

The Downey Patriot



**Celebrating
Breast Cancer
Awareness Month**



**Candidates
raise money
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**Symphony
concert
See Page 4**

Thursday, October 11, 2012

Vol. 11 No. 26

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

BREAST CANCER AWARENESS

New, improved treatments are helping persons with breast cancer live longer than ever before. However, even with treatment, breast cancer can spread to other parts of the body. Sometimes, cancer returns even after the entire tumor is removed and nearby lymph nodes are found to be cancer-free.

How well you do after being treated for breast cancer depends on many things. The more advanced your cancer, the poorer the outcome. Other factors used to determine the risk for recurrence and the likelihood of successful treatment include:

- Location of the tumor and how far it has spread
- Whether the tumor is hormone receptor-positive or -negative
- Tumor markers, such as HER2
- Gene expression
- Tumor size and shape
- Rate of cell division or how quickly the tumor is growing
- After considering all of the above, your doctor can discuss your risk of having a recurrence of breast cancer.

You may experience side effects or complications from cancer treatment. For example, radiation therapy may cause temporary swelling of the breast (lymphedema), and aches and pains around the area.

Lymphedema may start 6 to 8 weeks after surgery or after radiation treatment for cancer.

It can also start very slowly after your cancer treatment is over. You may not notice symptoms until 18 to 24 months after treatment. Sometimes it can take years to develop.

Ask your doctor about the side effects you may have during treatment.

Contact your health care provider for an appointment if:

- You have a breast or armpit lump
 - You have nipple discharge
- Also call your health care provider if you develop symptoms after being treated for breast cancer, such as:

- Nipple discharge
- Rash on the breast
- New lumps in the breast
- Swelling in the area
- Pain, especially chest pain, abdominal pain, or bone pain

Tamoxifen is approved for breast cancer prevention in women aged 35 and older who are at high risk. Discuss this with your doctor.

Women at very high risk for breast cancer may consider preventive (prophylactic) mastectomy. This is the surgical removal of the breasts before breast cancer is ever diagnosed. Possible candidates include:

- Women who have already had one breast removed due to cancer
- Women with a strong family history of breast cancer

Your doctor may do a total mastectomy to reduce your risk of breast cancer. This may reduce, but does not eliminate the risk of breast cancer.

There is still little agreement about whether lifestyle changes can prevent breast cancer. The best advice is to eat a well-balanced diet and avoid focusing on one "cancer-fighting" food.

Information provided by the National Center for Biotechnology Information, U.S. National Library of Medicine



Photo courtesy Downey Civic Light Opera

It's crazy not to be 'Crazy for You'

• Gershwin musical may be the best musical ever produced by the DCLO.

By Lawrence Christon
Contributor

DOWNEY – There are a lot of reasons to catch this final weekend of the Downey Civic Light Opera's production of "Crazy for You," not least of which is that it may well be the best production the DCLO has ever mounted. It's big and bright in the old Broadway tradition, including pretty in pink showgirls with legs up to here. It comes at you with a breezy charm that doesn't take itself too seriously. It's tightly directed by Marsha Moode, and it beams with confident skill from its principal actors, dancers and musicians. But mainly it's an excuse to revel in the music and lyrics of George and Ira Gershwin.

Any excuse will do. "Crazy for You," loosely based on the Gershwin's 1930 musical, "Girl Crazy," was written by Ken Ludwig for a 1992 Broadway production that won a slew of awards (including a Tony for best Musical) in New York and London. The plot is faintly ridiculous in the Let's-Put-On-A-Show tradition made famous by "42nd Street," Mickey and Judy and Gene and Cyd in the movie "Summer Stock," and in the grittier backstage, or pre-stage classic, "A Chorus Line."

In it, Bobby Childs is the scion of a wealthy New York banking family but would rather be a hooper, principally for the Hungarian-born impresario Bella Zangler. Bobby has a vamp-ish fiancée, Irene, who knows a good thing when she sees it and oozes with soignée persistence. When Bobby's mother presses a foreclosure deed into his hands (isn't that what banks do? we think), he high-

tails it out to Nevada to shut down the Deadrock Hotel and its unused theater. There he meets and falls in love with the feisty young Polly, who hates him on sight but is tricked by his disguise as Zangler, eager to revive the theater. The real Zangler shows up. So does Irene. So does Mother. Uh-oh. You get the idea.

Of that Broadway opening, the New York Times' Frank Rich wrote, "... 'Crazy for You' uncorked the American musical's classic blend of music, laughter, dancing sentiment and showmanship with a freshness and confidence rarely seen in the 'Cats' decade... it scrapes away decades of cabaret and jazz and variety show interpretations to reclaim the Gershwin's standards, in all their glorious youth, for the dynamism of the stage."

Those standards include "Someone to Watch Over Me," "I Got Rhythm," "The Real American Folk Song (Is a Rag)," "But Not For Me," and "Nice Work If You Can Get It." Listening to them, you marvel at their compositional skill, their brio, their romanticism, their catchy rhythms, their artful life.

You can't help feeling the loss of that prodigious, evocative skill. New musicals, like "The Book of Mormon," keep cropping up to good notices and popular appeal, but you never hear about the songs. The same with Disney musicals, or the blimpy Andrew Lloyd Webber extravaganzas. With few exceptions, like "Hair" and The Who's "Tommy," the rock musical is too tyrannized by the rock beat to allow for a large and subtle range of character and emotional expression.

But it isn't just craft you miss, which the Gershwin's were far from alone in exhibiting, when you consider Irving Berlin, Cole Porter, Harold Arlen, Yip Harburg,

Lorenz Hart, Frank Loesser and Rodgers & Hammerstein, among other great songsmiths. It's the robust cheer of a lost America.

The Gershwins and Berlins were Jews and Eastern Europeans who, along with Irish, Italians, Germans and other continentals, fled pogroms, oppression and brutal poverty to arrive in a new world which had recently lost a generation of young men in fratricidal Civil War and was eager to rebuild. In America, they found pizzazz, unheard-of freedoms, humor, a forward-looking people. The Jews especially, mindful of language, fell in love with the catchy American vernacular. They found traditional American music, like that of Stephen Foster, roiled by the black music of gospel, bodegas, and harmonies and rhythms reaching back to Africa. The Gershwins, and other young songwriters working in close proximity, were so eager to get it all down, that they typed and played away with a racket that earned West 28th Street the nickname Tin Pan Alley.

That spirit buoyed the country through two world wars and the Great Depression, where 25% of Americans were out of work and there were virtually no social safety nets. George Gershwin died in 1938, but the healthy musical tradition survived through the '50s, crested in the big babe musicals of the '60s ("Hello, Dolly!" "Mame"), then hit a cul-de-sac in the rueful, hard-eyed musicals of Stephen Sondheim. The thrill was gone.

What happened? Irony happened. Anxiety and alienation happened. In 1976 the movie "Network" told us that the country was still great but the individual was finished. What happened, I think, was that the pace of life sped up to where we lost control and spent all our energies coping with the clamorous rapidity of change to where,

in Yeats' endlessly recycled words, "the worst are full of passionate intensity and the best lack all conviction." We lost our illusions and found, too late, that there was nothing to replace their comforts and pleasures. We turned to movies and then TV as outsiders looking in on surrogate lives. What else could explain the Kardashians?

I think the evocation of that old innocence is what the original producers of "Crazy for You" were banking on, and it worked. Why not? Despite pre-nups and no-fault, don't a lot of people still claim "Our Love is Here to Stay" as a truism?

It works too with this DCLO production. It helps that the two stars, Mischi Schueller and Andrea Dodson as Bobby and Polly, are limber, expressive performers with terrific voices, and that William T. Lewis, Charlotte Carpenter, Heather Blades and Paul Preston lend excellent support. The DCLO has become more of a repertory company over time, and the ease of performers working together shows. Surer choreography shows too (a couple of the dancers have been working in Vegas). And Eddie Clements' pit orchestra has an ear for the sexy swank that often characterizes the Gershwin style.

A disclaimer: I've written DCLO program notes for many years, and before that was a theater critic for the *Los Angeles Times* and *Variety*. The late Kenneth Tynan used to say that it was sheer drudgery to have to write about anything that wasn't brilliantly good or appallingly bad. He could have added that trash piles up faster then you can dispense with it.

But I can't help getting up to praise this DCLO production. One way or another, it'll give you an emotion.

Council could get final say on going county

• Ballot measure seeks to take decision on county police, fire contract out of the hands of voters.

By Eric Pierce
Editor

DOWNEY – A former Downey city worker has filed preliminary paperwork for a ballot initiative that, if approved, would allow the City Council to contract police and fire services with L.A. County without voter approval.

Sheila Pautsch, a former recreation manager now working for South Pasadena, filed the paperwork with the Downey city clerk and city attorney on Sept. 18. The ballot measure seeks to eliminate the Downey charter amendment that requires 2/3 voter approval before the city can contract with any local agency for police and fire services.

In light of budget cuts that took a fire engine out of service July 1, the union representing Downey firefighters has been lobbying the City Council to consider contracting with L.A. County Fire. A study is currently underway to determine the feasibility of L.A. County fire protection services in Downey.

The proposed ballot measure would allow the City Council to decide on its own whether to fold the police and fire departments and contract with L.A. County.

The Downey fire union has endorsed Salvador Franco and Luis Marquez for Downey City Council.

"This should be extremely concerning for all Downey residents. There is no logical reason why the citizens of Downey should not have a say in such an important matter since we the residents are the stakeholders," said Councilman Mario Guerra, who has been outspoken in his desire to keep the Downey Fire Department intact. "This matter shows why the upcoming election is so important. If the fire union gets their way, and the candidate they are pushing and supporting, Salvador Franco is elected, this initiative could become a reality and Downey residents could lose a tremendous right to vote which I believe is the basis of our democracy."

If the Downey City Council declines to put the charter amendment on the ballot, the fire union would need to gather about 7,350 signatures to put the proposal to a vote (15 percent of about 49,000 registered voters). In either case, a special election would cost the city about \$100,000, officials said.

"To contract out to Sheriff or county fire goes against the basic DNA of our community and our fundamental right as citizen to vote

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Police collect 300 pounds of medicine

DOWNEY – Nearly 300 pounds of prescription drugs were collected at a drug take-back event Sept. 29 outside the Downey Police Department.

Downey Police, with help from the DEA, collected the expired, unused or unwanted prescription drugs – along with many potentially dangerous syringes – for proper disposal.

“This program addresses a vital public safety and public health issue,” Downey officials said in a statement. “Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.”

According to a 2009 survey, more Americans abuse prescription drugs than the number of those using cocaine, hallucinogens and heroin combined. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from home medicine cabinets.

Another take-back event is being planned for next year.

For more information on how to properly dispose of prescription medicine, go to fda.gov or call (800) 882-9539.

COUNTY

continued from page 1

on such an important matter, as mandated in the 1998 amendment passed by 85% of our residents,” Guerra said. “This is an overt attempt by special interest groups to supersede the will of the voters and push through such a tremendous responsibility on a city council which would only need three votes to pass. This is disingenuous at best.”

Mayor Roger Brossmer said he would not support the proposed charter amendment.

Marquez didn’t directly address the ballot initiative but said he supports keeping the Downey Fire Department.

“What makes Downey unique is having our own police and fire departments, that’s what makes Downey a special place,” Marquez said. “I will do everything possible to maintain our fire department. The safety net of our residents is the No. 1 priority for us.”

“What is put on the ballot is something that would have to be decided by the voters,” he added.

With Election Day less than a month away, Guerra urged residents to make informed choices.

“It is important that our residents be informed about our current public safety and the ramifications this amendment would have. This is why the upcoming election is so important,” Guerra said. “I hope the residents of Downey study the candidates and vote for who they believe will best represent the residents of our city and not outside special interest groups.”

“I will continue to make sure we have the best public safety we can and deserve. I think our police and fire departments do an amazing job and I will do everything I can to make sure they are kept local. I do not and will not support taking our citizens’ rights away to vote for this vital service and I hope everyone asks all the candidates their position on this.”



Salvador Franco, Alex Saab, Gabriel Orozco and Michael Murray (pictured above from left) filed financial statements with the city clerk last week. Not pictured are Luis Marquez, Mark Vasquez and Ricardo Perez, who did not file statements by the Oct. 5 deadline.

Franco, Saab lead in fundraising

• Salvador Franco pulled in the most money, but Alex Saab appears to have strong support from Downey community.

By Eric Pierce
Editor

DOWNEY – Former Bell Gardens councilman Salvador Franco leads all Downey City Council candidates in money raised, collecting more than \$31,000, according to paperwork filed with the city clerk’s office last Friday.

Financial statements were due at the city clerk’s office by Oct. 5 and list contributions received by local candidates through Sept. 30.

Financial statements are public record and can offer insight into how candidates are collecting and spending money, and how their campaigns are being bankrolled.

Franco and Alex Saab each collected sizable amounts of money, though their sources were markedly different.

Franco pulled in \$31,574, including a \$10,000 loan he made to himself.

The majority of Franco’s contributions came from outside Downey, including \$1,000 from Alvarez-Glasman & Colvin, a law firm based in City of Industry; \$1,500 from Oscar Mendoza, CEO of Granada Hills-based construction firm Menco; and \$1,000 from the Laborer’s Local 300 union.

Franco received local support from Downey-based Eel Management (\$1,500); Leonardo Lopez, restaurant manager for Leonardo’s (\$500); Horacio Ortiz, owner of El Pescador restaurants (\$300); and Clear LLC America’s Bankcard Alliance (\$150).

In contrast, the \$27,061 taken in

by Saab came from mostly Downey residents and business owners.

Notable contributors to Saab’s campaign include former L.A. County district attorney candidate Mario Trujillo (\$1,000); former mayor Kirk Cartozian (\$1,000); Rick Rodriguez, owner of RMI International, the security firm that patrols Downtown Downey (\$1,000); Tim Hutcherson, general manager of Downey Nissan (\$1,000); and Jerry Andrews of Andrews Rancho (\$1,100).

Saab also received a \$1,500 contribution from the Associated General Contractors PAC based in Sacramento.

Meanwhile, Gabriel Orozco reported receiving just \$525, including \$500 from Orozco Family Daycare, the daycare facility owned and operated by his mother.

A fourth candidate for District 5, Ricardo Perez, did not file cam-

aign statements.

In District 1 (south Downey), used car dealer Michael Murray raised \$8,190, including a \$3,000 loan he made to himself.

Most other contributions appeared to have come from local residents and business owners, including \$1,490 from property manager Ron Kolar and \$500 from Jose Bourdaa, owner of Premium Truck and Auto Sales in Downey.

Like Saab, Murray also received money from the Associated General Contractors PAC (\$1,000).

Two other District 1 candidates, Luis Marquez and Mark Vasquez, did not file financial statements by the deadline, said City Clerk Adria Jimenez.

Mayor Roger Brossmer, who is running unopposed in District 3, raised no money and reported a cash balance of \$944.30.

CONGRESS HAS FAILED!
ELECT A
NEW CONGRESSMAN.
DAVID SANCHEZ
FOR CONGRESS 2012
Dr. SANCHEZ TEACHER & ACADEMIC
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SUPPORT our TROOPS
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DEMOCRAT 4 CHANGE-VOTE! TUES. NOV. 6
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A TRUE REFORMER.

“She’s not just talk—this woman is an effective, proven reformer.”

Gil Jara, President, Bell Police Officers’ Association

There is only one candidate for Assembly with the courage and intelligence to clean up the mess in Sacramento—

Educator/Math Teacher Cristina Garcia.

Endorsed by Law Enforcement



Cristina Garcia stood side-by-side with police officers to weed out corruption and rescue public safety in the City of Bell.

*Gil Jara, President
The Bell Police Officers’ Association*



“There were lots of people who wanted to fix the mess in Bell, but Cristina had the knowledge and the courage to make it happen. She’s a hero to the working people of Bell.”

—Juan Martinez, Bell Resident

CALIFORNIA FORWARD
Forward Thinkers Award

For her work cleaning up public corruption, the non-partisan group CA Forward named educator/math teacher Cristina Garcia one of California’s Forward Thinkers.

Cristina GARCIA

FOR STATE ASSEMBLY

CristinaGarcia2012.com

GARCIA FOR ASSEMBLY 2012 P.O. Box 2478, Bell Gardens, CA 90202 FPPC #1343925

Paid Political Advertisement



Downey Police to mark third-row seats

DOWNEY – As thieves continue to target SUV third-row seats, Downey Police will again conduct its “Save our Seats” campaign, etching license plate numbers onto third-row seat frames at no charge.

The etchings are done in an inconspicuous place and are not visible without looking underneath the seat. The etchings help law enforcement return the seats to their rightful owners if they are recovered by police.

Police will do the etchings Nov. 2 in the police station’s west parking lot. The “Save our Seats” campaign specifically targets newer model Chevy Tahoes, GMC Yukons and Cadillac Escalades but all vehicles with removable third-row seats can attend.

The etching process takes about 15-20 minutes per vehicle. Drivers should have their seat unhooked, which will expedite the process.

Vehicle owners planning to attend should RSVP by contacting Detective Roberts at (562) 904-2334 or eroberts@downeyca.org. RSVP is not a requirement but will help police properly staff the event.

Mulch giveaway this Saturday

DOWNEY – CalMet Services, the city’s waste hauler, will be giving away mulch this Saturday from 9 a.m. to noon outside City Hall.

Downey residents can receive up to 32 gallons of free mulch but must bring their own containers.

Residents must be in a car and should enter the City Hall west parking lot through Civic Center Drive.

For more information, call CalMet at (562) 259-1239, ext. 7.

Space center hosting Halloween fun

DOWNEY – The Columbia Memorial Space Center is hosting its second annual Spooky Science Night on Oct. 26 and Oct. 27.

Participants should come dressed in Halloween costumes and enjoy a night filled with space science activities suitable for the entire family.

Activities include a dark maze, super slime station, robotics lab, star gazing (weather permitting) and more.

Admission is \$5 per person, free for space center members.

Poetry reading next Thursday

DOWNEY – Fans of science fiction and horror are invited to the Third Thursday Poetry Reading sponsored by the Downey Arts Coalition and hosted by Mari’s Wine Bar.

The group gathers before 8 p.m. for an open mike reading of poems by anyone who volunteers to share their own poetry.

On Oct. 18, featured poet Kendall Evans will read from his prize-winning long science fiction poems about “The Tin Man” and “In the Astronaut Asylum’s Shadows.”

Hanging on the walls will be black and white photography featuring the work of local artists.

Admission is free. Mari’s Wine Bar is at 8222 Firestone Blvd.



From left: conductor Sharon Lavery, Mayor Roger Brossmer and Woman’s Club president Cheryl Olson.

Mayor, conductor speak to Woman’s Club

DOWNEY – Cindy Kovak, Marie Bernal and Irma Gallo were installed as new members of the Woman’s Club of Downey on Oct. 3 at the Clubhouse.

Kovak is a branch manager at U.S. Bank in Downey while Gallo is with Friends of the Downey City Library. Bernal is retired.

The meeting included comments from Mayor Roger Brossmer and a presentation by Sharon Lavery, music director of the Downey Symphony.

“It pleased me so much to have our mayor recognize the hard and good work we do,” said Jean Barrera, member of the Woman’s Club.

Lavery gave a PowerPoint presentation and offered a lesson in conducting.

“I never knew how much was involved in conducting and the lesson was fun,” said Marie Augimeri, a Woman’s Club board member and curator. “I had such a wonderful time.”

The club’s next meeting is Nov. 7 at 5 p.m. Carpools are available for residents who don’t drive at night.

For more information, call Jean Barrera at (562) 861-1114.

Funeral held for Edith Hall

DOWNEY – A celebration of the life of Edith Arlene Hall, wife of Downey Rotarian Francis (Frank) Hall, was held on Sept. 29 with a funeral Mass at St. Raymond’s Catholic Church.


Born on Sept. 24, 1924 of Belgian immigrant parents in Cloverdale, Ohio, she passed away on Sept. 25, the day after her 88th birthday, from complications of Parkinson’s disease. She had resided in Downey with her family since 1959.

Orphaned at an early age, she graduated from business school where she specialized in secretarial skills, and was employed during the ‘40s and ‘50s at Southern California Gas Company where she met Frank. They married in 1956.

She is survived by Frank; her three daughters, Susan (Rafael) Iglesias, Janet (Thomas) Thompson, and Laura McMillen; and six grandchildren, Rachel, Thomas, West, Andrew, Travis, and Jourdan.

Donations in her name may be made to St. Raymond Parish for their support of an orphanage in Tijuana.

In Memory of
Mark Jon Guastella



Mark Jon Guastella, age 53, of Downey, California, passed away on Wednesday, October 3, 2012. Mark is survived by his loving wife Elizabeth Guastella, daughter Madison Guastella, sons Matthew and Mitchell Guastella. Mark has three siblings, Michael Guastella, Marilyn Klunder, and Anthony Guastella. Mark graduated from Warren High School, Downey in 1977 where he lettered in basketball all three years. After high school, Mark pursued his X-Ray Technologist degree at Cypress College and started his career in June, 1980 in the radiology department of Kaiser Hospital, Bellflower. Mark had a passion for patient care and loved the camaraderie of the physicians, nurses, technologists, and staff at the hospital. As a result, Mark remained at Kaiser for his entire career and distinguished himself by rising to the position of lead technologist. Also, Mark was awarded the “Brightest Star Award for Kaiser Permanente” in 2011 for his outstanding service to the hospital. Mark loved all sports and was an active member of the Los Coyotes Country Club where he pursued his passion for both golf and for being with his golf buddies. Also, Mark was an avid softball player and enjoyed boating and waterskiing at the Colorado River with his family and friends. Vigil services will be held on Friday, October 12th at 5:00 pm at Our Lady of Perpetual Help Catholic Church, 10727 S Downey Ave. Downey, CA 90241 with funeral mass held at 8:00 am on Saturday October 13th at the church. Arrangements are being made through Downey Zrelak Family Mortuary; 10229 Paramount Blvd, Downey, CA 90241.



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27th ANNUAL DOWNEY MAYOR’S PRAYER BREAKFAST

THURSDAY, NOVEMBER 8, 2012

6:30am - 8:30am

**RIO HONDO EVENT CENTER,
10627 OLD RIVER SCHOOL ROAD, DOWNEY**



Dave Hill was raised in Placentia, California, the oldest child and only son of Raleigh and Gloria Hill. He graduated from El Dorado High School, and immediately entered the North Orange County Police Reserve Academy at Fullerton College in order to pursue his life-long goal of becoming a police officer.

A year and a half later, Dave graduated with Class #75 of the Regular Basic Academy at the Criminal Justice Training Center at Golden West College. Now in his 29th year as a law enforcement professional, Dave serves as the lieutenant who oversees the Day Watch in OPD’s Field Services Division. His

ancillary responsibilities include the FTO Program, Police Chaplain Team, Corporals, and Police Explorer Post #266. Dave holds a Bachelor of Science degree in Organizational leadership from Biola University, and he is a graduate of POST Command College, Class #51.

Away from the workplace, Dave is a voracious reader, frustrated golfer, and professional voiceover artist whose clients include Apple, Inc. and Ford. As an amateur stage performer in 2003, he played “Daddy Warbucks” in a production of “Annie!” at the Carpenter Performing Arts Center in Long Beach. Dave and his wife Lisa have been married for 22 years, and they are the proud parents of two wonderful daughters, Maddie and Megan, who are Seniors at El Dorado.

- - - CUT HERE - - -
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FOR INFORMATION CALL: James – (562) 310-1335

Rachmaninoff composition highlights symphony concert

DOWNEY – Fact: About 100 years ago, a Russian named Sergei Rachmaninoff composed tons of fabulous music.

Fact: Mr. Rachmaninoff had huge hands and played a mean piano.

Fact: One of his compositions, the Concerto for Piano and Orchestra No. 3, is probably the toughest thing written for concert pianists ever. Toughest...ever.

Fact: This Russian bear of a piece will be wrestled publicly by a very brave man on the stage of our Downey Theatre Saturday evening, Oct. 20.

Fact: Very Brave Man's name is Keenan Reesor.

Fact: You can be there to watch, listen and cheer.

Of course, Keenan Reesor has a good support team lined up. That's the Downey Symphony Orchestra, under Music Director Sharon Lavery. She reports that USC held a piano competition not long ago in which every entrant was required to play the Rachmaninoff 3rd. How many pianists entered the competition? Eighty-one. Who came in first? Our man Keenan Reesor. "He is phenomenal," Lavery says, and the statistics bear (ha ha) that out.

This concert begins at 8 p.m. with the premiere performance of an overture by Joshua Roach (more about him next week) and Bizet's L'Arlesienne Suite. Sharon Lavery gives a preview talk at 7:15, the Symphony Guild offers refreshments in the theater patio at intermission, and Downey's Princesses will escort concert-goers to their seats.

To reserve your tickets, call or visit the theater box office Tuesdays through Fridays between 11 a.m. and 5 p.m., or check out website, downeysymphony.org.

Tickets are \$30 and \$35, \$10 with student ID, the theater is at 8435 Firestone Blvd., and though I cannot answer your burning question, "Are Keenan Reesor's hands huge enough," if you're laying bets on the wrestling match, go with the guy. Shoo-in.

–Joyce Sherwin, Downey Symphony



Downey resident Delfina "Fina" Cazares celebrated her 100th birthday on Sept. 27 with family. A Downey resident for more than 25 years, she has six children (outlived three), 28 grandchildren, 46 great-grandchildren and 50 great-great-grandchildren. Her youngest living child is 72 and the others are in their 80s.

'Return to the Moon' at space center

DOWNEY – The Columbia Memorial Space Center is offering another Challenger Learning Center mission this month, "Return to the Moon," which will be open Saturday from 1-3 p.m.

Missions are for kids ages 10 and up (children under 16 must be accompanied by a paying adult). Cost is \$10 per person or free for space center members.

Each mission requires a minimum 16 participants and maximum of 30 people. Prepayment is required.

For more information, go online to columbiaspacecenter.org or call (562) 231-1200.

Golf tournament to benefit Arc

DOWNEY – The Rotary Club of Downey is hosting a charity golf tournament to benefit The Arc – Los Angeles & Orange Counties on Nov. 2 at the Rio Hondo Golf Club.

Cost is \$150 per golfer with a scramble format.

Sponsorships are also available and range in price from \$150 to \$2,000.

Check-in starts at 10 a.m. and concludes with an awards dinner at 5:30 p.m. For information and reservations, call Kevin MacDonald at (562) 803-4606, ext. 223.

Reservations are due by Oct. 26

5 Freeway to close overnight next week

NORWALK – The 5 Freeway will be completely closed intermittently for several minutes next week as Southern California Edison crosses power lines over the freeway between Valley View and Rosecrans avenues.

The closures will take place between 1-4 a.m. Oct. 16-19 and between 3-6 a.m. on Oct. 21.

Edison is completing the electrical work as part of a Caltrans project to widen the 5 Freeway between Norwalk and the Orange County line. Caltrans is adding two lanes in each direction, including an HOV lane.

The California Highway Patrol will conduct three or four traffic breaks per night in each direction as Edison hangs the electrical lines across the freeway. Northbound drivers can exit at Valley View Avenue and southbound motorists can exit at Rosecrans.

The Alondra Boulevard on-ramp will be completely closed.

The freeway closures may be cancelled due to bad weather.



Bob Ciatti, owner of Efficient Lighting and Electric, was recently awarded the "Excellence in Business Award" for one of his three offices in the city of Bellflower. Gilbert Alarcon of Avenue Press received the same award for his Downey business. The award ceremony was put on by Assemblyman Ricardo Lara and held in the corporate offices ballroom at the Citadel Outlets. More than 150 people attended.

Hometown Hardware exec to speak

DOWNEY – Ray Brown, one of three senior executives at Hometown Hardware and Garden, will be guest speaker when the OLPH Women's Guild meets Wednesday at 10 a.m. in the OLPH School auditorium.

Women who attend the meeting are asked to bring cans of tuna, which will be donated to Skid Row.

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Letters to the Editor:

Class reunion

Dear Editor:
 Reunions are special. On Oct. 13, the Downey High class of 1957 will be having their 55-year reunion at the Rio Hondo Event Center.
 On Friday night at the Embassy Suites, there will be a gathering of classmates and friends to celebrate the "Viking Sports Reunion," which was started in 1985. The main purpose was to remember the Viking spirit that we have and the great memories of going to Downey High.
 A special event happened in 1956, the CIF football championship game played between Downey and Anaheim that ended in a 13-13 tie before 41,000 people at the Los Angeles Coliseum. A night to remember.
Lash Stevenson
Downey High School class of 1957

Stauffer Elementary?

Dear Editor:
 I echo Ms. Derryberry comments regarding the Downey Unified School District and the lack of recognition of Mr. DiLoreto ("DUSD Public Servants," Letters to the Editor, 10/4/12).
 While it may be too late to do anything to honor Mr. DiLoreto, I think that the Downey Unified School District has a great opportunity to recognize the philanthropic efforts of a great pillar of Downey society, Dr. Mary Stauffer, by naming a school after her. To make it even more meaningful it would be great if it would be done while she is still with us.
 The generosity of Dr. Mary Stauffer and her Stauffer Foundation is well documented. She starts by recognizing the children of elementary and middle school by selecting the top students who then compete for the honor of being named a Stauffer scholar and receiving a \$500 grant. All the students that are selected to participate also received a grant of \$100 each. This has been done for many years.
 At the high school level Dr. Stauffer honors the juniors who have achieved a 4.0 GPA with the Junior 4.0 Stauffer Award of \$100 each. There is also a similar award for high achieving athletes and I witnessed this as recently as two weeks ago during a football game at Warren High where scholar athletes were recognized and were given scholarships by Dr. Stauffer.
 The scholarship award ceremony for graduating seniors this year showed Dr. Stauffer giving a grant of \$2,000 to each of 40 graduating seniors of Warren High and 40 graduating seniors of Downey High so that they can continue their education in a community college. Do the math and you can appreciate Dr. Stauffer's generosity.
 Dr. Stauffer actively supports engineering training at the high schools through the Project Lead the Way which prepares engineering students for admissions and graduation in four years at Cal Poly Pomona.
 She has donated computer labs for middle schools, specialized expensive 3D printers for high school and many other projects too numerous to name. She supports music education by funding concerts for the children and is a big contributor to the programs of the Space Center. Just a few weeks ago, there was a Sunday of free admission at the Space Center funded by the Stauffer Foundation.
 She supports exposing children to the theater by donating tickets to middle school students to performances by the Downey Civic Light Opera.
 I urge individuals more knowledgeable than me about Dr. Stauffer philanthropic activities to come forward and enumerate them and to show support for the idea of naming a Downey school after Dr. Mary Stauffer.
 The Rotary Club and the Assistance League of Downey of which she is a member and to which she has contributed so much would also do well in supporting this idea.
 Hopefully Councilman Mario Guerra and Mayor Roger Brossmer, who know Dr. Stauffer well through their Rotary membership, will support this motion and get the City Council behind this idea.
 It would indeed be very noble to recognize one of the few who truly do something for the students of Downey and her community as Dr. Stauffer does.
 Disclosure: both of my children are Stauffer Scholars and each received a \$500.0 grant each time that they were honored as Stauffer Scholars, so I am very fond of Dr. Stauffer.
Jorge Montero
Downey

Clarification for the President

Dear Editor:
 President Obama said he wants to make sure he got this straight - Romney will get rid of regulations on Wall Street but he's going to crack down on Sesame Street.
 I'm more than happy to straighten the president out. No, he did not get it right. What Romney said was that he would not borrow money from China to support Big Bird. To clarify: he said he loves Big Bird but instead of being indebted to China so that our children could watch a show, he feels one of us here in this country would support something this loved by our children.
 Now does the president understand the difference? Maybe he doesn't and that's why we're in trouble.
 Any more questions that only require common sense, I'd be glad to help.
Loretta Scott
Downey

Support for Saab and Murray

Dear Editor:
 I recently wrote a letter expressing surprise and dismay that our current city council had voted 3-2 to authorize a study by the Los Angeles County Fire Department to provide data showing what would be involved (including cost) if Downey disbanded its fire department and contracted with the county for fire protection.
 Three council members apparently succumbed to pressure by the firefighters' union to do this. This is wrong.
 Since its inception in the late 50s, Downey has been a "full service" city - providing for and controlling all essential services, including fire protection. When the same issue arose in the 90s the council unanimously proposed a charter amendment, adopted by over 85 percent of our voting citizens, to require a 2/3 majority vote of the citizens before the city could convert to county fire or police protection.
 A very important city council election will be held next month (Nov. 6). Two council positions are involved. District 5 (the city-wide office) has four candidates and District 1 (the city's southeast quadrant) has three candidates.

I and my wife, Jean, highly favor a candidate in each race, namely, Alex Saab for District 5 and Michael Murray for District 1. They each support retention of our city fire department. They each were raised in Downey and went to school here. They each have successful local businesses (Alex is an attorney and realtor, and Michael owns an automobile sales agency). They and their wives have been very active in numerous local volunteer activities. They are fluent in Spanish.
 We have known them for a number of years - they are intelligent and honest. Further, they are not being financed by the firefighters' union (in contrast to some of their opponents).
 We urge Downey citizens to vote for Alex Saab and Michael Murray on Nov. 6!
Bob Brazelton
Former mayor, Downey

Open letter to Salvador Franco

Dear Editor:
 Dear Mr. Salvador Franco: So you want to run for office in our city? That's great but not so fast.
 To be completely fair I would like to state that I have never personally met you and, quite frankly, I have never heard about you until you decided to run for councilman of our fine city. As a lifelong resident of Downey, I feel obligated to ask: who are you? Where did you come from? And what do you want from our city?
 You may not want my vote but you want and need OUR vote. With this said and since you are running for public office, I think it is only fair you answer the public.
 We already know about Gabriel Orozco, the former professional athlete who enjoyed drinking beers after games and getting behind the wheel as if it were a recreational hobby. Mr. Orozco claims he has since grown up and left behind his irresponsible juvenile acts. That's great, but five DUIs, with the last one being in 2010? It sure took you a while to grow up but glad you did and, more importantly, I am glad no one was hurt during your maturity process.
 We already know Alex Saab; I mean, how can we not? Mr. Saab seems to be running a clean, old fashioned, grass roots campaign based on dignity, honesty and the fact that he is a homegrown product. One who was raised in Downey, went to school in Downey, attends church in Downey, lives in Downey, has his business in Downey, raising his family in Downey and, most importantly, is passionate about Downey.
 I don't want to make this about Saab nor Orozco, so back to the mysterious and fascinating Mr. Franco. Who is this man attempting to take Downey by surprise? I'm sure you're a good man but your run-in with the California Fair Political Practices Commission is very alarming. A former Bell Gardens politician who was fined \$12,500 in 2010 after you failed to file two pre-election campaign statements; failed to file three late contribution reports and failed to file a post-election semi-annual campaign statement. Isn't this basic knowledge and common practice for anyone running for office? What about your investigation at the hands of the District Attorney's office?
 In addition, you claim to be pro-business and claim you will lure 100 new businesses to Downey yet you took your business from Downey to Bellflower.
 By the way, how did you get yourself to be endorsed by the fire union? Are you taking them out of Downey like you did your business and handing them over to L.A. County? I also noticed you are backed by Luis Marquez; no offense, but why would a Downey councilman and former mayor endorse someone with such a colorful past? Again, I mean no disrespect, however, I do feel we are entitled to the truth.
 This isn't Bell Gardens pal and Downey isn't for sale. I am in no way excusing you of anything that you are not already aware of. I am simply asking you to address these allegations so we get to know the man known as Franco.
Jeff Jones
Downey

Rising taxes

Dear Editor:
 Bellflower and all city voters: you are going to be hit with six new money-stealing measures - from your wallets and purses - all at one time on Nov. 6.
 The Bellflower Unified School District wants to levy a \$50 parcel tax per \$100,000 valuation on your property forever. Renters beware too; you will pay it also as the landlords will pass it on to you too. They're not Santa Claus.
 The city wants two cents added to the five cent utility tax you are now paying. Then there is Gov. Jerry Brown's sales tax hike. The state gas tax is 50 cents per gallon. The federal tax is 18 cents per gallon.
 It's a huge shame that the education system that now gets more than 50 percent of all money collected from residents by the state can't run a school system properly while the entire state has to run with the remainder money collected to pay for everything required by the people. Schools' claim that it's for the children is a lie. They're doing it to the kids because that's who inherits all prior taxes passed by federal, state, county, cities and districts combined. What an inheritance. This is before the kids earn a dime for themselves.
 Schools never have enough loot, cry babying every election for more, more - for producing large failures.
 These legal robberies are now done with representation from uncaring career politicians. Greed fits a lot of them with unrestrained power and arrogance.
 Please vote no to all money-grab schemes. Don't reward failure. Your kids will thank you.
Joe Cvetko
Bellflower

Healthcare debate

Dear Editor
 With regard to the intense healthcare debate, the first thing to accept is that excellent healthcare for all is a basic human right - not a privilege or entitlement.
 I am so tired of politicians referring to Medicare as an entitlement when everyone has paid into it for years as an insurance for senior citizens. The best way to jump start the economy is to eliminate the burden for corporations and smaller businesses to provide coverage for their employees. They then could concentrate on what they do best and not add the healthcare costs to their products and services to the general public.
 Every working person would be required to pay a fair assessment in the form of a payroll deduction thus eliminating insurance premiums. There are over 300 million of us in the USA and this would represent a huge resource pool of money to give universal coverage for all. The insurance or healthcare industries are run for-profit and at least 40% of the cost of our insurance premiums goes to the bottom line of insurance companies. Some of the CEO'S are paid as much as \$8 million per year in salary.
 Government employees - fire, police etc - receive health care benefits paid in the most part by the taxpayers and they should. Their taxes, however, do not provide healthcare for average citizens thus this is not an equal playing field. Healthcare should not be determined by the type of job one has.
 When visiting a doctors office, the first question that is usually asked is "What insurance company do you have?" and "How are you going to pay?" Not unfortunately "How are you?" Many doctors do not accept Medicare as it represents a cut in pay and, in fact, there is a new trend by many doctors to ask for a premium of \$1,800 per year so they can cut back on the number of patients they see. This is totally unacceptable.
 Health service for all is the only way to go. Government would not get in between you and your doctor, it would simply administrate and monitor fraud and abuse. Medicare is very efficient and consumes about 1% in overhead, not 40% as it would not be for profit.
 In the 21st century, it is very sad that 50 million people have no healthcare coverage, while at the same time our congressmen and senators all have wonderful coverage at the taxpayers' expense. In other words "I am fine, the rest of you are on your own."
 Finally, because of this tangled mess in the way we deliver healthcare and insurance company involvement, we are rated 37th in the world and 45,000 of our citizens will die this year as they have fallen through the cracks.
Colin Clarke
Downey

Senior vote will play critical role in elections

By Douglas E. Schoen
 Both President Obama and Mitt Romney will need to carefully consider how they approach the issue of Medicare in the coming weeks.
 To be sure, the political climate has grown increasingly favorable for President Obama and the Democrats in the weeks following the Democratic National Convention.
 But with the polls nearly certain to tighten in the weeks leading up to election day, it is clear that the senior vote will play a critical if not decisive role in determining the final outcome.
 Consider the following: in 2010, turnout among Americans over 65 surged and seniors cast more than one out of five votes. This core constituency voted for Republicans by a 21-point margin.
 When it comes to Medicare, both sides are struggling to own the debate. But Medicare Part D is a huge positive for candidates willing to embrace it and has been under discussed on the campaign trail up to this point.
 A new poll sponsored by Medicare Today found that 90% of seniors are satisfied with Medicare Part D - up twelve points from 78% in 2006.
 The poll found that both Democrats and Republicans equally favor the program - with respondents saying they are happy with the value, costs, and convenience provided by their coverage.
 The poll also found palpable levels of concern about what would happen if Medicare Part D were to be eliminated. 84% said that out-of-pocket drug costs would be higher, 61% believe they would be unable to fill all of their prescriptions, and 53% said they would be more likely to cut back or stop taking medicine altogether.
 This year, three of the top five heavily senior populated states (Florida, Pennsylvania and Iowa) are up for grabs, and neither side can afford to sacrifice the critical voting bloc of Americans over 65 - who comprise 13 percent of the population.
 And the results to a September survey by the Washington Post/ Kaiser Family Foundation "Health Care, Medicare and the Election: A View from Three Swing States - Virginia, Florida, and Ohio" indicate that swing voters are very concerned that the fiscal cliff debate, while unlikely to take center stage until after the election, by all accounts will result in changes to programs that seniors rely upon.
 Indeed, clear majorities of voters in Virginia (73%), Florida (74%), and Ohio (78%) indicated that they would like to see policymakers reduce the federal budget deficit without reducing Medicare spending.
 The Obama campaign has repeatedly defended provisions in the Affordable Care Act that cut Medicare spending by \$750 billion as nothing more than closing loopholes and limiting payments to providers. The Romney campaign, while still defending itself against comments that 47 percent of the American people are "victims" and rely on government programs (seniors are very much part of this number), have made a point to label the White House's actions as "raiding" Medicare to pay for Obamacare.
 Despite being a target for Democrats in the past, taking on the program known as Medicare Part D carries a significant amount of political risk that the Obama campaign cannot afford as both sides prepare to make their closing arguments.
 Mitt Romney's selection of Paul Ryan as his vice presidential running mate immediately put Medicare on the front burner and Democrats on the offensive, especially in Florida with recent gains among seniors.
 And needless to say, given the concerns that have been raised about the impact the Ryan plan potentially will have, Republicans also need to take particular care not to appear to question an extraordinarily popular program that was, after all, proposed and passed by a Republican President and Republican Congress.

Douglas Schoen is a political strategist and author of *Hopelessly Divided: The New Crisis in American Politics and What it Means for 2012 and Beyond*, published by Rowman & Littlefield Publishers.

The Downey Patriot

STAFF

Jennifer DeKay-Givens	Publisher/Adv. Director
Eric Pierce	City Editor
Henry Veneracion	Staff Writer
Christian Brown	Staff Writer
Dorothy Michael	Display Advertising
MaryAnn Sourial	Display Advertising
Linda Larson	Classified Advertising
Cristina Gonzales	Legal Advertising
Jonathan Fox	Production

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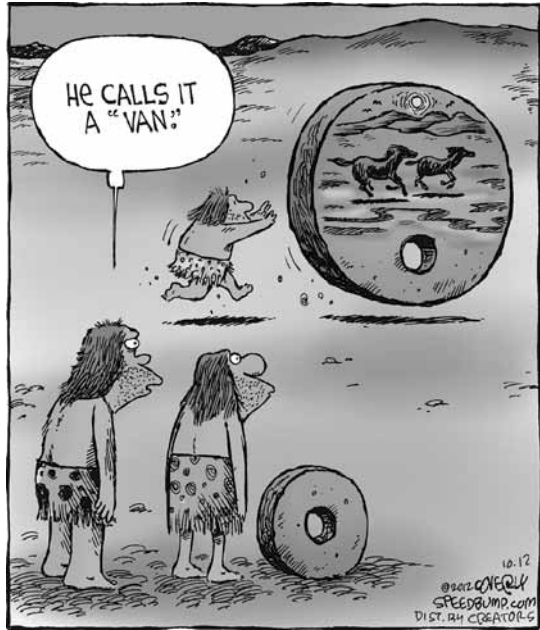
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For October

- Sat. Oct. 13: **Mulch giveaway**, Downey City Hall, 9 a.m.
- Sat. Oct. 13: **Skate park rededication**, Independence Park, 11 a.m.
- Sat. Oct. 13: **Public rosary**, Furman Park, 12 p.m.
- Sat. Oct. 13: **"Return to the Moon,"** Columbia Memorial Space Center, 1 p.m.
- Sat. Oct. 13: **Boutique sale**, Masonic Lodge (second floor), 1 p.m.
- Sun. Oct. 14: **Hunger walk**, Downey Memorial Christian Church, 2 p.m.
- Thurs. Oct. 18: **Member Appreciation Day**, Downey Federal Credit Union, 11 a.m.
- Thurs. Oct. 18: **Poetry reading**, Mari's Wine Bar, 8 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 806-2100.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information e-mail Diane Davis at ddavis87@me.com.
- 6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Raul Castillo 400-2561.
- 6:15 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives, for info call 923-1932.
- 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 Anita 861-3414.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 5:30 p.m.: **Lions Club**, at Sunrise Realty, for information call 577-1104.
- 3rd Weds., - **Downey Dog Obedience Club**, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 10 a.m.: **Los Angeles County Quilters Guild**, at Women's Club, for information call 426-2418.
- 3rd Weds., 6 p.m.: **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at Barbara J Riley Center, call 943-5513.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

- 7:30 a.m.: **Connections Networking**, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Mia Vasquez, 806-3217.
- 9:30 a.m.: **Take off Pounds Sensibly**, at Barbara Riley Senior Center, call (800) 932-8677.
- 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.
- 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 776-3388.
- 1st Thurs., 12:00 noon: **Downey Christian & Professional Luncheon**, at Sizzler's Restaurant, call James Vanlengan 310-1335.
- 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
- 3rd Thurs., 4 p.m.: **Public Works Committee**, at City Hall Training Room.
- 3rd Thurs., 6 p.m.: **Downey CIPAC**, at Sizzler's Restaurant, for information call Rich Tuttle 413-6045.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

Fridays

- 7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Barbara Briley Beard at 869-7618
- 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. 622-3785.

Saturdays

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

On This Day...

- Oct. 11, 1811:** The first steam-powered ferryboat was put into operation between New York City and Hoboken, N.J.
- 1968:** Apollo 7 was launched with astronauts Wally Schirra, Donn Fulton Eisele and R. Walter Cunningham aboard.
- 1991:** Testifying before the Senate Judiciary Committee, law professor Anita Hill accused Supreme Court nominee Clarence Thomas of sexually harassing her; Thomas reappeared before the panel to denounce the proceedings as a "high-tech lynching."
- Birthdays:** Author Elmore Leonard (87), football hall of famer Steve Young (51), actress Joan Cusack (50), actor Luke Perry (46) and football player Terrell Suggs (30).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
POOL PARTY: Though you'll be staying dry
 by Bruce R. Sutphin

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| 73 Kings' (big bucks) | 5 Popular success | 70 Free radio ad: Abbr. |
| 74 Green power source | 6 Ordinal ending | 71 Pull at |
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Paging Dr. Frischer...

By Dr. Alan Frischer



When did you last have singultus? We all get it. It can be highly annoying, especially when it comes at the most inconvenient times!

Hiccups (or hiccoughs, same pronunciation) indeed are common, but rarely require medical attention. When the diaphragm becomes irritated, it reacts by spasmodically jerking down, which causes us to involuntarily suck in air. This is almost immediately followed by the closing of the glottis, or vocal cords, in the throat. This clamping of the chords is what causes the "hic" sound. The heart slows down during a hiccup. Most cases go away in minutes, and seldom last more than a few hours. Very rarely, they last more than two days, and earn the name "persistent hiccups."

Why do we get hiccups? Most actions and reactions of the body have a constructive purpose, such as a cough, which clears the airways; or a sneeze, which removes an irritant. However, the hiccup is thought to have no function or benefit at all. It is so common, though, that it is often seen and heard from fetuses under ultrasound!

Hiccups have a wide variety of causes, including:

- Things we consume, including spicy foods, and carbonated or alcoholic beverages
- Emotions, including stress... and laughter
- Physical disorders, including those of the central nervous system, injury or irritation to the phrenic or vagus nerves, and some toxic or metabolic disorders
- Overeating, or eating very hot or very cold food
- Temperature changes

An Iowan pig farmer named Charles Osborne experienced a case of the hiccups that lasted from 1922 to 1990, giving him the distinction of having the longest documented hiccup attack. It ended at the age of 96...when he died.

Diagnosing the cause of the hiccups really only matters in the case of a prolonged episode. Most go away on their own. Home remedies, which interrupt or override the spasmodic nerve circuitry, are often effective. These cures include eating a spoonful of dry granulated sugar or honey, breathing into a paper bag, bending forward from the waist and drinking water from the opposite side of the glass, pulling on your tongue, swallowing dry bread, holding your breath, drinking a glass of water slowly, acupressure, and of course, being frightened! A few well-known medications can be effective in cases of persistent hiccups, especially Thorazine.

Good health to you all!

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.

Healthy diet can help moms avoid diabetes

• Diabetic mothers can avoid type 2 diabetes by sticking to a healthy diet, government study finds.

By sticking to a healthy diet in the years after pregnancy, women who develop diabetes during pregnancy can greatly reduce their risk of developing type 2 diabetes, a study supported by the National Institutes of Health has found.

Previously, it was not known how much the risk for type 2 diabetes in these women could be lowered through adhering to healthy diet.

In about 5 percent of U.S. pregnancies, women who do not have diabetes before becoming pregnant develop high blood sugar levels in pregnancy. This condition, called gestational diabetes, raises a woman's risk of developing type 2 diabetes later in life up to sevenfold, compared to pregnant women who don't have gestational diabetes. Little is known about the role healthy lifestyle factors may have in preventing progression from gestational diabetes to type 2 diabetes later in life.

The study found the greatest reductions in type 2 diabetes risk were for women who followed diets rich in whole grains, fresh fruits, vegetables, and legumes, and included poultry, seafood, and nuts, with limiting intake of red and processed meats. Those who followed this type of diet in the years after having gestational diabetes consistently reduced their risk by about half that

of women who did not.

"Our findings indicate that women with gestational diabetes aren't necessarily preordained to develop type 2 diabetes," said senior author Cuilin Zhang, M.D., Ph.D., of the Epidemiology Branch at the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), the NIH institute where much of the analysis was conducted. "It appears they may have some degree of control. Sticking to a healthy diet may greatly reduce their chances of developing diabetes later in life."

In addition to Dr. Zhang's role in the study, funding support was provided by the NIH's National Institute of Diabetes and Digestive and Kidney Diseases (grants DK058845 and P30 DK046200-18) and the National Cancer Institute (grant CA58305).

Dr. Zhang led the multidisciplinary team that conducted the study, including the first author Deirdre K. Tobias, Sc.D., and colleagues Frank B. Hu, M.D., Ph.D., Jorge Chavarro, M.D., Sc.D., Bernard Rosner, Ph.D., and Dariush Mozaffarian, M.D., D.P.H., of the Harvard School of Public Health, Boston. Drs. Hu, Chavarro, Rosner and Mozaffarian are also affiliated with the Brigham and Women's Hospital and Harvard Medical School.

The study appears online in the Archives of Internal Medicine.

The body uses insulin, produced in the pancreas, to move the sugar glucose from the blood and into the cells. In people with type 2 diabetes, cells do not respond appropri-



ately to insulin, and, if untreated, blood sugar reaches high levels. Complications of diabetes include heart disease, stroke, kidney disease, blindness and amputation. Research has shown that, among the general population, healthy eating can reduce the risk of developing type 2 diabetes. Dr. Zhang and her colleagues have shown previously that, before they conceive, women who follow a diet low in cholesterol and animal fat, low in sugar sweetened beverages, but high in fiber, and who are physically active have a reduced risk of gestational diabetes.

This study included 4,413 women who developed gestational diabetes between 1991 and 2001. The women were taking part in a long-term study of nurses called the Nurses' Health Study II. As part of the ongoing study, the nurses filled out questionnaires every other year on lifestyle and health. They completed a questionnaire every four years about their intake of several common food items during the previous year.

The researchers ranked the women's responses in terms of how closely they adhered to three widely studied diets: a Mediterranean-style diet, the Dietary Approaches to Stop Hypertension — or DASH — diet and the Healthy Eating Index, a measure of how closely an individual follows the healthy eating guidelines developed by the United States Department of Agri-

culture. All three diets promote eating fruits, vegetables, nuts, legumes and whole grains.

Of the women in the study, 491 later developed type 2 diabetes. The researchers found that women who adhered most closely to these diets (scores in the top 25 percent) lowered their risk for type 2 diabetes considerably when compared to the least compliant group (lowest 25 percent):

Mediterranean Diet (40 percent lower risk)

Dash Diet (46 percent lower risk)

Healthy Eating Index pattern (57 percent lower risk)

On average, these women developed type 2 diabetes about 14 years after they had experienced gestational diabetes.

"Our findings suggest that reaching out to women who have had gestational diabetes on the importance of a healthy diet might significantly reduce the overall rate of type 2 diabetes," Dr. Tobias said.

Some women in the study who adhered to a healthy diet still developed type 2 diabetes. Dr. Zhang said her team is evaluating other factors, such as genes and physical activity levels and the interaction between genes and diet and lifestyle factors, that might affect a woman's diabetes risk as well, in a large ongoing study on U.S. and Danish women (Diabetes & Women's Health Study, <http://www.dwhstudy.org>) supported by the NICHD.

Less teens admit to drinking and driving

SACRAMENTO — The percentage of teens in high school (aged 16 and older) who drove when they had been drinking alcohol decreased by 54 percent between 1991 and 2011, according to a Vital Signs study released this week by the Centers for Disease Control and Prevention.

Nine out of 10 high school teens (aged 16 and older) did not drink and drive during 2011.

"We are moving in the right direction. Rates of teen drinking and driving have been cut in half in 20 years," said CDC Director Thomas R. Frieden, M.D., M.P.H. "But we must keep up the momentum -- one in 10 high school teens, aged 16 and older, drinks and drives each month, endangering themselves and others."

For the study, CDC analyzed data from the 1991-2011 national Youth Risk Behavior Surveys (YRBS). These national surveys asked high school students if they had driven a vehicle when they had been drinking alcohol one or more times during the 30 days before the survey; CDC researchers focused their analysis on students aged 16

and older.

The study also found that:

Teens were responsible for approximately 2.4 million episodes of drinking and driving a month in 2011; some engaged in the dangerous behavior more than once a month.

High school boys ages 18 and older were most likely to drink and drive (18 percent), while 16-year-old high school girls were least likely (6 percent).

Eighty-five percent of teens in high school who reported drinking and driving in the past month also reported binge drinking. For YRBS, binge drinking means five or more drinks during a short period of time.

"Teens learn from adults," said Pamela S. Hyde, the Administrator of the Substance Abuse and Mental Health Services Administration. "That is why it is critically important that parents, teachers, coaches and all caring adults in a young person's life talk with them early and often about the dangers of underage alcohol use as well as drinking and driving."

Many efforts have been helping to reduce teen drinking and driv-



ing. Some of the proven, effective strategies include the laws in place in every state that make it illegal to sell alcohol to anyone under age 21 and for those under age 21 to drive after drinking any alcohol, plus the graduated driver licensing systems in every state that allow teens to gain privileges, such as driving at night or driving with passengers, over time.

Parents also have a crucial role to play in keeping their teens safe on the road. They can model safe driving behavior and can consider using tools like parent-teen driving

agreements with their teens. Safe driving habits for teens include never drinking and driving, following state GDL laws, and wearing a seat belt on every trip.

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

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Warren volleyball beats Gahr, peaking at the right time

• At 3-1, Warren girls volleyball prepares for second round of league play.

By Mark Fetter
Contributor

DOWNEY – The Warren High School girls' volleyball team currently has a league record of 3-1 and, as of yesterday, has completed the first round of San Gabriel Valley League play.

The Lady Bears began league play Sept. 27, at Downey High School in the third annual "Dig Pink" fundraiser for breast cancer. The Lady Bears were defeated three games to none 20-25, 15-25 and 19-25.

Warren did play well in stretches but could not consistently put

points together.

Seniors Katherine Trejo, Brianna Cervantes and Madeline Gulck all continue to improve, play well and provide valuable leadership. Coach Lane continues to focus on improving ball control in each practice and maintains that "we have to pass, serve and play better defense to be able to beat teams; we are a work in progress but I love my kids' efforts."

The Lady Bears defeated Dominguez in straight sets at Warren 25-4, 25-5 and 25-10 on Oct. 2 and defeated Lynwood at Lynwood in straight sets 25-7, 25-11 and 25-11 on Oct. 4. The Lady Bears then traveled to Paramount on Tuesday and defeated Paramount in four sets 23-25, 25-21, 25-20 and 25-20.

The Lady Bears hosted Gahr yesterday (results unavailable at

press time) with an excellent chance to go to 4-1 in league play.

The Lady Bears will begin the second round of league play against cross-town rival Downey at Warren on Tuesday, Oct. 16. Coach Lane and his players have been working hard in an effort to get a different result. If the Lady Bears can defeat Downey in the second round of league play and win out, they will be the number one San Gabriel Valley League seed in the C.I.F. Division II-AA playoffs by virtue of second round meeting. If Downey wins again, Downey will be the top S.G.V.L. seed and Warren will finish with the second league seed.

The second round of league play will certainly bring out the best in all S.G.V.L. teams.

St. John Bosco beats Orange Lutheran to move up in standings

• Braves overcome early deficit to beat Orange Lutheran, 21-6, and start 1-0 in league.

By Mark Fetter
Contributor

BELLFLOWER – The St. John Bosco Braves football team defeated Orange Lutheran last Friday night 21-6 and improved their league record to 1-0 and overall record to 2-4.

Although Bosco has won all six of their games on the field, their first four wins were forfeited due to an ineligible player participating in each of those games.

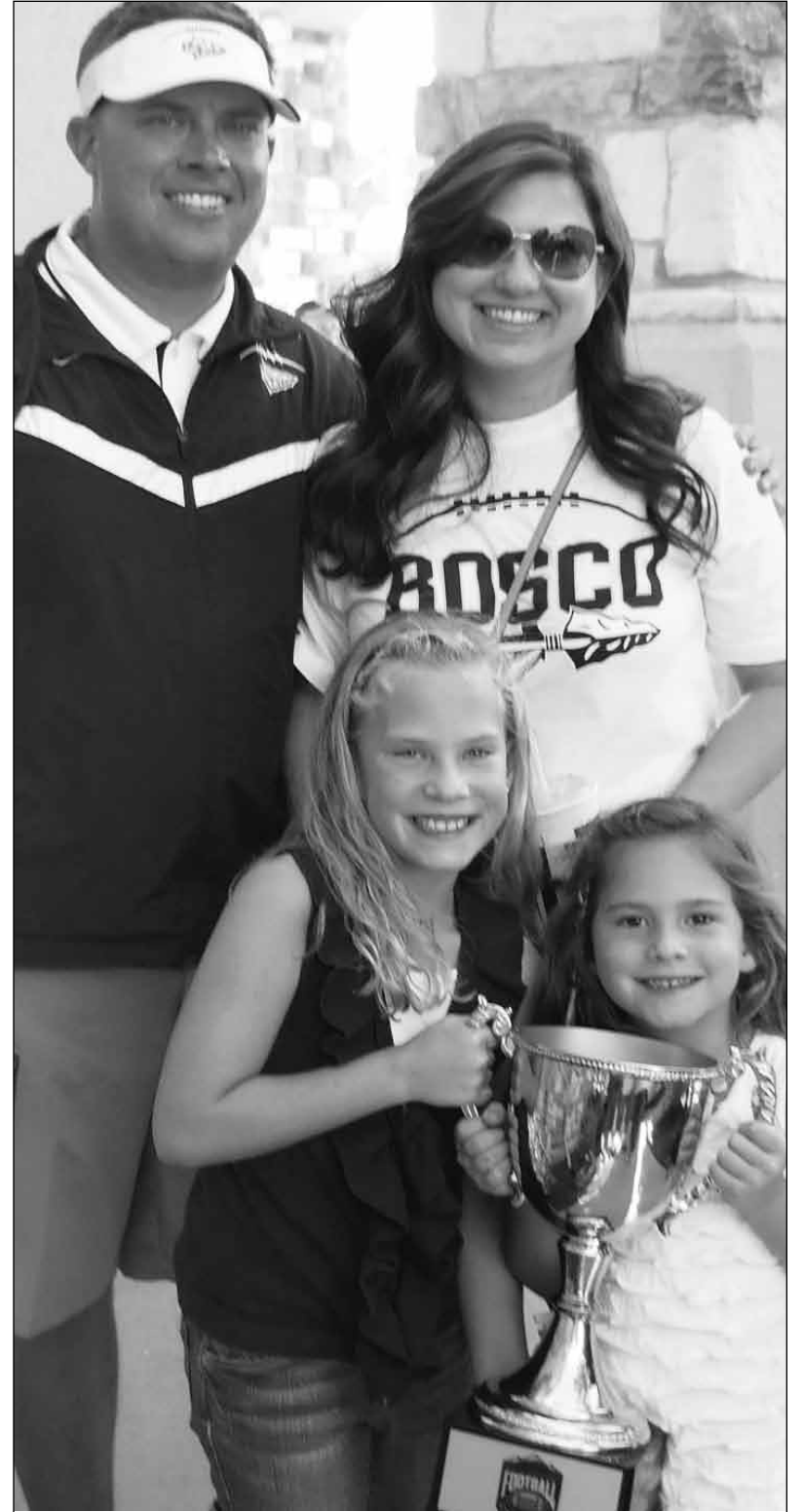
As of Oct. 8, St. John Bosco is currently ranked 7th in the C.I.F. PAC-5 Division poll and first in the Long Beach Press Telegram poll. Coach Jason Negro certainly has his team playing at a high level. (Coach Negro's mother, Anna Negro, works with me at East Middle School in the office.)

Orange Lutheran scored at the 5:24 mark of the first quarter after a snap for a Brave punt went through the hands of punter Richard Cole at the Brave 37 yard line. The ball rolled around and ended up on the St. John Bosco three yard line. Lancer quarterback Luke Langdon scored two plays later on a one yard keeper. The extra point was no good but Orange Lutheran took a 6-0 lead.

The Braves marched the ball down the field on their ensuing possession and scored on a Darren Walker three yard touchdown run. The extra point was good and St. John Bosco took a 7-6 lead at the 2:23 mark of the first quarter.

The two teams exchanged the ball and field position for the entire second quarter with no one scoring. St. John Bosco took a 7-6 lead into the locker room at halftime.

St. John Bosco kicked the ball off to Orange Lutheran to start the second half. The Lancers could not sustain a drive and were forced to punt the ball back to St. John Bosco. The two teams, once again, exchanged the ball and field position. Walker scored his second touchdown of the game from six yards



St. John Bosco football coach Jason Negro is pictured above after his team's 34-33 win over Jordan two weeks ago in Utah.

out at the :51 second mark of the third quarter. The extra point was good.

The Braves led at the end of the third quarter 14-6 and appeared to have the momentum on their side. St. John Bosco sealed the win on a 19 yard pass play from Brave quarterback Josh Rosen to A.J. Holman at the 3:40 mark of the fourth quarter. The extra point was good and

Bosco won 21-6.

Rosen finished the game 12/23 passing for 143 yards and one touchdown. Brave running back Darren Walker finished the game with 17 carries for 91 yards and two touchdowns. The Braves will play JSerra this evening in another Trinity League game.

Bears finish fourth in Oregon, coming away feeling good

• Warren climbs to No. 12 in CIF Div. 1 cross country rankings.

By Mark Fetter
Contributor

DOWNEY – The Warren High School boys' cross country team recently competed at the Oregon Pre-National cross country competition.

There were 89 schools represented at this event, with 10 of these schools being ranked from California.

The Bears finished in fourth place and left with a feeling that

they very well may win this competition next year. As of the Oct. 8 C.I.F. Division I cross country rankings, Warren has climbed to 12th.

Coach Miranda has five of his top seven runners returning next year. His top runner Jonathan Rodriguez is a sophomore, his number two runner is sophomore Benjamin Gonzalez, his number three runner is senior Fortino Santana, his number four runner is sophomore Andres Bernal, his fifth runner is senior Ramiro Santana, his sixth runner is junior Michael Hernandez and his seventh runner is also a junior in Brandon Iraheta.

Warren cross country currently has 41 sophomores competing at various competitions. This represents a huge number of potential athletes ready to step up and compete. While many programs tend to rebuild every few years, Warren High School is in reload mode.

Coach Miranda is excited to see how this cross country season unfolds. The Bears have already won the first San Gabriel Valley League cluster meet at Hollydale Park held on Sept. 20. The second cluster meet was held Wednesday at Cerritos Regional Park (results not available at press time) and the final cluster meet, which also serves as league finals, will be held at La Mirada Park on Oct. 30. The Bears are certainly expected to advance in C.I.F. competition.

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Downey High proves it's for real, beats Warren 42-7

• Downey dominates crosstown rivalry, running past Warren in league opener.

By Mark Fetter
Contributor

DOWNEY – The Downey Vikings defeated their cross-town rival Warren Bears, 42-7, last Friday evening at Downey High School.

The Vikings improved their record to 1-0 in league play and 4-2 overall. The Bears are now 0-1 in league play and 0-6 overall.

Downey started the game with an onside kick that was recovered by the Vikings at the Warren 46-yard line. It was first and ten Downey.

The Vikings wasted little time scoring as Justin Huff raced 46 yards for the first touchdown of the game at the 11:41 mark. The extra point was good and the Vikings led 7-0.

Warren struck right back on a 20 yard strike from Bear quarterback Zaahid Summerville to Daryl Donerson at the 10:41 mark. The Bear touchdown was set up on a Summerville to Michael San Angelo 60 yard reception on the previous play. The extra point was good and Warren pulled even at 7.

It appeared Downey had scored again at the 10:15 mark but the play was called back due to a penalty. Downey regrouped and marched the ball down to the Warren 10-yard line but could not get any closer. Downey kicker Mario Galvan came in and nailed a 32-yard field goal on a 4th and four play. The kick was good but the Warren defense

roughed Galvan and Downey had a first and goal.

The Warren defense held and the game remained tied at 7 when Galvan missed his next field goal attempt from 29 yards out at the 5:48 mark.

Interestingly, Bear running back Daryl Donerson had an 80 yard touchdown called back due to a holding call at the 5:32 mark. The game remained tied at 7.

Warren did not score on this drive due to an interception by Downey's Tristan Esparza. Esparza returned the ball to the Warren 26 yard line and set up a nine yard rushing score by Viking receiver Gus Caro at the 1:46 mark of the first quarter. The extra point was good and Downey led 14-7. The first quarter ended with Downey leading 14-7.

The second quarter saw Downey score three touchdowns. The first score came on a pass play at the 8:09 mark. The extra point was good and Downey led 21-7. Downey scored again at the 4:56 mark. The extra point was good and Downey led 28-7. Downey finished their second quarter scoring with a touchdown pass to Justin Huff at the :22 second mark. The extra point was good and Downey led 35-7 going into the locker room at halftime.

Warren kicked off to Downey to start the second half. Downey and Warren exchanged the ball and field position for a good part of the third quarter. Downey scored at the :33 second mark of the third quarter. The extra point was good and the Vikings led 42-7. The third quarter ended with this same score.

There was no scoring in the

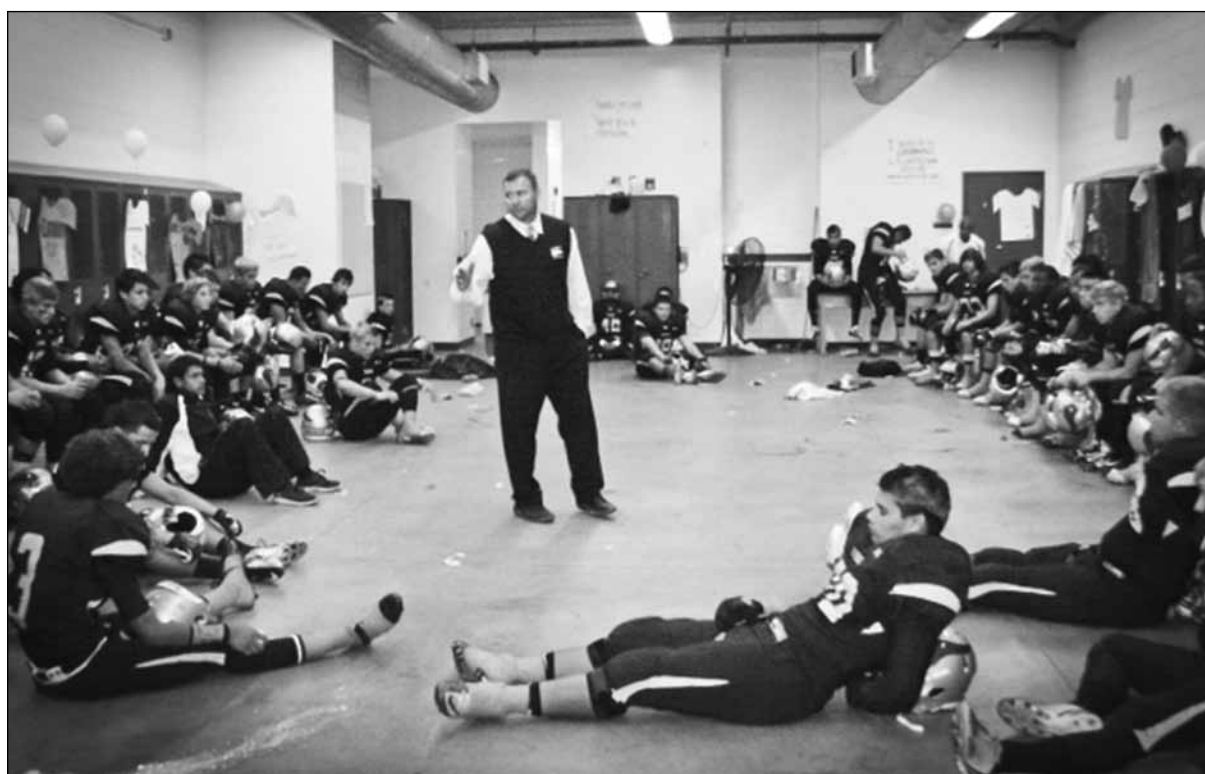
fourth quarter and the game ended with a 42-7 Downey win.

Downey was led on offense by quarterbacks Jorge Reyna and Conor Hill who passed for 302 yards. Reyna completed 7/9 passes for 159 yards and two touchdowns. Hill completed 7/14 passes for 143 yards and one touchdown pass. Josh Moreno caught four passes for 41 yards, Tristan Esparza caught three passes for 53 yards, Justin Huff caught two passes for 74 yards and two touchdowns, Jeremy Villa caught two passes for 44 yards, Jacob Cook caught one pass for 46 yards and a touchdown, Jorge Reyna caught one pass for 34 yards and Jonathan Swindell caught one pass for ten yards.

The Vikings rushed for 270 yards on 30 carries. Justin Huff led the way for the Vikings with 178 yards on 19 carries and one rushing touchdown. Jorge Reyna had four carries for 26 yards, Eric Carrillo had three carries for 17 yards, Matthew Gonzalez had two carries for 18 yards, Conor Hill had one carry for 22 yards and a touchdown and Gus Caro had one carry for nine yards and a touchdown.

Downey was led on defense by Robert Salazar's four solo and six assisted tackles, Tristan Esparza's two solo and seven assisted tackles, Jeremy Villa's three solo and three assisted tackles and Anthony Florido's one solo and four assisted tackles. Anthony Mendez, Tristan Esparza and Josh Gonzalez each had one interception to pace the Viking defense.

Warren quarterback Zaahid Summerville completed 5/21 passes for 112 yards and three inter-



Coach Jack Williams addresses his team after Downey defeated Warren, 42-7, last week.

Photo by Martin Trejo

ceptions. Daryl Donerson caught two passes for 36 yards, Michael San Angelo caught one pass for 60 yards, Keenan Brooks caught one pass for nine yards and Oscar Herrera caught one pass for seven yards. The Bears rushed 17 times for 64 yards. Daryl Donerson led the Bear ground game with eight carries for 30 yards, Darwin Walker had six carries for 22 yards, Michael San Angelo had one carry for seven yards, J.R. Vaaulu had one carry for three yards and Keenan Brooks had one carry for two yards.

Downey and Warren will host Gahr and Dominguez tonight, respectively.

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How to get started marketing a book

• Planning is key in deciding how to market your book, according to industry expert Marsha Friedman.

Marsha Friedman

It's understandable, really. People who have the passion necessary to write a book usually have just one thing on their minds: writing a book. Not marketing a book. Some may think ahead to getting it published, but,

tragically, that's where the planning often ends.

I'm not exaggerating when I say "tragically"! I talk to many people who've poured years of effort, money and sacrifice into their books, which wind up sitting in boxes in their garage. They never thought about how they might market their books themselves or budgeted for book promotion services.

When's the best time to start thinking about marketing a book? Ideally, before you even sit down to begin writing. Because — and I

speak from experience here — the first step will help in your writing.

Step 1: Ask yourself, "Who is my audience?"

The answer is the first piece of any marketing plan and it can also help you define what you'll write. When I decided to write a book about public relations, I had planned to write it for businesses in general. Then I thought, "That's too broad. Who will my audience really be?"

I decided to write for individual professionals such as doctors, lawyers and financial planners. Not only would that put a face to the people I was writing for, it would also give me the first piece of my marketing plan.

If you want to write a book and you're a financial planner working for baby boomers chugging toward 65, you might write about

planning for retirement after age 50. Another audience might be the boomers' kids — adults who may be helping their parents. Depending on the expertise you put in the book, you might find other audiences you can target as well.

Here are the next steps to consider in planning your promotional campaign:

- What's the best way to reach that audience? Where will you find the people you expect will be interested in your book? Will you buy advertising, look for speaking engagements, try to whip up interest from the media? You might hire a publicist or contract with your publisher to handle PR, or put together a promotional tour. You'll definitely need a website. Will you build one yourself or hire a pro? Research the options that appeal to you and find out how effective they are in terms of meeting your goals. If you're considering contracting with professionals to help you, get references from people who've had successful marketing experiences.

- How much will it cost? Some options are less expensive, others

more. Look into the ones that interest you and get an idea of their price. Decide how much you can afford to spend and budget for it. Is there an organization or business that would benefit from sponsoring you? A landscape designer, for instance, might get financial help from a plant nursery or a tools manufacturer in exchange for standing behind a business or product. A chef might find an ally in a food manufacturer.

- Develop a following online. Do you have a database of people already interested in what you have to say? If not, turn to social media and start building it now. The more of a following you have, the more potential audience you've created for your marketing message. Big numbers will also turn heads when you try to get speaking engagements or guest spots on radio and TV talk shows. Having a following is everything. The organizations and media that book you for an interview are also hoping all those followers will either buy tickets or stop by their website.

Marketing is too important to be an afterthought, so think about it long before it's time to get started.

Yes, I understand the effort that goes into writing a book. I know it's hard to think about anything else! But if you have invested your dreams in that baby, you probably want to share it with the world.

And that takes planning.

Car show at Norwalk Elks Lodge

NORWALK — Norwalk Elks Lodge No. 2142 is hosting its first annual Cruise Car Show this Saturday with proceeds benefiting diabetes awareness, "a disease that affects many of our friends and family."

Wesley Health Center will be on-site conducting glucose (sugar) and blood pressure screenings, and visitors can pick-up information on Rancho Los Amigos National Rehabilitation Center.

The car show will feature low-riders, classics, trucks, motorcycles, hot rods, car clubs and more. Trophies will be awarded to the best entries.

There will also be raffles, food, live music, silent auction and more.

Roll-in time starts at 10 a.m. with a \$20 entry donation. The Good to Go Band will play live music starting at 6 p.m.

The car show is a family event. The Norwalk Elks Lodge is at 13418 Clarkdale Ave.

For more information, call Lupe Flores at (562) 879-3428.


Newcomers Club meets Monday

DOWNEY — The Downey Newcomers Club will meet Monday at Los Amigos Country Club.

The meeting starts at 11:30 a.m., followed by lunch at noon. The club will be recruiting members for its 2013 officers.

Cost of the lunch is \$12.

Downey Civic Theatre presents:
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EDDIE MONEY

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★ **HERE COMES THE BOOM** PG (11:50, 2:25, 5:00, 7:35, 10:10)
★ **SINISTER** R (11:30, 2:15, 5:00, 7:45, 10:30)
★ **FRANKENWEENIE** PG (11:55, 2:15, 7:20)
★ **FRANKENWEENIE IN DISNEY DIGITAL 3D** PG (4:35, 9:40)
★ **PITCH PERFECT** PG-13 (10:45, 1:35, 4:25, 7:15, 10:05)
★ **TAKEN 2** PG-13 Fri to Wed. (12:00, 2:20, 4:40, 7:00, 9:20, 11:40; Thu. (12:00, 2:20, 4:30, 6:40, 7:40, 10:00)
★ **HOTEL TRANSYLVANIA** PG (10:40, 12:05, 2:25, 3:20, 4:45, 5:35, 7:05, 9:25)
★ **LOOPER** R (10:40, 1:30, 4:20, 7:10, 10:00)
★ **END OF WATCH** R (11:25, 2:05, 4:45, 7:25, 10:05)

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Hill finishes Army training

DOWNEY - Army Pvt. Jesse Hill has completed basic infantry training at Fort Benning in Columbus, Ga. Hill underwent nine weeks of training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history, core values and traditions.

He received additional training in the development of basic combat skills and battlefield operations and tactics. Hill also gained experience using various weapons and weapon defenses available to infantry crewman.

He is the son of Cary Hill, of Huntington Beach. He graduated from Calvary Chapel Downey in 2011.

Sarabia joins Army Reserves

DOWNEY - Army Reserve Pvt. Christopher K. Sarabia has completed basic combat training at Fort Jackson in Columbia, South Carolina.

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

He is the son of Jose Patricio Sarabia, of Downey, and nephew of Wendy Sarabia, of Paramount.

He graduated from Downey High School in 2011.

Brady in Air National Guard

DOWNEY - Air National Guard Airman Danielle M. Brady graduated from basic military training at Lackland Air Force Base in San Antonio.

Brady finished an eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

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

Brady is the daughter of Adele Whiteside, of Alpine. She graduated from Downey High School in 2003.

Guzman completes basic training

SOUTH GATE - Air Force Airman 1st Class Cinthia C. Guzman graduated from basic military training at Lackland Air Force Base.

Guzman 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.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Guzman is the daughter of Gloria Franco, of Lynwood. She graduated from South Gate High School in 2008.



Century 21 My Real Estate associates and friends were up early Saturday morning to volunteer with Keep Downey Beautiful last week for a clean-up effort. The real estate office adopted Florence Avenue, from Paramount Boulevard to Rives Avenue, picking up trash and cleaning up the neighborhood. "It's the least that we can do to keep our city clean," said Russell Skersick, vice president and manager of My Real Estate.

Monday deadline to file taxes without penalties

SACRAMENTO - The Franchise Tax Board (FTB) this week reminded taxpayers that Monday, Oct. 15 is the deadline to file their 2011 state personal income tax returns to avoid late filing penalties.

Each year Californians file more than 15 million personal income tax returns, with more than 1.5 million taking advantage of California's automatic filing extension.

Free tax help is still available. ReadyReturn and CalFile will be available through October 15 on FTB's website ftb.ca.gov. The ReadyReturn program completes the taxpayer's return for them using information already collected from employers such as W-2s. CalFile is a free, direct-to-government, e-file program that accepts income of up to \$333,134, itemized deductions, and some tax credits.

Taxpayers can also use a tax preparer, or one of the other free or fee-based e-file services listed on FTB's website. E-filing provides faster refunds, increased accuracy, and a timely confirmation that FTB received the return. For quick refunds, FTB encourages taxpayers to opt for direct deposit into their bank account.

Taxpayers can also access MyFTB Account, an online service where taxpayers can view their wage and withholding information, estimated payments, FTB issued 1099s, and current balance information.

Installment payment plans are available on FTB's website for taxpayers who face financial trouble. Those who owe \$25,000 or less and can repay the tax within five years generally qualify.

Don't forget the Federal Earned Income Tax Credit (EITC). This is a federal incentive for low-income individuals and families. Taxpayers earning less than \$49,078 can qualify for a "refundable" credit that can total up to \$5,751. "Refundable" means taxpayers do not have to have a tax liability to get a refund check from the government. Taxpayers can see if they qualify for the credit by visiting the IRS website at irs.gov and searching for EITC Assistant. California has no comparable state credit.

As of October 4, 2012, California taxpayers filed nearly 15.1 million personal income tax returns of which 12.4 million were e-filed. The state has issued 10.3 million refunds totaling \$9.4 billion.

Gym hosting Halloween festivities

DOWNEY - Winning Image, a fitness and spa center at 8036 3rd St., is hosting a Halloween costume contest and trick-or-treating Oct. 27 starting at 1 p.m.

All businesses at Myrtle Plaza will be handing out candy and kids can take free pictures with their favorite super heroes.

There will also be a pumpkin carving contest.

Later that night, Winning Image will re-open as a haunted house. Admission is free but donations will be taken. Proceeds will fund a scholarship program for young adults looking to start a healthy lifestyle but unable to afford a gym or personal trainers.

Golf tournament to benefit baseball program

DOWNEY - Warren High School's baseball program is hosting its first annual golf tournament Nov. 13 at the Rio Hondo Golf Club.

Registration is \$125 before Oct. 31.

Various sponsorship opportunities are available, including \$125 tee signs and bronze (\$700), silver (\$1,000), gold (\$1,500) and platinum (\$2,500) sponsorships.

To sign-up as a golfer or sponsor, call Carl Chavez at (562) 832-7793 or Betty Monroy at (562) 746-1839.

Advertisement for Harbor Freight Tools featuring various products with prices and discounts. Includes: 6 Piece Screwdriver Set for \$4.99 (20% off), 4 Piece 1" x 15 FT. Ratcheting Tie Down Set for \$7.99 (52% off), 3/8" Air Impact Wrench for \$14.99 (54% off), Mover's Dolly for \$7.99 (46% off), Triple Ball Trailer Hitch for \$19.99 (55% off), 4000 LB. Capacity Cable Winch Puller for \$12.99 (48% off), 12" Ratchet Bar Clamp/Spread for \$1.99 (63% off), 7 FT. 4" x 9 FT. 6" All Purpose Weather Resistant Tarp for \$279 (60% off), 29 Piece Titanium Nitride Coated Drill Bit Set for \$9.99 (60% off), 32 Piece SAE/Metric Fully Polished Combination Wrench Set for \$16.99 (32% off), Reciprocating Saw with Rotating Handle for \$19.99 (50% off), Wireless Driveway Alert System for \$12.99 (56% off), 105 Piece Tool Kit for \$35.99 (44% off), Central Pneumatic 3 Gallon, 100 PSI Oilless Pancake Air Compressor for \$39.99 (50% off), 6" Digital Caliper for \$9.99 (66% off), Electric Chain Saw Sharpener for \$29.99 (40% off), 60" Workbench with Four Drawers for \$139.99 (59% off), 90 Amp Flux Wire Welder for \$89.99 (56% off), Adjustable Shade Auto-Darkening Welding Helmet for \$36.99 (47% off), 580 LB. Capacity Four Drawer Tool Cart for \$99.99 (30% off), 10" Sliding Compound Miter Saw for \$84.99 (65% off), Rapid Pump 3 Ton Heavy Duty Steel Floor Jack for \$69.99 (70% off), 45 Watt Solar Panel Kit for \$139.99 (90% off), 3200 Rated Watts/4000 Max. Watts Portable Generators for \$289.99 (56% off), and 6.5 HP OHV Horizontal Shaft Gas Engines for \$99.99 (80% off).

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CRIME REPORT

Friday, Oct. 5

At about 10:30 a.m. a resident arrived home and found an unknown subject inside of his residence in the 10500 block of Woodruff Ave. The subject fled on foot and into a nearby vehicle, and then drove away. The bedroom of the residence had been ransacked and the resident was not sure what had been taken at the time of the report. Detectives are investigating.

Saturday, Oct. 6

At 4:25 a.m. officers responded to the Emergency Room at Kaiser Permanente Downey Medical Center where two victims had responded. Officers were given conflicting stories on what had transpired by the victims. One victim claimed they were slashed by the suspect while outside of the Downey Brewing Company, while the other claimed the incident occurred outside of a residential party on Telegraph Road. Both victims suffered slash type wounds which were non-life threatening. Detectives are investigating.

Monday, Oct. 8

At 10:39 p.m. officers responded to the 7900 block of Harper regarding a robbery. When officers arrived they spoke with the victim who reported being robbed by a male suspect. The suspect fled the area with the victim's property. The victim was not injured in the incident. Detectives are investigating.

Information provided by the Downey Police Department



Downey bicyclists join CicLAvia

DOWNEY – About two dozen cycling enthusiasts from Downey High School joined thousands of Los Angeles bicycling enthusiasts downtown Sunday for the fifth annual CicLAvia event.

More than nine miles of city streets stretching from Boyle Heights to MacArthur Park, and from Chinatown to Exposition Park, were closed to cars from 10 a.m. to 3 p.m.

The idea behind CicLAvia, modeled after a decades-old Columbia movement, is to encourage people to get out of their cars and explore the city in other ways. The

event also reflects California's long-time push for greener transportation and building healthier communities, organizers said.

"It's important that students get involved because we have creative minds and we see what ideas we could bring to the city of Downey," said Steven Duran, a member of Downey High's KIWIN'S club.

"We decided to join in on the fun with CicLAvia to learn how we can get a bicycle master plan in Downey and perhaps one day we too can hold an event like CicLAvia in our city," said Daniel Gonzalez, a student at East Middle School.

A group of bicycle riders has started monthly bike rides in Downey, with the next ride scheduled for Oct. 27 starting at 8 a.m. at Treasure Island Park.

"We ride our bikes not only because we want to make a statement that we need bicycle lanes but to foster a sense of camaraderie and educate our youth about bicycle safety, protecting the environment and, most importantly, developing a healthy lifestyle," said Alex Gaytan, a teacher and leader of the Kiwanis Green Team.

Boutique sale at Masonic Lodge

DOWNEY – Job's Daughters will hold a boutique sale fundraiser this Saturday on the second floor of the Downey Masonic Lodge from 1-3 p.m.

Booths will be selling Avon, Mary Kay, Pampered Chef and more.

For more information, call Denise Fish at (626) 242-5106

Firefighters remind residents to check fire alarms

NORWALK – L.A. County firefighters are urging residents not to smoke in bed after a Pomona man suffered serious injuries after falling asleep while holding a lit cigarette.

The man went to bed with the cigarette on Oct. 1. The bed caught fire after the man fell asleep.

Smoke alarms allowed the man to escape the house but not before sustaining serious burns.

Earlier this year, a 54-year-old Pico Rivera woman was killed when her house caught fire from smoking in bed.

"As bad as this most recent incident was, it could have been much worse had there not been working smoke alarms in the home," Fire Captain Tom Richards said in a news release. "Every year in the United States over 2,500 people perish in residential structure fires. Many of these fatalities could have been prevented with the presence of functioning smoke alarms."

"It is estimated that 70 percent of all fire deaths occur in homes without working smoke alarms," Richards added.

Dispute over Pop Warner game leads to fatal stabbing

BELL GARDENS – A 22-year-old Bakersfield man was charged Wednesday with fatally stabbing a Monterey Park man during a brawl Saturday that allegedly erupted between rival Pop Warner Football fans.

Jose De Jesus Ruiz was scheduled to be arraigned at Alhambra Superior Court. He was charged with one count of murder with the special allegation that he personally used a deadly weapon, a knife.

Prosecutors will ask that his bail be set at \$1.02 million.

Ruiz attended a Pop Warner Football game in Bell Gardens Saturday before going to a Shakey's restaurant in Monterey Park. A group of fans with a rival team were also at the restaurant at 1955 S. Atlantic Blvd. shortly after 7 p.m.

A verbal argument escalated into a physical fight. During the fight, Ruiz allegedly fatally stabbed 25-year-old Patrick Raymond Ortega.

If convicted, Ruiz is facing 26 years to life in prison.

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Hunger Walk set for Sunday

DOWNEY – Downey will host a CROP Hunger Walk – a 4.5 mile walk to raise money for world hunger – this Sunday.

The walk starts and ends at Downey Memorial Christian Church, beginning at 2 p.m.

Walkers can also complete half the route and finish at Moravian Church of Downey.

Eleven teams have already confirmed for the walk, including groups from local churches, schools and agencies.

Church World Service will allocate 75 percent of funds raised from the CROP Walk to global hunger relief initiatives. The remaining 25 percent will be donated to Downey Food Help and PTA HELPS.

The Warren High School band will perform before the walk starts and local businesses have donated bottled water and snacks for the rest stops along the route.

Everyone is invited to participate in the walk but skateboards, roller-blades and bicycles are prohibited (for wagons for young children, and wheelchairs or motorized carts are OK).

To sign-up for the walk, contact Rev. Christie Melby-Gibbons at christie@downeymoravian.org or call (562) 927-0718.

Ballots now in the mail for Nov. 6 general election

NORWALK – The Los Angeles County Registrar-Recorder/County Clerk has begun issuing vote-by-mail ballots for the Nov. 6 general election.

A record 1.1 million mail ballots were sent out to all permanent vote-by-mail voters. Twenty-four percent of registered voters in the county are subscribed as permanent vote-by-mail voters.

Voters can still request mail ballots through Oct. 30.

“Requesting a vote by mail ballot is fast and easy,” said registrar-recorder Dean Logan. “Voters can complete the application on the back of their sample ballot and mail it to the RR/CC, or visit lavote.net and complete the online application. Instructions on how to apply for permanent vote by mail status can also be viewed online at lavote.net.”

In order to be counted, ballots cast by mail must be returned with sufficient time for mail delivery to the RR/CC by 8 p.m. on Nov. 6.

Mail ballots can also be returned in person to RR/CC headquarters in Norwalk or delivered to any polling place in Los Angeles County before polls close at 8 p.m. on Election Day.

Ballots received after 8 p.m. on Nov. 6, regardless of postmark, will not be accepted.

L.A. County voters can track their mail ballot by using the vote-by-mail inquiry form online at lavote.net.

For multilingual assistance in Chinese, Hindi, Japanese, Khmer, Korean, Spanish, Tagalog, Thai or Vietnamese, call (800) 481-8683.

Man gets year in jail for killing dog

PASADENA – In day five of his trial, a 42-year-old Pasadena man pleaded no contest last week to beating a muzzled 16-month-old German shepherd to death with a hammer then removing the dog’s body from the owner’s yard.

Deputy District Attorney Alison Matsumoto said Young Song entered his plea over the prosecution’s objection after a videotape of the brutal beating was shown to jurors.

He pleaded to one felony count of cruelty to an animal and one misdemeanor count of petty theft of a dog with a special allegation of personal use of a deadly weapon, a hammer. His open plea was not part of a negotiated settlement.

Pasadena Superior Court Judge Darrell Mavis immediately sentenced Song to three years formal probation, 365 days in county jail and ordered him not to possess or care for any animal for 10 years.

Song was allowed to surrender to the court on Nov. 2 to begin serving his jail sentence.

He also was ordered to pay \$75 in restitution to the dog’s owner.

Song was charged with entering his neighbor’s yard on April 20, 2011, and shooting the dog with a pellet gun. He left but returned to the owner’s yard a short time later and beat the dog to death with a hammer.

Song removed the dog’s body from the owner’s yard. The dog was never found.

Day of the Dead marked at Rose Hills

WHITTIER – Rose Hills cemetery will celebrate its third annual Dia de Los Muertos Cultural Festival with an art exhibit inside the SkyRose Chapel on Oct. 28 from 11 a.m. to 5:30 p.m.

Raul Pizarro is the featured artists but work from other artists will also be displayed.

Families are also invited to participate in an altar-building contest.

Admission to the festival is free. For more information, go online to dayofthedead-rosehills.com.



Marketing students at Downey High built arcade games using cardboard boxes, with proceeds going to the TLC Center.

Marketing students build cardboard arcades

DOWNEY – An online video titled “Caine’s Arcade,” in which a boy built his own arcade from cardboard boxes he found in his dad’s garage, inspired students at Downey High School.

Ms. Jeanette Hernandez’ marketing class decided to have a fundraising event by building their own arcades.

At 25 cents per game, approximately \$100 was raised during their lunch hour to benefit the Downey Unified School District’s TLC Center.

The event was promoted throughout the school and as word got out, school board members Nancy Swenson, Martha Sodevani and Bobbie Samperi, as well as TLC coordinator Luz Perez, participated.

Dr. Robert Jagielski, director of student services for DUSD, oversees the TLC program and expressed appreciation to Hernandez and her students.

“This event made us feel supported by everyone, from the students we serve to the DUSD board members. It was great,” Jagielski said.

“We are always appreciative of all efforts made to raise funds for TLC,” said Perez. “However, I think you will agree that it’s truly something special when students step in to support this program. TLC is here to help students in need, yet we survive with the help of students. What a beautiful thing.”

TLC provides support services such as free physicals, vision services, counseling, insurance enrollment and other resources to eligible uninsured or underinsured DUSD students. For more information, call (562) 904-3577.



School board members Nancy Swenson and Martha Sodevani took part in an arcade fundraiser at Downey High.

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Financial exploitation through undue influence

Taking advantage of the elderly has become a serious problem in our society. As our health care system allows more people to live well into their 80's and 90's, this same prolonged longevity can lead older persons to become dependent on others to manage their physical needs as well as their banking, investments, and other financial affairs. With this dependency comes the risk that caregivers or family members will exploit the older person's trust for their own advantage. When this occurs, the law states that if the individual has coerced the elderly person or unduly influenced them into gifting over their property, then the gift is not valid.

Claims of undue influence can be difficult to understand and prove, both because of the lack of a definition in the Probate Code, and because it occurs behind closed doors without witnesses. Increasingly, though, probate courts have retained staff members such as investigators or visitors who go out and interview proposed conservatees and determine their circumstances, including the presence of apparent undue influence. Probate courts are also receiving more information from community practitioners such as Adult Protective Services social workers, physicians, and hospital discharge planners.

In California, the definition of undue influence is contained in California Civil Code §1575. This statute was enacted in 1872, a date which calls into question its application in the 21st century. Thus, probate judges in California lack probate statutory support when they

must consider imposing a conservatorship on an elder who is allegedly being victimized by someone using undue influence. Additionally, we see that cases are not always handled consistently due to the lack of understanding of the problems by the court system.

Complicating the picture is the traditional thinking that mental capacity and undue influence are one and the same. In other words, undue influence occurs only if there is mental incapacity. Even though California law is clear that soundness of mind and body does not imply immunity from undue influence, the perception that undue influence cannot exist without mental deficits persists. Thus, if your loved one does not have a mental deficiency, some courts are hesitant to find undue influence has occurred.

The first and most commonly invoked statute regarding undue influence is California Civil Code §1575, which was enacted in 1872 and is commonly cited as a definition of undue influence. The elements are: 1. The use, by one in whom a confidence is reposed by another, or who holds real or apparent authority over him, of such confidence or authority for the purpose of obtaining an unfair advantage over him 2. In taking an unfair advantage of another's weakness of mind; and 3. In taking a grossly oppressive and unfair advantage of another's necessities or distress.

Complicating this matter even further is that research has also found that even when the older person is aware that they have been a victim of undue influence, they will

STEVE LOPEZ
LAW OFFICE OF STEVE LOPEZ

not report this to the authorities or others. This silence can be based on the fear of abandonment, being overwhelmed at the prospect of involving the courts and law enforcement in their personal affairs, and/or a fear of being forced to go into a nursing home if they do report the abuse.

What should you do with this information regarding undue influence? If you or your loved ones are looking to draft a will or other testamentary instruments, it may be wise to take steps to avoid such allegations against you in the future by involving an experienced attorney to guide you through the estate planning process. If you suspect undue influence, consult an attorney before jumping to any conclusions, so that you are able to make an objective assessment of whether you can prove your case. Probation litigation can be costly and these matters should be evaluated by an objective attorney before you decide on an appropriate course of action. As our population ages, we can expect to see an increase in undue influence allegations in probate courts.

The purpose of this column is to provide general information on the law, which is subject to change. It is not legal advice. Consult a lawyer if you have a specific legal problem.

Gang member shoots at undercover sergeant

NORWALK – A known gang member under police surveillance was arrested last week after allegedly shooting at an undercover Sheriff's sergeant.

The suspect, 31-year-old Chris Ambriz, was wanted for possession of a firearm and narcotics by a felon.

A taskforce comprised of Norwalk detectives conducted an undercover drug sting in the parking lot of a local fast food restaurant on Oct. 3 in an attempt to capture Ambriz.

Ambriz never showed but as an undercover Sheriff's sergeant drove away, he noticed he was being followed by a white Ford Expedition driven by Ambriz.

Ambriz allegedly drove up to the Sheriff's sergeant and fired several shots, striking the sergeant's car at least once. The Expedition then fled.

Detectives tracked Ambriz to a Buena Park motel that same night and arrested him without incident.

Ambriz was booked for assault with a deadly weapon on a peace officer and is being held on \$450,000 bail.



Fundraiser for Fail-Safe cat group

DOWNEY – Fail-Safe 4 Felines will hold a spaghetti dinner fundraiser Oct. 23 at the Downey Elks Lodge starting at 6:30 p.m.

The fundraiser also includes a raffle, 50-50 drawing and "scratch it jar."

Admission is \$20.

Candidates to appear in forum

DOWNEY – Candidates for Downey City Council and the local state assembly will participate in a candidate's forum Oct. 18 at the Gas Co. Energy Resource Center.

The forum is sponsored by the Downey Chamber of Commerce and is from 6-8 p.m. Admission is free.

Two council seats are up for grabs this November. In District 1 (south Downey), Luis Marquez, Michael Murray and Mark Vasquez are looking to replace David Gafin, who is being termed out.

The District 5 citywide seat is being sought by Salvador Franco, Gabriel Orozco, Ricardo Perez and Alex Saab.

Cristina Garcia and Patricia Kotze-Ramos are in a runoff for state Assembly District 58.

Some of the candidates have strong ties to the Downey Chamber, which is sponsoring the forum.

Kotze-Ramos is president of the Downey Chamber of Commerce, and Saab is president-elect. Murray sits on the chamber's board of directors and was honored as "Director of the Year" last month.

Basketball tournament at Cal State Long Beach

LONG BEACH – The Long Beach State (LBSU) women's basketball team is hosting its first-ever Hoopfest, a 3-on-3 basketball tournament for all ages and skill levels, on Saturday, Oct. 20, in the university's Walter Pyramid. All proceeds will benefit the Lady 49ers.

Each team must field three or four players to participate in the double-elimination tournament, and participation in multiple divisions is encouraged.

There are a variety of age groups in the male, female and co-ed divisions, including: Youth 1 (third and fourth grades); Youth 2 (fifth and sixth grades); Middle School (seventh and eighth grades); Elite-College Level (undergraduate students only); Young Adult (ages 31-45); and Golden 1 (ages 46-50), Golden 2 (51-55) and Golden 3 (56 and older).

The only divisions in the co-ed category are Elite Co-Ed College level (undergraduate students only and family, where each member of the team must be related).

The cost for each team is \$50, and teams must field three to four players. Games will be played in a half-court format. The first team to 20 points, or whichever team is winning after 15 minutes, will advance in its respective bracket.

Teams can register at longbeachstate.com or call (562) 985-2210.


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For both items, other rates and terms available. Loan must be funded by December 31, 2012.

Credit union marking 55 years

DOWNEY – Downey Federal Credit Union will mark its 55th anniversary with a week-long celebration Oct. 13-20.

The celebration kicks off Oct. 13 with a party at Bob's Big Boy featuring games, balloon animals, live DJ, mini car show, a dance off, raffle prizes and more.

On Oct. 18, the credit union will hold a Member Appreciation/International Credit Union Day, outside its main branch at 8237 3rd St., from 11 a.m. to 3 p.m., with raffle prizes and more.

Finally, the celebration wraps up Oct. 20 at the Downey Business Expo at Stonewood Center from 11 a.m. to 3 p.m.

All events are free and open to the public. For more information, contact Marianne Noss at (562) 862-8141, ext. 254.

Veterans memorial to be unveiled

DOWNEY – The city of Downey will unveil a sculpture paying tribute to U.S. veterans during a ceremony Nov. 12 at 10 a.m. in front of City Hall.

The memorial was commissioned by the City Council last year and funded with money from the city's Art in Public Places fund.

The ceremony is open to all residents.

For more information, call the City Manager's Office at (562) 904-1895.

Film on Pancho Barnes

DOWNEY – A 65-minute film, "The Legend of Pancho Barnes," will be screened by the Downey Historical Society on Oct. 25 at the Barbara J. Riley Community and Senior Center.

Producer Nick Spark will be in attendance for a Q&A and book signing.

The meeting is free and begins at 7:30 p.m.

Business Expo taking sign-ups

DOWNEY – The Downey Chamber of Commerce will host its annual Business Expo on Oct. 20 from 11 a.m. to 3 p.m. at Stonewood Center.

Cost for businesses to participate is \$100 for chamber members and \$175 for non-members. Included is a 6-ft. table, two chairs and table covering.

For reservations, call (562) 923-2191.

Skate park to be renamed

DOWNEY – City officials will re-dedicate the Downey skate park with a party this Saturday from 11 a.m. to 2 p.m.

The park, which opened in 2002, will be re-named the Meredith H. Perkins Skate Park in honor of former mayor Meredith Perkins, who was instrumental in having the skate park built at Independence Park.

The ceremony is open to the public and will feature face-painting for kids, skateboarding demonstrations, a DJ, information booths and a free photo booth.

Free skateboard lessons will also be offered (bring your own skateboard, helmet and pads).

Three food trucks will be on-site as well: Shave It shaved ice, Mr. Dog hot dogs and the Surfer Taco.

For more information, call the Parks & Recreation department at (562) 904-7238.

Fundraiser at Los Alamitos

DOWNEY – The San Antonio Guild of Downey will hold its annual fall fundraiser, "Denim and Diamonds," on Oct. 13 at the Los Alamitos race track.

The event starts in the Finish Line Room at 6:30 p.m. with cocktails, followed by dinner at 7. Guests will enjoy a live auction, dancing and quarter-horse racing.

Price is \$65 per person or \$120 per couple. Proceeds benefit Children's Hospital Los Angeles.

For tickets or information, call Debbie Bell at (562) 776-8229.

Women's golf club seeks new members

DOWNEY – The Rio Hondo Women's Golf Club is recruiting new members from throughout Southern California for the remainder of this year and 2013.

Women of all ages and skill levels who are interested in playing golf with a friendly and supportive group of lady golfers are invited to join.

Established in 1955, the Rio Hondo Women's Golf Club plays on Tuesday mornings, starting at 8:30 a.m., at the Rio Hondo Golf Club.

General meetings take place the first Tuesday of the month. The club schedules several tournaments throughout the year, offers weekly golf games during regular play, and participates in team competition through the Los Angeles County Women's Golf Association and Women's Public Links Golf Association.

For more information about the club, contact membership director Jackie Vinckier at (562) 869-7091 or the golf course pro shop at (562) 927-2329.

Third annual Rancho Women's Conference on Healthy Aging coming Oct. 26

• Renowned list of doctors are scheduled to speak at Rio Hondo Event Center.

By Greg Waskul
Rancho Los Amigos Foundation

DOWNEY – The Rancho Los Amigos Foundation and the Los Amigos Research & Education Institute will present an all-star lineup of renowned doctors from Rancho Los Amigos National Rehabilitation Center who will speak during the Third Annual Rancho Women's Conference on Healthy Aging (Mind, Body, Spirit).

The event will be held on Friday, October 26 from 8:30 a.m. to 1:00 p.m. at the Rio Hondo Event Center.

"We hear throughout the year from women who have adopted healthier lifestyles that fit their individual needs after attending this conference," said Conference Chair Yaga Szlachcic, MD. "If you want to learn about your own health and have fun doing it, this conference is for you!"

"We are providing this conference on vital healthy aging issues for women at no charge again this year," Dr. Szlachcic said. "This event has been packed the first two years, and we expect the same this year, so I would recommend that anyone who wishes to attend should make their reservation soon."

To RSVP for the conference, email ranchowomen@gmail.com or call (562) 508-9518.

"This year's conference will be quite interactive, with question-and-answer sessions following each 20-minute presentation," Dr. Szlachcic said. "The conference attendees will have the opportunity to sit at round tables with the speakers so they can interact with them during breaks."

"Each conferee will also have an opportunity to create their own 'Personal Plan for Better Health' based on what is learned, discussed and practiced at this amazing Women's Health Conference," said event organizer Madonna Cavagnaro. "We think this will be very meaningful and a lot of fun for all of us."

"We are all dealing with the effects of aging," Dr. Szlachcic said. "We believe the 'Personal Plan for Better Health' will be a very effective way for conference attendees to take away plans for improving or maintaining their health, so that they in essence will begin creating a personal road map for healthier aging."

Conference Speakers Include:
• Mindy Aisen, MD, Rancho's Chief Medical Officer, who will serve as the MC for the event and



Photos by Michael Ziegler

Dr. Yaga Szlachcic, above, speaking at last year's conference. Drs. Yaga Szlachcic and Stefan Bughi are pictured below.

comment about issues affecting women with disabilities

• Yaga Szlachcic, MD, Chair of Rancho's Department of Medicine, who will speak about preparing your heart for healthy aging

• Amytis Towfighi, MD, Chair of Rancho's Department of Neurology, who will speak on stroke prevention in women

• Rashmi Desai MD, Rancho Internal Medicine physician, who will speak on how meditation helps in age-related issues

• Sylvia Shaw, MD, Rancho's Chief of Endocrinology, who will speak on what every woman needs to know about metabolic syndrome

• Stefan Bughi, MD, Rancho Chief of Patient Safety, who will speak on the role of minerals and supplements and healthy aging

• Terrie DeBord, DDS, Rancho's Chief, Dentistry, who will speak on how to preserve a healthy smile

Conference attendees will also learn adaptive mind, body and spirit exercises such as yoga, meditation and Zumba. Event sponsors include Primary Care Critical Medical Group; Sodexo; Coloplast; Rancho Wellness Center; LA Coalition for Women; Rio Hondo Event Center; and Rancho Faculty Medical Associates, Inc.

"We created this conference so that once a year, the women of our community could get together and talk about health issues that are truly important to us," Dr. Szlachcic said. "We are excited to again share our ideas and spend quality time with a group of wonderful women as we learn about strategies for healthy aging that we can put into practice in our own lives."



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A student at Elizabeth Learning Center gets ready to walk to school in honor of International Walk to School Day. More than 400 people participated in the event hosted by the LA County Department of Public Health, County of Los Angeles County Sheriff's Department, Elizabeth Learning Center and Kaiser Permanente Downey Medical Center.



Warren High School musicians won the first annual Battle of the Bands that pitted Warren and Downey high schools last Thursday. The two school bands performed their competitive field show programs followed by a drum line battle, color guard showcase and pep band battle. The night ended with the two schools joining together and playing several pep band charts together. Warren received 853 votes to Downey's 393 and gets to keep the 6-ft. tall trophy until the next battle. Downey's two band directors were also forced to wear Warren gear all day Friday. The event helped raise more than \$1,000 for the two schools, with students participating in "penny wars" all week.

LEGAL NOTICES

BUSINESS

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
Department of Alcoholic Beverage Control
222 E. Huntington Drive, Suite 114
Monrovia, CA 91016
(626) 256-3241
Date of Filing Application: **September 20, 2012**
To Whom It May Concern:
The Name(s) of the Applicant(s) is/are: **K & ASSEM LLC**
The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: **8248 FIRESTONE BLVD, DOWNEY, CA 90241**
Type of license(s) Applied for: **41 - On-Sale Beer And Wine - Eating Place**

The Downey Patriot
10/4/12, 10/11/12, 10/18/12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
Department of Alcoholic Beverage Control
888 S. FIGUEROA ST. STE 320
LOS ANGELES, CA 90017
(213) 833-6043
Date of Filing Application: **September 17, 2012**
To Whom It May Concern:
The Name(s) of the Applicant(s) is/are: **STANDING ROOM BAR AND GRILL LLC**
The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: **5810 IMPERIAL HWY, SOUTH GATE, CA 90280-7614**
Type of license(s) Applied for: **41 - On-Sale Beer and Wine - Eating Place**

The Downey Patriot
9/27/12, 10/4/12, 10/11/12

FAMILY LAW

DISTRICT COURT, FAMILY DIVISION
CLARK COUNTY, NEVADA
Case No.: **D-12-468162, Dept. No.: Q DOROTHY W. GAUNT, Plaintiff vs. REX GAUNT, Defendant**
Summons (domestic)
SUMMONS
NOTICE! YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT YOU BEING HEARD UNLESS YOU RESPOND WITHIN 20 DAYS. READ THE INFORMATION BELOW.
REX GAUNT
The above-captioned Complaint for Divorce ("Complaint") is brought by Plaintiff DOROTHY W. GAUNT ("Plaintiff") to recover a judgment against you, the Defendant, to DISSOLVE the contract of marriage existing between you, the Defendant, and Plaintiff.
1. If you intend to defend this Complaint for Divorce, within 20 days after this Summons and a copy of the Complaint for Divorce are served on you exclusive of the day of service, you must do the following:
a. File with the Clerk of this Court, whose address is shown below, a formal written response to the Complaint in accordance with the rules of the Court with the appropriate filing fee.
b. Serve a copy of your response upon the attorney whose name and address is shown above and below.
2. Unless you respond, your default will be entered upon application of the Plaintiff and this Court may thereafter enter a judgment against you for the relief demanded in said Complaint.
3. If you intend to seek the advice of an attorney in this matter, you should do so promptly so that your response may be filed on time.
CLERK OF COURT
By: **ONDINA AMOS, Deputy Clerk** Date August 24, 2012
Regional Justice Center, 200 Lewis Avenue, Las Vegas, Nevada, 89155
Family Courts and Services Center, 601 North Pecos Road, Las Vegas, Nevada 89101
Issued at the direction of:
READ & ASSOCIATES
By **Jon Carlston**
R. Christopher Reade (SBN 06791)
Jon Carlston (SBN 10869), 1333 N. Buffalo Drive, Suite 210, Las Vegas, Nevada 89128.
Tel: (702) 794-4411. Attorneys for Plaintiff, DOROTHY GAUNT, In conjunction with the Legal Aid Center of Southern Nevada Pro Bono Project

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICT. BUSINESS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012191050**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **PIVCO CO.**

8903 PARROT AVE., DOWNEY, CA 90240, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) ROBERT A. PESCI, 8903 PARROT AVE., DOWNEY, CA 90240
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ROBERT A. PESCI, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 24, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012191818**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **BRIGHT BEGINNING DAYCARE, 12339 CREWE STREET, NORWALK, CA 90650, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RUBY GROTE, 12339 CREWE STREET, NORWALK, CA 90650
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/RUBY GROTE
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 25, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012191783**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SAVORY SWEET EDELIC, 11220 BROOKSHIRE AVE, DOWNEY, CA 90241, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) LORI MARIE SHAW-TAGUINOD, 11220 BROOKSHIRE AVE, DOWNEY, CA 90241 (2) CHARLOTTE MARIE TAGUINOD, 11220 BROOKSHIRE AVE, DOWNEY, CA 90241
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on 09/25/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/LORI MARIE SHAWTAGUINOD, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 25, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012188797**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **ENVIRONMENTAL SCULPTURING, 971 OLD TOPANGA CYN. RD., TOPANGA, CA 90290, COUNTY OF LOS ANGELES (2) PO BOX 707, TOPANGA, CA 90290**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RICHARD CORGIATI, 8558 11TH ST, DOWNEY, CA 90241
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 09/19/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/RICHARD CORGIATI
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 19, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

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

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012195282**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **ROSE EQUIPMENT REPAIR, INC., 8216 SORESEN AVE UNIT J, SANTA FE SPRINGS, CA 90670, COUNTY OF LOS ANGELES (2) 8216 SORESEN AVE UNIT J, LOS ANGELES, CA 90670**
Articles of Incorporation or Organization Number (if applicable): AI #ON: 3496874
REGISTERED OWNERS(S): (1) ROSE EQUIPMENT REPAIR INC, 8216 SORESEN AVE UNIT J, LOS ANGELES, CA 90670
State of Incorporation: CA
This business is conducted by a Corporation
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/PAILINE ROSE, CEO, ROSE EQUIPMENT REPAIR INC
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 28, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012187693**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **BEASTRACKS, 8558 11TH ST, DOWNEY, CA 90241, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RICHARD CORGIATI, 8558 11TH ST, DOWNEY, CA 90241
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 09/19/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/RICHARD CORGIATI
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 19, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012188778**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **LM AUTO SALES, 15031 STANTON AVE, LA MIRADA, CA 92336, COUNTY OF LOS ANGELES (2) 7075 MANGO ST, FONTANA, CA 92336**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) DUKE FLANAGAN, 7075 MANGO ST, FONTANA, CA 92336
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 09/20/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/DUKE FLANAGAN, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012188778**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **LM AUTO SALES, 15031 STANTON AVE, LA MIRADA, CA 92336, COUNTY OF LOS ANGELES (2) 7075 MANGO ST, FONTANA, CA 92336**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) DUKE FLANAGAN, 7075 MANGO ST, FONTANA, CA 92336
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 09/20/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/DUKE FLANAGAN, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RONALD J CORONA, 971 OLD TOPANGA CYN. RD., TOPANGA, CA 90290
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 1972
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/RONALD J. CORONA, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012188783**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **LACTATION ASSISTANCE AND EDUCATION, 9211 WASHBURN RD., DOWNEY CA 90242, COUNTY OF LOS ANGELES (2) BREAST FEEDING COUNSELING AND SUPPORT**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) PATRICIA E. MEDINA, 9211 WASHBURN RD., DOWNEY, CA 90242 (2) CARLOS MEDINA, 9211 WASHBURN RD., DOWNEY, CA 90242
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/PATRICIA E. MEDINA, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 21, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012186388**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **JA & JJ TRADING, 11218 RINGWOOD AVE, SANTA FE SPRINGS, CA 90670, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JENNIFER NEWMAN, 11218 RINGWOOD AVE., SANTA FE SPRINGS, CA 90670
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/JENNIFER NEWMAN, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 18, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/11/12, 10/18/12, 10/25/12, 11/1/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012192269**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **RISE HANDYMAN, 10001 W FRONTAGE RD, SPC #172, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR R GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605 (2) PATRICIA GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR R GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 1, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/20/12, 9/27/12, 10/4/12, 10/11/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012192269**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **RISE HANDYMAN, 10001 W FRONTAGE RD, SPC #172, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR R GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605 (2) PATRICIA GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR R GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 1, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

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

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012197434**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **CENTURY 21 MY REFERRAL COMPANY, 7825 FLORENCE AVENUE, DOWNEY, CA 90240, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: 1744789
REGISTERED OWNERS(S): (1) STEPHEN C. ROBERSON INCORPORATED, 2583 BRENNEN WAY, FULLERTON CA 92835
State of Incorporation: CALIFORNIA
This business is conducted by a Corporation
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/STEPHEN C. ROBERSON, PRESIDENT, STEPHEN C. ROBERSON INCORPORATED
This statement was filed with the County Clerk of Los Angeles on OCTOBER 03, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/11/12, 10/18/12, 10/25/12, 11/1/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012195755**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SUPERIOR BUSINESS GROUP, 14008 MULBERRY DR, WHITTIER, CA 90605, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR R GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605 (2) PATRICIA GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR R GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 1, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012195755**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SUPERIOR BUSINESS GROUP, 14008 MULBERRY DR, WHITTIER, CA 90605, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR R GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605 (2) PATRICIA GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR R GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 1, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
10/4/12, 10/11/12, 10/18/12, 10/25/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number **2012195755**
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SUPERIOR BUSINESS GROUP, 14008 MULBERRY DR, WHITTIER, CA 90605, COUNTY OF LOS ANGELES**
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR R GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605 (2) PATRICIA GARCIA, 14008 MULBERRY DR, WHITTIER, CA 90605
State of Incorporation: N/A
This business is conducted by Husband and Wife
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR R GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 1, 2012
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

CLASSIFIEDS

COMMUNITY

VETERANS
Join your Comrades for dinner at American Legion Post 270 on October 15, at 7pm at Rio Hondo Country Club. Bring spouse. Great food only \$11.00. Any Questions, call John (562) 806-2100

EMPLOYMENT

P/T OFFICE CLERK
know some Accounting & Excel. Also, P/T Handyman Must speak English. Send resume to Mailbox@CBP-USA.net

FOR RENT

BELLFLOWER
Commercial Property, 2,600 sf, 16226 Clark
Call George Franzeen (562) 630-9944

PARAMOUNT
Two Bedrooms, Garage, Yard - \$1,325
(562) 867-4710

NORWALK
One Bedroom Apartment, AC, Gated Parking - \$925
(562) 863-6599

FOR RENT

N. DOWNEY
2 BR, 1 BA, \$1,300
pool, jacuzzi, D/W, secured bldg.
(562) 869-4313 mgr.

SHARPTOWNHOME STYLE
3 BR, 2 1/2 BA, 2 car gar, new paint, central air/heat, wood flrs, balcony & BBQ. 1 yr lease \$1,775/mo + sec dep
11919 Sproul, Norwalk
(714) 822-1394
(714) 553-6676

2 BR SINGLE FAMILY DOWNEY HOME
Recently remodeled. Open House Saturday, Ready Now, \$1,610/mo. + sec
(562) 529-2700
Hablo Español
(562) 500-7804

GREAT LOCATION
Like new, totally refurbished! 2 bed, 1bath apt. Built-ins, forced air & heat. Owner pays gas. \$1,150/mo.
Will consider Sec 8
11613 Downey Avenue
(323) 992-8083

FOR RENT

DOWNEY APTS
1 BR, 1 BA, \$900
2 BR, 1 BA, \$1050
(562) 881-5635

1 BR UPSTAIRS
near Stonewood & park, pool, ldry rm. No Smoking, No Pets
(562) 291-2568
(714) 318-3762

BELLFLOWER 2 BR, 2 BA
2 car gar, w/d hk-up, near school, \$1,499/mo + \$1,200 sec No Pets
(562) 804-3264

WOW DWY 2 BR, 1 BA
Back Duplex, \$1,500/mo + dep Newly Decorated, Avail Now.
(562) 674-6080

FOR SALE

DOWNEY 6 UNIT TOWNHOUSE STYLE APT
All 2 BR, 1 1/2 BA
No Agents
(562) 400-5216

Garage Sale rain check if it rained we will run your ad again with in 4 weeks.

HEALTH/NUTRITION

LOSE WEIGHT NOW!
Take the 24 Day Challenge
For More Information Email
AdvoChampion@yahoo.com

SERVICES

FINE ROOFING, INC.
Free Estimate • Quality Service
Senior Discount. Lic 976823
(562) 879-4987

COMPUTER 1 SOLUTION
Senior help, upgrade, repairs, laptop repair, virus removal, troubleshooting. Free diagnosis
Call Larry Latimer
(562) 714-9876

CARETAKER
15 yrs exp. Prefer Downey area. Flex hrs. Call Kim
(562) 322-2231

TRUSTEASE PROPERTY MANAGEMENT
We'll do all the work for you!
Call Owner Chuck Gugliuzza
(562) 923-2300

NEED A PAINTER
Interior & exterior, ref.
Call Rick (562) 225-0540

SERVICES

CAREGIVER SEEKING PRIVATE CARE POSITION
Caring, responsible, reliable CNA, over 20 years experience working with elderly, local references avail. upon request, background check OK, 13 years at last employment
(562) 449-7969

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

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

PLANS, PERMITS CONSTRUCTION
Project Design, New Construction, Remodeling & Additions
Lic. #936419
Call Jeff (562) 869-1421

SERVICES

CARPET 4 U
Carpet, Vinyl, Tile & Laminate
Free in home estimates!
Mohawk – Shaw – Beaulieu Kane – Congoleum - Unimaru
!!! Sale !!!
6' Cushion Floor: 10¢ sqr ft
6' Vinyl Floor: 15¢ sqr ft
Limited quantities
(562) 866-2195
Showroom at 9303 Alondra Blvd. in Bellflower

HANDY CRAFTSMAN SERVICE
for all your home improvements & repairs. All labor and material guaranteed.
(562) 331-0976

MIKE THE ELECTRICIAN
(562) 413-3593

YARD SALE

10/13 ONLY! 8AM - 3PM
Furn, Plus-Sz Clothes & More
9009 Stoakes Ave, Downey

MOVING SALE 8AM FRI-SAT 10-12 & 10-13
Everything goes, furn, hshold art, tools, etc.
7731 Fostoria St., Downey

9/27/12, 10/4/12, 10/11/12

NOTICE OF TRUSTEE'S SALE TS No. CA-12-515966-AB Order No. 6740060 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/15/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **MARICELA ESPINDOLA AND GEORGE VICTORIA, WIFE AND HUSBAND AS JOINT TENANTS** Recorded: 10/22/2008 as Instrument No. 20081878822 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/25/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza Pomona, CA 91766 Amount of unpaid balance and other charges: \$572,383.85 The purported property address is: 7973 DE PALMA STREET, DOWNEY, CA 90241 Assessor's Parcel No. 6247-012-007 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-573-1965 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-12-515966-AB. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be

reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: **Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 FOR NON SALE Information only Sale Line: 714-573-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp.** If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders rights against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITORS WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-515966-AB IDSPub #0036965 10/4/2012 10/11/2012 10/18/2012

The Downey Patriot
10/4/12, 10/11/12, 10/18/12

NOTICE OF TRUSTEE'S SALE TS No. 12-0020463 Doc ID #000737014812005N Title Order No. 12-004089 Investor/Insurer No. 0113274577 APN No. 6283-019-054 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 08/25/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by OSCAR X HERNANDEZ AND LORENA HERNANDEZ, HUSBAND AND WIFE AS JOINT TENANTS, dated 08/25/2006 and recorded 9/1/2006, as Instrument No. 2006-1958912, in Book Page of Official Records in the office of the County Recorder of Los Angeles County, State of California, will sell on 11/05/2012 at 11:00AM, By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 12625 CORNUTA AVENUE, DOWNEY, CA, 90242. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown

herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$440,585.20. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 1-800-281-8219 or visit this Internet Web site www.reconstrustco.com, using the file number assigned to this case TS No. 12-0020463. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. **RECONTRUST COMPANY, N.A.** 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (626) 927-4399 By: Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. A-4311425 10/11/2012, 10/18/2012, 10/25/2012

The Downey Patriot
10/11/12, 10/18/12, 10/25/12

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Romance authors gather for panel discussion

• Five romance authors talk about their personal and professional lives during Cerritos Library event.

CERRITOS – The 2012 Romance Authors Tea was held Sept. 29 in the gaily decorated Skyline Room of the Cerritos Library and put on by the Friends of the Cerritos Library (FOCL).

The program was presented by Friends President Janice Dawson along with Library Liaison Padmini Prabhakar. Both ladies, as well as many of the assisting Friends, are also members of the Women's Club of Artesia Cerritos.

The contributing romance authors included Tanya Hanson, Jennifer Haymore, Linda O. Johnson, Charlene Sands and Patricia Thayer. They told their experiences in the publishing field, as well as glimpses of their private lives.

Charlene Sands and Patricia Thayer are longtime members of Romance Writers of America (RWA), an international writer's organization based in Texas. Both are members of the local Orange County Chapter located in Brea. Thayer is a past-president and Sands volunteers as Published Author Liaison.

Linda O. Johnson is mostly a mystery writer whose first published works appeared in Ellery Queen's Mystery Magazine. She is also the author of the new Pet Rescue Mystery series.

Jennifer Haymore also has an interesting background. Haymore earned a bachelor's degree in Computer Science from UC Berkeley and a master's degree from UCLA in Education. Before she became a full-time writer, she held various jobs from bookselling to teaching children in inner-city schools, to playing bit roles in soap operas.

Tanya Hanson, an avid reader

since she was 8, read "Little Women" and realized she had the writing ability inside her. Today an English teacher and author of several western historical romances, she is especially thankful to the Lord to have sold her very first contemporary inspirational White Rose. Tanya's husband is a firefighter and both her children are grown and both happily married. The latest love of her life is playing with her three-year-old grandson.

It was a wonderful program and the authors talks riveting. There were delightful tea sandwiches and fruit served. It proved to be an informative and delightful day for all.

For more info on the Friends of Cerritos Library, please contact the Library by calling (562) 916-1340 or <http://ci.cerritos.ca.us/library>. The library is located at 18025 Bloomfield Ave. in Cerritos.

–Helen M. Brown

One antidote to obesity: healthy living

• More than half of California adults are overweight or obese, but we can fight back by getting active.

By Lars Clutterham
Contributor

The City of Downey has just begun the process of enrolling in the California HEAL Cities Campaign in response to national, regional, and local concerns about increasing obesity, with over half of California adults overweight or obese, and a disturbingly similar trend among children and youth.

How bad is it in Downey? Well, in 2004 the California Center for Public Health Advocacy, one of the partners in the HEAL Cities Campaign, determined that 31.7% of Downey children were overweight. Using the same criteria, in 2010 CCPHA calculated that figure to be 40.1%—an increase of 8.4% in just six years.

The adult data reflect the same disturbing trends. In fact just a week ago Los Angeles County Department of Public Health launched a parallel campaign to HEAL Cities, citing adult obesity rates increasing from 13.6% in 1997 to 23.6% in 2011. To clarify, though these percentages are smaller than the childhood data mentioned above, the adult statistics reflect rates of obesity, where the childhood rates demonstrate only the condition of being overweight, less extreme than being obese.

The distinction can be explained by the difference in BMI, the "Body Mass Index," a now standard measuring formula for determining appropriate weight as related to height, and, to a lesser extent, age, gender, race, and activity levels.



Illustration by Gennie Prochazka

According to the Centers for Disease Control and Prevention, your BMI is normal if it's between 18.5 and 24.9. You're overweight if it's between 25.0 and 29.9. If your BMI is 30 or over, you're obese. For example, a typical 5'9" adult would be of normal weight up through 168 pounds. At 169 lbs. that person would be overweight by this standard, and at 203 pounds, he or she would be considered obese. The adult percentages cited above, insofar as they're measuring obesity, are therefore sobering and significant.

The CDC addresses these issues because it considers obesity to be a disease. Its approach to a cure, like the HEAL Cities campaign, "Let's Move," and "Walk/Bike to School Day," as mentioned previously in this column, depends heavily on active living. In fact the CDC lists seven reasons why "physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease

- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer"

Many of these objectives go well beyond what can be accomplished simply by changes in diet alone. And two of the most fundamental activities available to most of us are walking and bicycling. In this space, we have been setting the stage over the past two weeks for why bicycling in particular is culturally and environmentally important to the City of Downey.

Next week we will continue to look at the nexus between Active Living and the environment.

Woman cannot keep her pot belly pig

NORWALK – A Norwalk woman will have to give up her potbellied pig after the Planning Commission sided with code enforcement, which said the animal went against city code.

Diana Daigrepoint, who says she is disabled, picked up the potbellied pig -- named Winnie -- while in Northern California. She said the pig provides her company and is well-behaved.

Neighbors, however, complained about the animal which prompted a visit from code enforcement.

According to city law, pigs are only allowed in homes zoned as horse properties. These types of homes are located along the San Gabriel River.

Daigrepoint lives at 12707 Dalwood Ave. In addition to the pig, Daigrepoint also has two dogs.

Daigrepoint appealed code en-

forcement's demand to get rid of the animal to the Planning Commission but was rejected.

"Potbellied pigs had been previously popularized as a pet, and could very well become popular again," city planners wrote in a report recommending denial of the appeal. "Since approval in this particular circumstance could serve as precedent, staff also considered the submittal of other similar applications. With each application, staff will not be able to verify the eventual size of the particular pig specimen at full growth."

Daigrepoint had pleaded her case in a letter to city planning manager Bing Hyun.

"Winnie is not loud, the dogs in my neighborhood are a lot louder than she could ever be," Daigrepoint wrote. "She is spayed. She just turned two on Sept. 4. She is full grown (at) about 60 pounds. I keep

her very clean and clean up after her.

"I am not getting anymore pigs. I just want to be able to keep this one. She is my baby. I have no children. My child died. My mom recently passed away."

City soliciting study proposals

DOWNEY – The city of Downey is soliciting proposals from qualified consulting firms for a cost of service study for solid waste collection services.

The request for proposals (RFP) is available on the city's website at downeyca.org under "City News."

Proposals are due by 5 p.m. on Oct. 29. For questions, contact the city at (562) 904-1895.

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"Jose Salguero did an excellent job and treated us very well!" – Lourdes Olivo

FEATURED PROPERTY

Turnkey
This is a must see in the beautiful Glenwood community. This prime location features 3 Bedrooms and 2 1/2 bath. Also, there is a two car attached garage with loft and cabinet storage. Laundry room and walk in pantry off the kitchen. Both upstairs bathrooms are upgraded and the lower level has upgraded windows. Priced to sell at \$390,000!

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IN ESCROW

Another Satisfied Downey Client!
One of Downey's nicest areas! This spacious 4 bedroom and 2 bathroom home has over 3000 sqft. It features a newly remodeled kitchen, bathrooms and recently painted interior. The kitchen features modern cabinets with quartz countertops, a fire place in the living room and an upstairs loft.

Luxury

This is an IMMACULATE Gallery Collection Home! It features polished marble flooring, a marble fireplace, plantation shutters, granite counters throughout and crown molding. This home also has newer interior & exterior paint, an island in the kitchen, built in book case in the family room and a formal dining room. Call today for more information on this fantastic property.

Amazing!!

This custom built 2 story home is located on a corner lot on a tree-lined street in a very desirable neighborhood. This beautiful property features 4 bedrooms with 2 master suites, 6 bathrooms, 2 balconies and a gourmet kitchen. The backyard is perfect for large parties with a covered patio, pergola, built-in seating and a secluded dog run. This is a MUST SEE!!

Turnkey

This cute home sits on a corner lot. It features 3 bedrooms, 1 bathroom and a 2 car detached garage. It is conveniently located near an elementary school, middle school, church's and shopping. This property is in move in condition! This is a must see! Priced at \$299,900

JUST LISTED

A Must See!
This is a beautiful remodeled home with ample space. It features 4 bedrooms, 4 bathrooms and sits on a 10,000 sq.ft. lot. The kitchen has granite counters, beautiful cabinets, built in stove, dishwasher and microwave. The fireplace in the family room and the central air and heat finalize this masterpiece. Priced at \$515,000!

Turnkey

Welcome to this beautifully updated 2 bedroom, 2 bathroom home. It features refinished wood floors, an updated kitchen with quartz counter tops and newer cabinets. Both of the bathrooms have been remodeled as well as the 2 car garage. This is a must see! Call for more information today!

IN ESCROW

The Sales Keep Coming!
This is a beautifully upgraded home. The home features 3 bedrooms and 1 bathroom. The kitchen has been upgraded with new cabinets, counters, and tile floors. The house has also been painted inside and out and has new light fixtures as well as re-finished hardwood floors. Wow! Priced to sell at \$314,900.

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... & AGAIN!!!	SOLD!
6709 Crafton St., Bell	SOLD!
... & AGAIN!!!	SOLD!
12217 Horley Ave., Downey	SOLD!
... & AGAIN!!!	SOLD!
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7731 Fostoria, Downey	SOLD!

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This turnkey home has it all! 4 BD including huge master suite! 2 family rooms, plus living room, formal dining room. \$689,000!
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Charming 1 BD, 1 BA home in South Gate w/large living room & large lot.
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IMMACULATE DOWNEY HOME!
This super sharp home has 3 extra large bedrooms, 1 3/4 baths! Nicely upgraded
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OPEN HOUSE!



Everything Like New!
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Price at: \$325,000

REDUCED!



Investment Opportunity!
Recently renovated 2,133 sq. ft. building with 2+ car garage, new roof & electrical, remodel. bathroom, and new flooring and paint.
Reduced to: \$340,000

PENDING!



NW Downey Jewel!
3 BD, 2 BA home features remodeled kitchen, large family room w/fireplace. Amenities: central air & heat, newer windows, & recessed lighting.
Price at: \$399,950

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