggs in nests they create in the sand, volunteers dig up the eggs and re-bury them somewhere safe from predators. After about 45 to 60 days, the eggs hatch. Without help, only about 1 in every 1,000 baby turtles will survive to adulthood because most are caught by predators before they make it back to the safety of the

ocean. However, turtle repatriation volunteers keep the babies safe until it is time to set them free to head for the ocean (at night when predators are less active). You can be part of these programs.

There are great hiking trails in Puerto Vallarta but you will be hard-pressed to find information about simple hiking excursions, because no one makes much money from hikers while they are hiking.

What to eat:

The rich cultural diversity of Puerto Vallarta is reflected in the cuisine that its many restaurants have to offer. From the most casual taco stands, to tropical beachfront palapas, to upscale rooftop restaurants with panoramic views, there are literally hundreds of restaurants serving exactly what you are hungry for.

However, care should be taken to avoid travellers' diarrhea. There are many beachside restaurants to tempt you with tropical drinks, but bottled beer is a much safer option. When water taxis or other guides seamlessly hand you off to their "amigos" at a beachside restaurant, do not be bashful about seeking other options, or just order a bottled beer to be opened in front of you. Do not trust that your guide has made a good decision, he will be gone with your tip long before you show any symptoms. Restaurants listed in reputable tour guides are a fairly safe bet.

Chez Elena is a famous hotel and restaurant located in Puerto Vallarta. It has been cited by Playboy Magazine and well known actors such as Peter O'Toole and Elizabeth Taylor.

Epoca is just south of the foot bridge over Rio Cuale. Easy to overlook, hard to forget. Excellent food at very reasonable prices.

Planeta Vegetariano serves a buffet-style vegan meal with a varied and changing menu. All-you-can-eat fresh juices, vegetables, salads, fruit, and many traditional dishes

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served "sin carne" are to be found. Reasonable prices. They serve a breakfast and lunch buffet, each with different dishes.

Pipi's has fajitas and enchiladas to die for and also delicious margaritas of all flavors. Be prepared for a long wait. However, it is worth it and you will not regret waiting for this delectable treat. The only downside is that this restaurant is very touristy.

Where to sleep:

Accommodations around the Bay of Banderas range from well-known international hotel chains and upscale villas and condominiums in the hotel zone, Marina Vallarta, Nuevo Vallarta, and Punta Mita to moderately priced hotels, motels, bed and breakfasts, apartments villas, and condominiums in Old Town Vallarta. The south end of Old Town has a number of gay-friendly hotels.

Stay safe:

Puerto Vallarta is a beautiful holiday destination, but this is not an excuse to leave your common sense at home. You should not treat the city as if it is a huge beach resort existing solely for your pleasure.

Exercise caution here as in any place that you are unfamiliar. Keep an eye on your possessions (purses, cameras, etc) at all times. Do not flaunt large amounts of cash and wear a concealed money belt to secure large bills and your passport. Make sure you always have small bills/coins on hand to pay for small items.

The beaches and hotels have security people who are familiar with the area and tend to ward off most undesirable characters. As in many "tourist destinations", there are local

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"tourist police", who concentrate on keeping the area safe for visitors. They, and the locals, understand the value of visitors and make life very difficult for those who may consider preying on visitors.

Avoid confrontations with the police. In the event you do have a disagreement with them, expect to be treated poorly and expect to pay many a peso to regain your freedom. Respect and cooperation goes a long way with them; disrespect usually will not be tolerated.

Always observe the warning flags on public beaches. There could be a strong undertow.

And never dive into unknown waters as there may be rocks.

Here are some important phone numbers:

- Emergency (police/fire): 060
- Fire Dept: 223-9476, 223-9478
- Police Dept: 290-0507, 290-0512
- Red Cross & Ambulance: 222-1533
- Immigration Office: 221-1380
- American Consulate: 222-0069, 223-0074 - After hours: 01-333-268-2145
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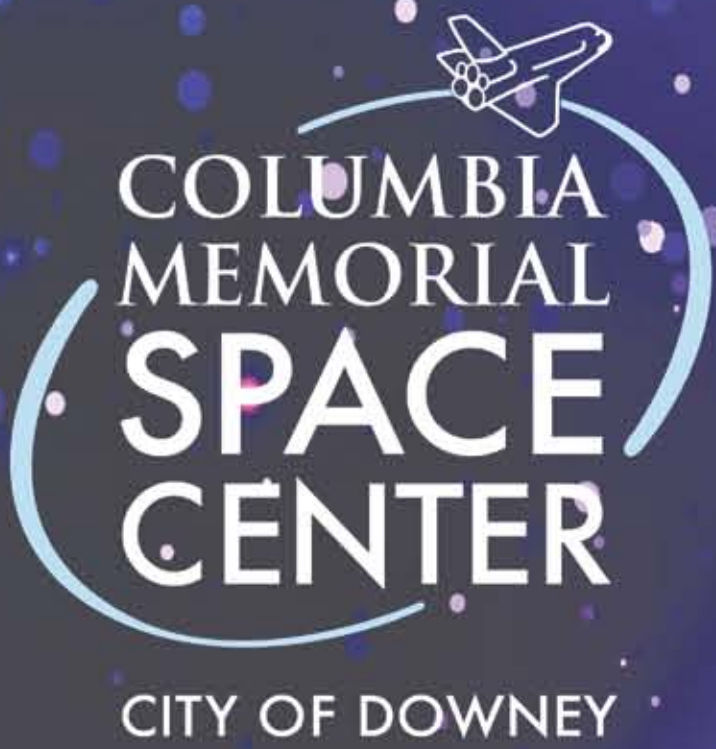
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SPORTS BRIEFS: Downey alumnus up for Player of the Year

By Mark Fetter
Contributor

DOWNEY - Former Downey High School standout softball player Katie Medina currently attends the University of Florida on a softball scholarship and is their starting shortstop.

Katie graduated from Downey High in 2011 and will be graduating this year from the U of F. She played softball, tennis and volleyball as a Viking, and also found time in her busy schedule to play in the band.



Katie was recently nominated for the Senior Class Award, a national player of the year award, and is seeking votes. Katie Medina would like to spread the word about her receiving this award. Voting ends on May 11 and the link to the site is seniorclassaward.com/vote/mobile#bmb=1.

There are 10 candidates competing for this coveted award. They are: Callie Alford from Georgia State University, Farish Beard from the University of South Alabama, Ally Carda from UCLA, Cheyenne Cordes from the University of California, Griffin Joiner from the University of Kentucky, Kathryn (Katie) Medina from the University of Florida, Shelby Pendley from the University of Oklahoma, Kaitlyn Richardson from the University of Minnesota, Kaitlyn Thumann from Baylor University and Lacey Waldrop from Florida State University.

Apparently, you can vote once a day. So Downey alumni, administration, faculty, staff, current students and anyone else who has access to the internet can vote. So get your vote on and vote for Katie Medina for the Senior Class Award.

Warren High School welcomed two very distinguished athletes last Saturday to share their life stories with Bear students.

Jon Rankin and Tito Ortiz spoke at the Warren Gymnasium in front of a standing room only crowd. Rankin spoke from 9:20 a.m. to 10:00 a.m. and Ortiz spoke from 10:20 a.m. to 11:00 a.m.

Jon Rankin qualified for the United States Track and Field Team in 2008 in the 1500 meters. Rankin ran a personal best time of 3:52 in the mile. Rankin attended UCLA and became a UCLA record holder without being on scholarship. Rankin has held the record at UCLA in the 1500 meter and mile runs since 2005.

In 2008, Rankin was diagnosed with FSGS (Focal Segmental Glomerulosclerosis) and was told he would need a new kidney. In 2011, Rankin was introduced to a world renowned nephrologist and became eligible for a cutting-edge stem-cell surgery that saved his kidney and his life. Rankin was the third person in the world to have undergone that surgery. Rankin concluded his message by challenging those in attendance to "Go Be More-Become What the World is Chasing."

Tito Ortiz became the face of MMA in the late 1990's. Ortiz won his first UFC fight in 1997 as an amateur in 31 seconds. Tito Ortiz won his first light heavyweight championship by defeating Wanderlei Silva in UFC 25 in Japan. Ortiz defended his title six times in three years. Tito has fought some of the most high profile fights in UFC history against such opponents as Ken Shamrock and Chuck Liddel.

Tito Ortiz coached the third and 11th seasons of "The Ultimate Fighter." Ortiz was inducted into the UFC Hall of Fame in 2012 and currently owns and runs two

successful businesses: Punishment Athletics and Punishment Training Center. Ortiz regularly travels abroad and on USO missions to support our troops and is the author of a best-selling autobiography "This is Gonna Hurt" about his life and career.

The Warren High School faculty and athletic department were extremely pleased to welcome such high profile, successful athletes to speak to their student body about life, perseverance and success.

The Downey High School softball team currently has an overall record of 9-11 and are 1-2 in S.G.V.L. play.

The Lady Vikings defeated Lynwood at Lynwood 10-0 last Tuesday and were defeated by cross-town rival Warren at Downey 4-2 last Thursday.

The Lady Vikings were defeated by Gahr (13-6, 2-1) 5-2 on Tuesday and traveled to Paramount (3-14, 2-1) to face the Lady Pirates yesterday (score unavailable at press time). Downey will host Dominguez (2-8, 0-3) next Tuesday and will then host Lynwood (3-6, 1-2) on Thursday. The rematch against cross-town rival Warren at Warren will be on Tuesday, May 5th.

The Lady Vikings have been led this season by a handful of underclassmen. Junior Helaina

Gallardo, sophomore Melena Gebur, sophomore Alena De La Torre and freshman Miranda Padilla have led the Lady Viking offense. Gallardo is hitting .412 with three home runs, nine RBI and 21 hits. Gebur is hitting .349 with 15 hits, four RBI, eight runs scored and four stolen bases. De La Torre is hitting .345 with 20 hits, 12 runs scored, four RBI and five doubles. Padilla is hitting .345 with 20 hits, 12 runs scored, nine RBI and 15 stolen bases in 16 attempts.

The pitching duties have been shared by senior Anissa Hamilton and sophomore Danielle Garcia. Hamilton is 4-7, has pitched 75.2 innings, holds an ERA of 2.31 and has completed eight games. Garcia is 5-3, has pitched 38 innings, holds an ERA of 1.84 and has completed three games.

As a team, Downey has a batting average of .292 and an on base percentage of .385. The Lady Vikings have hit eight home runs, stolen 40 bases, have a team ERA of 2.31 and a fielding percentage of .926. The Lady Vikings are currently ranked 146th in the Southern Section and 29th in Division 3.

The Warren High School boys' volleyball team defeated Gahr on Tuesday 22-25, 25-21, 28-26 and 25-14 to pull even in the S.G.V.L. standings.

With the win, the Bears are now 16-7 overall and 4-1 in league play. With the loss, Gahr fell to 15-7 overall and 4-1 in league play.

Warren is currently ranked sixth in Division 3 and Gahr is ranked fifth. Tuesday's match at Gahr was a showdown between two of the area's best teams. If both teams win their remaining games, Warren will earn the S.G.V.L.'s number one seed by virtue of their second round win over Gahr. Gahr has not won a league title outright or share of a league title since 2001.

Warren closed out league play Thursday against cross-town rival Downey and Gahr played Paramount (scores unavailable at press time). Bear head coach Scott Lane is excited about how well his team is playing right now entering the playoffs. Lane sees Warren winning a S.G.V.L. title but wants to see if the Bears can win a C.I.F. title.

The Warren High School baseball team improved to 16-7 overall and 2-1 in S.G.V.L. play with their 4-0 win over cross-town rival Downey at Downey on Tuesday.

Warren and Downey (10-12, 2-1) are currently tied in league play. Downey will play at Warren later today to complete the home and away series.

Paramount (12-12, 2-0) is the early leader in S.G.V.L. play after

defeating Gahr 4-2 on Tuesday.

The Warren High School softball team improved to 13-3 overall and 3-0 in S.G.V.L. play after they defeated Dominguez at Warren on Tuesday.

Jissel Caballero and Brooklyn Sepulveda combined for a one-hit shutout in the winning effort.

Warren traveled to Lynwood (3-6, 1-2) yesterday (score unavailable at press time).

The Downey High School boys' swim team continues to swim well. Downey defeated cross-town rival Warren last Thursday 112-58.

The Vikings were led by seniors Mike Kim, Nick Apodaca, Preston Medina and Danny Benitez.

Mike Kim won the 200 IM and 100 breaststroke. Nick Apodaca won the 100 yard free (51.9) and the 50 yard free (22.2).

All three relays placed first as well. Junior Tadeo Marquez won the 100 yard butterfly in a time of 56.6.

Coach Delhousay was very pleased with his team's effort in the meet. Downey swimmers continue to drop time which is extremely important as they head into league prelims and finals as well as C.I.F.

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POETRY MATTERS



The Cruellest Month

By B. J. Buckley, "Corvidae"

And rai-ain- ing! Done been wet-henned, us be- draggle-taggle-dripsy- oh! This spring thing weeping whirlwinds, wests, and waterspouts, the fields flood-fluttered, ducky, as it were, all coots and mallards

quack-rackety too ear-lie in the morning, Look! - sump-sodden wing, the damp damned downpour, songbirds drowned in their rickety little nests and no eggs no eggs for breakfast.

Buckley sings her spring-thing dirge for songbirds in such short lines and still manages to weave bits from a sea shanty, a Scots border ballad and classic twentieth century poem. What starts as a playful bird-themed dittyrenches the ear with riches, from quack-rackety to rickety, till the inevitable happens. Rain-starved Southern Californians will be refreshed by this weeping whirlwind. Poetry Matters is curated by Lorine Parks

The story of the found bracelet

By Jay Rants

Four weeks ago, a man named Mark Spencer was looking for buried treasure on the beaches of Queensland, Australia, with his metal detector.

He found a bracelet, and upon further inspection he realized that it belonged to a man named Hanford Rants. Because of the flags and other images on it, he deduced that Hanford must have been there during World War II.

Mark then called a lady named Francesca in Humboldt County who runs an organization called DogTags.com. She matches dog tags that have been found with the owner or next of kin. She then called my brother, Jon, in Colorado, and me, Jay, in beautiful Downey. We both were amazed!

She put us both in touch with Mark, and through emailing, the bracelet arrived at my house last week.

My wife, Nikki, and I were overwhelmed with the significance of this tarnished piece of jewelry. My brothers and I will pass it back and forth - Downey to Oregon to Colorado - to give each of us the opportunity to experience a small part of my dad's amazing "adventures" when he was overseas for 2 1/2 years in the Philippines during WWII. Thank you very much, Mark!

My dad became pen pals with a lady from Tacoma, Wash. named Shirley Viken during the war. They corresponded for over two years. When he finally arrived back in the states, his ship docked in Tacoma. This allowed Shirley and her parents to meet Hanford as he left the

ship.

Talk about love at first sight! Three days later, he asked her to get married. She said yes. So much for a long courtship.

Several years later they moved to Downey. Hanford was the second principal at South Junior High. Later he became the first principal at West Junior High. He coined the phrase "West is Best." Later he became the second principal at Warren High School. During his tenure there, his three sons - Jon, Jay and Jack - all attended and graduated there. It was an awesome experience for the whole family.

In 1993, Hanford wrote a book about his war experiences, good and bad. It was written for his three sons, but eventually he sent out many copies of it to his war buddies, close friends,

etc. People were amazed to read about the day to day "hell" that he and his buddies went through. Intense! He has written a supplement to his book which describes in brutal detail 16 times he should have died - and gives God thanks for seeing him through each experience.

I sent a copy of his book to Mark Spencer last week. I have some copies that I sell to people who are really interested in the true story of what WWII was like.

If my dad were still alive, he would have been overcome with emotion on seeing his old bracelet that was 73 years old.

Thank you, Mark Spencer, for allowing us to experience a small part of history that was an enormous part of my dad's life.

LEGAL NOTICES

CIVIL

SUMMONS (CITACION JUDICIAL) CASE NUMBER: (Numero del Caso): PSC1500099

NOTICE TO DEFENDANT (AVISO AL DEMANDADO): RPM Consolidated Services - GL; Javier Alvarez Jara, an individual; and Does 1-20, inclusive. YOU ARE BEING SUED BY PLAINTIFF (LO ESTA DEMANDANDO EL DEMANDANTE): Aida Ruiz, an individual. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot

afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación. Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales. Es

recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a relamar las cuotas y los costos exentos pro imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso. The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA 3255 E. Tahquitz Canyon Way Palm Springs, CA 92262 The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): Anthony C. Caronna, Esq./134117 CARONNA, JOHNSON & ZAMORA, LLP, 71-650 Sahara Rd. Ste. 2 Rancho Mirage, CA 92270 (760) 773-4849 Fax (760) 773-0849 Date (Fecha): January 09, 2015

A. Garcia Clerk, by (Secretario), Deputy (Adjunto) The Downey Patriot 4/9/15, 4/16/15, 4/23/15, 4/30/15

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT File Number 2015077347 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ULTRAL LIFE, 601 E 2ND ST UNIT 421, LOS ANGELES CA 90012, COUNTY OF LOS ANGELES Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNER(S): (1) BRIAN TOMITA, 601 E 2ND ST UNIT 421, LOS ANGELES CA, 90012 (2) MICHELE GRAGLIA, 3333 W 2ND ST APT 56 210, LOS ANGELES CA 90004 State of Incorporation: N/A This business is conducted by a General Partnership 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/BRIAN TOMITA, GENERAL PARTNER This statement was filed with the County Clerk of Los Angeles on MARCH 23, 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 4/9/15, 4/16/15, 4/23/15, 4/30/15

FICTITIOUS BUSINESS NAME STATEMENT File Number 2015102655 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SELENIA'S TAXES, 2022 1/2 E 77TH ST, LOS ANGELES CA 90001, LA COUNTY Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNER(S): (1) ELVIRA SELENIA NAVARRETE, 2022 1/2 E 77TH ST, LOS ANGELES CA 90001 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/ELVIRA SELENIA NAVARRETE, OWNER This statement was filed with the County Clerk of Los Angeles on APRIL 16, 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 4/23/15, 4/30/15, 5/7/15, 5/14/15

FICTITIOUS BUSINESS NAME STATEMENT File Number 2015085100 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) JINHAENG WATERWAY CO, 20002 CHRISTINA CIR, CERRITOS CA 90703, LA COUNTY Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNER(S): (1) MUN TAIK CHOI, 20002 CHRISTINA CIR, CERRITOS CA 90703 (2) WILLIAM BYUNG CHOI, 2390

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Legislation would require daycare workers to be vaccinated

SACRAMENTO – The Senate Health Committee last week approved SB 792, legislation authored by state Sen. Tony Mendoza that would require daycare workers to be vaccinated against measles, pertussis and influenza, among other diseases.

As recently as the year 2000, the Centers for Disease Control (CDC) had declared that measles was eliminated (absence of continuous disease transmission for greater than 12 months) from the United States. This was made possible due to a highly effective vaccination program and better measles control.

However, from December 28, 2014 to February 20, 2015, there have been 117 confirmed cases of measles in California according to the CDC. The outbreak likely originated from a traveler who became infected overseas with measles and visited Disneyland in Anaheim, California while contagious. Since that time, additional cases emerged, including a Bay Area Rapid Transit (BART) passenger with measles who travelled from Millbrae to San Francisco, potentially exposing more than 1500 riders. For influenza, in 2013-2014, there were 404 confirmed deaths,

including ten pediatric deaths of which three were under the age of five.

“One child’s death is one too many, especially when it may be preventable. With the recent deadly outbreaks of measles and influenza, we must do everything in our power to protect California’s children who spend time in day care,” said Senator Tony Mendoza. “SB 792 will require all day care center and day care home personnel to be vaccinated. This is not just a common sense solution, but makes scientific sense,” added Mendoza.

“Disease outbreaks of measles, once thought to have been eradicated in the United States, have resurfaced. As a consequence, public health officials have been sounding the alarm that more should be done to protect the most vulnerable populations such as children and seniors,” said Senator Mendoza.

SB 792 protects young, vulnerable children by requiring pre-school and day care workers to be immunized against influenza, pertussis, and measles among others. The bill will also specify that these workers must comply

with the broader recommendations for adult immunizations by the Federal Centers for Disease’s Control (CDC) Advisory Committee on Immunization Practices (ACIP). Currently, there are no immunization requirements for day care workers.

“The health officers want to thank Senator Mendoza for introducing this groundbreaking bill,” said Kat DeBurgh, MPH, Executive Director of the Health Officers Association of California, the sponsors of the bill. “This bill will help protect our most vulnerable citizens – infants and small children – from life-threatening communicable diseases, some of whom are too young to be vaccinated.”

Children in day care settings have close, intimate contact with each other and with the staff who work there. Until they are fully vaccinated, children rely on those around them to maintain their immunizations to stop the spread of disease. Many of these children are too young to be fully immunized against potentially serious communicable diseases. Children are vaccinated against diseases according to a schedule

determined by the CDC’s Advisory Committee on Immunization Practices.

According to a posted schedule, children are immunized against measles at age 12 months and receive the first dose of vaccine against pertussis (whooping cough) at age two months, which takes multiple doses for immunity to be fully effective. Children may also receive the annual flu vaccine at six months of age. Some diseases, such as the flu, may cause only a relative inconvenience to most healthy adults. However, this same disease can require hospitalization and perhaps even be fatal for an infant or an individual with a suppressed immune system

“Children under the age of five are one of the most vulnerable age groups for contracting infection and developing complications from these very serious diseases, so it is critical that we use all available methods to protect them,” said Mendoza.



The Chan family – Gary, Andrew, Allyssa and Chan -- is pictured with the “Survivor Tree” at the World Trade Center memorial in New York City. In October 2001, the tree was discovered at Ground Zero severely damaged, with snapped roots and burned and broken branches. It is the only blooming tree in the park, and stands as a living reminder of resilience, survival and rebirth of America. “We learned and reflected about our great country and the people who make up our great nation.”

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Steven Diaz finishes boot camp

DOWNEY – Army Pvt. Steven S. Diaz has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military justice system, basic first aid, foot marches, and field training exercises.

Diaz is the son of Denny Hirley of Downey. He is a 2011 graduate of Paramount High School.

Church parking lot sale

DOWNEY – The Moravian Church of Downey will host a parking lot sale Saturday, May 2, from 7 a.m. to 1 p.m.

The church is located at 10337 Old River School Rd.

Assemblywoman in Commerce

COMMERCE – Assemblywoman Cristina Garcia will be at Rosewood Park in Commerce on Saturday, May 2, at 9 a.m., walking and talking with local residents about state and local issues.

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CENTURY 21 MY REAL ESTATE SUCCESSFUL BLOOD DRIVE

The recent blood drive held at Century 21 My Real Estate Company on Tuesday April 7, 2015, was a great success, thanks to a strong showing of agents from My Real Estate Company and community supporters. “With the need for blood being so great, we are pleased to be involved,” said Steve Roberson, Broker/Owner of Century 21 My Real Estate Company.

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MEET REALTOR® JOE AGENT
 Dale Jervis is just such a professional. And he is helping more and more home sellers in the area to maximize the return on their investment. Dale is an agent who likes to encourage his clients to start working with him long before it’s time to sell. This way he keeps them updated on how the market is shaping up and how their investment is panning out. He shares with them simple little cosmetic upgrades they can perform over the years that add up to maximum curb appeal when it does come time to sell. Or he’ll sit down with clients and explain why certain renovations may not be recoupable when they sell.

A WISE FRIEND TO HAVE ALONG
 Dale’s clients appreciate his expertise. They like that they can feel comfortable calling him any day of the week with a question. They especially appreciate that his advice can help them save thousands down the road. Clients often look at him as a wise friend to have—a friend they can truly count on when they actually do put their homes on the market. It’s no surprise that Dale’s clients enter the real estate market with confidence. Not planning to sell for a few years? Then it’s the perfect time to set up a no-obligation meeting with real estate professional Dale Jervis.

FROM THE VERY FIRST DAY
 Believe it or not, you should start preparing for your home sale the day you move into it. More than likely, you will need to sell it at some point in the future. And when that day comes, be sure you are adequately prepared. Make sure you don’t jeopardize your big investment.

YOU COULD LOSE THOUSANDS
 Quite literally, if you sell your home without the right information and guidance, you could lose thousands of dollars. How? By not accurately pricing your home. By not doing simple cosmetic upgrades to enhance the value of your property. By selling a few months too early. Or a few months too late.

HOW DO YOU SAFEGUARD YOURSELF?
 How do you safeguard yourself and your investment? You can start by making sure you have a qualified real estate agent by your side. And better yet, have him or her by your side from day one. For some, it is best to work with the real estate agent who helped you buy your home. However, there are instances when you should seek the service of another agent. If your agent specializes or mainly works with buyers, you may want to interview other professionals who have more experience on the listing side.

Feel free to visit my website for more information and a list of FREE reports for sellers and buyers. Also, sign up for a FREE Market Snapshot of your home and follow the sales trend in your neighborhood. When it’s time to sell, it’s time to call Dale!

The sooner you start preparing for your home sale, the more money you can save yourself.

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- “Lorena Amaya & Lilian Lopez did a great job and everything went well!” - Melvin Dominguez

FEATURED PROPERTY

Downey Orange Estates!
 Beautiful Orange estates home! This home features 6 spacious bedrooms and 4 bathrooms with over 3,000 sq ft of living space. It’s over sized master suite is on the upper level with a huge walk in closet and en suite bath. Call Today For Info!!!

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- 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.

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!!!

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!!!

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Lovely 2 BD, 1 BA home in Bell Gardens w/ 2 car garage 740 sq. ft. home, 4,094 sq. ft. lot. Call for Price! Call Carrie Uva 562-382-1252

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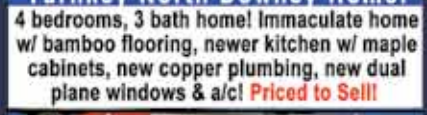
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4 bedrooms, 2 bathrooms, 1,040 sq. ft., bonus den & fitness room, guest studio. Priced at: \$310,000. Call Today For More Info! Angie St. Jean (818) 441-8833

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List Price: \$915,000

ORANGE ESTATES POOL HOME
5 BD, 3 BA pool home near Furman Park on a 10,000+ sq. ft. lot with 2 car detached garage. Large living room & dining area, family room w/fireplace & master BD.
LIST PRICE: \$799,000

MODEL HOME IN TRACT BUILT IN 2003
5 BD, 5.5 BA, 3,510 sq. ft., almost \$100K in upgrades with custom wood work throughout, kitchen with built in appliances, spacious master suite, marble floors & new carpet.
LIST PRICE: \$724,950

DISTINCT AND ELEGANCE
4 BD, 3 BA NE Downey pool home with remodeled kitchen, large open family room, master bedroom & bathroom, extra office, & a truly divine backyard with pool, BBQ & fruit trees.
LIST PRICE: \$989,000

BACK ON THE MARKET

LARGE GUEST HOUSE PROPERTY!
North Downey 3 BD, 2 BA home near Gallatin Elementary with 600 sq. ft. guest house behind 2 car detached garage. This property has mature trees that give the home extra privacy.
REDUCED PRICE \$669,900

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