



The Downey Patriot



Student to play Carnegie Hall
See Page 4



Mayor's corner column
See Page 3



Engagement announcement
See Page 10

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

Family of man killed by police plan march

■ Family of friends of Michael Nida accuse Downey Police Department of racial profiling and brutality.

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – After months of protesting the shooting death of South Gate resident Michael Nida, friends and family of the 31-year-old father of four are taking their message to the streets this weekend, marching from Paramount Boulevard and Imperial Highway to City Hall where the group will call for the end of racial profiling and police brutality.

Ever since Nida was struck down by Downey Police on Oct. 22, friends and family have attended nearly every City Council meeting, joining forces with local civil rights organizations to both protest his death and petition city officials to reform public safety policies.

Homicide detectives at the Los Angeles County Sheriff's Department are still investigating the fatal shooting, which left Nida dead after he struggled with Downey officers who suspected he may have been involved in a nearby ATM robbery.

After eluding police twice, Nida fled but was shot four times after turning towards officers "in an aggressive manner."

Police later acknowledged, however, that Nida was not involved in the robbery and was unarmed.

Doug Kaufman of the Answer Coalition, which seeks to end war and any vestiges of racism, hopes this weekend's march will help highlight an injustice that he believes has since gone unnoticed and unchecked.

"We've been working with the family for months now," said Kaufman. "No matter how people try to spin it, Michael Nida was innocent, unarmed – he committed no crime. He was stopped because of the way he looked and the color of his skin."

"Police claim he turned towards them in an aggressive manner, but no matter how he moves, they have non-lethal methods," said Kaufman who likened Nida's death to the officer-involved killings of Oscar Grant in Oakland and Kelly Thomas in Fullerton. "Just because someone runs doesn't mean they're guilty...this was pre-meditated murder."

Damien Ramirez, Nida's best friend since childhood, also wonders why Downey Police couldn't use other methods to detain Nida.

"This is an epidemic not limited to Downey but shocking how many shootings take place in Downey," said Ramirez, 35. "It doesn't make sense that there wasn't any alternatives – they don't have to kill you." Ramirez said the Nida's family understands the city can't respond to the officer-involved shooting directly while the investigation is underway, but they're hopeful the city will acknowledge the incident by embracing some reforms.

"The police chief said they

killed the wrong man. The City Council needs to stand up and say this can't happen in our community," said Ramirez. "We're asking the city to protect the community, make it safer for us to live and do business in."

In order to do that, Kaufman believes the officer responsible for killing Nida should be arrested and charged.

"Justice is making sure there are not anymore Mike Nida's," said Kaufman. "It's making sure racial profiling and police brutality is addressed. But justice won't be given to us, justice comes only to those who fight for it."

Kaufman supports the creation of a community-elected oversight board endowed with the authority to examine cases of police brutality and exterminate officers who abuse their power.

"The only people who police the police are the police and under any criticisms they always stand together," Kaufman said. "Downey police have murdered 12 people in the last 10 years, this is an epidemic. Everyone needs to get out there...because at some point it could happen to their son, it could happen to their daughter or it could happen to them."

Ramirez said the City Council should stand up and support its residents in south Downey by questioning police activity in the area.

"We're not opposed to good cops doing their jobs, but cops aren't friends down here. It's a whole different tune down here," said Ramirez who grew up in nearby Hollydale and attended St. Raymond's School. "Mikie ran because he was traumatized, he was harassed by the police before because of the way he looked – bald, big t-shirts, Dickies."

Ramirez, however, promises the city's inaction won't be met with inaction.

"If we wait for it to get cold, it'll get forgotten," he said. "No one's going to care, nothing's going to change. You have to struggle for justice in the context of its time. You stand up when the time is right – the time is now."

Ramirez said the march, which starts at 12 p.m. at the intersection of Paramount Boulevard and Imperial Highway where Nida was killed, will be peaceful and positive, done in the spirit of civil rights leader Dr. Martin Luther King Jr. and philosopher Henry David Thoreau.

"We are his best friends and family, we're a tight community. We're really feeling his loss," said Ramirez of himself as well as Michael Nida's wife, Nailly and their four children. "They're struggling, this is a nightmare that I can't comprehend. We're trying to be strong for them, but it's hard to go through this without anyone caring."

Ramirez said the family will nonetheless continue to attend council meetings calling on council members to initiate dialogue concerning Nida's death and how future officer-involved shootings may be prevented.

"The City Council needs to clean up its own house," Ramirez said.



Photo by Dr. Max Nguyen Digital Photography

Three people were awarded Medals of Merit from the city of Downey and its fire department on Tuesday. From left: Mayor Roger Brossmer, medal recipient Esther Brossmer, fire captain Bill Brown, fire chief Lonnie Croom, medal recipient Judith Serna, medal recipient Gregory Wells and fire captain Scott Devereux.

Local residents awarded medals for bravery

DOWNEY – Three local residents were honored by the Downey Fire Department on Tuesday for heroism and acts of bravery.

Judith Serna, Gregory Wells and Esther Brossmer were presented with the city's Medals of Merit. It is the first time the medals have been awarded.

Wells, a retired police officer from South Gate, pulled an unconscious man from the bottom of his complex's swimming pool. The victim was 6 feet, 3 inches tall and weighed about 250 pounds, but Wells managed to pull him up by himself.

"Every effort he made helped us," said Fire Chief Lonnie Croom, who led the presentations. "When you're talking about lack of oxygen to the brain, every minute, every second counts."

Wells, whose brother, Randy Wells, is a lieutenant in the Downey Police Department, was gracious in receiving the medal.

"I'm extremely humbled," he said. "I don't feel worthy but thank you." Serna was driving along Florence Avenue at 4 a.m. on her way to work

when she saw a woman trying to wave down a vehicle. Most cars drove past.

Serna was talking on her cell phone with a friend, who advised her not to stop.

"Her friend told her that's how people get robbed," said Croom. "But Judith made a U-turn and returned."

As it turns out, the woman's husband was in cardiac arrest. Serna called 911 and performed CPR until paramedics arrived. She even stayed on the scene to console the man's wife.

Brossmer, a fifth grade teacher at Rio Hondo Elementary, successfully performed the Heimlich maneuver on a choking student.

According to Croom, a Downey boy recently died at a local park after choking on a piece of hot dog because nobody knew how to help him.

"Get training, learn CPR and help your fellow neighbor," Croom urged the audience.

–Eric Pierce, city editor

City agrees to give chamber \$33K

DOWNEY – Citing continuing hard times and the grim prospect of layoffs as well as the real possibility of reductions in programs and services starting next fiscal year, with hardly any relief in sight, the City Council Tuesday grudgingly voted to grant the Downey Chamber of Commerce a \$33,000 subsidy out of its general fund.

The money, according to community development director Brian Saeki, will assist the chamber if their efforts to "provide various services to the Downey business community," most notably the annual Street Faire and Downey Christmas Parade.

In the past, the \$33,000 funding came from the redevelopment agency, but inasmuch as it will cease to exist by Feb. 1, it took the combined voices of both chamber officials and concerned private citizens to sway the members of the council to assist.

"But," said the council members, practically to a man, "only for this year. We will have to re-evaluate this arrangement next year. These are tough, tough times. We'll have to conduct more intense cost-benefit analyses of various operations. For instance, we cannot support a private activity at the expense of laid-off personnel."

Councilman Mario Guerra said: "I for one will insist that the Council be given a say in the programs subsidized by us."

City manager Gilbert Livas added that had it not been for the dissolution of the redevelopment agency, the city was even planning of providing the chamber technical help.

An awkward moment came when Mayor Roger Brossmer asked chamber executive director Sue Nordin for the percentage figures of a few selected chamber budget elements, such as the size of salaries and commissions.

Without an answer, Brossmer pounced on her: "I fault you for coming here unprepared. You expect us to help you, but you have to be prepared to back up your requests with relevant facts."



The City Council agreed Tuesday to subsidize the Chamber of Commerce \$33,000 out of its general fund. In the past, the money was paid with state redevelopment funds, but that program was eliminated by the governor.

Bottom line: the chamber is getting its subsidy, to be formalized in a revised contract with the city, and the appropriation from the general fund to be approved – at the next council meeting. But come next year, it'll be an entirely different ballgame.

–Henry Veneracion, staff writer

DOWNEY GREEN

Water savings from showerheads and faucets

■ Low-flow showerheads have improved since they were first introduced.

BY LARS CLUTTERHAM, CONTRIBUTOR

It's a delight this week to introduce illustrations to accompany my articles on the environment. The artist is Gennie Prochazka, who holds a Bachelor of Arts degree from Cal State Northridge, with a major in Illustration. Gennie has been illustrating children's books and magazine short stories for over 20 years and also designs homemade greeting cards. Her imaginative drawings will add a fun, whimsical dimension as they appear, specifically created to complement each article.

DOWNEY – Last week we discussed various ways to conserve water – and also save money – through the selection and use of toilets. This week we're still in the bathroom, where the Environmental Protection Agency's "WaterSense" website

projects an astonishing nationwide savings of 74 billion gallons of water per year if one in every 10 homes upgraded to WaterSense approved products through what the site describes as a "Bathroom Mini-Makeover."

This equates to 7,000 gallons annually per individual home. Figuring roughly 19,000 residential water customers in Downey, the water savings from this program could be over 130 million gallons per year in Downey alone.

In the shower specifically, the WaterSense site estimates 30 gallons per household per day, accounting for about 17 percent of indoor water use. Contributing to these amounts are the low-flow showerheads that met with significant public disapproval when their 2.5 gallons-per-minute (gpm) maximums were mandated in the early 90's.

The rap against these earlier low-flow showerheads was that they didn't deliver enough water pressure to provide for a comfortable, not to speak of soothing, shower experience. Prior to that

time, typical showerheads used between 5 and 8 gpm. And since most showerheads under the new laws included a removable flow regulator, it wasn't that difficult for individual consumers to bypass the regulations.

The new WaterSense standards define low-flow showers as those using 2.0 gpm or less. While this may seem draconian, the Bricor B100 UltraMax, one of the most water-efficient showerheads out there, actually produces a comfortable shower, by a number of reports, at an amazing .55 gpm! This product sells for about \$75 – rather pricey for a showerhead. But, as we've discussed before, there are also low-cost or no-cost ways to save water, in the shower as elsewhere.

One possible method is to coordinate shower schedules in your household so that the water in the pipes stays hot. This may already be taking place in your home if everybody gets up at about the same time. Another low-cost technique – strictly for the super-enthusiastic water saver – is to run the shower water into a bucket as it warms up, then use that water for some other purpose, such as to moisten the marigolds. (At this writer's home, that amounts to a little less than two gallons.)

Perhaps the most prevalent advice for water saving in the shower is simply to reduce the length of your shower. According to bewaterwise.com, a five-minute shower can save up to eight gallons. Multiply that by the number of people in your house, and you've saved a significant amount. Furthermore, if you're super-enthusiastic, prefer soaping up with the water off, or come from a military



background, you can save water by turning off the flow until you rinse – often called a "Navy shower."

And we would be remiss if we failed to mention that time-honored maxim: "Save water, shower with a friend."

Now while faucets may be much less romantic than showerheads, there is still water savings to be attained by using high-efficiency faucets. In fact, according to the EPA site, you can "make your current bathroom sink faucet a high-efficiency model simply by purchasing a WaterSense labeled aerator, laminar flow device, or spray device. Installation is quick and simple."

Also, be sure to turn off the faucet while brushing your teeth or shaving.

Last, but never least, you'll want to maintain your faucets by periodically inspecting them for and repairing leaks.

Marquez picks up endorsements

DOWNEY – Downey City Councilman Luis Marquez has been endorsed by Rep. Lucille Roybal-Allard in his bid for state Assembly.

The endorsement marks the second congressional member representing Assembly District 58 – for which Marquez is running – to throw their support behind Marquez. Rep. Linda Sanchez has already given her endorsement.

"I am very proud to endorse Luis Marquez for California's 58th Assembly District. As mayor of Downey, Luis demonstrated an inspiring and independent leadership style that produced tangible results for the residents and businesses in his city," Roybal-Allard said in a statement. "I know that he'll bring quality leadership, boundless energy and an unwavering commitment to Sacramento to get California working again."

Roybal-Allard represents the 34th Congressional District, which includes Downey and the surrounding cities of Bell, Bell Gardens, Commerce, Cudahy, Huntington Park, Maywood, Bellflower and Vernon.

First elected in 1992, she became the first Mexican-American woman elected to Congress.

"I'm deeply honored to receive Congresswoman Roybal-Allard's endorsement for my candidacy for the 58th Assembly District," said Marquez.

Marquez also landed an endorsement from the Hubert H. Humphrey Democratic Club, one of the oldest and largest Democratic clubs in the area.

"Getting the unanimous support from such a prestigious Democratic club is very humbling," said Marquez, who works as an aide to state Sen. Alan Lowenthal. "I share their concerns about the urgency to get California back on track and promise to fight to create good paying jobs – the major element in restoring California's economy."

Marquez was also the top vote getter at last weekend's endorsement meeting of the California Democratic Party. Although none candidates received more than 50 percent of the ballots cast, Marquez collected the most votes.

"It truly reflects the growing support my campaign has received from public officials and community leaders," he said.

The seat for the 58th Assembly District is a newly created one approved by the California Citizens Redistricting Commission this past August. Unlike most state Assembly and state Senate seats, the seat for the 58th Assembly District does not have an incumbent.

Other candidates include former Assemblyman Tom Calderon and teacher Christina Garcia.

Trujillo endorsed by congresswoman

DOWNEY – Downey resident and prosecutor Mario Trujillo, a candidate for Los Angeles District Attorney, has gained the endorsement of Rep. Grace Napolitano.

Napolitano represents Norwalk, Santa Fe Springs and other area cities in Congress.

Trujillo said he was "honored" by the endorsement.

"Congresswoman Napolitano exemplifies the true meaning of public service," Trujillo said in a statement. "Her leadership and commitment to championing causes that impact our communities in the areas of natural resources, transportation and mental health has improved the lives of many and she continues to make a strong impact in Los Angeles."

Trujillo is seeking to replace district attorney Steve Cooley, who is retiring.

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Man shot during home invasion

DOWNEY – A man is in critical condition after he was shot in the head following a home invasion robbery in Downey early Tuesday morning.

Police responded to a shots fired call at about 12:05 a.m. at the 9300 block of Elm Vista Drive, where they found the victim in front of a residence. He was transported to a local hospital.

Witnesses told police that three black men forced their way into the victim's home "seeking valuables." A confrontation inside the home spilled into the front yard, where the victim was shot in the head.

The suspects were seen fleeing westbound on Elm Vista Drive in a small, light-colored (possibly white) passenger vehicle.

Anyone with additional information is asked to call Detective Robert Del Rio at (562) 904-2324 or Detective Paul Hernandez at (562) 904-2340.

Police make arrests in fatal shooting

DOWNEY – Two people have been arrested in connection with the killing of a 20-year-old man in Downey earlier this month.

Gerardo Fernandez was shot and killed on Jan. 7 in the parking lot of Alberto's restaurant on the 12500 block of Old River School Road at about 9:25 p.m.

Police have arrested Steven Zamora, 18, of South Gate, and Steven Gil, 26, of Compton. They were detained in Los Angeles by LAPD officers and transported to the Downey Police Department for questioning.

Zamora and Gil were subsequently charged with murder and remanded to the custody of the Los Angeles County Sheriff's Department where they are awaiting a court appearance.

Authorities do not have a motive but said the shooting was likely gang-related.

Students to take in free folklorico concert

DOWNEY – Students with the Downey Unified School District's ASPIRE after-school program will be treated to a free performance by the Ballet Folklorico De Antioquia, Colombia at the Downey Theatre this Wednesday.

Ballet Folklorico de Antioquia is a cultural organization with a 20-year history that promotes the strengthening of Colombian cultural identities with national and international audiences through dance and music.

The ballet has been critically acclaimed for its professionalism, high technical level and artistic quality, and has been duly recognized within its field.

Some of its awards and recognitions include the Cabe Citar gold medal at the Stylized Folk Olympics in France in 1998; the Ugo Re Capriata special recognition award at the International Folk Dance Festival in Italy in 2003; recognition for "excellent participation" at the International Festival of the Performing Arts in Mexico in October 2005 and October 2009; recognition of "Perfeccion" as a special guest at the 25th Annual International Festival in Canada in 2006; excellence award at the Folkmoot International Festival in North Carolina in 2006; and special recognition for the best Latin American company to participate in the cultural program of the Olympic Games in Beijing, China in 2008.

The ballet was also recognized for its participation in the inauguration and closing events of the South American Games in Medellin in 2010.

In a statement, representatives for the Downey Theatre said they were "honored to present this show free of charge to the ASPIRE students."

The ASPIRE program is open to elementary and middle school students. It provides a positive learning environment and provides students with unique experiences they may not otherwise receive.

Credit union upgrades its technology

DOWNEY – Financial Partners Credit Union recently introduced several new technological features, including a new website, upgraded ATMs, a mobile capture option that allows deposits via cell phones, and a recently signed agreement to provide surcharge-free ATM access at all Walgreens in California.

The Downey-based credit union launched its new website, fpcu.org, in December, which features easier-to-use navigation and enhanced online banking.

"All it takes is one click to get to any product information in any category," said credit union president and CEO Nader Moghaddam. "The new site also provides additional information and comparison tools to help members make better financial decisions."

The new ATMs come equipped with 17-inch non-glare touchscreens and more secure card readers. Members no longer need envelopes to deposit checks or money, and they can receive printed images of checks as well as mini-statements with their last 10 transactions.

Additionally, members now can deposit checks through their cell phones using a mobile app. The app snaps a photo of the check and verifies the check is endorsed before making the deposit. Credit union members can deposit up to 20 checks per day.

Financial Partners also signed a two-year agreement with Walgreens that allows surcharge-free ATM access for its members at all Walgreens stores in the state.

"We are pleased to provide more than 500 additional free ATMs statewide for our members through this agreement," Moghaddam said.

Financial Partners, with \$732 million in assets, serves more than 50,000 members. It is headquartered in Downey.

Downey residents finish basic training

DOWNEY – Air Force Airman 1st Class Russell Davies V. De Leon and Airman Christopher R. Vega graduated from basic military training at Lackland Air Force Base in San Antonio.

The two Downey residents completed an eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

They also earned four credits toward an associate in applied science degree through the Community College of the Air Force.

De Leon is the son of Maria De Leon, of South Gate. He graduated from Warren High School in 2005 and earned an associate degree in 2007 from Los Angeles College International.

Vega is the son of Rey and Alejandria Vega, of Downey. He graduated from Downey High School in 2007.

Tutor program taking sign-ups

DOWNEY – Registration for Kidz Connection, a first through eighth grade after-school enrichment and tutoring program at First Presbyterian Church of Downey, is now open with packets available in the church office.

The program starts Feb. 6 and includes art, music and video production classes, as well as academic tutoring.

Volunteer tutoring help is still needed, especially in math. If interested, call Alfredo Delgado at (562) 861-6752.

Mayor's Corner

Dear Downey Residents and Friends:

Happy 2012 to all! I am happy to say that we have kicked off this New Year with exciting things happening in our City.

First, I would like to congratulate the Downey Rose Float Association for putting together such an amazing float and winning the Founder's Trophy Award for most beautiful entry. This community organization is made up entirely of volunteers who fundraise all year long and put in countless hours to help create such a wonderful float. Thank you to the Downey Rose Float Association and its volunteers for all of their hard work, commitment and dedication.



I cannot tell you how happy and excited I am to see our Downey Civic Theatre thriving. The upcoming show lineup is incredible! From the hit music group The Temptations, to comedian Paul Rodriguez, to the play "Defending the Caveman," the Theatre is sure to have something for everyone. Make sure to check out the Theatre's website or stop by their box office for more information on upcoming performances.

One of my goals when I first joined City Council was to find a way to honor our Veterans. In 2009, we kicked off the Military Banner program and up to this day we have over 100 banners proudly displayed throughout our City. I was proud to honor some of the program's participants and their families at this week's City Council meeting and will continue to do so throughout the year. The Military Banner program is made up entirely of donations and I thank all of those who have generously donated to make this program possible. We couldn't have done this without the support of our community. We are also working on a Veterans Memorial and hope to have it completed in the near future. These are just a few simple ways to show our appreciation for all of our hometown heroes.

Also at this week's City Council meeting, we had the opportunity to recognize three outstanding citizens for their courageous acts in rendering assistance to victims who were in need of medical attention. These extraordinary Samaritans, Gregory Wells, Judith Serna, and Esther Brossmer, were presented with "Medals of Merit" for demonstrating exceptional human character and going above and beyond to help save a life.

Another great addition coming to the Columbia Memorial Space Center is the "Suited for Space" exhibit. This exhibit explores the evolution of the spacesuits' development over the years. It will showcase the amazing engineering and science behind the spacesuit through photographs and x-rays. We are so proud of our Space Center and I once again encourage you to stop by and check out all of the great things it has to offer. The "Suited for Space" exhibit will open next month.

Last but not least, as many of you may already be aware of our City Council approved the Tierra Luna Marketplace development earlier this month and we are extremely excited for the great things this will bring to our City. This 1.5 million square foot project will feature new retail/commercial, entertainment and office space. This development is a giant economic leap for Downey, expected to produce over 4.2 million dollars of revenue to the City. It will help create 3,000 permanent jobs, 1,200 of which will be high paying medical jobs. We could not be any more proud of such an amazing project.

Sincerely,
Mayor Roger C. Brossmer

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It has been 1 year since you left us here on earth. your smile, the joy you gave us, your kindness and gentle spirit will be forever missed. I was fortunate to share my life with you and I treasure the moments and memories that are only mine. I thank the Dear Lord every night for blessing me with your love and making us family. I hope every day to make you proud, for you will always be my eternal inspiration. I will love and honor you forever and you will never be forgotten.
I will always remember your Japanese traditions which meant so very much to you, and carry out those celebrations as if you were still with me.
The love and care you gave to all your patients for so many years has been an inspiration to all who knew you. What a wonderful doctor you were. You touched so many lives and there is so much admiration that continues today just for you. How proud we are of the legacy you left us.
To remember him on the anniversary of his death Friday, January 27 we invite all that knew Dr. Ozaki to have a special thought or say a prayer in his memory. We the office staff will launch white balloons (his favorite color) to the heavens in honor of him. We know he will be watching. He's gone on ahead of us, to a better place, but we know he'll watch over us and will continue to touch us throughout our lives. So today we won't say "good-bye," but that we love you Doctor O, and you will always be our "Hero" until we meet again.
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Local students spent their three-day weekend last week feeding the homeless, cleaning up litter and writing letters of support to overseas U.S. troops.

Students honor MLK's memory

DOWNEY – More than 100 students from Downey High School's KIWIN'S club, Sussman and East middle schools' Builders Clubs and Gaudin Elementary's K-Kids Club paid tribute to Dr. Martin Luther King Jr. last week by participating in service projects.

Sixty students and their parents took part in Operation Feed the Needy, volunteering at the Midnight Mission kitchen and helping to feed 800 homeless people.

"Martin Luther King stood for helping everybody so we must do the same in his honor without complaining or making excuses," said Brenda Lopez, president of Downey KIWIN'S. The club took a bus from Downey High School to the shelter in Downtown Los Angeles.

The second project, Operation Community Pride, was led by 120 student and parent volunteers. They cleaned up their neighborhoods, painted over graffiti and reported illegally dumped items.

"I think we made Dr. King proud today because we made our community a nicer place for everyone to live in," said Bryan Nava, a member of Gaudin's K-Kids Club.

The third and final project, Operation Gratitude, saw about 100 students gathered at Rio San Gabriel Park to show their appreciation for U.S. troops overseas and veterans at home. To ensure that their sacrifices are appreciated, students wrote more than 100 letters expressing their gratitude, love and respect.

Students also collected and donated hundreds of toiletries for homeless veterans residing in Veterans Village in San Diego.

"We devoted a day of service to our military to provide students the opportunity to express their appreciation to those who serve our nation in uniform and provide us with the freedoms we cherish here at home," said Alex Gaytan, Kiwanis Club advisor.



Rebekah Jin, a senior at Downey High School, will perform at Carnegie Hall next month. She's a finalist for the prestigious American High School Honors Performance Series.

Downey High student selected to perform at Carnegie Hall

DOWNEY – Downey High School senior Rebekah Jin has been selected as a finalist for the 2012 American High School Honors Performance Series at Carnegie Hall.

Participation in the Honors Band, Orchestra and Choir is limited to the highest-rated high school performers from North America and select international schools.

Jin will be part of the clarinet section in the Honors Band during a Feb. 12 concert at Carnegie Hall. Finalists will come together for five days in New York City to learn from conductors and work with other finalists.

Jin studied clarinet at the Institute of Art, Music and Science with Dr. William Wellwood for five years and has been a member of the Cerritos College Orchestra since her freshman year at Downey High.

She was involved with Downey High School's music program for two years as a section leader in the marching band and first-chair clarinet of the Wind Ensemble. As a sophomore, she participated in the 2010 CBDA All-State Symphonic Band and completed the MTAC Certificate of Merit program at Level Advanced Panel.

Students will file your taxes for free, if you qualify

LONG BEACH – Accounting majors at California State University, Long Beach (CSULB) will be offering free income tax preparation for students and members of the community through the Volunteer Income Tax Assistance (VITA) program, which begins Monday, Jan. 30, and runs through Friday, March 23, at the university.

Offering free e-filing for federal and state tax returns, VITA is a cooperative effort by the Internal Revenue Service (IRS) to provide income tax assistance to low- and moderate-income individuals, the handicapped and the elderly. Every year CSULB's student volunteers prepare hundreds of returns for individuals both on and off campus.

"Each year, accounting majors at Cal State Long Beach look forward to the start of the VITA program," said Fatima Montes-Alvarez, this year's student VITA coordinator. "VITA is a rewarding program that benefits our community and our students. Volunteers get valuable hands-on experience and community members, on and off campus, get income tax preparation for free. We hope the program continues to grow."

Sponsored by the IRS but funded through the campus' Beta Alpha Psi and Accounting Society, VITA helps students on campus and people from the community who cannot afford to go to paid preparers to get their taxes filed. At the same time, the program gives student volunteers valuable experience that can further help them to attain full-time employment in the accounting field.

This year's program has about 45 volunteers who have been trained and certified by the IRS to prepare and e-file basic income tax returns and foreign student tax returns. They are also qualified to answer many tax questions or concerns that those coming in for assistance may have.

There are limitations to those who can use the service, however. VITA program volunteers do not prepare business tax returns. In addition, the CSULB program can only assist those who made less than \$50,000 in 2011.

Those interested in having their 2011 tax returns prepared through the CSULB VITA program should bring the following items: proof of identification; Social Security cards, including spouse's and dependents' (or a Social Security number verification letter issued by the Social Security Administration); birth dates, including spouse's and dependents'; current year's tax package; wage and earnings statements (W-2, W-2G, 1099-R, from all employers); and interest and dividend statements from banks (1099 forms).

Additionally, clients also should try to bring a copy of their federal and state returns from last year, if available; bank routing numbers and account numbers for direct deposit; total paid for day-care provider and the day-care provider's tax identifying number (the provider's Social Security number or the provider's business employer identification number); and, if a client paid rent for at least half of 2011 for property in California, he or she should have the rental dates and landlord's information (name, address, phone number).

It is also important to note that when filing taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

The CSULB VITA program operates out of Room 237 on the second floor of CSULB's College of Business Administration (CBA) Building off of Bellflower Boulevard. Hours run from 8 a.m. to 6:30 p.m. Mondays through Thursdays and 8 a.m. to 4 p.m. on Fridays.

Members of the community are advised to use the metered parking in Lot 15, adjacent to the CBA Building. The cost is \$2 per hour.

Walk-ins are welcome, but an appointment can be made by contacting Montes-Alvarez via e-mail at vita.csulb@gmail.com.

Had enough yet?

Metro Briefs

GATEWAY CITIES

The Metro Solution To Traffic Stress
Don't spend countless hours each year stuck on the road, let Metro do your everyday driving. Make use of the 79 miles of traffic-free Metro Rail or nearly 200 Metro bus routes to reduce your traffic congestion stress level. And there is also the \$10,000 annually you can save by using public transit instead of paying for gas and parking.

Bus Riders – Tell Us What You Think
Take an online survey to help improve your commute and be entered in a drawing to win \$250. Visit metro-survey.net and tell us about your experience as a bus rider. Your input will be used to determine where improvements are needed and how Metro can better serve its riders.

"America Fast Forward" Gathering Support
More than 40 mayors of cities across the nation and an equal number of chambers of commerce have endorsed "America Fast Forward." The initiative promoted by Metro seeks to leverage federal assistance to accelerate construction of local transportation projects. Find out what it's all about at americafastforward.net.

Public Hearing On Bus Service Feb. 9
Proposed bus service changes will be discussed by the Metro Gateway Cities Service Council on Thursday, February 9 at 2pm at Salt Lake Park Community Center, 3401 E. Florence Avenue, Huntington Park. Details about the proposed changes will be available at the meeting or online at metro.net.

Crenshaw Rail Line Gets Go Ahead
The Federal Transit Administration has authorized Metro to go forward with the Crenshaw/LAX Transit Corridor project to construct a light rail line in the Crenshaw District. The 8.5-mile line will connect the Metro Green Line and the Expo Line currently under construction. For more information, go to metro.net/crenshaw.

Metro

If you'd like to know more, visit metro.net.

Money and Taxes 2012

While most people are working on their 2011 state tax returns, the Franchise Tax Board (FTB) this week announced that it is contacting more than 900,000 people who did not file a 2010 state income tax return.

FTB finds non-filers by using more than 400 million income records it receives each year from third parties such as the IRS, banks, employers, state departments and other sources. In addition, FTB uses occupational licenses and mortgage interest payment information to detect others who may also have a requirement to file a state tax return. FTB then contacts those who earned California income, but did not file a return for the 2010 filing year.

Last year, FTB collected more than \$574 million through these efforts.

Since the 1950s, FTB has contacted people who may have a filing requirement, but have not filed a tax return. Individuals contacted have 30 days to file their state tax return or show why one is not due. When a required return is not filed, FTB issues a tax assessment using income records to estimate the amount of state tax due. The assessment includes interest, fees, and penalties of up to 50 percent.

FTB provides more information for those receiving notices at ftb.ca.gov. Taxpayers can request more time to respond, retrieve information that can assist them in filing a tax return, request tax forms, learn about payment options, sign up to receive an email reminder to file, and access other services. Individuals can also call FTB at 866.204.7902 to get information.

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The Constitution's 225th anniversary

By Lee H. Hamilton

There's a major political event approaching this fall, and though I have no doubt it will be overshadowed by the elections, I hope you'll carve out some time for it anyway. On September 17th, we'll observe the 225th anniversary of the signing of the United States Constitution.

It's the document that set everything in motion, of course, creating the carefully balanced, three-branch representative government that we've come to take for granted. But 225 years is a long time, and it's instructive to reflect on what's happened since that piece of parchment was signed.

I'm thinking in particular of Congress, which the Framers considered to be so important they put it first, beginning with Article I, Section 1: "All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives."

The Framers wanted Congress to be the engine of law and policy in the United States. Fearful of replicating the monarchy from which they'd won their freedom, they wanted to keep the presidency from becoming too powerful, and so they created a powerful Congress with the authority to declare war, enact taxes, and set the budget.

They wanted to be certain that the voices of the American people had a prominent place in the legislature's deliberations, and that debate, consultation, and a thorough airing of views were part and parcel of what Congress did. Congress was the keystone of republican government and the fount of policy leadership; the president — as George Washington insisted — was there to carry out legislative intention.

For periods in our country's history, especially in its early years and in the years leading up to the Civil War, Congress did, indeed, play the leading role the Framers envisioned. Congress today — the "broken branch," as two prominent congressional scholars called it a few years ago — doesn't even come close.

It is now a reactive body, hampered by partisanship and ideology, lacking creativity, focused less on policy leadership than on catering to constituents and to those who can help its members get re-elected. The central actor in American government today is the president.

Everyone understands that 2012 is not 1787. Yet I fail to see how the Framers' reasoning — that in a diverse democracy, power ought to rest with the representatives closest to the people — is out of date.

Quite the contrary. By any measure, our nation is poorer because Congress is not functioning as the strong, co-equal branch of government the Constitution envisioned. As we observe this milestone anniversary, it's worth a pause to honor the Framers' insight and wisdom, and to regret Congress's inability to live up to their ideals.

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

Reponse to 'Broken Sidewalks'

Dear Editor:

The City of Downey Public Works Department would like to express its appreciation to Mr. Lucas ("Broken Sidewalks," Letter to the Editor, 1/12/12) for the positive feedback regarding recent sidewalk repairs in the westerly half of Downey and the information regarding additional, needed concrete repairs.

The Public Works Department faces the constant task of maintaining the public right-of way which includes over 220 miles of paved streets, 440 miles of curb and gutter, over 7 million square feet of sidewalk, and over 17,000 parkway trees. The City has systematically implemented a Concrete Repair Program (Program) that primarily repairs damaged sidewalks, driveway approaches, curbs and gutters, and other concrete improvements citywide. The goal of the Program is to service Downey's residents and businesses by repairing damaged concrete within the public right-of-way (with the funds available) to increase public safety.

In order to implement a methodical and efficient Concrete Repair Program, the City was divided into four areas (areas "A" through "D") and each fiscal year (July 1 through June 30), concrete repairs are performed within one or two of those areas. As part of this process, Public Works staff reviews service requests provided by residents and/or other means including City reviews. Identified concrete repair locations are evaluated and selected by a priority based system which includes various criteria such as "health and safety ranking", extent of structure damage, vicinity to major pedestrian traffic generator center (schools, hospitals, apartments...). However, due to difficult economic conditions and constrained funding, repair of all known damaged concrete improvements is extremely difficult.

Approximately \$200,000 in Gas Tax funds (revenue from the State's gasoline tax regulated for public right-of way improvements) and TDA Article 3 funds (revenue from Article 3 of the State's Transportation Development Act for bicycle and pedestrian facility projects) are budgeted each fiscal year to fund the Concrete Repair Program and new improvements. This level of funding allows the City to repair or improve approximately 150 to 175 locations each fiscal year. Currently, approximately 780 known locations require some form of repair/improvement throughout the City. Therefore, based on available funds, it would take several years to address the currently identified repair locations. In the current fiscal year, \$278,000 was budgeted for the Program and as a result, approximately 174 locations have been repaired. Public Works staff is currently planning repair locations in areas "A" and "B", (easterly half of Downey), for the next fiscal year.

The City encourages residents and business owners to inform the Public Works Department of concrete repair locations. Residents and business owners may submit their concerns in person at City Hall, by visiting the City of Downey website (downeyca.org/services/online/request.asp), or by calling (562) 904-7110.

The Public Works Department will continue to service the needs of the City as intended and the public's contributions and cooperation are welcomed and greatly appreciated.

-- Louis A. Atwell,
Deputy Director of Public Works

Letters to the Editor:

Tierra Lunacy

Dear Editor:

I join Doris Hannon in questioning the reasoning behind the Tierra Luna(cy) development, also with the point as to what will happen to the Downtown Plan while everyone's attention is diverted to the new project? (Letters to the Editor, 12/19/12)

Downtown has been an ongoing project since the mid-sixties when the street was widened to four lanes, diagonal parking was replaced with parallel, and the shop-owner's had to give up a good chunk of their property to the city to allow all of the above; and it does not seem to have gotten any better in all that time and the ministrations of countless urban-planners who have used it as a way-station on their way to bigger and better positions in other communities.

Will Downtown finally be written off as the city will be forced to help the revitalization of Stonewood after it has had its vitality drained by Downey Landing?

And then, will it be Downey Landing's turn when Tierra Luna(cy) cannibalizes the shoppers from it?

When will it stop, and who's getting the profit from all of this?

Perhaps it is time for the City Fathers to scale back the size and scope of the city's mission and staff to match the existing revenues and stop ever newer schemes to jigger sales-tax receipts. The manufacturing base that the city once had is gone, and most likely will never be seen again; and the car dealerships that we once enjoyed — and provided the city with a large sales tax source — are also obviously gone as surrounding areas got a jump-start on the auto-mall craze, leaving Downey in the dust. Plus, we just lost a long-time retailer in All American Home Center, so that land will be vacant, joining the space once occupied by Pace and the neighboring Cadillac/Chevrolet dealership on the list of fallow retail sites that no longer provide the city with employment and sales tax revenue.

If the city demonstrated a "business friendly" atmosphere, manufacturers and retailers would be happy to locate here and the city would not have to strain so hard to acquire tenants for these vacant sites.

--Drew Kelley,
Downey

Dear Editor:

What business throws out paying customers and then pays other customers to take their place? Example: Downey has two Hallmark stores that are struggling to stay in business. Yet the city suggests a Hallmark store might go into Tierra Luna Marketplace.

No disrespect, but do the "people in charge" understand adding one business to our city that closes down two is not progress?

Places I miss: Sambi's, Beach's Market, Alin's Party, Regency (some might be too young to remember that fiasco). Remember how our city fathers fought for Krikorian Theaters? Can that survive their new planned theater at Tierra Luna?

Didn't someone in charge say they couldn't even get Trader Joe's to come here because of our demographics? Trader Joe's can't be enticed but Nordstrom can? If these people in charge want to dream I wish they'd do it on their dime and not on ours.

Allow the people of this great city to offer suggestions and actually listen to how they'd improve their city, not the pockets of a few. I have a great idea and it's free: a sports complex which could be rented out for soccer and baseball tournaments, tennis matches, ball fields. People will pay to play and it will bring in people to our restaurants, hotels, motels. The benefits go on and on.

By the way, I'm a senior citizen so I'm not looking out for my good but the city's.

-- Loretta Scott,
Downey

Dear Editor:

What a surprise! The city council OK's the Tierra Luna project against all sane objections.

Filled with visions of grandeur, the council have set out to sell their snake oil and hope that the citizens do not consider the facts and agree with this flawed project. They expect that the citizens should just trust in their judgment and believe that this snake oil they are selling is the cure.

Many of those in the council speak about the city's business friendly attitude and the economic growth that has responded to this attitude. The fact remains that the city is not in an economic growth period but is only moving laterally. The city loses two markets (Vons and Beach's) and is set to be replaced with two lesser ones. A liquor store is lost and is replaced by a 7-Eleven. Recently the city lost two restaurants and is set to be replaced by another two restaurants. It loses All American but gains two "hookah lounges".

Now we have been asked to believe that the Tierra Luna project is projected to create 3300 jobs and bring in \$4.2 million in tax revenue. We will just have to wait until election time to see if those numbers are true.

To make this snake oil more palatable, the city floated a trial balloon to check if we are ready to drink their Kool-Aid. In the Jan 12 issue of *The Downey Patriot*, a list of retailers, restaurants and other retail outlets were printed to make the oil go down easier. They obviously thought that the Downey citizens are oblivious to the present economic conditions and would not see through this charade.

Who knows how long the city council had these plans on the burner and truth be told, everyone knows it was a done deal from the beginning. In their blind ambition they have overlooked basic business practices. It is a fact that all companies look at a variety of things before they commit. Before investing they look at the surrounding areas and how long it will take to recover their investment and become profitable. They consider the ethnic makeup, average wage, home value and safety of the surrounding and immediate area.

Furthermore is there anyone in their right mind who believes that there will be a time when a Ritz Carlton hotel, a Nordstroms department store, a Ruth Chris steakhouse and an Ann Taylor clothing store would ever consider ever being in the same vicinity as a WalMart? What are they thinking? Yet we are expected to fall for this far-fetched tale. They just keep pushing the snake oil, and want us to hold our noses and drink.

The facts remain that this fiasco will most likely end up being a glorified strip mall with a number of empty units, the same as can be found in the Downey Landing complex.

I have read all the editorials in the Patriot and agree with the majority and feel their pain. They are mostly longtime residents who are vested in the welfare of the city and I join with them in not drinking the snake oil cure- all medicine that the council is selling.

--Ed Romero,
Downey



Letters to the Editor:

Stop the blame

Dear Editor:

In response to "Protect the People" in last week's paper (Letters to the Editor, 1/19/12), I'm tired of hearing attacks on Planned Parenthood and on abortion rights by people who want to impose their religious views on the rest of us about when life begins. After all, human sperm are alive — when they die without impregnating an egg, isn't that murder? All this is subject to debate.

But what is clear to most of us is that Planned Parenthood does a great job in promoting women's health by providing contraception for those who need it and providing reproductive education and healthcare for women. As their name states, they help women to plan their pregnancies, with the goal that every child born is wanted.

Unplanned pregnancies can lead to serious medical problems. According to an *L.A. Times* editorial of Jan. 22, 2012, studies have found that women are more likely to smoke and drink during unplanned pregnancies, raising risks to the fetus and that they tend to pay less attention to their children after birth. Do we really need more unwanted and neglected children growing up to be criminals and filling our jails?

The Times article also states, "Close to half of all pregnancies in the U.S. are unplanned — a sad outcome for families, as are unwanted children. Making contraception available to every woman who wants it (a primary goal of Planned Parenthood) would help avoid these situations. Making abortions more difficult or illegal may lead women to seek unsafe, unregulated alternatives. In Argentina, Nicaragua and elsewhere, Human Rights Watch has documented the results when women feel they have no recourse to the formal medical system: self-induced abortions, with knitting needles and knives, resulting in infections, hemorrhaging and sometimes death."

Our world is overpopulated right now at 7 billion, projected to grow to 9 billion by 2045. In the space of a couple hundred years, California has changed from a sparsely populated place with only a few hundred Spaniards and a few thousand Indians to what it is now. Imagine what it will be like in another couple hundred years without changes in our growth rate, to where we may not be able to support our population to survive at all.

We should be grateful that Planned Parenthood allows women to make the wise decisions to have children they want to have and are able to take care of, rather than forcing women to be pregnant and have unwanted babies. In addition, it is helping to limit out-of-control population growth, so we are not yet at the point China got to, where they required that couples have no more than one child each, enforced through mandatory abortions.

The author of "Protect the People" decided to have an index of who to blame for all our problems as a society in the United States: immigration, the federal government, Eric Holder, the Black Panthers, and then she ends with Planned Parenthood. With the latter the author implies that if it were to disappear, the whole problem of "murdering people" would disappear.

The author misses the point in trying to blame others. If she were to study a little bit about the above topics, she probably would come up with different conclusions.

Let's stop blaming others for our own ignorance. Let's look at what unites us and not what separates us from each other. Let's work together in making this world a better place to live in because we are in it a very short time.

-- Guido Rivero,
Downey

Dear Editor:

Please, please no more shops in Downey. Tierra Luna would be in direct competition with the Downey Landing and there are still vacancies there. We have not even finished Downtown Downey.

Wake up City Council, more shops may bring revenue but can't you see this recklessness is turning Downey into a third-rated city? Even Trader Joe's felt they were too upscale for us. Doesn't that tell you something?

How about building a technical school where the young who are not academically inclined could learn a useful trade? A university or junior college would also be good uses for that valuable piece of land and would bring some dignity back to our once beautiful city.

Anything would be preferable to more shops!

-- Nora Szechy,
Downey

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

The Downey Patriot

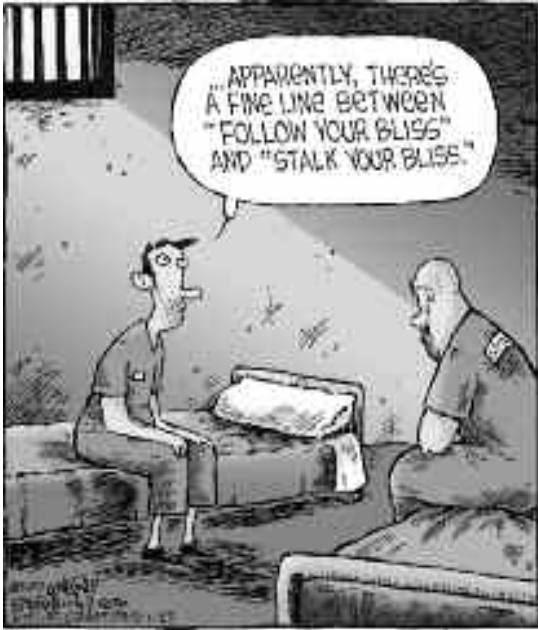
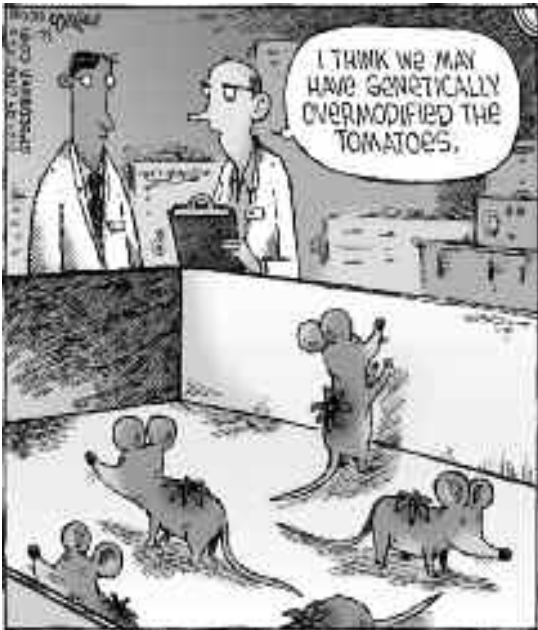
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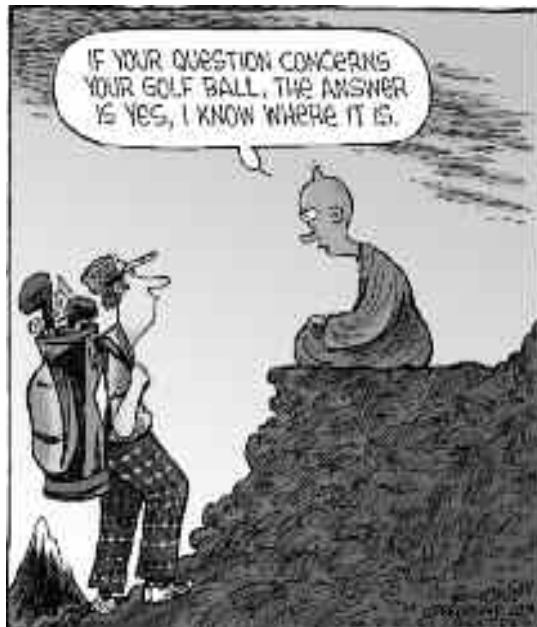
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For January/February

Fri. Jan. 27: **Downey Symphony concert**, Downey Theatre, 8 p.m.
Mon. Jan. 29: **"Pony Express" travelogue**, Barbara J. Riley Community & Senior Center, 2 p.m.
Wed. Feb. 1: **"Suited for Space" exhibit opening**, Columbia Memorial Space Center, 6 p.m.

City Meetings

1st Tuesday, 6:30 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.
1st & 3rd Wednesday, 6:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
1st Tuesday, 6:00 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1, 12222 Paramount Blvd.
2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.
3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.

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.
3rd Mon., 7 p.m.: **American Legion Post #270**, at Rio Hondo Event Center, for more info. call (626) 445-2582.
4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
12 p.m.: **Rotary Club**, at Rio Hondo, for information e-mail Diane Davis at ddavis87@me.com.
6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
2nd Tues., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7117.
2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call 927-6438.
2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
Tues., Thurs. & Sat., 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

Wednesdays

7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
1 p.m.: **Women's Bocce Club**, at 7850 Quill Drive, for information call Marie Puch at 869-4366.
7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
1st Weds., 11 a.m.: **Woman's Club of Downey**, for information call Cheryl Olson 833-8954.
1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call 923-4357.
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 Sonja 862-4347.
2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
2nd & 4th Weds., 11:30 a.m.: **Downey AARP**, at Barbara J. Riley Senior Center, for info. call Pearl Koday 633-4355.
2nd & 4th Weds., 5:30 p.m.: **Lions Club**, at Sunrise Realty, for information call 577-1104.
3rd Weds., - **Downey Dog Obedience Club**, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
3rd Weds., 10 a.m.: **Los Angeles County Quilters Guild**, at Women's Club, for information call 426-2418.
3rd Weds., 6 p.m.: **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
4th Weds., 12:00 noon: **Retired Federal Employees**, at Barbara J Riley Center, call 943-5513.
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.
12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.
6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
3rd Thurs., 4 p.m.: **Public Works Committee**, at City Hall Training Room.
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**, Second Street at New Avenue, for information call 904-7246.
2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

On This Day...

Jan. 26, 1788: The first European settlers in Australia landed in present-day Sydney.
1802: Congress passed an act calling for a library to be established within the U.S. Capitol.
2001: An earthquake hit the Indian subcontinent, killing more than 13,000 people.
2009: "Octomom" Nadya Suleman, of Whittier, gave birth to octuplets conceived by in vitro fertilization. Suleman was already a mother of six.
Birthdays: Actor-sportscaster Bob Uecker (77), rocker Eddie Van Halen (57), talk show host Ellen DeGeneres (54), hockey hall of famer Wayne Gretzky (51), basketball player Vince Carter (35) and figure skater Emily Hughes (22).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

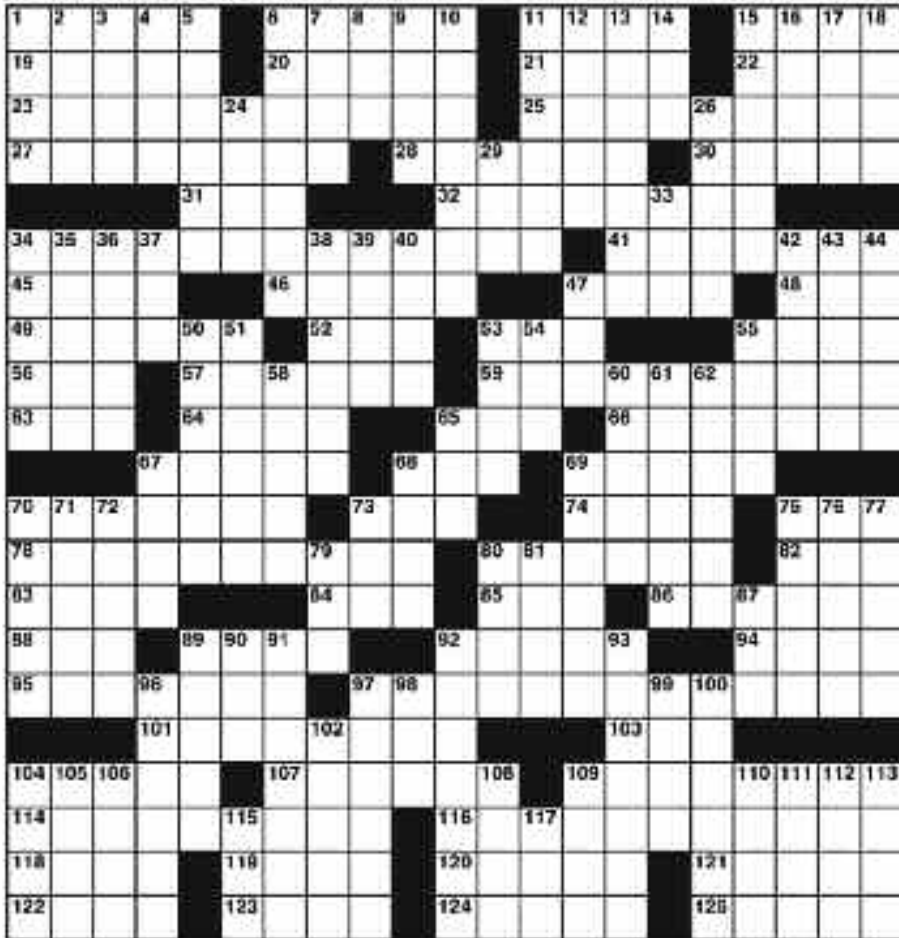
NOBLE THOUGHTS: With lots of titles

by Gail Grabowski

- ACROSS**
- 1 Go with the flow
 - 6 Evaluated
 - 11 Bell-shaped lily
 - 15 Come clean, with "up"
 - 19 Jazz pianist Chick
 - 20 Fine wood
 - 21 British prep school
 - 22 Golden State sch.
 - 23 Whodunit byline
 - 25 Get into a fistfight
 - 27 Exit angrily
 - 28 Holiday alternative
 - 30 Nuance
 - 31 Live and breathe
 - 32 It may precede "instinct"
 - 34 Ma Bell introduction of 1959
 - 41 Natural abilities
 - 45 "This can't be!"
 - 46 Folksy accounts
 - 47 Catch sight of
 - 48 Poetic time
 - 49 Modus operandi
 - 52 Pastoral expanse
 - 53 "Turn up the heat!"
 - 55 Bond's first film foe
 - 56 Aussie bird
 - 57 Not dressy
 - 59 Dominier
 - 63 Sleep phase
 - 64 Taking care of that
 - 65 Chafe
 - 66 Olympian, e.g.
 - 67 Best of the best
 - 68 Vacation rental
 - 69 Hard-hearted
 - 70 Cheerful refrain
 - 73 Masterpiece
 - 74 Part of AD
 - 75 Account exec
 - 78 '50s Chief Justice
 - 80 Ship's money-handler
 - 82 Org. with many specialists
 - 83 Ballet bend
 - 84 Basketball target
 - 85 Do an impression of
 - 86 Damascus native
 - 88 Golfer nicknamed "The Big Easy"
 - 89 Chooses, with "for"
 - 92 Leading
 - 94 Gallic girlfriend
 - 95 Tweezer target
 - 97 Undisputed champ
 - 101 Outmoded
 - 103 Make illegal
 - 104 "Who's there?" answer
 - 107 Soup legume
 - 109 Requiring no stamps
 - 114 Title first applied to Dolley Madison
 - 116 Wonder Woman's secret identity
 - 118 Big sheet of ice
 - 119 Actress Swenson
 - 120 Distribute
 - 121 Some choristers
 - 122 Strong desires
 - 123 Hammer part
 - 124 Botanical supports
 - 125 Toy piano sound
- DOWN**
- 1 Sails through
 - 2 Oaf
 - 3 Singer Guthrie
 - 4 Look closely
 - 5 Place for touchdowns
 - 6 Ask for
 - 7 Sit right next to
 - 8 Bathroom tester
 - 9 Fed. power dept.
 - 10 Energetic employees
 - 11 Unruffled
 - 12 Chopin creation
 - 13 Recreational racers
 - 14 Unspecified individual
 - 15 Pointless
 - 16 Business school subj.
 - 17 Wallop
 - 18 Fill to the gills
 - 24 Time long past
 - 26 Lake Como's locale
 - 29 "Oh, brother!"
 - 33 Short snooze
 - 34 Difficult problem
 - 35 Mares, to hares
 - 36 "To recap..."
 - 37 "What's ___ to like?"
 - 38 Military greeting
 - 39 Court statement
 - 40 Make better
 - 42 Chutzpah
 - 43 Article of faith
 - 44 Nocturnal noise
 - 47 Be mistaken
 - 50 Clean-air legislation, e.g.
 - 51 Philippine capital
 - 53 Become fuzzy
 - 54 Stick up
 - 55 Well-behaved kid
 - 58 Pear-shaped instrument
 - 60 Fixes, as a sock
 - 61 Apple introduction of 2001
 - 82 Proposed explanation
 - 85 Zodiac beast
 - 87 Glamour rival
 - 88 Euro fraction
 - 89 Mailing-label words
 - 90 Shoshone shelter
 - 91 Make a comeback
 - 72 Get out of bed
 - 73 "Wow!"
 - 75 Spider-Man director
 - 76 Texting ancestor
 - 77 Discussion group
 - 79 Hosp. personnel
 - 80 Regretful feeling
 - 81 No more than
 - 87 Encouraging word
 - 89 Satellite circuit
 - 90 Mailing ctrs.
 - 91 Like some highways
 - 92 Iroquois Confederacy nation
 - 93 WWII vessels
 - 96 Order givers
 - 97 Somali neighbor
 - 98 Onetime Sheraton Hotels owner
 - 99 Hinged fastener
 - 100 Box in
 - 102 Window projection
 - 104 Questionable
 - 105 Word-game piece
 - 106 Waffle appliance
 - 108 Happy tune
 - 109 ___ Panh, Cambodia
 - 110 One aspirin
 - 111 Prefix for lock
 - 112 Screen picture
 - 113 Office furniture
 - 115 Cup edge
 - 117 Drink on draught

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

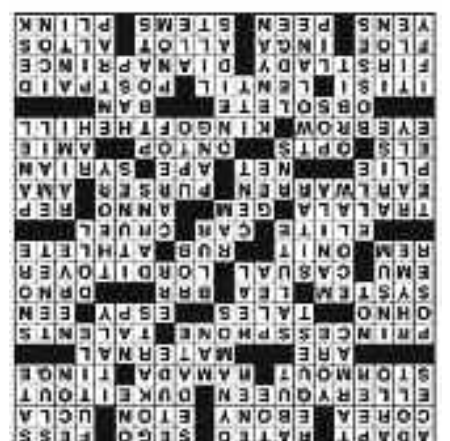
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.



Paging Dr. Frischer...

By Dr. Alan Frischer



behavior changes.

If we observe a change in behavior, our minds may go back to the child's last treat, rather than to other circumstances that might have influenced the behavior. It is clear that most children get too much sugar in their diets, but if the child's behavior is disrupting family life or affecting their performance in school, it may be a symptom of a larger problem, such as a conduct disorder or attention deficit-hyperactivity disorder (ADHD).

The Research For: A 1998 study in the Journal of the American Medical Association noted that although an extensive review of previous studies did not indicate sugar-related behavior or learning problems for most children, an effect of sugar on some children could not be ruled out. A 2006 study in Norway found that adolescents who drank four or more glasses of sugared soft drinks a day had more symptoms of hyperactivity, mental distress and behavioral problems. In 2011, a study published in Lancet demonstrated that eliminating sugar from the diet improved the behavior of children diagnosed with ADHD.

The Bottom Line: The relationship between sugar and hyperactive behavior in children has been a subject of debate in both the medical and popular media for several decades, and likely will continue, due to these mixed results in the research. Although most children's behavior may not be affected by sugar consumption alone, some may be. For all children, however, sugar is responsible for tooth decay and is void of nutrition. High-sugar foods tend to have fewer vitamins and minerals, and often replace more nutritious foods in the diet. The unnecessary calories in high-sugar foods can lead to obesity, a huge problem in our country today.

Adrenaline levels in our children do become more level with the addition of fiber to the diet. At breakfast time, fiber can be found in oatmeal, whole grain cereal, berries, bananas, whole-grain pancakes and whole grain breads. For lunch, fiber is found in whole-grain breads, fresh fruits, and vegetables.

Behavior experts recommend "quiet time" so that children (and adults!) can learn to calm themselves at home. If your child cannot sit still when other children of his or her age can, or if he or she cannot control impulsive behavior, seek a professional evaluation. Although most children do get too much sugar in their diet, cutting back on sugar shouldn't be a substitute for addressing other issues that may affect behavior.

If you have specific concerns about your child's behavior, I urge you to discuss them with a health care professional.

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.



Diabetes overload: how to overcome

True or false: Many people with diabetes are too lazy to manage it properly.

The answer is false, according to Dr. Paul Rosman, endocrinologist and past president of the American Diabetes Association's Ohio Chapter, this is not true.

"The most common approach is for people to work very hard at managing their diabetes," says Dr. Rosman. "But people don't understand how to categorize diabetes data into manageable pieces in order to sustain a happy life with diabetes."

Dr. Rosman recently worked with DiabetesDaily.com, a leading online resource for people with diabetes, to launch "Workshop for Better Blood Sugars" through Diabetes Daily University. This new online diabetes education course provides patients with the fundamental knowledge and know-how to use information about their diabetes in the most effective way. The course demonstrates how to make active behavior changes based on data and arms course participants with the tools to achieve sustainable success.

Dr. Rosman has identified five critical components of successful blood glucose management to help people with diabetes navigate all measurements and data they obtain – and avoid diabetes information overload.

1. Know where to start. It's overwhelming to see a sheet of paper filled with blood sugar readings. Keep things small and manageable to stay focused. Start by recognizing when you have good numbers.

2. Use your best to fix the rest. It's easier to extend the good parts of the day than it is to fix high and low blood sugars after they happen. When numbers go from good to bad, figure out what happened. Was it exercise? Eating more carbohydrates than expected? A stressful conversation with family (which can raise blood sugars quickly)?

3. Identify roller coaster blood sugars. Look for periods where your blood sugars go up and down like a rollercoaster. What events happened to trigger the pattern? If you have a low blood sugar followed by a high blood sugar, be careful of taking too much medicine to treat it. Once you have had one low blood sugar, you are very susceptible to another later in the day.

4. Recognize the warning signs of burnout. Excellent blood glucose management routines can be sidetracked by seemingly small incidents.

Watch out for scheduled changes in life events, like adjusting work and sleep schedules, the transition between seasons or major life

events-like holidays, weddings, birthdays, etc. These things can all derail good management and lead to burnout if you are not prepared.

5. Understand your doctor's checklist and articulate your problem/concern in his terms.

Expectations for the outcome of a doctor's appointment are glaringly different for a doctor versus a patient. Legally, doctors need to meet certain standards and even have a checklist of things they need to accomplish, while the patient is often looking for answers or worried about disapproval. Tell your doctor you know they have a list of things to accomplish during your visit, but that you also need their help with a specific problem. This sets the agenda in advance and ensures that your needs are also met.

Patients can access in depth course content and take advantage of group and one-on-one support by registering for "Workshop for Better Blood Sugars" online at university.diabetesdaily.com.

Grant will fund stem cell research internships

LONG BEACH – Developing healing therapies derived from stem cells—body cells that can grow into a variety of other tissues—is an increasing emphasis in modern healthcare research and businesses.

As a result, labs and companies need scientists who understand the field. So in 2009, the California Institute for Regenerative Medicine (CIRM), the state's stem cell research agency, awarded \$1.35 million to Cal State Long Beach as one of 11 additional educational institutions to prepare student interns for careers in stem cell research and biomedicine.

The caliber of the interns, selected from students in the stem cell option of CSULB's Biotechnology Certificate program, pleased CIRM officials enough to result in a three-year, \$1,686,998 grant renewal for the university.

The new funding will support three additional cohorts of up to 10 students each year beginning this summer through spring 2015.

"The purpose is to train professionals to work on research to find medical cures through stem cells, which also will help the California economy," said Lisa Klig, professor of biological sciences who directs the biotechnology certificate program. "Students (who have completed the program) have had a 100 percent success rate being placed in jobs or in graduate school or medical school."

Thus far, 20 interns have completed the program, and another 10 are working in labs this academic year. Interns receive \$25,750 to cover tuition, fees and a living expenses stipend.

With the latest grant, the newest group of CSULB interns will be selected this spring, adding a second year to their one-year biotechnology certificate program.

They begin with a summertime specialized stem cell course at Children's Hospital of Orange County, followed by the 10-month, full-time internship either at UC Irvine's Sue and Bill Gross Stem Cell Research Center or at City of Hope in Duarte.

CIRM is funded by Proposition 71, passed by voters in 2004 to support stem cell research. For more information, visit csulb.edu/depts/biology.

There is a commonly held belief that excessive sugar leads to hyperactivity in children. I recall taking my daughters to a baseball game years ago, where they somehow each ended up with a large soda in their hands. It was late when we arrived home, but they behaved like pinballs in a pinball machine. What was responsible? Was it the sugar, the caffeine, the excitement of the special evening, or all three? Is sugar an innocent victim of guilt by association – or is there indeed a connection?

Hyperactivity refers to increased movement, impulsivity, distractibility, and decreased attention span. This definition likely applies to practically every child at some time or another; it most certainly did to mine. Activity levels in children do vary from one child to another, and from one moment to another. We can all agree that a two-year-old is typically more active and has a shorter attention span than does a ten-year-old. A child's attention level will also depend on his or her level of interest in a particular activity. Labeling a behavior as hyperactive may also depend on how high the adult's tolerance level is.

Refined sugars and simple carbohydrates affect our activity levels because they enter the bloodstream quickly. This leads to rapid fluctuations in blood glucose levels - first to the high side and then to the low side, which then can lead to an adrenaline rush followed by a fall.

However, despite years of debate and research on the relationship between sugars and behavior, the evidence is mixed.

The Research Against: Major studies have not provided consistent scientific proof to back up such a connection. One study found that parents who were told that their children had sugared drinks reported the children as hyperactive, even though the drink did not actually contain sugar. In another, pediatricians reported in the 2008 British Medical Journal that double-blind studies could not detect any differences in the behavior of children who consumed sugar.

According to a nutritional sciences professor at Cornell University, parents' perceptions often lead to assumptions about the effects of sugar on children. If a parent thinks that their child has had sugar, there is a perception of a behavior change that may not actually be there when measured objectively. Instead, those researchers concluded that it's actually the party, holiday, activity, or special occasion, coinciding with high sugar consumption, which is often responsible for

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Word of MOUTH Does Periodontitis Increase Cancer Risk?

by Scheir S. Azer, D.D.S.

As evidence mounts linking gum disease to other serious conditions such as heart disease and even premature birth among pregnant women, dentists and hygienists have been highlighting the importance of maintaining the health of the gums. Not only is it critical to brush and floss twice daily at home, patients are strongly encouraged to undergo professional dental cleanings to prevent or alleviate inflammation of the gums ("gingivitis"). Otherwise, if left untreated, gum disease may lead to a more serious condition, chronic periodontitis. This advanced form of gum disease can result in bone and tooth loss. In addition, research indicates the periodontitis also increases the risk of developing head and mouth cancers, especially in the mouth and throat. I invite you to ask for more details by calling (562) 923-3714, or Email me at SAZERDDS@aol.com

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Live music is good for the body

DOWNEY – Headlines in a recent *L.A. Times* caught the eye: "Live music eases veterans' ills." "Patients at Fresno's VA hospital grow calmer while they wait."

"The hospital set out to provide simple distraction," the article reported, "but soon doctors noticed a marked improvement in many of their patients," who became notably calmer in the presence of live music played by a harpist or classical guitarist in the waiting room. Similar results from recorded music? No.

A psychiatrist who treats disorders in veterans said, "...when we have live music that day, they come to me far more relaxed. It's like an amazing miracle, and I don't say that lightly."

Does that make you wonder? Maybe we take lightly the nourishment of fine, live music in our own community. Maybe we don't take advantage of the chance to savor it and benefit from it.

Well, the good news is that health-giving classical music performance exists in Downey throughout the year, and in fact – lucky you – comes to our comfortable theater Saturday evening, with a gorgeous concert presented by the strings of the Downey Symphony.

The program includes a short work by Antonio Vivaldi (an accessible guy), two hummable tunes by Percy Grainger (one is "Danny Boy"), Dvorak's "Serenade" which will melt your heart, and Mozart's 4th Violin Concerto with the young Korean prize-winning violinist, Youjin Lee.

Don't be put off by words like "Mozart" or "Dvorak" or "concerto." These are friendly words, and if you're not at ease with them yet, come to the concert anyway. You'll soon be on cordial terms. [It's Mot-zart, Duh-vor-zhak and con-chair-to. Easy, see?]

Music Director Sharon Lavery says, "I am so pleased to have the opportunity to showcase our talented string section in this concert, 'Strings Spectacular.' With the exception of the violin concerto, every piece will feature them and make them truly shine!"

This performance on Saturday, Jan. 28, begins at 8 p.m. in Downey's Theatre, at 8435 Firestone Blvd., and parking is free. Tickets available at the box office are \$30, \$25 and \$10 for those with student ID. Conductor Lavery will give an ear-opening discussion of the evening's music at 7:15.

For further information, visit downeysymphony.org. Or simply be in the audience. You will leave relaxed and probably humming "Danny Boy."

–Joyce Sherwin, Downey Symphony

Theater company releases '12 schedule



■ New season opens in March with "The Spidey Project" musical.

LOS ANGELES – Theater company Theatre Unleashed has released its 2012 season and it features an original from an acclaimed playwright, a West Coast premiere of a New York hit, three shows at the Hollywood Fringe Festival, the return of two favorites and the company's first attempt at two musicals.

Theatre Unleashed is entering its fifth season of operation.

"It's a special season for us," said co-artistic director Carlos Martinez. "We're celebrating a landmark year by taking more risks as a company, building on our successes and developing new ways to

achieve the goal laid out in our mission statement of creating truly remarkable theatre."

The new season opens in March with the mainstage production of "The Spidey Project." In it, nerdy social outcast Peter Parker attempts to defeat villains such as The Scorpion, Rhino, Electro, The Chameleon and perhaps his biggest nemesis of all: himself.

Theatre Unleashed will present three plays at the Hollywood Fringe Festival in June, including "25PPH," "Round Rock" and "The Divine Madness of Isabella."

"25PPH" features 25 original short plays with more than 50 characters...and it's all performed in less than an hour. The production fuses comedy, drama and everything else in speed theater.

"Round Rock" is the Texas legend of the Sam Bass Gang, a group of notorious outlaws in the late 1800s best known for committing the largest train robbery in U.S. history. At the center of a jurisdictional crisis between the old and new law enforcement agencies of America, the gang must choose between a life of adventure and life of convention. A story about love and friendship, the Western epic from acclaimed playwright Aaron Kozak blends old fashioned rustic charm with a darkly comic style.

"The Divine Madness of Isabella" tells the story of Isabella

Andreini, greatest actress of the commedia dell' arte. Finding herself performing alone on a stage, Isabella is challenged to improvise a new scenario – the story of her life. Isabella uses her unparalleled craft to tell her story and delve into the madness that fuels her art. Using masks, puppets and sheer imagination, award-winning actress Wendy Gough brings to life some 20-plus characters in a show that flies by at a breakneck pace.

Theatre Unleashed returns to the mainstage with "Little Shop of Horrors" in September. In this dark, comedic and classic musical set in and around a struggling flower shop in "Skid Row," down-on-his-luck Seymour Krelborn's life changes when he takes possession of a very peculiar plant. Rock and roll, doo-wop and early Motown help tell Howard Ashman and Alan Menken's wildly popular story of what happens when that very peculiar plant gets a hunger that normal plant food simply can't satisfy.

The season closes with "It's a Wonderful Life" in December. The show takes place at KAWL, a struggling 1940s radio station that good-hearted owner Michael Anderson is barely keeping alive. He calls on some old friends (with big personalities) and some less-than-professional station employees to offer up the touching masterpiece in what might sadly be the station's last live show. But it is the holidays, a time when miracles can happen.

For information on tickets and specific show times, go to theatreunleashed.com or call (818) 849-4039.

Things to do this weekend:



Michael Jackson the IMMORTAL Tour by Cirque du Soleil
When: Jan. 27-29
Where: Staples Center
How much: \$50-\$175



Downey Symphony concert
When: Saturday, Jan. 28
Where: Downey Theatre
How much: \$25-\$30 (students \$10)



Chinese New Year Parade
When: Saturday, Jan. 28, 1 p.m.
Where: Chinatown
How much: Free

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THE GREY W (10:40, 1:20, 4:10, 7:00, 9:50)

MAN ON A LEDGE PG-13 (12:00, 2:35, 5:10), 7:45, 10:30

ONE FOR THE MONEY PG-13 (12:25, 2:35, 5:15, 7:35, 10:30)

EXTREMELY LOUD & INCREDIBLY CLOSE PG-13 (10:50, 1:40, 4:30, 7:30, 10:30)

RED WIRE R (12:30, 2:25, 4:50, 7:15, 9:40)

HAY TALES PG-13 (10:40, 1:30, 4:20, 7:20, 10:10)

+ **UNDERWORLD: AWAKENING** M (10:40, 12:50, 2:10, 5:30)

+ **UNDERWORLD: AWAKENING 3D** R (7:50, 10:10)

+ **BEAUTY AND THE BEAST 3D** R (11:35, 2:10, 4:25, 7:10, 9:25)

CONTRABAND PG (11:40, 2:20, 5:00, 7:40, 10:20)

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Downey offense holds off Paramount

DOWNEY – Downey High's No. 1-ranked varsity boys basketball team defeated Paramount, 64-40, on Jan. 18, adding another victory to the season during league.

First possession of the ball went to Downey after a hard pass by Viking Garrett Neilan. After a quick throw-in by Downey's Vincent Quigg, teammate Dakari Archer made the first shot of the game.

The Vikings kept their composure despite a series of steals by Paramount. Downey was able to steal the ball from their opponents as well, running down court and putting in as many shots as possible. Throughout the first quarter, it was a constant battle for the lead as the Pirates struggled to move past the five points that kept them behind Downey.

Neilan started the second quarter with a pass to Quigg just outside the three-point line. After being blocked, he made a quick pass to Viking Dallas Lopez who made the ball in from just outside the key. The Vikings kept their strategic maneuvers for a few minutes as Paramount lacked control of the ball, continuously losing it to Downey.

Twelve minutes into the quarter, both teams raced towards the Vikings offensive court as the Pirates dropped the ball allowing Downey to swoop in and take it. Lopez looked for an open player to take a shot for him as a Pirate was blocking him against the edge of the key. Faking a pass to the left he passed it to teammate Anthony Jack, who made two foul shots after a shove under the basket.

With five seconds left in the quarter, Downey heaved the ball from the other end of the court to his basket, missing by inches. The Vikings remained ahead, 29-16.

The Pirates' shots slowed although Downey's quickened as the team played into the third quarter. An easy three-pointer shot by Quigg kept the team motivated as well as the lack of pressing defense by Paramount.

The Pirates moved quicker, making their passes overhead of the Vikings and running more often down the middle when the defense was lacking. Halfway through the period Neilan shot the ball easily through the basket from underneath after an impressive steal from a Pirate. He almost stole the ball once more but Paramount became more cautious.

For the last two minutes they kept the ball in their possession. It would have remained in the Pirates' reach were it not for Downey's Juwaan Jackson powerful jump at the rebound at the last second.

The fourth quarter was off to a prompt start after a swift play by Archer, Lopez, Neilan, and Jack, who made the basket from right court.

Archer made the final shot with an assist from Neilan, ending the game at 64-40.

—Marilyn Ramirez, contributor

Boys soccer falls to Lynwood

DOWNEY – The Downey boys' soccer team took the fall during its game against Lynwood on Jan. 24, losing 4-1.

The Knights held their place ahead of the Vikings throughout the first and second halves, and prevented Downey from making more than one goal even with their four-plus attempts.

Viking Ernesto Delgado made the first attempt only to have the Knight's goalie interfere just in front of the key. After being in Lynwood's possession for a few minutes, Viking goalie Gihan Gutierrez blocked two of their shots with lunges to both the top and right side of the net.

Viking Bacilio Hernandez received the ball and kicked it mid-field where it was stolen by the Knights. Downey gained the ball once more, dribbling the ball between teammates until a Viking had an opening for a shot from the side.

Their tactics during the first half were ineffective to Lynwood's unfaltering offensive. The Vikings were preoccupied with blocking their men rather than looking out for the ball.

During a short-play halfway through the first half, Downey's Adam Lopez was being blocked while in possession of the ball by the net. His kick back towards the placement of his team failed since there was no Viking open to receive. After Lynwood stole the ball, Viking Misael Samayoa took his chance for a side swipe and split the ball with Delgado. He ran downfield only to have the Knight's goalie block him.

Lynwood owned the field for the next four minutes, keeping Downey away from their goal. After putting in a penalty shot, the Knights were able to gain the ball once more and ran downfield where they kicked in an easy goal. Downey started the second half revitalized as they maintained an offensive front. The team worked better, keeping the ball in their possession. Viking Andrew Reveles was able to deploy a secret shot from just behind the goalie. Lynwood took the ball out, passing it to a teammate who dribbled past midfield. Downey went in for the attack and stole the ball, passing it to Reveles. He was caught between two Knights and kicked it to Delgado who launched the ball once more to Downey's Jaime Alvarez. He nearly missed his shot, shooting too far overhead.

The team's new energy went into overdrive as Lynwood continuously blocked their shots. With the increase in momentum came an increase in aggression, allowing the Knights foul shots. This gave Lynwood another extra push towards victory, putting in two more goals.

The Vikings did not catch up to their opponent, losing 4-1.

—Marilyn Ramirez, contributor

Warren shuts out Dominguez 8-0

DOWNEY – The Warren High School girls soccer team currently has a 9-6-3 overall record and 3-1-1 league record.

The Lady Bears have defeated Dominguez, Paramount and Gahr. Warren defeated Dominguez 8-0, Paramount 2-0 and Gahr 6-1.

In the Gahr game, which took place on Jan. 24, the Lady Bears were led by Celinna "the woman's" Montano three goals, Vicki the "baby dinosaur's" one goal, Charlene Cortez's one goal and Marlene Arceo's one goal. The lone Gahr goal came on an own goal by Celinna Montano (she actually had four goals—three for Warren and one for Gahr).

According to Lady Bear coach Therese Peters, "Woman" was in a charitable mood today and gave Gahr their only goal."

The tie was against Downey 2-2 and the lone loss was against Lynwood 2-0 at Lynwood. The Lady Bears will host Downey this Friday in their much anticipated rematch. This game will begin at 5 p.m., not 3:15 p.m., as their other games normally start because it's Downey-Warren.

Coach Peters maintains that Brianna Cervantes, Marlene Arceo and Jen Abarca are all playing very well for the Lady Bears. Coach Peters also believes that the biggest surprise of the season so far was the loss to Lynwood.

The Lady Bears trailed 1-0 at the half and just couldn't get anything going in the second half. It was frustrating for the upstart Lady Bears.

Junior captain Celinna Montano states that the Lady Bears are determined to work hard and hopes there will be a different result in their eagerly awaited rematch with the Lady Knights. The rematch against Lynwood will be at Warren on Feb. 3.

As I left my chat with Coach Peter's, she left me with an enlightening quote. She stated, "it just takes a toe poke to score a goal and a goal to win a game." I thought that was profound, deep and worthy of being in a sports poetry book somewhere.

—Mark Fetter, contributor

Warren girls improve to 3-1 in league play

DOWNEY – The Warren High School girls basketball team currently has a 12-8 record and is ranked 16th in Division 1AA.

The Lady Bears hold a league record of 3-1, with their only loss coming in a 50-41 loss at home to Lynwood. In this game, the Lady Bears were up 19-8 at the end of the first quarter and were only down by two at halftime.

Interestingly, the Lady Bears saw the Lynwood Lady Knights take 23 free throws in the fourth quarter. The bad news for the Bears is that Lynwood converted 9 of these 23 free throws, which happened to coincide with their margin of defeat.

Warren has defeated Downey, Paramount and Dominguez by double digit scores. The Lady Bears played against Gahr on Wednesday (score unavailable at press time) and will play against cross-town rival Downey again Friday at Downey.

Coach Palmer maintains that Danielle Rodriguez, Justine Reyes, Samantha Madrid and Julie DeLeon continue to play at a high level for the Lady Bears. Coach Palmer is also encouraged by the play of sophomore stand-out guard Priscilla Gaxiola and the stifling defense of Michelle Navarro.

Priscilla Gaxiola, the holder of a 3.3 grade point average, is excited about this year's team and maintains it is different than any other team she has played for. Gaxiola believes this squad is special because they compete hard in practice so that they expect to play well in games.

Coach Palmer is most pleased with her squad's hard work and focus and credits the team's cohesiveness as a reason for their success.

—Mark Fetter, contributor

OUTDOORS Q&A

How are waterfowl reservations picked?

Q: How are waterfowl reservations picked and how are they kept random? There seems to be something wrong with the system because it doesn't seem to be randomly selecting people. Several of my neighbors and I have put in for the season draw for multiple refuges for the last few years without much success. One person has not been drawn in the past two years. Some people may get drawn only once while other people are getting drawn quite a bit. Can you please shed some light on this for us?

A: Unfortunately, the competition for waterfowl reservations is enormous! More than 750,000 hunt choices have been submitted for the 2011/2012 season so far. Some areas are extremely difficult to draw.

According to Department of Fish and Game (DFG) License Program Analyst Glenn Underwood, reservations are issued by random drawings. Each drawing is independent and does not affect the outcome of any other drawing. The likelihood of being drawn does not increase when you were not drawn for a previous hunt. Odds are determined solely by the number of applicants who apply for an area on that date.

In a series of random drawings, some people are likely to be drawn more than once, and some may not be drawn at all. The results should look somewhat like half of a bell curve.

Here's an example: For a drawing for the San Jacinto Wildlife Area Jan. 18 hunt, we received 27,310 submitted hunt choices for 1,300 reservations issued. Of these:

- 2,827 hunters received no reservations
- 746 hunters received one reservation
- 206 hunters received two reservations
- 42 hunters received three reservations
- 4 hunters received four reservations

Keep in mind that some hunters may apply for only one hunt day and others have applied for every hunt day.

We realize how important receiving a reservation is to each hunter and want hunters to know how difficult it is to draw a reservation. For this reason, Underwood publishes the drawing statistics online and mails them to hunters each year with the Waterfowl Season Update. He also posts the drawing results online for the convenience of hunters. While posting the results online occasionally inspires a phone call to Underwood from a frustrated hunter who sees another who has been drawn more frequently, Underwood is happy to provide this service and welcomes the opportunity to discuss the results with hunters.

Beginning with the 2011-12 season, reservation drawings are performed through the Automated License Data System (ALDS) and drawing results are still posted online, though are only viewable by the individual after logging in to ALDS.

The computerized drawing systems used for big game tags and waterfowl reservations have pre-draw and post-draw audit logs that record all the steps in the drawing and awarding of tags and reservations. We could not influence the drawing if we wanted to.

Hopefully, your luck will turn around soon, but if it doesn't, don't let that stop you. You can still hunt using the local lottery or first-come, first-served line.

Carrie Wilson is a marine biologist with the California Department of Fish and Game. While she cannot personally answer everyone's questions, she will select a few to answer each week. Please contact her at CalOutdoors@dfg.ca.gov.

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Free document shredding in Norwalk

NORWALK – Local residents can dispose of unwanted electronics and shred important documents at Norwalk City Hall on Jan. 28.

The city will properly dispose of unwanted TVs, computers, cell phones, fax machines, printers, stereos, video game systems, cables and cords, radios and microwaves.

Document shredding is free with a limit of five boxes per vehicle. Additional boxes to shred are \$5 each.

Norwalk City Hall is at 12700 Norwalk Blvd. The event is from 9 a.m. to 2 p.m.

For more information, call (562) 929-5700.

Pius X class of '62 plans reunion

DOWNEY – Pius X High School's class of 1962 has scheduled its 50-year reunion for Sept. 15 at the Embassy Suites in Downey.

A reunion committee is planning a full weekend of activities.

The committee is still searching for former classmates as well as their teachers. To help in the search, contact Lemmens Bouris at sbouris123@yahoo.com or Joyce Langsdorf at joyce.walter@verizon.net, or leave a message at (562) 862-0217.

Reunion updates are also being posted online at sites.google.com/site/piusx62reunion.

The reunion committee will meet again March 5 at Cafe Opa at 11 a.m. Former classmates are welcome to attend.



Kari Ann Johnson, community education and development representative at Downey Federal Credit Union, will wed her fiancé of two years, Aaron Michael Volen, onboard a yacht in Newport Beach on Feb. 17. Kari is originally from Aloha, Ore., and is the daughter of Robert and Fay Johnson. Aaron hails from Fullerton and is the son of Alan and Carol Volen. The couple was introduced by former DUSD assistant superintendent Stan Hanstad five years ago and have been dating ever since. Kari has worked at the credit union for the past five years and is involved with many community clubs and organizations, including Soroptimist International of Downey, the Coordinating Council and the Downey Chamber of Commerce.



Actress Laura Dickinson returns to the Downey Civic Light Opera to star in "Cole," opening Feb. 16 at the Downey Theatre. Other DCLO productions in which Dickinson has appeared include "Man of La Mancha," "42nd Street," "Dames at Sea" and "Damn Yankees." "Cole" will be presented Feb. 16 through March 4. For tickets and information call (562) 923-1714.

Tickets on sale for TLC luncheon

DOWNEY – A luncheon to benefit the Downey Unified School District's TLC Family Resource Center will be held Feb. 16 at the Rio Hondo Event Center.

Cost is \$35 with proceeds benefiting TLC, which provides a wide range of social services to children including state health insurance enrollments, Kaiser Permanente-sponsored health clinics and more.

For more information, call TLC at (562) 904-3577.

Church selling enchiladas

DOWNEY – The Moravian Church of Downey is now taking orders for their annual enchilada sale, taking place this year on Feb. 4.

Enchiladas come two to a pan; each pan is \$5 with choice of meat and cheese or cheese only. Extra large pans are \$20.

The enchiladas are ready to be heated and eaten, or frozen.

To order, call (562) 927-0718 or email office@downeymoravian.org.

Friday the 13th not unlucky for Lotto winners

■ Downey couple will use their \$2 million winnings to buy their first house; they also plan to keep their jobs.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – In this Downey family's ethos, there's no room for imagined fears or Utopian dreams. Practicality will do.

When wife Dilma A.'s \$5 Set for Life scratcher won the top prize of \$2 million (\$100,000 per year over 20 years—actually \$75,000 after taxes) on Friday the 13th, the immediate reaction was, understandably, utter shock and disbelief.

Afterwards, after the initial excitement and exhilaration over the good fortune that befell them had died down a bit, there was no immediate talk of luxuries or extravagances. The talk, more animated this time, and more confident, was of finally being able to make that down payment on a house of their own, their first, for which they've been saving up for some time now. In all likelihood, it'll be a modest one.

The husband (Hugo A.) didn't rhapsodize about getting a Jag or a Beemer. Instead they talked about being more able to provide for a really good education for their children (they have two girls, an 11-year old, and a four-year old), and secure their futures. Actually, Hugo has another daughter, Alexes, age 12, by a prior relationship; they regard her as part of their family.

After a few years, when they'll have had the chance to really organize their finances and put resources and priorities in proper order, and if their savings and investments were to prosper, they could then be in a better position to own that dream home, Dilma said. And perhaps do some real traveling: 11-year old Nathalie said she would like to go to Paris, so does the 4-year old charmer, Dahlia. And do other things, means and circumstances permitting.

It helps that Dilma and Hugo are both gainfully employed. Hugo has been with the L.A. County Fire Department for 10 years. And they're not about to give up their present jobs, either ("We love our jobs"). They said the money won would serve as a cushion. They also said they won't stop buying lottery tickets.

Their practice has been to buy lottery tickets, some \$10 to \$20 worth on average, every week, and on their paydays without fail. Dilma's favorite game is the \$5 Set for Life game, because she said it usually returned her small winnings of \$4 or \$5 or \$10 or even \$20. The game also offered a second chance opportunity online to win a prize.

Hugo usually purchases it for her at Stewart Liquor at 111122 Paramount Blvd., or wherever and whenever the chance presents itself. This has been going on for about nine or 10 months.



Dilma A. and her husband, Hugo, won \$2 million playing the Set for Life scratcher from the California Lottery. They'll receive \$100,000 per year for the next 20 years.

Friday the 13th began as usual for the Downey couple who are in their mid-30s – dropping off Nathalie at her school in the early morning and Dahlia at her grandma's place. While on his lunch break, Hugo bought a \$10 scratcher at a 7-Eleven store; it didn't win anything. After work, he picked up the kids and waited for his wife to come home. Then on to WalMart they went to buy some groceries, after which they visited Dilma's friend in Whittier, and Hugo's friend in La Mirada. Finally, on their way home, at around 10 p.m., they stopped at Stewart Liquor. Hugo bought two beers and was about to go out the door when, he said, "Something told me to buy a \$5 Set for Life scratcher" for Dilma. They were back in the confines of their rented home at around 10:15-10:30.

They were all set to kick back for the long weekend. Dilma had put the scratcher in her purse.

Upon reaching the house, they just relaxed, watched TV, hung out, with Dilma ending up reading a magazine on the bed, and the kids drifting off to their bedrooms to sleep. Thrice between 11 p.m. and midnight Hugo asked Dilma if she had scratched the ticket yet. Not really paying attention, twice she answered, "I'll scratch it later." The third time Hugo asked Dilma if she had scratched the ticket yet, it was around midnight and he was in the bathroom. Suddenly she flung the bathroom door wide open and, excitement riding her voice and written in her wide-awake eyes, she shrieked, "We won! We won!"

Hugo was dumbfounded for a moment, seeing only a half-scratched ticket and showing only the top portion of the letters "LIFE." After all, he didn't play the game, and he really didn't make

heads and tails of it. Then when she furiously, but carefully, scratched the ticket further, he was able to read "\$100K/YR for 20 years."

By golly, he said, "We really did win something big."

The first people to learn of the good news was Dilma's parents whom she had immediately phoned. They tried to wake Nathalie up, but by this time nothing in the world could have awoken her.

Hugo and Dilma then tried to go to sleep but couldn't. It was 4 a.m. when they finally drifted off to dreamland. To secure the ticket, Hugo put it in an envelope, wrapped the envelope in plastic, and put it inside his vest—which he never took off unless he had to.

At 10:30 that Saturday morning, they went to Stewart Liquor to verify if they had officially won. Sure enough, after some anxious moments due no less to the dour demeanor of the store owner, they were issued their claim ticket. "When he issued it," Hugo recalled, "and finally said to us, 'You've won \$2 million', my feelings at least were simply indescribable."

Hugo would keep that claim ticket securely in his vest all of Saturday night, all of Sunday, all of Monday, until Tuesday morning when the paperwork and the interviews with California Lottery officials in Santa Fe Springs took place. The office was closed Monday because it was the Martin Luther King Jr. holiday.

Hugo and Dilma can now only wait (happily, for sure) for that first check of \$75,000 to arrive from the California Lottery, and to wonder, in their heart of hearts, why this kind of blessing has alighted on their shoulders, and not on another family. Meanwhile, they said: "We're deeply grateful we won."

Rancho talent show takes place next month

DOWNEY – Rancho Los Amigos National Rehabilitation Center will present its 14th semi-annual performing arts show, "Love-Able," on Feb. 10 at the Barbara J. Riley Community and Senior Center.

Performances start at 6 p.m. and showcase the talents of more than 20 Rancho alumni patients who will sing, act, dancing and play music.

"Love-Able is about finding strength and encouragement from our loved ones," said Rancho CEO Jorge Orozco.

The event is free and open to the public.

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Raymundo Martinez was retired Rockwell worker

DOWNEY – Raymundo "Ray" T. Martinez, 77, born in Long Beach on Dec. 29, 1934 to Tranquilino and Lila Martinez, passed away on Jan. 22.

He was a longtime resident of Downey. He is survived by his wife of 27 years, Stella, and her children, Cindee (Brian) Beirne and John (Maria) Knysz; four granddaughters; five great-grandchildren; 10 brothers and sisters: Paulo Martinez, Benita Alvarez, Angela (Frank) Aranda, Carlos Martinez, Angel (Rosa) Martinez, Antonio (Catalina) Martinez, Mary (Ernest) Skiles, Carmen (Richard) Archuleta, Ramon (Wilma) Martinez and Rita (Manuel) Alanis; and many nieces and nephews.

He was preceded in death by his parents and a brother, David Martinez.

Raymundo and his 11 siblings graduated from Long Beach Poly High School. He served in the U.S. Army's 557th Missile Group from 1955-57 and was stationed in Germany.

Raymundo retired from Rockwell after 38 years and devoted his time as an active member of the Knights of Columbus, Knute Rockne Council No. 3697.

A visitation was held Jan. 26 at St. Raymond's Catholic Church. A funeral Mass is scheduled for Jan. 27 at 10:30 a.m. at St. Raymond's with interment to follow at All Souls Cemetery in Long Beach.

Man gets life in cold case killing

HUNTINGTON PARK – A 45-year-old man convicted of the 1987 stabbing deaths of a Huntington Park couple was ordered last week to spend the remainder of his life in prison.

Norwalk Superior Court Judge John Torribio sentenced Donald Eugene Phillips to life in prison without the possibility of parole.

Following a five-week trial, jurors deliberated just over a day before convicting Phillips on Nov. 8, 2011, of the first-degree murders of Edna and George Darrow.

Jurors found true the special circumstance allegations of murder during a robbery or attempted robbery, murder during a burglary or attempted burglary and multiple murders. Jurors also found true the allegation that Phillips used a knife to commit the crimes.

The victims, both in their 70s, were stabbed to death sometime between April 16-19, 1987.

The case was originally presented for filing considering near the time of the killings but was rejected due to insufficient evidence.

Years later, Detective Steve Davis of the Los Angeles County Sheriff's Department's Unsolved Homicide Unit – a specialized unit that takes a new look at cold cases – re-investigated the murders. That re-investigation led to criminal charges being filed at Phillips in November 2006.



Mark Whitley, president of Easter Seals Southern California, accepts a donation of \$16,500 from Steve Roberson, broker/owner of Century 21 My Real Estate.

C21 donates \$16K to Easter Seals

DOWNEY – Century 21 My Real Estate's contributions in 2011 to Easter Seals Southern California totaled \$16,500, the real estate company has announced.

Its fundraising last year marked the office's 34th year of affiliation with Easter Seals.

The donation was the result of contributions from Century 21 agents and staff, outside individual donations and an oldies concert sponsored by Century 21 My Real Estate and the Downey Chamber of Commerce.

"Our relationship with Easter Seals Southern California enables our sales associates and employees not only to give something back to the community but to also help raise awareness of this worthwhile and reputable organization," said Steve Roberson, broker/owner of Century 21 My Real Estate. "It is a great feeling to know that our contributions go directly toward helping people with disabilities achieve greater independence."

Crime Report

Friday, Jan. 20

At 2:45 p.m., officers arrested two adult males for theft after they were observed stealing three metal posts from the City's private property in the 11900 block of Woodruff. A city worker observed the theft and directed officers to their location. One of the suspects was also found to be in possession of narcotics. The stolen property was recovered.

Saturday, Jan. 21

At 2:00 a.m., officers from the Los Angeles Police Department Southeast Division stopped a vehicle in their jurisdiction that was wanted by the Downey Police Department in connection with a homicide that occurred on January 7th in the 12500 block of Old River School Road. Downey Detectives interviewed the two occupants of the vehicle and ultimately arrested both for the homicide.

At 2:45 a.m., officers from the US Customs and Border Patrol in San Diego detained 29-year-old Jose Zapata of Downey on an outstanding arrest warrant issued by the Downey Police for an attempted homicide that occurred on November 19th, 2011, in the 11400 block of Horton. Downey Detectives had identified Suspect Zapata as the shooter in this case, but he had eluded capture. Detectives took custody of Zapata and drove him to the Downey Police Station where he was booked for attempted murder.

Wednesday, Jan. 25

At 8:15 a.m., officers responded to a call of a residential burglary in progress at a vacant house in the 12000 block of Smallwood. When officers arrived, the suspects attempted to flee on foot, however, officers detained 6 juveniles, who were all truant and one adult. The investigation revealed there was no burglary at the home. The juveniles were cited for truancy and returned to school. The adult was arrested for contributing to the delinquency of a minor.

Information provided by Downey Police Department.

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OUR CLIENTS

"Caritina De La Riva did an awesome job!" – Claudia Rivas
"Lorena Amaya & Lilian Lopez did a good job!" – Rochelle Borge
"Carlos Salguero & Maria Zuloaga did a good job and were in constant contact!" – Norman Salguero

FEATURED PROPERTY

JUST LISTED
Bring Your Tools!
This cute 3 bedroom, 1 bathroom property needs some work but has great potential. The home is located in a desirable area and is close to freeways, transportation and shopping. This is a great opportunity to break into the housing market. Best of all it is priced at an amazing \$216,000.

TOP PRODUCERS

TOP LISTING Noha El Shahed
TOP PRODUCTION Rowena Dominguez
TOP SALES Mario Acevedo

Another Satisfied Client!
This 3 bedroom, 2 bathroom pool home features 1828 sq.ft. of living space and sits on a 6325 sq.ft. lot. It also features central air and heat, a water softener and a fireplace in the living room. This property is close to freeways, shopping and a park. Ready to sell at \$339,000.

Fantastic Northeast Downey Home!
This beautiful home features 3 bedrooms and 2 bathrooms with a large master bedroom. It has 1,180 sq.ft. of living space and is located on a large 8,032 lot. This property backs up to Wilderness Park and is perfect for entertaining. This is a must see at \$395,000.

Excellent West Downey Home
This is a very clean property! This cute and cozy Downey home features a formal dining room for entertaining, fresh interior paint and central air & heat. The updated bathroom has a separate shower and tub. This home also includes copper plumbing, new carpet in the bedrooms and dual pane windows. Priced to sell at \$329,000.

Downey Delight
This is a nice home located in North Downey. It features 3 bedrooms, 3 bathrooms and formal dining room with french doors leading to the large backyard with a pool. This property has had some recent remodeling done and is turnkey. Priced to sell at \$405,000.

Spectacular!
This spacious condo features 2 large bedrooms with plantation shutters, 1 full bath and 1 half bath with granite counter tops. This property also has a comfortable living room and a light filled kitchen with an attached private patio. This is a must see at \$415,000.

A Must See!
You don't want to miss this one. This home has 3 bedrooms, 2 bathrooms, hardwood floors and a cozy brick fireplace in the living room. This property also features a large backyard with fruit trees. This is a must see at \$300,000.

Downey Charmer
This is an adorable North Downey home! The property features 3 bedrooms, 2 bathrooms, 1700 sq.ft of living space, and a large family room. Relax by the fireplace in the formal living room or step outside and enjoy it's nearly 6000 sq.ft. lot. Put this one at the top of your list because it's priced to sell at \$395,000.

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<p>CUTE AS A BUTTON 1 BD, 1 BA, manufactured home, Senior Park 55+ ONLY \$12,000 Call Carrie Uva 562-382-1252</p>	<p>VACANT LOT IN DOWNEY 10,000 sq. ft. lot, zone mixed use. \$495,000 Marie Picarelli 562-618-0033</p>	<p>GREAT VALUE! 3 BD, 2 BA, 1583 sq. ft., 6280 lot, great price \$349,000 STANDARD SALE IN DOWNEY Call Mario For more details 562-533-7433</p>
<p>THE PRICE IS RIGHT! 3 BD, 1 BA, Whittier home w/ lots of room to entertain! \$269,900 Call Carrie Uva 562-382-1252</p>	<p>DOWNEY ORANGE ESTATES! 3 BD, 2 BA. NOW TAKING LISTINGS!!! Marie Picarelli 562-618-0033</p>	<p>NEW DOWNEY LISTING 4 BD, 4 BA, approx. 3200 sq. ft. 8359 sq. ft. lot great location Priced at: \$575,000 STANDARD SALE IN DOWNEY Call Mario For more details 562-533-7433</p>
<p>LOTS OF EXTRA'S 4 BD, 2 BA home with large living room in Garden Grove. Priced at: \$325,000 Call Carrie Uva 562-382-1252</p>	<p>INVESTMENT OPPORTUNITY Duplex in South Gate. Priced at: \$299,900 Call Julio Garcia (562) 533-3359</p>	<p>A MUST SEE! 3 BD, 2 BA, nearly 1,800 sq. ft. large den. Priced at: \$419,000 STANDARD SALE IN DOWNEY Call Mario For more details 562-533-7433</p>
<p>VALUE PLUS! Whittier home with 4 BD, 2 BA, living room, 1,380 sq. ft. \$299,900 Call Carrie Uva 562-382-1252</p>	<p>GREAT NEIGHBORHOOD 3 BD, 1 1/2 BA, living room w/fireplace, 5,497 sq. ft., double det. garage. Priced at: \$430,000 Call Gabriel Reyes (562) 904-3131</p>	<p>7220 HANNON ST., DOWNEY 3 BD, 3 BA, 1,886 sq. ft. on a 6,185 sq. ft. lot. STANDARD SALE IN! LET MARIO DO IT FOR YOU TOO! SOLD! SOLD! SOLD!</p>
<p>Now Taking Listings! Learn How to Sell Your Home Today! Call Carrie today for a confidential appointment!</p>	<p>Thinking about a career in Real Estate? CLASSES START NOW! COMPLETE IN ONLY 8 WEEKS! ALL 3 COURSES JUST \$299 CALL TODAY!!! 562-861-7257</p>	<p>AND HE DID IT AGAIN... SOLD 7833 LUXOR, DOWNEY 4 BD, 3 BA, 2259 sq. ft. 6656 lot and pool. Standard Sale! LET MARIO DO IT FOR YOU TOO! SOLD! SOLD! SOLD!</p>

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<p>Home Sweet Home! 3 BD, 1.5 BA in NE Downey with large living room & family room. Home has a great backyard w/large patio. Priced at: \$429,950</p>	<p>OPEN HOUSE Great Location! 4 BD, 3 BA, 2,261 sq. ft. on a 10,376 sq. ft. lot, drive-thru 2 car garage and detached bonus & storage room. Priced at: \$525,000</p>	<p>REDUCED! Don't Judge a Book By it's Cover! 2 BD, 1 BA, large open-beamed den, and pool. Priced at: \$239,900</p>
<p>Custom Built Beauty! 5 BD, 4.5 BA, vaulted ceilings, 3 bedrooms w/ private bathrooms including a downstairs master suite, built in 2004 Priced at: \$710,000</p>	<p>A Sweet Deal! 3 BD, 1 BA, 1,426 sq. ft., 11,026 sq. ft. lot remodeled kitchen & bathrooms, open floorplan, large patio/fountain in backyard. Priced at: \$350,000</p>	<p>IN ESCROW! Fixer Upper on Large Lot! 3 BD, 2 BA, 1,565 sq. ft., on a 11,244 sq. ft. lot in North Downey near Gallatin Elementary. Priced at: \$375,000</p>

QR Code



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Firefighters train at All-American Home Center

The Downey Fire Department recently conducted training at the empty All American Home Center. Fire crews trained in forcible entry, search and rescue of trapped persons, and breaching floors to rescue trapped persons below, said fire inspector Jason Patao.

"Owners of the property generously allowed access just prior to demolition," fire inspector Jason Patao said.

Photos by Dr. Max Nguyen Digital Photography






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