



The Downey Patriot



**'Camera Creeps'
is a hit
See Page 3**



**Downey residents
mourned
See Page 4**



**The benefits of
power of attorney
See Page 8**

Thursday, Sept. 26, 2013

Vol. 12 No. 24

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

Stroke seminar offers hope of better health

• More than 100 residents received free stroke prevention screenings Wednesday.

By Greg Waskul
Contributor

DOWNEY – 74-year-old Albert Nosal came to the Primary Stroke Prevention Screening at Rio Hondo Event Center Wednesday looking for hope. His blood pressure soaring out of control at 188/98 and having already suffered four “mini-strokes”, Albert was looking for new ideas about how to get his life back.

He found plenty of great diet, exercise and lifestyle tips from Yaga Szlachcic, MD, a highly respected cardiologist, clinical leader and researcher from Rancho Los Amigos National Rehabilitation Center who delivered a brilliant presentation on controlling an irregular heartbeat (known as atrial fibrillation or “a-fib”) and stroke prevention.

Albert was one of more than 100 Downey-area residents who marveled as Dr. Szlachcic explained the importance of modifying behaviors to help limit the risk of having a stroke. Like most of those in attendance, he learned a lot.

“I’ve been prescribed 14 different medications, some with disastrous side effects,” he said. After hearing Dr. Szlachcic, he said now has hope that he can work with his doctor to lower my blood pressure not only with drugs, but with diet, exercise and even meditating before going to sleep at night.

“She spoke at our level, and answered our questions in a way we could all understand,” Albert said. Her presentation was simply outstanding.”

The seminar was the fourth of five free Primary Stroke Prevention events in Downey that have provided free carotid artery, aortic abdominal aneurysm and blood pressure screenings for more than 850 people. These free screenings have been valued at more than \$335,000. The seminars are sponsored by the RTH Stroke Foundation, Rancho Los Amigos Foundation, The Downey Patriot and the Rio Hondo Event Center.

Many lives have been saved because of these seminars, which USC’s Nerses Sanossian, MD, Director of the Roxanna Todd Hodges Comprehensive Stroke Clinic at the Keck School of Medicine of USC, called “the most successful Primary Stroke Prevention seminar series our nation has ever had.”

The final 2013 seminar will be held on Wednesday, November 6 from 9:30 a.m. to 11 a.m. at Rio Hondo Event Center. The speaker will be the world-renowned neurologist Helena Chui, MD,

who is the Chair of Neurology of the Keck School of Medicine of USC. One of the world’s foremost researchers in Alzheimer’s Disease, Dr. Chui will discuss her groundbreaking research



Mark Curran has launched Downey’s first - and only - radio station, RocketOldies106.com.

DOWNEY GETS ITS OWN RADIO STATION

• RocketOldies106.com will have local flavor, with Downey-specific programming in the works.

DOWNEY – Downey is getting its own radio station: RocketOldies106.com, an Internet-based oldies radio station that will debut its 24-hour programming schedule Friday.

Based in Downey, the station is the creation of local concert presenter Mark W. Curran, known locally for his annual slate of oldies concerts produced at the Downey Theatre.

Curran said he recognized a need for an all-oldies radio station in the region and began researching the Internet for possible options. With the digital technology known as audio-data streaming, Curran scoured the web for companies that could host a radio station capable of 24-hour programming at a high quality 128 kbps stereo signal.

He found Seattle-based Broadcast Matrix, a company that specializes in providing streaming audio to both digital and over-the-air stations. With Broadcast Matrix, Curran developed a platform to create a radio station that would have global reach yet be community based.

“Digital radio is now coming into its own,” Curran said. “More and more people are tuning in to digital Internet radio, and with the new smartphones capable of streaming Internet audio, and the new Internet car radios coming out this year, I felt the time was right.

“Downey has needed its own radio station for quite some time,” Curran added. “And given our involvement in bringing live oldies music to the community for a number of years now, I thought it time to give something back.”

The professionally-programmed station features live announcers and a core format of “oldies but goodies” music from the ‘50s and ‘60s, including Motown, soul, doo-wop and comedy. CBS World News is featured at noon weekdays via live satellite.

Weekend specials include “FM Freestyle with Jimmy Z,” which features the best album rock of the ‘70s and ‘80s. There is also “The Beatles and Beyond Show” originating from London, and “Local*Listen!” featuring up and coming bands, unsigned recording artists and songwriters from around the globe.

Additional programming includes daily entertainment news, Los Angeles traffic and weather, and listings of upcoming area concerts.

Although there are no programs specific to Downey as of yet, Curran said several are in the works. He said he’s also open to working with Downey residents who want to contribute to community programming.

Curran has also approached local civic leaders who have expressed interest in participating in local events programming.

“I want this station to be a voice for Downey,” Curran said. “We may be a small non-profit, volunteer-run organization, but we’d be very open to new shows from local civic groups and leaders, and to become a forum for this area – Downey citizens speaking their minds and spotlighting news about Downey. You know, people, places and events, that kind of thing.”

The station is currently commercial free but there are opportunities for sponsors to



support local programming.

“This is really a project of passion. It’s not about money,” Curran said. “Still, there are expenses in running the station that would be greatly helped by local sponsorship. We have to pay licensing fees for the music we play and we have server and bandwidth costs, not to mention the time it takes to run the station.

“As far as our commitment to Downey is concerned, a lot will depend on how involved and supportive the community is,” Curran added. “It takes a village to make it work. We’re open to anyone becoming involved. It’s a tool to reach out and affect social change, but it’s also a way to entertain and have fun.

“Community radio is a highly effective forum for civic involvement but it takes the efforts of not only those who are creating the programming, but also to the people of the community to actually tune in. If people from the community don’t listen, then it will become a station serving a larger base.

“We’re open to just about anything the people of Downey would like to do.”

The radio station can be heard online at rocketoldies106.com by clicking the “listen live” link.

Residents with smartphones can also download a free app by going to tunein.com on their mobile browser.

New push to build community gardens in Downey

• City is considering loosening zoning laws to allow community gardens in non-residential areas.

By Christian Brown
Staff Writer

DOWNEY – Hoping to inspire citywide health, neighborhood ties, and student learning, city officials this week moved a step closer to adopting a code amendment that will allow residents to establish public community gardens.

“For obvious reasons, it’s good for Downey or any community,” said Carey Smith, a speech pathologist with the Downey Unified School District who spearheaded the movement for a community garden.

“Planting and gardening -- these activities are few and far between. We want kids to connect with the community in healthy ways, this is an opportunity.”

While councilmembers applauded the concept on Tuesday, under the city’s current zoning code, community gardens are not allowed on public or private grounds.

Smith and Eyleen Nieva, however, have been working with the Downey Green Task Force to change that.

In July, Smith and Nieva, who also works in the DUSD, founded The Growing Garden, a vision to create an explorative learning environment for children that combines their formal training in speech pathology with their mutual interests in creative, active, and sustainable living.

The Growing Garden promises a place where kids can plant, tend, and reap the benefits of a garden, using it as a resource to learn about healthy sustainable foods, engage in active learning, and become more confident communicators.

Smith says she noticed the growth in her students at Rio Hondo Elementary when they were given hands-on activities like planting and art projects.

“It’s more than a garden...we need a central place for cooking classes, art, music, fitness classes,” she said. “We want kids to be just as excited about being creative and healthy if not more so than video games.”

On Tuesday, the City Council

directed staff to dedicate 100 hours of staff time to drafting a proposal for a code amendment that will allow community gardens in specific zones not including residential neighborhoods.

“We wanted to limit it to areas that wouldn’t trigger a full blown environmental impact report,” said Mayor Pro Tem Fernando Vasquez who acknowledged a full report could cost the city thousands of dollars.

“I think a community garden would fit nicely in a utility corridor, somewhere centrally-located for field trips. With obesity and chronic disease soaring, a community garden can encourage physical, mental health and community ties.”

Carey says they intend to establish The Growing Garden at the Moravian Church of Downey, located at 10337 Old River School Road. In addition to an empty plot of land adjacent to the building, the church is also offering the garden room space for classes.

“Once we have the layout for the garden, we’ll have kids getting dirty, planting the seeds. They’ll be after school hours and kids can sign up to take care of the plants,” Smith said.

“The difference in our classes is there’ll be an emphasis on speech and language development.”

Mayor Mario Guerra praised the concept as a step in the right direction for the city, which has placed its focus on health and wellness over the last nine months.

“It’s exciting -- it’s both economically-friendly and educational. There are over 90 of them in Los Angeles County -- this is who we can be,” Guerra said. “Fresh tomatoes are fresh tomatoes, you can’t get any better than that. From farm to table, this is what we should be looking at.”

On Nov. 16, The Growing Garden, which has pledged to work with Gangs Out Of Downey and the Stay Gallery on future projects, will host its first planting event at the Moravian Church with live music, family activities, and food from 2 - 6 p.m.

“The Healthy Downey program has been well-received. I only imagine this will be one more thing to be well-received and embraced by the community,” said Smith. “I have high hopes they’ll come back with a plan to implement [the gardens].”

Downey Police expands K9 unit

DOWNEY – Two service dogs trained to sniff out drugs and apprehend elusive suspects will soon join the ranks of the Downey Police Department.

The canines are in addition to Duke, a narcotics-detecting Labrador retriever already utilized by the department.

Unlike Duke, the new canines will be able to detect and locate hidden suspects, enhancing officer safety, Police Chief Carl Charles wrote in a report. He also said the presence of a dog decreases the chance of a physical confrontation between a police officer and suspect.

Other benefits, Charles said, are deterrents to criminal behavior; efficiency in locating narcotics and suspects; increased number of apprehensions; reduction in the amount of personnel time spent searching for suspects; and enhanced public relations through public interaction at community and school events.

Cost to purchase the dogs and related training and equipment is \$70,000, which will be paid from the department’s Asset Forfeiture Fund. The police chief’s report does not list the breed of dogs the department will purchase.

Alderhorst International Inc. is providing the animals. The company specializes in police canine training and has provided dogs and training to more than 500 law enforcement agencies.



Ryan Fitzl was installed as president of Downey Los Amigos Kiwanis on Wednesday. He was sworn-in by Kiwanis Lt. Gov. Jason Cierpieszewski.



PHOTO BY CAROL KEARNS

Stan Barauskas of the Aerospace Legacy Foundation, center, leads a discussion with the cast after the closing performance of the play "Defying Gravity." Seated to his left is award-winning playwright Jane Anderson. This unique production about the 1986 Challenger Space Shuttle disaster was presented for three nights in the outside amphitheater of Downey's Columbia Memorial Space Center. Lana Joy Wahlquist, co-director, said that part of the purpose in using this venue was to remind people of Downey's history and significant contribution to the space program. The play was sponsored by the Downey Arts Coalition and co-hosted with the city.

Christmas decorating contest returns

DOWNEY - After becoming a victim of budget cuts last year, Downey's home decorating contest is making a comeback this holiday season.

At the request of Councilman Alex Saab, the contest is being revised to honor local homeowners who decorate their homes for Christmas.

The contest was eliminated last year as the city grappled with a \$11.5 million budget deficit. It costs the city about \$3,800 to hold the competition.

Entry forms will be accepted beginning in mid October and applications are due by the first week of December. Judging takes place the second week of December

with more than a dozen awards up for grabs.

Originally started in the early 1980s by Councilman Randall Barb, the contest has averaged about 45 participants annually since 2008, though many were the same properties returning year-to-year, said Parks and Recreation Director Arlene Salazar.

Theater rental credits OK'd for non-profits

DOWNEY - Defending its support of arts and culture in Downey, the City Council on Tuesday agreed to issue \$25,000 in annual Downey Civic Theatre rental credits to ease the financial burden on local performing arts organizations.

The Downey Symphony, which puts on three concerts per season, will receive \$10,000 in rental credits, which cannot be applied to hard costs such as equipment, deposits and box office fees.

The Downey Rose Float Association was granted \$5,000

to help offset the cost of its Miss Downey Pageant, held every spring and the organization's principal fundraiser.

The remaining \$10,000 subsidy will be divided among eligible local arts groups.

To qualify, non-profit organizations must be based in Downey and in good standing with the Secretary of State. They must also have a board of directors, liability insurance, and records of current and previous years financial statements, including the current year's operating budget.

The Downey Theatre costs about \$400,000 in General Fund money to operate annually.

City officials said they subsidized the Downey Symphony and Downey Civic Light Opera last year a total of \$110,704 in rental expenses and reduced facility rental rates.

A workshop will be held Wednesday at 6 p.m. in the Downey Theatre green room for organizations interested in applying for credits.

For more details, call (562) 904-7238.

Downey lands \$225K grant for bike plan

DOWNEY - The city of Downey has been awarded \$225,000 in state grant money to produce a bicycle master plan, the first step in what could eventually lead to bicycle lanes in Downey.

The Caltrans grant will lay the "foundation for bicycle-friendly roads and bikeways, which will serve commuter and recreational riders," city officials said.

Downey officials are hopeful that bicycle lanes and the bike master plan will encourage more residents to use bicycles for transportation, reducing traffic congestion and air pollution while

promoting a healthier lifestyle among residents.

"This is great news for our city and our residents. We are happy and excited to have received this grant that will help fund a much needed, and awaited master bike plan in our community," Mayor Mario Guerra said in a statement. "This project is part of our Healthy Downey initiative, which is aimed at encouraging wellness, healthy and active lifestyles. The new master bike plan will make sure we look at all the important elements that will be safe, effective and sustainable. This was also one of



our stated goals in our 2013 City Council Priorities. I am proud to say that we are working hard and being proactive in making sure we have a vision for our future."

SCORE BIG ON SAVINGS WITH

DOWNEY FEDERAL CREDIT UNION

AUTO LOANS AS LOW AS **1.49%** APR*

NEW • USED • REFINANCES

Plus, win the ultimate Football Sunday Package, including a flat screen TV!

DOWNEY FEDERAL CREDIT UNION
8237 3rd Street
Downey, CA 90241
www.downeyfcu.org
(562) 862-8141

Downey's Community Credit Union • Se Habla Español

*APR= Annual Percentage Rate. Rates listed are effective 9/1/2013 and may change at any time without notice. Rates shown are our preferred rates based on credit worthiness, FICO/Credit Score and other factors. Other rates and terms are available. Please visit our website, give us a call or visit a branch for complete details and qualifying criteria.

DIVORCE AND BANKRUPTCY (DIVORCIOS Y BANCARROTA)

- Custody (*Custodia*)
- Support (*Sostenimiento*)
- Wills (*Testamentos*)
- Living Trusts (*Fideicomisos*)
- Probate (*Demanda Sucesoria*)
- Criminal Law (*Derecho de lo Penal*)

All of your problems have solutions.
(Todos sus problemas tienen solución)

Lic. Eva Juárez - Attorney
Malhotra & Malhotra

7847 E Florence Ave. Suite 111
Downey, California 90240
(562) 806-9400

October's RED HOT COUPONS

Pina Pizza House CELEBRATING 53 YEARS IN DOWNEY

15% OFF
All Dinners excluding beverages (Dine-In-Only) (Not valid with any other offer or banquets.) Exp. 10-31-13

11102 PARAMOUNT BLVD.
DOWNEY, CA 90241
562-923-4411

Blizz FROZEN YOGURT

Bring this coupon to receive 15% off a delicious crepe

Offer valid with coupon only.
Offer valid at Downey location only.
Not valid in conjunction with any other offer.
One coupon per customer per day.
No Cash Value
Offer expires: 10/25/2013
www.blizzyogurt.com

Corleone ITALIAN CUISINE COCKTAILS

FREE Fried Calamari w/your dinner purchase of \$20.00 or more.
1 FREE Fried Calamari per table.

ATTENTION SENIORS 60+
25% OFF ENTIRE MENU. Mon. - Thurs. ONLY.
From 3:00 PM to 6:00 PM. Alcohol Bev. (not Included)
Not valid w/other offers. Exp. 10-31-13

12056 Paramount Blvd.
Downey, CA 90242
(562) 861-9393

Cafe CORLEONE In the City of Paramount
"One of the Best Pizzas in LA" Good Morning America

FREE DINNER (Friday & Saturday only)
Buy One Dinner Item and Get the 2nd Item of Equal or Lesser Value FREE (Reg. Menu only) w/purchase of 2 beverages. Maximum discount \$8.00 from total bill.
Must present coupon, not valid w/other offers. Exp. 10/31/13

FREE Delivery (3 mile radius \$15 min. order)
15337 Paramount Blvd.
Between Jefferson and Somerset
Call for more information
(562) 408-6100
www.CafeCorleoneRestaurant.com

VEHICLE REGISTRATION SERVICES

FERROW INSURANCE

TAGS

- Don't Wait in Long Lines
- Title Transfers / Duplicates
- Instant Renewals
- Out of State
- FREE Quotes
- Sticker

Se Habla Español

FREE Vehicle Registration Ask US How!

9086 Imperial Hwy. "C" Downey, CA 90242
562-923-1999

NARAI THAI

\$2.00 OFF
Lunch or Dinner (\$20 minimum)
Valid on dine in, take out or delivery

7611 Firestone Blvd. Downey (562)928-4632

NORMS FRUIT TOPPED HOTCAKES SERENADE

2 BACON STRIPS • 2 LINK SAUSAGES
2 EGGS • HASH BROWNS • 2 HOTCAKES
with choice of topping: STRAWBERRY, BLUEBERRY or CINNAMON-APPLE.

Only **\$5.99**

NORMS Downey
Firestone Blvd. at Paramount • (562) 862-5345

Today's REALTY GROUP & LOAN SOLUTIONS

One Stop and you are home.

Buyer Seller Representation Low Interest Fixed Rate Loan
Buying & Selling Made Simple Low Down Payment
Standard Sales Free Pre-Approval

Rates As Low As **3.0%**
Ask About **0%** Closing Costs

Joshua Lee Glaz
Vice President/Realtor/MLO

562-862-0777 At Your Service - 24/7

10835 DOWNEY AVE., DOWNEY, CA 90241

Downey mayor installed as ICA president

DOWNEY – Mayor Mario Guerra was installed as the new president of the Independent Cities Association on Sept. 12.

He is the second Downey official to serve as president of ICA, a nonprofit public benefit corporation made up of 53 full-service cities (cities that provide their own police and fire services).

The organization represents 7 million people.

“I am beyond honored to serve as the new ICA president and look forward to representing such a fine and respected organization,” said Guerra, who was sworn-in at the Columbia Memorial Space Center. “I look forward to working with my fellow ICA colleagues to continue to represent the best interests of our citizens.”

In attendance at the installation dinner was Tom Crosby, mayor of Roscommon, Ireland, the birthplace of Gov. John Gately Downey and Downey’s newest sister city.

“It was a sincere privilege to have Mayor Tom Crosby present at this special event,” Guerra said. “He is a true man of character and respected leader. I thank him for flying out to Downey and sharing this moment with me and my colleagues.”

Parley Johnson tours offered

DOWNEY – Tours of the historic Case de Parley Johnson in Downey will be offered Oct. 19-20 by the Assistance League of Downey.

For \$15, visitors will receive a docent-guided tour of the 1920’s Roland Coate mansion with gardens by Florence Yoch.

There will also be vendors, home-made baked goods, food and entertainment, craft items and plant sales, cupboard treasures, collectibles and more.

Tours are available Oct. 19 from 10 a.m. to 5 p.m., and Oct. 20 from 12-4 p.m.

Tickets are available at the Second Tyme Around Thrift Shop, 11026 Downey Ave.

Church hosting martial arts

DOWNEY – Martial artists will perform at a special service Oct. 19 at Calvary Chapel of Downey.

The event is titled “United Martial Artists for Christ” and will feature world champion martial artists, including Martial Arts Hall of Fame member Raul Ries.

The event begins at 7 p.m. Admission and parking are free.

For more details, go online to martialartistsforchrist.org or call (562) 803-5631.

Tickets on sale for ‘Parade of Winners’

DOWNEY – The Downey Rose Float Association will host its 36th annual “Parade of Winners” fundraiser Oct. 27 at the Rio Hondo Event Center.

Tickets are \$125 and includes lunch for two.

Ticket-holders have a chance to win one of 50 prizes, including the top prize of \$10,000 cash. Only 250 tickets will be sold.

Proceeds will benefit the Rose Float’s 2014 entry in the Tournament of Roses Parade, “The Glass Slipper.”

For tickets, call Sue England at (562) 889-1828.

Chili cooks wanted

DOWNEY – The Downey Chamber of Commerce and Elks Lodge are in need of chili chefs for a chili cook-off scheduled for Nov. 10.

The competition will help raise money to benefit disabled children, the Wounded Warriors project and the chamber.

In addition to the chili competition, there will be food, entertainment, children’s activities and more.

To participate as a chef, or to get involved in some other way, email Patty Kotze-Ramos at pkotze@drminc.us or call the chamber at (562) 923-2191.

Christian club meeting Oct. 9

DOWNEY – “Come to the Fair” is the theme of the Downey Christian Women’s Club’s next meeting, Oct. 9, at Los Amigos Country Club.

The meeting begins at 11:30 a.m. and men are invited.

Guest speaker is Lynne Leite, whose topic is “Ever Feel Like a Mad Hatter?”

Admission is \$15 and includes lunch. Reservations are requested by calling Anita at (562) 861-3414.

Darrel Jackson to speak

DOWNEY – Darrel Jackson, founder and chairman of the 10-20 Club, will be guest speaker Oct. 3 at a meeting of the Christian Business Men’s Club.

The meeting starts at noon at the Sizzler restaurant in Downey.

After retiring as a Major League pitcher, Jackson started the 10-20 Club, an intervention program for troubled teens.

For more information on the club or the meeting, call James Vanlengan at (562) 310-1335.

‘Camera Creeps’ exhibit draws a full house

• Photography exhibit drew more than 425 people opening night; “Bones of Steel” opens Oct. 11.

DOWNEY – Last Saturday, Stay Gallery opened its doors to its second photography exhibit for September, “Camera Creeps.”

More than 425 patrons walked through the doors during the opening on Saturday night. A vibrant, young crowd vibed out with jazzy hip-hop played live by DJ’s Miss J Heart & Wolfie. The gallery walls were adorned with over 40 framed photographs and collages, each having their own twisted story and meaning to the members of Camera Creeps, a Southern California camera club established in 2012.

“Our goal isn’t to necessarily create something beautiful, rather to share the realities that we see whether they are captivating or

disturbing” said Joe Segura, visual artist and member of the Camera Creeps.

Camera Creeps consists of five members each with distinct styles and approaches towards capturing their surroundings. Going away from modern digital photography, members have a strict policy of exclusively shooting with film only. The five members are Paul Carrillo, Jordan Burgundy, Andrew Quesada, Sifry Borraro and Joe Segura.

Camera Creeps gained much of their notoriety recently through social media. In return, they began offering merchandise branded with their logos and artwork that quickly flew off of their shelves. Much of their merchandise was available for purchase during the opening night.

Although Stay Gallery is still technically under construction, they put the work on pause to host both the “Camera Creeps” exhibit and the previous exhibit,

“aproductof”.

The “Camera Creeps” exhibit was cut short to continue renovations at the gallery, which include a loft office space, two ADA-approved bathrooms, a bar and retail area, complete LED lighting system, projector and sound system, and resurfaced walls.

Stay Gallery celebrates its one year anniversary next month, and is planning a two-night celebration Oct. 10-11.

The Oct. 10 event is geared towards thanking the City of Downey, sponsors, volunteers, staff, artists and everyone who has

supported the gallery along the way. If you’d like to be a part of this special night, please email your RSVP plus guests to info@stay-gallery.com

Oct. 11 is the opening of a very exciting exhibit entitled “Bones of Steel,” which features industrial sculptures by Cristian Castro. This is a special exhibit for the Stay Gallery team, and urge everyone in the community to come enjoy the evening.

More information on the opening night can be found on their website: www.stay-gallery.com



Opening night of “Camera Creeps” at Stay Gallery.

Downey Civic Theatre presents:

AL JARREAU

LIVE IN CONCERT

Saturday, October 12, 2013
8:00 PM

Downey Civic Theatre
8435 Firestone Blvd.
Downey CA 90241
Box Office: 562.861.8211
www.downeytheatre.com

scan to buy tickets

CREMATION OPTIONS AT ROSE HILLS MEMORIAL PARK

It’s not just how you tell your life story. It’s where.

What future generations will learn about you will be through the telling of your life story, through your accomplishments and contributions...and through the permanent setting you choose for your memorial site. For those who choose cremation, that perfect place is Rose Hills. Here, one can choose from the widest possible selection of lawn, wall and garden niches, with options fitting every budget. Let us take you for a private advance planning tour of this very special memorial park and show you how majestically it expresses who you are.

Your legacy deserves Rose Hills.

Call 800 328-PLAN OR VISIT US
AT WWW.ROSEHILLSCREMATION.COM

ROSE HILLS
Memorial Park & Mortuaries
3888 S. Workman Mill Road Whittier, CA 90601
Rose Hills Mortuary Whittier #FD970, Rose Hills Insite #2112.

For rentals go to - www.greatfloorplan.com
AllAboutDowney.com

Assistance League of Downey

Assistance League of Downey offers you the rare opportunity to explore the interior and grounds of this historic 1920’s property.

“Celebrate the Seasons”

Casa de Parley Johnson
7749 Florence Avenue, Downey, CA 90240
Saturday, October 19th 10:00am - 5:00pm
Sunday, October 20th 12:00am - 4:00pm
Come and enjoy:

A docent guided tour of this 1920’s Roland Coate mansion with gardens by Florence Yoch

Unique Vendors
Home-made baked goods
Food and entertainment
Craft items and plant sale
Cupboard treasures and collectibles

Tickets available at Second Tyme Around Thrift Shop
11026 Downey Avenue, Downey, CA Phone: 562-869-0232
Price: \$15.00
Tax ID #95-2822632
Tax Deductable

STROKE: doctor offers health tips

Continued from page 1

and the relationship between Alzheimer's, vascular dementia and stroke.

This free seminar is certain to be "sold out" very quickly," said RTH Stroke Foundation President Deborah Massaglia. "Dr. Chui is a tremendous speaker, and in addition to hearing her presentation, attendees will also receive a complimentary blood pressure screening."

Since high blood pressure is the number one cause of strokes, this screening is especially important," she said. Reservations may be made online at rthstrokefoundation.org or by phone at (888) 794-9466.

At Wednesday's event, Dr. Szlachcic explained how many medications can cause irregular and/or accelerated heartbeats. "You can recognize a-fib with several common symptoms, including an abnormal feeling in the chest, a rapid and strong heartbeat or an irregular heartbeat. Other symptoms include dizziness, chest pain or shortness of breath, fainting or passing out or anxiety.

"Anxiety is a very important symptom, because people have

panic attacks, sweaty palms and sometimes even a feeling of impending doom," Dr. Szlachcic said. "If you have these symptoms or any time you feel that something isn't right with your heart, you should contact your doctor."

Of course, before a person's health deteriorates to that level, there are many things that can be done to live healthier lifestyles beyond the normal caution to avoid smoking, Dr. Szlachcic said.

Event attendees Elsa Van Louiven and Shirley McConnell each said they planned to eat more fruits and vegetables. "It really opened my eyes to know that a-fib can cause a clot that travels to your brain and causes a stroke," Shirley said. "I am going to eat a more healthy diet from now on."

"I learned some things that will help me become healthier," Elsa said. "It was well worth the trip to Rio Hondo, because what I learned could help save my life."

"This was my second Stroke Prevention Seminar, and I picked up quite a bit more important information from this very helpful event," said Tom Riddell.

One strategy Dr. Szlachcic discussed was "eating real food, not food products. This most often means eating from the sides of the market, not from the center aisles."



Photo by Diane & Greg Waskul
A local resident has her blood pressure checked.

Another idea she spoke about was adding cinnamon to the diet. "Cinnamon has a positive effect, and cinnamon tea is especially effective. You simply make a cup of tea, put a cinnamon stick in the cup and wait for it to cool down. Then you remove the stick and you can use it several more times. The cinnamon adds a sweet taste, but doesn't contain sugar."

She also debunked some myths about the relative value of ginkgo, garlic and ginger. "Ginkgo does not improve memory, but it affects the blood in a negative way. Garlic can negatively affect how your blood thins, and in some cases, with certain medications, ginger can also have a negative affect on how your blood thins. Beware of the 3 Gs!"

Dr. Szlachcic exhorted the audience to walk for at least a half hour at least five days a week.

"Walking is the most healthy, natural and wonderful way to get the exercise your body needs to avoid a stroke. You can also swim or do Zumba, but the key is that you have to move your body to stay healthy."

She also recommended meditation before going to bed at night, although she said, "the best time to meditate is when you need it. You can just sit down, relax, breathe deeply and count slowly from 1 to 10. You can find lots of techniques online, but I would suggest you keep it very simple as you begin."

"Living a healthy lifestyle is the key," Dr. Szlachcic said. "If you are also doing something that makes you feel fulfilled, you will be on the way to living well, and having a healthy, productive life where you will never have a stroke."

In Memory of Margaret Maxine Evans

June 8, 1925 to September 17, 2013



Margaret Maxine Evans passed away quietly September 17, 2013 after a long battle with Alzheimer's. She was born June 8, 1925 in Los Angeles. She married Otto Evans in 1955. In 1961 they moved to Santa Clara, CA where they both worked for Lockheed Martin until they retired in 1987.

They retired in Oxnard, CA and enjoyed traveling and meeting new friends in the Elks Club until Otto's death in 2000. Margaret then decided to make her final move to Downey to be closer to her daughter.

Margaret is survived by her daughter Linda Monaco, son Mark (Judy) Evans, granddaughters, Margaret L. Evans, Beth Evans, Kelly Evans and her great grandchildren, Dana, Nathan and Andy McIntosh.

She was preceded in death by her husband Otto, granddaughter Gina McIntosh and great grandchildren Evan and Maddie Goering.

Retired teacher Mary Cahill passes away

DOWNEY - Longtime Downey resident Mary Margaret "Peg" Keogh Cahill died Sept. 22 in Seal Beach. She was 96.

Mary lived in Downey from 1950 until 2003 and was an active member of Our Lady of Perpetual Help.

She was born in Los Angeles on Nov. 15, 1916 and attended All Souls Elementary School and Ramona Convent in Alhambra, and Immaculate Heart College. She and her husband, Frank, were married in 1940 and lived in South Gate until December 1950, when they bought a house in Downey to accommodate their family of six.

Mary was a perennial den mother for her son's Cub Scouts and her daughters' Juniors troops. When their youngest child entered high school, Mary returned to college and attained a bachelor's degree in English from Long Beach State. She went on to earn a secondary teaching credential and Master of Arts degree in special education.

While completing her bachelor's degree, she attended a summer program at Uppsala University in Sweden.

She began her teaching career at Griffiths Junior High in the late 1960s and later transferred to Downey High School where she taught special education until her retirement in 1982.

After retirement, Mary studied Shakespeare at Cambridge University's International Summer School program and she made a pilgrimage to the Holy Land and Egypt. For more than 10 years Mary volunteered as a "pink lady" at Downey Community Hospital.

She was predeceased by her husband of 47 years, Frank, in 1987; her eldest daughter, Mary "Liz" Smith, in 2001; and her only son, Thomas Cahill, in 1998.

She is survived by daughter Kathleen O'Cahill; daughter and son-in-law Ann and Tom Sciortino; daughter-in-law Ann Cahill; nine grandchildren; five great-grandchildren; and one great-great-grandchild. Two more great-grandchildren are expected in early 2014.

Services will be held Sunday at 6 p.m. at the Downey Zrelak Family Mortuary. Funeral Mass is Monday at 10 a.m. at Our Lady of Perpetual Help Church. Burial will be at Los Angeles National Cemetery.



DOWNEY PARTY RENTALS

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

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

PLACE YOUR WEDDING ORDERS NOW!

St. Lic. #731172 (562) 861-1234

DOWNEY Plumbing

Heating & Air Conditioning

11829 Downey Ave. • Downey, CA 90241

\$10 OFF ALL REPAIRS

e-mail: joe@downeyplumbing.com

Downey Lions Club Fundraiser TRIP TO LAUGHLIN

Leaving: Oct. 12
Returning: Oct. 13
Cost \$90.00

Includes Bus and Room Accommodations at the Edgewater Hotel.

For Tickets and Information
Call Maria Fernandez (562) 577-1104

BULLETIN BOARD

PIN ROOFING
Richard "Mr. Pin" Semones

New Roofs • Repairs • Tear-Offs
General Roof Maintenance
Bonded / Insured • Lic# 758000

Call for a FREE Estimate
562.923.9242

Psychic Sarah

Tells Past • Present • Future
Advice on all Matters

"You Say Nothing...I will tell all!"

Two Locations to serve you
(562) 924-5888

11510 183rd St. Artesia, CA 90701
9661 Imperial Highway Downey, CA 90242
1 Block East Cerritos Mall Est. Since 1985

Sultan CAR WASH
New Owner • New Management

Good Prices • Better Service Summer Time Hours: 8:00 am - 6:00 pm

REGULAR WASH • Vacuum • Towel Dry • Clean Windows • Clean Dash 7.99 <small>Reg. 9.99</small>	SUPER WASH • Regular Wash • Tire Foam Wax • Sealer Wax • Tire Dressing • Air Freshener 9.99 <small>Reg. 12.99</small>	SULTAN #1 • Regular Wash • Tire Foam Wax • Sealer Wax • Exterior Dressing • Air Freshener 12.99 <small>Reg. 14.99</small>
SULTAN #2 • Regular Wash • Tire Wax • Sealer Wax • Clear Coat Sealer • Exterior Dressing • Wheel Treatment • Air Freshener 15.99 <small>Reg. 17.99</small>	SULTAN #3 Includes Sultan #2 plus all interior seats cleaned, car, dashboards and interior console cleaned and conditioned. 20.99 <small>Reg. 25.99</small>	HEADLIGHT RESTORATION • Removes Oxidation • Removes Water Spots • Removes Light Scratches • Brings Out Original Shine 29.99 <small>Reg. 39.99</small> Helps Improve Night Visibility

8845 E. Imperial Hwy., Downey, CA 90242 (Cross Street Lakewood) **562-923-1213**

GOT TERMITES?

DOWNEY EXTERMINATORS

- Free Termite Inspections
- Termite Damage Repairs
- Fumigations and Local Treatments
- Low Prices
- Hablamos Español
- Real Estate Services

Bonded / Insured
562-401-5000
10% off with this ad Serving Your Community

J-C CONSTRUCTION COMPANY

John Demonet
(562) 869-4235
(562) 477-0084 (cell)
johndemonet@yahoo.com

Residential/Commercial
Lic.#849966 INSURED

Free Estimates

Johnnie's MAYTAG

We are your local Home Appliance Center since 1955

Sales & Repairs
Honest & Reliable
(562) 861-3819

State Reg. A30349
12018 Paramount Blvd., Downey, CA 90242

Mon.-Fri. 8:30 - 5
Sat. 8:30-3

HUSBAND FOR RENT

7 Day, 24 Hour Service - FREE Estimates

Patrick's Lighting
(562) 965-9028

FREE ESTIMATE

Electrical Repairs Outlet/Switches • Home Repairs
Telephone Jacks • Smoke Detectors Earthquake Preparedness • Motion Detectors
Electrical Contractor State License #693761
patrickslighting@verizon.net

Pennine Plumbing, Inc.
(Formerly Hoffner Plumbing, Inc.)
Serving this neighborhood for over 35 years

• SERVICE • REPAIR •

Free Estimates
(562) 803-0101 or (800) 400-5145

Drain & sewer cleaning, water heaters, copper re-pipes, heating & toilet repairs

Lic. # 844663 **10% OFF** with this coupon (after price has been quoted)

Advertise with the Downey Patriot Bulletin Board

Contact Dorothy or MaryAnn

Phone: (562) 904-3668 or
Email: downeypatriot@yahoo.com

Letters to the Editor:

Defying Gravity

Dear Editor:

Bravo! Bravo! to the “Defying Gravity” cast and directors for their thoughtful, inspired work and performance.

Kudos to the artistic and theater crews for their expert staging. Congratulations to the Downey Arts Coalition and to directors Andrew Wahlquist and Lana Joy. Thank you to producers Alistair Hunter and Carol Kearns, and to the community and volunteers. This past weekend, you were all heroes.

The play by Jane Anderson at the Columbia Memorial Space Center was about a major event in American history, the 1986 Challenger space tragedy. It explored emotional responses to a national trauma. For Downey, with its aerospace history, it was also a personal tragedy. Those of us privileged to be in the audience shared a collective memory and healed privately by the wisdom we witnessed on stage this weekend.

The play is exemplary. It takes us on a journey from post trauma to inspiration. Our human condition continues to reach for the stars and to the arts as a healing medium.

Zaida Ramos
Downey

Dr. Stauffer’s generosity

Dear Editor:

If only I had divine guidance, maybe I could come up with words praiseworthy enough to commend Dr. Mary Stauffer for all her many heartwarming acts of love, but I doubt it. Mere words are so inadequate to describe the feeling of gratitude we have in our hearts.

The few encounters I’ve had the honor and privilege to convey a few words of thanks and praise to her, she has been so gracious and humble as to almost bring me to my knees.

Dr. Stauffer, we pay tribute to you for being the truly great lady you are and many thanks for all the lives you’ve touched in a positive and spiritual way with your love and generosity, especially the children. Your life is a shining example to all as how best to invest their wealth and talents.

May God grant you His many blessings for being such a wonderful inspiration to all of us.

Harold Houglund
Downey

American history

Dear Editor:

In response to the letter “Christian Nation” (Letters to the Editor, 8/8/13), it amazes me that a person who claims to know American history can not find evidence that this nation was founded on Christian principles.

A simple click on your computer will provide insurmountable evidence that, “The Bible is the rock on which this republic stands,” as Andrew Jackson said. Consider these facts:

Our basic laws and three branches of government came from the Bible. (Exodus 20 and Isaiah 33:22)

At least 50 of the 55 framers of the U.S. Constitution were Christian. Every single American president has taken his oath on the Bible and referenced God in his inaugural address.

Every one of the 50 states’ constitutions call on God for support.

For 355 years (1607-1962), American children prayed and read the Bible in classrooms.

Almost every Ivy League school including Harvard, Yale and Princeton were established to train ministers in the gospel.

You can find numerous scripture or references to God in our Capitol, from the Supreme Court to the Library of congress, and on the Lincoln Memorial and Jefferson Memorial.

Because of the importance that God and the Bible played in forming this nation, Thomas Jefferson, in a speech he wrote after the Constitution was signed, used the term “separation of church and state”, meaning to keep government out of the church and not church out of the government.

After an exhaustive 10-year study, researchers examined 15,000 documents from America’s founders and determined 34 percent of their quotations came from the Bible. In 1892, the Supreme Court declared, “This is a religious people. This is a Christian nation.”

This is American history.

Linda Lopez
Downey

Deportation

Dear Editor:

While I carry no water for President Obama, and I have sympathy for any family that is suffering separation, I would remind CHIRLA of an old saying: “If you can’t do the time, don’t do the crime!” (“CHIRLA Denounces President’s Comments,” 9/19/13)

If you don’t want to face the possibility of being deported, you shouldn’t break our laws by coming to this country in violation of them.

Drew Kelley
Downey

Downey applauds WRD oversight

The City of Downey is pleased with the passing of new legislation, SB 620, which serves to provide cities and private water providers with greater input on the fiscal decisions made by the Water Replenishment District of Southern California (WRD).

SB 620, passed and sent to Governor Jerry Brown for signature on September 12, 2013, will require the election of a Budget Advisory Committee, which will serve to monitor and weigh-in on the WRD’s budget and any proposed Replenishment Assessment. Authored by State Senator Roderick Wright, the bill will require the new advisory committee to consist of seven members from cities, agencies, and private water providers who pump groundwater in the southern portion of Los Angeles County.

“This new legislation imposes fiscal responsibility and accountability on the WRD. It promotes transparency and serves as an auditing

tool to make sure WRD is operating efficiently and effectively. Our responsibility as public officials is to represent our citizens and look out for their best interests,” said Mayor Mario Guerra.

Court decisions have found that the WRD has been arbitrarily increasing replenishment assessments without following the procedural requirements of Proposition 218, which mandates a protest system to protect ratepayers.

“This is an important step, because it adds additional accountability,” said John Oskoui, Assistant City Manager and Director of Public Works at the City of Downey. “WRD’s replenishment assessments can amount to a third to half of the average consumer’s water bill. The City of Downey is very pleased that cities and companies that provide the water to our residents and businesses have a seat at the table to stop unnecessary WRD spending and inflated assessments.

Carnival donations

Dear Editor:

I am working on donations for those children that cannot afford the \$15 wristband for the St. Raymond’s carnival. It is the weekend of Oct 25-27 and it is a very good carnival with a haunted house and a live music band this year.

I have a list of children from Rio Hondo Elementary School, St. Raymonds, etc. Please call if you know a child that would appreciate this. Thank-you notes will go out!

Please send donations to St. Raymond Parish RE, Attention Sister Paula, 12348 Paramount Blvd. Downey, CA 90242.

Please include a memo that this is for Miss Marie 5D

For further info please call (562) 884-5799. Thanks on behalf of our children.

Marie Augimeri
Downey

Postal service

Dear Editor:

Well Mr. Hudspeth, when my mailman went above and beyond, I wrote a letter to the Downey Postmaster. Since I never heard from him, I don’t know if he even read my letter. (“Happy With Postal Service,” Letters to the Editor, 9/19/13)

I had fallen and broke my ankle. Hobbled around with a cane and a cast made it hard for me to get to my mailbox so my mailman was kind enough to bring my mail to my door, along with any throwaway papers in my yard.

I think that the employees on this “lower” level are really great people. I think it is the ones at the top that can’t seem to stop wasting money. Maybe some of those should be laid off.

Personally, I think we need to have someone independent taking care of the mail – not the government.

Doris Hannon
Downey

Mighty buck

Dear Editor:

Thanks to *The Downey Patriot* for printing “Progressives” (Letter to the Editor, 8/29/13). It’s one of the best and most enlightening letters I’ve read.

I just finished reading “Congress and Syria” by Lee Hamilton (9/12/13) and feel he had a few good points but missed the primary reason our country is in a free-fall: our top government officials feel there is no reason to be truthful, but rather tell us lies and are deceitful, add to that they really don’t care if their vote should benefit the citizens, but to “feather their own nest”

One promise that President Obama did fulfill – “I’m going to transform this country” – and he has done a lot to reach his goal. A few facts: we are approaching a \$17 trillion debt (everyone in the U.S. now owes about \$55,000 – ready to make out your check?).

There are 90 million adults not working but fear not, we have food stamps, subsidized housing, earned income tax credit, free cell phones for the poor, welfare, free breakfast and lunches for school children, unemployment insurance, free support for women with children.

Now, regarding honesty. The president, former secretary of state Hillary Clinton and national security advisor Susan Rice deliberately lied to us about Benghazi, and the punishment? None for the president, Hillary is planning to run for president and Susan Rice was promoted. Then there are the sleazy lies of the IRS regarding not giving tax exemptions to the Tea Party and other conservative groups. Lois Learner of the IRS took the 5th Amendment and hasn’t worked since but so far has received \$56,000 in salary for doing nothing.

Janet Napolitano, former head of Homeland Security, is being sued by ICE because they say her ruling prevents them from doing their job. Heard the other day they cross the border in droves and say they are being persecuted. So they are put in hotels awaiting their hearing but somehow disappear before the hearing.

Then there’s Eric Holder – where do I start? Our dear Attorney General wouldn’t arrest the New Black Panther Party members who harassed people at a voting booth, yet sues Arizona and Texas for enforcing the border laws and for making a law that voters would have to show an ID. He still can’t find out which drug cartel got the guns to kill one of our border patrol agents.

Speaking of fundamental change, try this on for size: Obamacare. Affordable health care but for whom?

The Democrats voted this bill in, not knowing or caring what was in it, then most lied and said they had read the bill. If they did, it was after they voted for it. President Obama told us, “It won’t cost you a dime,” “You can keep your health care provider and your own doctor.” (Two more lies.) It was an eye-opener to hear Richard Trumka say, “When we wrote this bill we made some mistakes, now we need to correct them.”

Does it excite you to know that NSA is now recording your phone calls and email or that we have paid for a huge storage space in Utah seven times the size of the Pentagon? The Republicans won’t stop funding Obamacare as that might close down the government because they’re afraid they will lose the next election. This shows that our country now is so addicted to government giveaways that they will sacrifice what is good for us for some government check.

What’s missing in this country is honesty and integrity. The mighty buck has won out but we can’t exist forever on politicians buying votes.

Elsa Van Leuven
Downey

Balancing ethnic identities

What does it mean to be an American? The answer to that question is changing.

It’s exemplified in stories like that of Shaghayegh “Sharon” Farsijani, raised in New York City until she was a teenager and then transplanted to Iran for her high school years. Her experience trying to balance two vastly different cultures while recognizing the beauty in both was difficult but ultimately liberating, she says.

“I was a Brooklyn girl and my parents were quite ‘American’ although they were Iranian natives. My father wanted me to live in Tehran for a few years so I could experience his culture,” says Farsijani, whose new book, “Lacking Lips of Time,” (<http://lackinglipsoftime.info>), puts to words her feelings from that time.

“I witnessed much beauty living in and attending school in what used to be ancient Persia, and I embraced it, but I had to do that while adapting to a much more restrictive, religiously observant, culture. It’s a fine balancing act between conforming and staying true to who you are.”

Farsijani says poetry helped her synthesize her feelings and appreciate the beauty – the people, culture and land – around her. She later went on to earn her MBA, became a noteworthy journalist in Iran and traveled extensively, eventually forging a new career in the United States.

While preserving and embracing ethnic and cultural heritage is easier in some ways in America today, she says, it’s also more complicated. Farsijani shares three “snapshots” of our contemporary American “melting pot”:

- Hispanics, our largest minority, represent a multitude of cultures. Fifty-one percent of Hispanic adults in the United States say they identify not with a generalized “Latino” heritage but with their family’s country of origin. And 69 percent say Latinos have many different cultures. That poses challenges for families who want to preserve cultural traditions in a nation that tends to paint diverse groups of people with a broad, homogenous brush.

- “One of the beautiful things about our cultural diversity is that it enriches all of us, whether or not we share that ethnicity,” says Farsijani. “Something as basic as a dish of chicken and yellow rice can be prepared one way in Colombia and another in Costa Rica.”

- By exploring and appreciating what different cultures make available to us as Americans, she says, we can help ensure traditions remain authentic and available.

- Many more people identify themselves as multi-racial. With racial differences often come cultural differences. In 2000, for the first time, the U.S. government officially recognized that some Americans identify with more than one race. That year, the Census offered us the option to check multiple races to answer the question, “What is this person’s race?”

- “It’s surprising that it took 210 years to make this change, but it’s a huge step forward in helping individuals balance their multiple racial and ethnic identities,” Farsijani says. “When the government basically tells you, ‘You can only be one race,’ it’s sending a message that your other identities have no value.”

- With more diversity of immigrants comes greater religious influence. The U.S. government grants full residency status to about a million new immigrants each year. For centuries, we received wave after wave of Christian European immigrants, and those from other Western-hemisphere nations. But our melting pot has been expanding with a spike in immigrants from sub-Saharan Africa, Asia and the Middle East-North Africa region.

- “America is beginning to look more like New York City in terms of diversity,” Farsijani says. “My hope is that we are able to appreciate our common humanity.”

Knabe statement on closure of Boeing C-17 facility in Long Beach

After celebrating the delivery of the United States Air Force’s last C-17 with thousands of local Boeing employees just last week, I am absolutely stunned and devastated to learn that the production facility will shut down in 2015 following the completion of the final C-17 Globemaster III.

Shuttering the C-17 program is a direct result of sequestration and the federal government’s inability to compromise on a balanced budget. Our leaders at the national level do not witness first-hand the direct effects their dysfunction creates. During a time when we are still putting men and women in harm’s way in the name of national security, these sequestration cuts have seriously limited our ability to protect ourselves domestically and abroad. The C-17 is a vital aircraft, having supported every major natural disaster around the globe during the last two decades and providing the versatility to complete any mission, anywhere: preserving peace, saving lives and delivering hope.

The C-17 program has been synonymous with Long Beach for years, and has been an economic stimulus for Los Angeles County, employing thousands of workers. With a local economy that remains sluggish and the unemployment rate stagnant at 9.2%, now is not the time for Boeing and the federal government to pull the rug out from underneath us and put more people out of work. The closure of Boeing’s Long Beach plant means local jobs will be lost and our region’s economic recovery will take yet another significant blow. But the impact of the closure extends far beyond Los Angeles County. It will also have serious consequences nationally, costing jobs within the more than 650 businesses across the country that support the C-17 program.

I am outraged by today’s news, but I will continue to lobby our national leaders in Washington, D.C. who must understand the national economic impacts and global threats of not investing in major programs like the C-17.

The Downey Patriot	
STAFF	
Jennifer DeKay	Publisher/Adv. Director
Eric Pierce	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
TEL (562) 904-3668 FAX (562) 904-3124 Hours Monday-Friday 9a.m. - 3p.m. 8301 E. Florence Ave., Suite 100, Downey, CA 90240 www.thedowneypatriot.com Adjudication # 85124251 The Downey Patriot is published weekly by The Downey Patriot, Inc. Controlled Distribution, 25,000 copies printed. Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.	

Paging Dr. Frischer...

By Dr. Alan Frischer



Whether your goal is to lose weight, gain weight, or maintain your current weight, you may have asked your doctor: "How many calories should I consume?" That sounds like a simple and straightforward question. Your doctor's answer, however, might not be useful: "Well, that depends on many factors." Today, let's tackle the impossible and try to provide something fairly simple to hang your hat on.

First, let's admit that the number of calories you should consume does in fact depend on several factors, including age, weight, height, gender, lifestyle, and overall health. It's obvious, for example, that a physically active 22-year-old six-foot tall man requires many more calories than does a five-foot tall sedentary woman in her 70's. Even the way we eat and when we eat likely affects how many calories we retain. Those who chew longer actually hold onto more calories. A big breakfast may be helpful for weight loss. (This is controversial. The idea is that by eating a sensible breakfast we reduce hunger for the rest of the day; by eating a meal we tend to avoid unhealthy snacks; and by eating breakfast we have more energy, leading to increased physical activity.)

We eat because our human body requires energy. About 20% of the energy goes to the brain, and most of the rest is used for basal metabolic requirements (energy required simply to maintain our blood circulation and breathing). In cold weather, our metabolism increases to produce more heat to maintain a constant body temperature. When in warm weather, we require a lower base level of energy.

A calorie represents the amount of energy provided by food or drink. Protein and carbohydrates provide four calories per gram, while all fats have nine calories per gram. How many

calories do we actually need? The first step is to calculate our BMR (basal metabolic rate):

BMR for adult men = 66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age)

BMR for adult women = 655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age)

Next, let's modify our BMR to account for our level of activity. Those with a sedentary lifestyle, with very little exercise, will multiply the BMR by 1.2. That multiplier will increase up to a maximum of 1.9 for those with an extra active lifestyle. (For further detail, look up the Harris Benedict Equation.) This adjusted BMR represents the approximate number of calories we should consume each day to maintain our current weight.

Now that we have calculated our own Basal Metabolic Rate (calories needed per day), adjusted for activity level, how do we estimate our ideal target weight? There are many methods, but the most widely adopted is the BMI (body mass index):

BMI = Weight in pounds / (height in inches, squared) x 703

In general, adult men with a BMI of less than 18.5 are considered underweight, between 18.5 and 25 is ideal, 25 and 30 is classified as overweight, and over 30 obese. Women naturally carry more body fat, but men carry more muscle mass. As a result, the ideal BMI for most women runs lower than the ideal BMI for most men.

BMI is a widely used measurement and is gaining in popularity and importance. However, it certainly has shortcomings. It doesn't take into account waist, chest, or hip measurements. It ignores activity level, and doesn't take into account bone density (bone mass), body type, gender, and age.

We now have a feel for the approximate number of calories needed, based on activity level, to maintain our weight. We also can gather, from our BMI, whether

we are above, at, or below our ideal weight. Consider adding or subtracting 200 - 400 calories from your daily food and drink, depending on your goal. Think about how you want to divide up this number of daily calories among meals and snacks. Keep in mind that certain foods, like a fast food burger, can have a major impact on your goal. Check the nutrition facts on food labels (or on menus) for calories, along with general nutrition content.

Most experts agree that it is more important to focus on eating a healthy and well-balanced diet and to be physically active, than to count the precise number of calories consumed. Indeed, counting calories can be difficult - note that a "growing" problem is portion sizes. Take the average cheeseburger: 20 years ago it averaged 333 calories, and today the average is closer to 600! Likewise, the "large" soda washing down that burger has been steadily growing in size over time.

Consuming the "ideal" number of calories is admittedly a tough task, and in this article I'm not addressing the lifestyle, health history, and psychological factors that make losing or gaining weight such an enormous challenge. Nor am I addressing what a huge impact that achieving an ideal weight can have on your health. These issues have been the topics of many prior articles. Perhaps these tools, however, can play a small part.

For more assistance, here is a handy USDA website that provides extra tools to help manage and regulate your daily calories: www.choosemyplate.gov/supertracker-tools/daily-food-plans.html

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.

Medi-Cal patients using ER at growing rate

LOS ANGELES - According to new research from UC San Francisco, Medi-Cal patients rely disproportionately on care provided in the emergency room, and do so at an increasingly high rate that far outpaces both uninsured and privately insured patients.

The research, to be published in the Journal of the American Medical Association (JAMA), looked at California emergency room (ER) data from 2005 to 2010 and found an overall 13.2% increase in ER visits. Within that increase researchers found that Medi-Cal patient use of the ER increased by 13.9% compared to increases of 3.79% and 2.89% by privately insured and uninsured patients, respectively.

"We're not at all surprised by this dramatic increase," said Dr. Thomas Sugarman, president of the California Chapter of the American College of Emergency Physicians (California ACEP), "The fact of the matter is that when you repeatedly slash Medi-Cal reimbursement, physicians won't participate in the program, and patients are left with nowhere else to go but the ER where we see everyone regardless of their insurance status."

Researchers also found that Medi-Cal patients were most likely to be in the ER for serious conditions that might have been prevented from progressing had they had better access to primary care. The data showed an increase of nearly 7% in visits for certain acute conditions by Medi-Cal patients, compared to a decline in the same type among privately insured patients.

"What's clear from this research is that we're not talking about runny noses here, Medi-Cal patients are coming to us in worse shape because they've delayed care or not gotten any at all," Sugarman continued, "These patients need access to a complete network of physicians who can provide ongoing healthcare so they don't end up in the ER in bad shape, but they can't get it because the State continues to make it almost impossible for doctors to see Medi-Cal patients. Equally as frightening for patients is that this study looks



at a time period before the State made its most recent ten percent cut in Medi-Cal reimbursement rates in 2011. This problem is only escalating."

The UC San Francisco research raises serious questions about the impact of the full implementation of the Affordable Care Act on California's ERs, especially in light of research from UC Berkeley in January 2013 which found that as many as 3.9 million Californians, who are not already enrolled, will be eligible for Medi-Cal in 2014. Combine that with Medi-Cal patients' already-high ER use which continues to increase faster than other patients, and abysmally low Medi-Cal physician reimbursement which was recently cut further as part of the state budget, and the picture is stark. Sugarman continues, "Just as the State is expanding the Medi-Cal rolls, they are decreasing the number of doctors patients can see."

Sugarman continued, "The authors of this study further estimate a more than 10%

increase in ER visits just due to these transitions in insurance. A 10% decrease in physician reimbursement combined with a 10% increase in patients needing access to immediate high-quality care is a formula for failure. Overcrowded, underfunded emergency departments threaten patient safety and access to emergency care for everyone - Medi-Cal recipient, insured, and uninsured alike. Despite this being the third recent study to point out these facts, the State continues to ignore the data and act in the best interest of patients.

"Legislators and Governor Brown need to restore emergency care funding and exempt emergency providers from any Medi-Cal cuts since we are California's safety net. We are the only physicians available for patients no matter what."

California ACEP is a not-for-profit association representing California's emergency physicians, who see and treat all Californians regardless of their ability to pay, providing more than 11 million emergency care visits each year.

PERSONAL CAREGIVER

- In Home care • Transportation
 - Distribute Medication • Food Preparation
- 15 Years Experience

TAMI TRICE

Cell: (562) 927-3206
Office: (310) 603-1292

FOX CHIROPRACTIC
(562) 862-0744
VISIT OUR WEBSITE
www.foxchiro.com

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

Connections Networking
Join us Thursdays at 7:30am
Bob's Big Boy
7447 E. Firestone Blvd.,
Downey, CA 90241

Bingo
Thursday Afternoon
Games start at Noon
~ many special programs ~
Woman's Club of Downey
9813 Paramount Boulevard
~ Proceeds benefit Rancho ~

Your Choice For Short-Term Rehabilitation or Skilled Care

Downey Community Health Center is a leading skilled health care facility in the Downey area. Our prime objectives are the resident's well-being and quality outcome.

At Downey Community Health Center, we believe quality rehabilitation therapy, competent nursing care, friendly staff, plus a clean, comfortable environment are the important features when you select a nursing home.

When your loved one needs short-term rehabilitation therapy or skilled care, call us for an appointment.

DOWNEY COMMUNITY HEALTH CENTER
(562) 862-6506 • 8425 Iowa Street, Downey, CA

HIRING Bilingual Sales Professionals

- NO EXPERIENCE NECESSARY
- FT with Medical/Dental/Vision Benefits.
- Make Big Money. Set Your Own Schedule.
- English/Spanish

Offices in Whittier, City of Industry, Alhambra, Cerritos and Irvine.

Please email your resume with interest to:
Jaciel.camacho@rosehills.com or Call 562-463-4566.
Immediate Interviews.

ROSE HILLS Memorial Park & Mortuaries
Whittier FD #970

Even the smallest detail is critical to the successful sale or purchase of your home.

Dale Jervis Understands.

Your success in buying or selling your property rests on your real estate agent's ability to handle each detail of your transaction, no matter how small, with care and precision. That's why Dale Jervis provides the very finest real estate service—whether it's arranging the best possible financing to purchase your first home, securing contracts and title transfers, or qualifying buyers prior to your sale. He understands the intricacies of the real estate market and can help you earn the most for your investment.

To set your real estate success in motion, call Dale today for a no-obligation consultation to discuss your real estate needs.

Want to follow the sales trend for your home??
Feel free to visit my website and sign up for your very own **Market Snapshot** of your home! Get informed with current data to prepare you on making the move.
When it's time to sell, it's time to call Dale.

(562)743-2121 www.DaleJervis.com

HOW A POWER OF ATTORNEY CAN PROTECT THE ELDERLY FROM FINANCIAL ABUSE

STEVE LOPEZ
LAW OFFICES OF STEVE LOPEZ

• Elderly residents without a power of attorney are at risk of being financially exploited.

The ability to make sound financial decisions often declines with age. To help guard against making poor decisions as well as being exploited, it's important that seniors share financial transactions, decisions, and plans with their spouses, families and financial advisers.

To minimize the risk of being exploited, building a team of financial helpers makes a lot of sense. However, this is also easier said than done. Emotionally, it can be difficult to share or ask for outside help. Independence is a high priority among aging seniors. And independence may be associated with continuing to make key financial decisions without consulting others.

There is a relatively simple and inexpensive way to achieve this. It is called a Financial Power of Attorney. However, there is a downside to this in that financial powers

of attorney are one of the easiest ways to commit elder financial abuse. Therefore, some caution should be taken when executing this document.

When you choose to sign a Financial Power of Attorney, you are allowing someone else to take care of your financial situation. Assigning power of attorney must be done with a legal form, signed in front of a notary, and possibly in the presence of witnesses, depending upon your state laws.

If you want to handle all of your finances until a time when you become incapacitated, a "springing" power of attorney will ensure your wishes are upheld. This simply means the POA will "spring" into effect when needed. A power of attorney can also take into effect immediately once the document is executed.

There are few circumstances when your loved one should execute a financial power of attorney that gives their agent the immediate authority to make financial decisions but the preferred method is to require that the agent's authority is granted only after you have been determined to be incapacitated. This is usually determined by two different qualified medical doctors who need to declare their diagnoses/

findings in writing, under penalty of perjury, that the elder is mentally incompetent and unable to make sound financial decisions.

Although still not foolproof, this requirement gives a great deal of protection against financial exploitation. Any person attempting to exploit the elder must now involve two doctors in order to carry out the financial abuse. It is always possible that the perpetrator will simply have the elder execute a new power of attorney that revokes all prior powers and gives the agent the immediate authority. When family members and friends are actively involved in the elder's life, the potential abuser will have much more difficulty in accomplishing this without being caught.

When the elder has no immediate family or friends, the odds of being financially abused are greatly increased. However, there are still some preventive measures that can be taken to reduce the risk.

Speak with bank personnel and other financial institutions where the elder's money is invested. Show them the power of attorney and explain that its purpose is to protect the elder in case someone tries to take advantage. Point out the added protection that requires two qualified medical doctors to confirm the elder's lack of capacity

before the power of attorney is effective. Ask them to red-flag the elder's accounts by placing a computer notation that the bank personnel should question any substantial withdrawals or unusual activity.

In California, banks and financial institutions are mandated to report financial abuse. This requires bank personnel to report any reasonably suspicious activity to local law enforcement or Adult Protective Services. In states where similar laws exist, bank employees will receive some training to identify the signs of financial exploitation in order to comply with their mandated reporter requirements.

Delaying the discussion often results in no action being taken. Then, when the need arises, it is often too late because the elder no longer has the requisite mental capacity needed to execute the power of attorney.

There is no foolproof way to avoid financial exploitation of an elder. However, a power of attorney can be put in place that affords peace of mind that the chances of financial abuse are minimized.

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.

Downey AYSO to play friendly matches against Australian clubs

DOWNEY – Two high school soccer teams visiting the United States from New South Wales, Australia will compete against Downey AYSO teams this weekend in friendly matches.

The Australian teams are from St. Vincent's Academy and are coached by Mark Bradley. Their visit to Downey was arranged by Travel International Sports, an organization formerly headquartered in Downey.

Two games featuring 19u and 16u girls take place Friday, Sept. 27, at Discovery Sports Complex. The first game starts at 5 p.m.

The next round of friendly games are Monday, Sept. 30, at Downey High, starting at 6:30 p.m.

Both games are free and open to the public.

"This is a great opportunity for the players and parents of our community to build new relationships and experiences through the sport of soccer," said Downey AYSO Commissioner Armando Rodriguez. "Our emphasis has always been to build up our players' skills on the pitch as well as to develop their life skills off the field of play."

"We encourage soccer fans to come out and enjoy the experience and see firsthand the experience of a lifetime for the players in our region."

Following each game, players and coaches from both teams will enjoy pizza parties catered by Shakey's Pizza in Downey.

Hunger Walk set Oct. 13

DOWNEY – Hundreds of local residents are expected to take part in the second annual Downey CROP Hunger Walk on Oct. 13, a 4-mile walk through Downey to raise awareness and money to help end hunger.

The event begins at Moravian Church of Downey with registration at 1 p.m., followed by kick-off festivities at 1:30. The actual walk gets underway at 2.

In addition to the 4-mile walk, there is also a 3-mile version for those who cannot complete the entire route.

Event organizers hope to raise \$15,000, with 75 percent of the funds going to Church World Services and their global initiatives.

The remaining 25 percent is going to PTA HELPS (a food bank for Downey school children and their families) and FoodHelp, a food bank run by Downey First Christian Church.

To sign-up for the walk as an individual or with a team (or to make a donation), go online to crophungerwalk.org/downeyca.

BLANCA PACHECO
Attorney At Law

- Living Trusts
- Evictions
- Probate
- D.U.I. Defense

CALL TODAY! **562-861-6001** *Hablo Español*
Bar # 225243
New Downey Location www.blancapacheco.esq.com
8137 3rd St., 3rd Floor Downey, CA 90241



Lic. #921362

FREE ESTIMATE
On New Installs for Downey Residents

C.H.I.R. Co.
Cooling Heating Installation Repair Co.

(562) 547-2527

Downey Resident since 1977



ATTORNEY

ALEXIS SAAB
ATTORNEY AT LAW

• **HABLAMOS ESPAÑOL**

10810 Paramount Blvd Suite 201
(562) 904-2622



SKIP THE ER WAITING ROOM



- ➔ GO to LakewoodER.com select a designated time
- ➔ Complete online forms
- ➔ Arrive at the ER at your designated time.
- ➔ Be seen by a Triage Nurse within 15 minutes of your projected treatment time**

DOWNLOAD OUR FREE APP

Go to www.LakewoodER.com
To Hold Your Place in Line
For a Medical Emergency Dial 911



SCAN THIS QR CODE WITH YOUR SMART PHONE BARCODE READER

Lakewood
Regional Medical Center **(562) 531-2550**

3700 E South Street, Lakewood
Located on the corner of South Street and Downey Avenue in the city of Lakewood

** If conditions allow - meaning there are not emergent or critical patients requiring care first.

Our Lady of Perpetual Help School Presents:
Thrilling Rides, Live Entertainment, Delicious Food, Exciting Games and Fun for the Entire Family

Save The Date
Ride Tickets Available for Purchase Before and After School



O.L.P.H. Carnival 2013

October 18, 19 & 20, 2013

Join us on:
Friday, October 18 5 p.m. - 10:30 p.m.
Saturday, October 19 Noon - 11:00 p.m.
Sunday, October 20 Noon - 8:30 p.m.



Visit O.L.P.H. School to Purchase Ride Tickets and Car Raffle Tickets

For More Information Call:
(562) 869-9969

10441 S. Downey Avenue Downey, CA 90241 www.ourladysschool.com

Luma to light up Cerritos Performing Arts Center

CERRITOS – After previous sold-out engagements at the Cerritos Center for the Performing Arts, Luma returns with a show that, according to the Chicago Tribune, is “figuratively and literally illuminating.”

Transforming the childlike pleasures of playing with glow-in-the-dark illuminators into a spectacular, one-of-a-kind show, the family-friendly productions lights up the Cerritos stage on Saturday, Oct. 26.

Luma is an experimental light theater that combines dance, rhythmic gymnastics, magic, puppetry and physics. With darkness as a canvas and light as a brush, Luma performers paint dazzling, sparkling images that tell stories and spin a visual magic, evoking awe and delight.

The San Francisco Chronicle

has praised the luminescent production, calling it “bedazzling, truly magical...a rare show.”

Creator Michael Marlin, who has been touring his Luma show since 1999, was an aspiring comic-juggler in the 70s and 80s. He performed in street acts, the circus and a belly-dance troupe, and he performed with REM, Jerry Seinfeld, Jay Leno, Doug Henning, Harry Blackstone and Ricky Jay.

In 1986, a decade after he began touring, Marlin left show business, sold his belongings and moved to paradise.

On the Big Island of Hawaii, he lived in a tree house, where the only light at night emanated from the moon's glow, glittering stars or fiery volcanoes. Inspired by the natural beauty and the splendor of the night sky, Marlin created a riveting production that has

enraptured audiences of all ages by bringing to life what previously could only be imagined: mind-boggling, magical realms of light, color, motion and music.

With the help of eight-time Tony Award-winning lighting designer Jules Fisher, Marlin fine-tuned the production to incorporate physical disciplines and hi-tech illuminated objects. The result is a “techno-circus” that has audiences sitting on the edge of their seats, mesmerized by natural, artificial and metaphysical light depicting dancing fireflies and shooting stars on a darkened stage. Add flashing screen savers and imaginary carnival rides, and Luma becomes an “engaging show with some truly magical moments that play creatively upon our age-old fascination with the wonder that is light,” proclaims the San

Francisco Chronicle.

The Honolulu Star-Bulletin notes that Luma “had the kids’ attention from start to finish, and even many of the adults in the crowd oohed and aahed at some of the more elaborate geometric lighting effects.”

Luma has been featured on the “Tonight Show” and in more than 200 theaters throughout the United States and in 15 countries, including Japan, Italy, Scotland, Holland, India, Venezuela and the Dominican Republic. Luma

recently concluded tours in Israel and Spain.

Tickets to see Luma are priced at \$30-\$60 and can be purchased online at cerritoscenter.com or by calling (562) 467-8818.

Anniversary Special!!
All Fountain Drinks 75c
Hall Of Fame Market & Deli
 10846 Downey Ave., Downey, CA 90241

KRIKORIAN PREMIERE THEATRES
www.kptmovies.com

Downey Cinema 10
 8200 3rd Street
 562.622.3999 **ALL STADIUM SEATING**

ALL DIGITAL PRESENTATION

★ **GRAVITY 3D** PG-13 Thu: 10:00 PM
 ★ **RUNNER RUNNER** R Thu: 10:00 PM
 ★ **BAGGAGE CLAIM** PG-13 (12:00, 2:40, 5:10), 7:40, 10:20
 ★ **CLOUDY WITH A CHANCE OF MEATBALLS 2** PG (11:40, 1:30, 2:05, 3:55, 4:40), 7:10, 9:35
 ★ **CLOUDY WITH A CHANCE OF MEATBALLS 2 IN 3D** PG (11:05 AM)
 ★ **DON JON** R (11:00, 1:20, 3:30, 5:40), 7:55, 10:05
 ★ **RUSH** R (11:05, 1:55, 4:35), 6:30, 7:20, 9:20, 10:10
 ★ **BATTLE OF THE YEAR** PG-13
 Fri to Tue: (11:10, 1:40, 4:30), 7:10; Wed: (11:10, 1:40, 4:30); Thu: (11:10, 1:40, 4:30), 7:10
 ★ **BATTLE OF THE YEAR 3D** PG-13
 Fri to Wed: 10:40 PM
 ★ **PRISONERS** R Fri to Tue: (12:25, 4:00), 7:20, 9:50; Wed: (12:25, 4:00), 7:20; Thu: (12:25, 4:00), 7:05, 9:50
 ★ **INSIDIOUS: CHAPTER 2** PG-13 Fri to Wed: (11:50, 2:25, 4:55), 7:30, 10:25; Thu: (11:50, 2:25, 4:55), 7:30
INSTRUCTIONS NOT INCLUDED PG-13
 Fri to Mon: (11:20, 12:00, 1:45, 2:25, 4:10, 4:50), 6:35, 7:20, 9:10, 10:05; Tue & Wed: (11:20, 12:00, 1:45, 2:25, 4:10, 4:50), 6:35, 9:10, 10:05; Thu: (11:20, 12:00, 1:45, 2:25, 4:10, 4:50), 6:35, 10:05

Times for Friday-Thursday, September 27-October 3, 2013
 Bargain Matinee () Special Engagement/No Passes *

GLENN FEST

GREAT FESTIVAL OF FILMS!

JUAN OF THE DEAD
 In Spanish with English subtitles
Friday, October 4th
9:00 PM - 11:00 PM
Regency Norwalk 8

ONLINE TICKETS AT www.Glennfest.com
 A Question & Answer with Director Alejandro Brugués will follow the feature presentation

REGENCY NORWALK Mon. Sept. 30 Hungarian Rhapsody Queen Live in Budapest '86 By: János Zsombolyai 8:00 PM	KRIKORIAN DOWNEY Tue. Oct. 1 Made In Dagenham By: Nigel Cole 7:30 PM	KRIKORIAN DOWNEY Wed. Oct. 2 Yes Nurse! No Nurse! By: Peter Kramer 7:30 PM	KRIKORIAN DOWNEY Thurs. Oct. 3 Hot Guys With Guns By: Doug Spearman After party at Club Chico Montebello 7:30 PM
---	--	--	---

CONEXION de CORAZONES

Come Join Us for an Enchanting Romance - Themed Party!
 Unlike Anything You've Seen

Meet Dozens of Attractive & Interesting Singles
 Just "Hot & Cool" People Like You
 Who knows...? You might even forget about Online Dating forever!

Presented by CONEXION DE CORAZONES!
Friday Oct. 25, 2013 • 7 to 11 pm
DoubleTree By Hilton
 (Next to Citadel and Commerce Casino)

An Electrifying Evening with a Taste of Romance

- A strolling Trio playing Latin romantic ballads
- Free Cocktails 'til 9 pm
- Free Hors D'ouvres (Deliciosos Bocadillos)
- Dazzling Lights mixed with background soft music
- Totally cool & exciting atmosphere (Ballroom Next to Garden setting)
- Free Raffle for pair of tickets to Alejandro Fernandez concert 12/8/13
- Several Surprise Door Prizes

You'll Discover a New World of Beautiful & Amazing Possibilities!
 We Promise an Evening full of Fun, Excitement & Endless Breathless Moments!

Advance Ticket: \$40
 (Order by Phone 'til 8 pm 10/22)
 Late Reservations: \$50 @ Door
Please Call 562 927-9730

Conexiondecorazoness@yahoo.com • Our Next Exciting Romance - Themed Party: Friday, Nov. 8th

DINING OUT

Paloon
 10822 Lakewood
 Next to Stonewood Mall
 862-0223

Buy One Dinner at Regular Price GET ONE DINNER FREE
of equal value or less (with coupon only)

Your choice of any item on the Dinner or Pasta Section of our menu. Valid only with purchase of 2 beverages. 2 coupons per table. No take-out
 Exp. 10/10/13

VERACRUZ FAMILY RESTAURANT
 9085 Imperial (at Columbia Way) • Daily 10 AM - 9 PM • (562) 923-1013

DOWNEY LOCATION ONLY
BUY 1 - GET 1 FREE *

* Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Dine-In Only. No Take Out. 1 Coupon Per Visit. Substitutions Extra. Expires 10-13-13. Excludes Holidays.

BURGER CITY GRILL

50% OFF All Craft Beers
Monday - Thursday
 * Limited Time Only
 * Limit of 4 per person

8260 Firestone Blvd., Downey, CA 90241 • (562) 475-4117

CHRIS & PITT'S
 BEST IN THE WEST SINCE 1949
DOWNEY
 9243 Lakewood Blvd.
 562-869-9069
www.chrisandpittsbbqrestaurants.com

Back to School Special Wednesdays
FREE KID'S MEAL from the children's menu, with purchase of an adult meal from our regular menu.
 Exp. 10-27-13

fresh cutt CARVING GRILL
 8240 Firestone Boulevard
 Downey CA 90241
 Tel. (562) 869-3700 • Fax (562) 869-2480
www.freshcutt.com

Like Us and Check us out on Facebook, Follow us on Twitter, See us on Yelp

Sunday - Thursday 11:00am - 9:00pm • Friday & Saturday 11:00am - 10:00pm

BUY ONE ENTREE GET ONE FREE!
 With the purchase of equal or greater value and two drinks.

One coupon per customer. Not valid with other offers. No additions or substitutions. Bring this coupon to redeem the offer. Expires: 10-27-13

Marie Callender's Restaurant & Bakery

20% OFF Entire Bill
 With this coupon, not valid with any other offer. Dine-in only, excludes holidays.

7860 Florence Ave., Downey 562-927-3327

La Barca Grill & Cantina
 Authentic Fresh Made Mexican Food

HAPPY HOUR Mon. - Fri. 3pm - 7pm
 Sat. & Sun. 3pm - 7pm (Bar Only)

MARIACHI Fri. & Sat. 7:30pm - 11pm
 Sunday 5pm - 9pm

Monday - Thursday
 Buy One Entree, get the second of equal or lesser price for
 Exp. 10-27-13 **\$3.99**
 (Not valid with any other offer.)

Mondays & Tuesdays
 Kids eat **FREE!**
 with one paid adult
 Exp. 10-27-13
 (Not valid with any other offer.)

Tel. 562.622.9100 • 11010 Paramount Blvd., Downey, CA 90241

Dine in Downey

For Information on this **DINING OUT** section
 Call **Dorothy** or **MaryAnn** at
 The Downey Patriot **(562) 904-3668**

SPORTS BRIEFS: Vikings score 55 points in win over Millikan

•Downey evens their record at 2-2; Warren High comes up short against Rosemead.

By Mark Fetter
Contributor

DOWNEY - The Downey High School football team evened their season record at 2-2 with a 51-23 win against PAC-5 Division and Moore League opponent Long Beach Millikan at home last Friday night.

With the loss, the Rams fell to 2-2.

Downey was led on offense by junior quarterback Jorge Reyna's 11/19 passing for 184 yards and three touchdowns. Reyna also rushed eight times for 97 yards and scored one touchdown.

The running backs corp were led by junior Justin Huff's 14 carries for 132 yards and two touchdowns, senior captain Eric Carrillo's six carries for 91 yards and junior Josh Flores' three carries for 67 yards and one touchdown.

Senior Tristan Esparza led the Downey receiving corp with three catches for 41 yards, Justin

Huff had two catches for 48 yards, junior Jacob Cook had one reception for 39 yards and one touchdown and Eric Carrillo had one reception for 26 yards and one touchdown. Senior kicker Mario Galvan was 6/7 on PAT attempts and was 1/1 on field goal attempts. Galvan connected on a 37 yard field goal.

The Viking defense was led by Tristan Esparza's one solo and twelve assisted tackles, senior captain Anthony Florido's two solo and five assisted tackles, senior Nick Robles' one solo and six assisted tackles, junior Eduardo Preciado's two solo and three assisted tackles and junior Manny Ramirez's five assisted tackles.

Downey will travel to Huntington Beach this evening to take on an Oiler team that is also 2-2. The Oilers are coming off a 27-17 loss at home to Trabuco Hills.

This game represents an intriguing matchup in many ways. Both teams can score. Whichever team can play better defense and slow down the other team's offense will win.

Maxpreps currently has Huntington Beach ranked 136th

in the state while Downey is ranked 159th.

•• The Warren High School football team fell to 0-3 on the season after a 21-14 loss at home last Friday night to Rosemead.

With the win, the Panthers improved to 2-1.

The Bears will travel to Bell Gardens this evening and face a Lancer team that is 2-1. The Lancers defeated Bell last Friday night, 35-21.

Warren kicked the ball off to Rosemead to start the game. The Bear defense started well and held the Panthers to three and out. The Bears got the ball back at the 10:05 mark of the first quarter but could not sustain a drive.

The two teams exchanged the ball and field position for a good part of the first half. Rosemead did score the first touchdown and converted the PAT to take a 7-0 lead.

The home crowd got into the game when Warren lined up to punt the ball and faked a punt to the right. The Bears scored on the fake punt but did not convert the PAT. Rosemead led at halftime 7-6.

Rosemead kicked the ball off to Warren to start the second half but the Bears could not sustain a drive.

Rosemead scored at the 3:04 mark of the third quarter and proceeded to convert the PAT for a 14-6 lead.

The last two minutes of the third quarter got interesting after Warren botched a punt and Rosemead recovered at the Bear 20-yard line. As the third quarter drew to a close, Warren

intercepted a Rosemead pass at the Bear 15-yard line and regained possession.

The third quarter ended with Rosemead leading 14-6.

Warren made things interesting at the 8:04 mark of the fourth quarter when the Bears scored a touchdown. The score stood at 14-12 when Coach Jimenez decided to go for the two point conversion and tie the score.

Bear quarterback Zaaheed Summerville ran a naked bootleg to the left and collided with three Rosemead tacklers at the goaline. Summerville got the ball across the goaline as he was tackled and evened the score at 14. The Bear band and faithful were loud and proud.

The tie was short lived, however, as Rosemead marched back down the field and scored a touchdown at the 6:38 mark of the fourth quarter. The PAT attempt was good and the Panthers took the lead back, 21-14.

Warren appeared to complete a "go route" at midfield as time was winding down but the ball just eluded the fingertips of stretched-out Bear receiver Dave Escobedo.

Rosemead held on for the 21-14 win.

•• The Warren High School girls' cross country team has gotten off to a fast start. The Lady Bears participated in the Laguna Hills Invitational on Sept. 14 as well as the Woodbridge Invitational this past Saturday.

With their strong finishes in these two events the Lady Bears are now ranked 10th in this



Golfer Isabella Gutierrez led Downey High to a 301 to 261 victory, shooting a 44, while Alexandra Rooney led Warren High with a 50. The two girls are good friends on and off the course.

week's C.I.F. Division I poll.

The C.I.F. Division I top 10 teams are Capistrano Valley followed by Great Oak, Trabuco Hills, San Clemente and Yucaipa. M.L. King is ranked sixth followed by Vista Murrieta, Long Beach Poly, West Ranch and Warren in the tenth spot. Coach Waldron is very pleased with the progress of his team and how hard they have worked to get there.

In the Woodbridge Invitational this past weekend, the Lady Bears had two girls run under 18 minutes, six girls run under 19 minutes, 15 girls run under 20 minutes and 25 girls run under 21 minutes for the three mile course.

The Lady Bears will now compete at the Stanford Invitational in Palo Alto. The following girls have earned the right to compete based on their performances: Melissa

Agis, Ixy Avila, Elizabeth Diaz, Jessica Egizzi, Sadie Encinas, Andrea Garcia, Trinity Gomez, Krisstel Gomez, Silvia Gonzalez, Janeane Hernandez, Gwendolyn Hurtado, Alexis Jimenez, Valeria Orozco, Nancy Lee Perez, Victoria Porter, Sofia Ramos, Teresa Ramos, Camila Reyes, Emaly Reyes, Blanca Robles, Anayansi Rodriguez, Elmarose Silva, Samantha Tabares, Elsa Vasquez and Yajaira Zarate.

Needless to say, the Lady Bears are excited for this opportunity and are eager to compete.

•• Warren High School will be hosting their second annual school carnival this weekend to support Warren athletics and programs. The carnival will be held Friday from 5-11 p.m., Saturday from 1-11 p.m. and Sunday from 1-10 p.m.

It will be held in the west parking lot on the corner of De Palma and Paramount Blvd.

This year's carnival will take up the entire lot. Come enjoy rides, games, food, fun and entertainment at the Warren High School carnival.

Pre-sale tickets are on sale now and are 50% off.

Questions can be directed to Athletic Director Russ Heicke at rheicke@dusd.net.

KRCT - DOWNEY
ROCKET OLDIES 106.5
STEREO INTERNET RADIO
50's & 60's Rock - Pop - Soul
Doo-Wop - R & B - Motown - Crooners
ROCKETOLDIES106.COM

DOWNEYNISSAN
FALL Into Savings
Sales EVENT!
LEASE A BRAND NEW 2013 SENTRA For Only \$69 per mo
1 at this offer 131631744471 Model # 12013
SAVINGS UP TO \$7000 OFF MSRP
0 DOWN 0% APR 0 PAYMENTS FOR 90 DAYS
BRAND NEW 2013 NISSAN SENTRA S
MSRP \$17,710
Downey Nissan Disc. \$1,115
Sale Price \$16,595
Nissan Customer Cash \$3,000
NMAC Captive Cash \$1,000
College Rebate \$600
NET \$14,995
BRAND NEW 2014 NISSAN ALTIMA 2.5s
MSRP \$23,200
Downey Nissan Disc. \$3,710
Sale Price \$19,490
Nissan Customer Cash \$3,000
NMAC Captive Cash \$1,000
College Grant \$600
NET \$17,995

2013 NISSAN LEAF SL MSRP \$32,980 Downey Nissan Disc. \$2,950 Sale Price \$30,030 NMAC Cash \$2,500 College Grant \$600 NET \$29,995
2013 NISSAN QUEST 3.5 SV MSRP \$31,200 Downey Nissan Disc. \$2,210 Sale Price \$28,990 Nissan Customer Cash \$3,000 NMAC Captive Cash \$1,000 One to One Rewards \$1,500* NET \$23,999
BRAND NEW 2014 NISSAN PATHFINDER MSRP \$31,340 Downey Nissan Disc. \$2,345 Sale Price \$28,995 Nissan Customer Cash \$3,000 NMAC Captive Cash \$1,000 College Grant \$600 NET \$26,995
BRAND NEW 2013 NISSAN ROGUE MSRP \$21,450 Downey Nissan Disc. \$1,310 Sale Price \$20,140 Nissan Customer Cash \$3,000 NMAC Captive Cash \$1,000 College Grant \$600 NET \$17,995
BRAND NEW 2013 NISSAN JUKE MSRP \$22,100 Downey Nissan Disc. \$3,005 Sale Price \$19,095 Nissan Customer Cash \$3,000 NMAC Captive Cash \$1,000 College Grant \$600 NET \$17,995
BRAND NEW 2013 NISSAN MAXIMA MSRP \$31,985 Downey Nissan Disc. \$2,490 Sale Price \$29,495 Nissan Customer Cash \$3,000 NMAC Captive Cash \$1,000 College Grant \$600 NET \$25,995

BAD CREDIT LOANS • 888-915-5511 START REBUILDING YOUR CREDIT NOW WE SAY YES!
DISCOVER THE DOWNEY DIFFERENCE
DOWNEYNISSAN
Call: 888-915-5511 • Click: downeynissan.com • Visit 7550 Firestone Blvd.
Habla Español

Hosting a charity "Beat Cancer Bootcamp" for the Leukemia & Lymphoma Society.
For every guest in attendance, FitCampLA will donate \$10 to the Leukemia & Lymphoma Society, so come one, come all!
Saturday, October 12, 9:00am
13450 Paramount Blvd., Suite A, South Gate, CA 90280
To support the cause and help find a cure!
For more information please call 562.250.7487

LAW OFFICE OF STEVE LOPEZ ATTORNEYS AT LAW
• Business, Real Estate & Family Law Litigation
• Living Trust / Estate Planning / Probate
• Bankruptcy & Debt Negotiation
Tel: 562 . 904 . 1193
8562 Florence Ave. Downey, CA 90240
www.SteveLopezLaw.com
El Abogado Habla Español

TITAN TRANSPORTATION INC. PUBLIC AUCTION
10 A.M. - SUN., Sept. 29, 2013
■ 2006 Chrysler PT Cruiser
■ 1997 Toyota Camry
■ 1991 Honda Accord
■ 1988 Dodge Dakota
■ 1999 Chevrolet S-10
■ 2003 Acura CL 3.2
■ 1996 Honda Accord
■ 1991 Honda Accord
■ 2001 Kawasaki ZX 1000
■ 2005 Chevy 1500
■ 1994 Nissan Pickup
■ 1994 Honda Accord
■ 2001 Chevy Monte Carlo
■ 1998 Toyota Corolla
Inspection 15 minutes prior to Auction
There will be a \$100 Bidding Fee to bid in auction. Fee will be refunded if no bid is won
Titan Transportation, Inc
8282 Phlox Street, Downey, CA 90241 (562) 923-3136

BULK SALES

NOTICE TO CREDITORS OF BULK SALE

(Division 6 of the Commercial Code Escrow No. L-031540-MK)
 (1) NOTICE IS HEREBY GIVEN to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described.
 (2) The name and business addresses of the seller(s) are: SWEETBON, LLC, 251 STONEWOOD ST, SPACE #415, DOWNEY, CA 90241
 (3) The location in California of the Chief Executive Officer of the seller is:
 (4) The name and business address of the buyer(s) are: ROBIN LEE AND YUNEE LEE, 251 STONEWOOD ST, SPACE #415, DOWNEY, CA 90241
 (5) The location and general description of the assets to be sold are: FURNITURE, FIXTURE & EQUIPMENT COVENANT NOT TO COMPETE, GOODWILL, TRADE NAME, PATENT RIGHTS, IMPROVEMENTS AND TELEPHONE NUMBER of that certain business located at: 251 STONEWOOD ST, SPACE #415, DOWNEY, CA 90241
 (6) The business name used by the seller(s) at the said location is: CINNABON
 (7) The anticipated date of the bulk sale is OCTOBER 14, 2013, at the office of ESCROW, ESCROW INC., 3600 WILSON BLVD, #426, LOS ANGELES, CA 90010, Escrow No. L-031540-MK, Escrow Officer: MARTHA KIM
 (8) Claims may be filed the same as "7" above.
 (9) The last date for filing claims is: OCTOBER 11, 2013
 (10) This Bulk Sale is subject to Section 636.2 of the Uniform Commercial Code (UCC) as listed by the Seller, all other business name(s) and addresses used by the Seller within three years before such list was sent or delivered to the Buyer are: NONE
 Date of Filing: SEPTEMBER 26, 2013
 ROBIN LEE AND YUNEE LEE, Buyer(s)
 LA1341100 DOWNEY PATRIOT 9/26/13

The Downey Patriot
9/26/13

BUSINESS

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

Department of Alcoholic Beverage Control
 222 E. Huntington Drive, Suite 114
 Monrovia, CA 91016
 (626) 256-3200
 Date of Filing: AUGUST 29, 2013
 To Whom It May Concern:
 The Name(s) of the Applicant(s) is/are: **FC GROUP #1**, as listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: **8240 FIRESTONE BLVD, DOWNEY, CA 92414-810**
 Type of license(s) Applied for: **41 - On-Sale Beer And Wine - Eating Place**
 The Downey Patriot
9/12/13, 9/19/13, 9/26/13

FAMILY LAW

SUMMONS (Family Law) NOTICE TO RESPONDENT (Name)

AVISO A LA PERSONA QUE RECIBIO LA VICTORIA KATHARINE ARIAS
 You are being sued.
 Lo están demandando.
 Petitioner's name is (Nombre del demandante):
 CASE NUMBER (NUMERO DE CASO): VD080691
 You have 30 calendar days after this summons are filed with the court to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court will make a decision on your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form if you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services Web site (www.lawhelpcalifornia.org), or by contacting your local county bar association.
 Tiene 30 días corridos después de haber recibido la entrega legal de esta Cuestión y Petición para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefónica no basta para protegerlo.
 Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o su pareja, sus bienes y la custodia de sus hijos. La corte también le puede ordenar que pague manutención, y honorarios y costos legales. Si no puede pagar la cuota de la corte, pida un formulario de solicitud de exención de cuotas.
 Si desea obtener asesoramiento legal, póngase en contacto de inmediato con un abogado. Puede obtener información para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpcalifornia.org) o poné indose en contacto con el colegio de abogados de su condado.
NOTICE: The restraining orders on page are effective until the petitioner is dismissed, a judgment is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.
AVISO: Las órdenes de restricción que figuran en la página 2, valen para ambos viajes o viajes de ida y vuelta, hasta que se despida la petición, se emita un fallo o la corte dé otras órdenes. Cualquiera autoridad de la ley que haya recibido o visto una copia de estas órdenes puede hacerlas acatar en cualquier lugar de California.
NOTE: If a judgment or support order is entered, the court may order you to pay all or part of the fees and costs that the court waived for yourself or for the other party. If this happens, the party ordered to pay fees shall be given notice and an opportunity to request a hearing to set aside the order to pay waived court fees.
 Si se emite un fallo u orden de manutención, la corte puede ordenar que usted pague parte de, o todas las cuotas y costos de la corte previamente exentas a petición de usted, o de la otra parte. Si esto ocurre, la parte ordenada a pagar estas cuotas debe recibir aviso y la oportunidad de solicitar una audiencia para anular la orden de pagar las cuotas exentas.
 The name and address of the court are: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 12720 NORWALK BLVD., NORWALK, CA 90650
 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: (El nombre, dirección y número de teléfono del abogado del demandante, o del demandante si no tiene abogado, son): IVAN AGUILAR, 7216 1/2 FRIENDS AVENUE, WHITTIER, CA 90602, 562-360-9050
 Clerk (Fiscal): January 31, 2013 JOHN A. CLARKE, Deputy (Asistente).
 NOTICE TO THE PERSON SERVED: You are served.
 AVISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realiza a, as an individual, (a usted como individuo.)

The Downey Patriot
9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013175960
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **REGO ZONZO 11664 E WASHINGTON BLVD, WHITTIER CA 90606, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) SAMI JWAIED, 11664 E WASHINGTON BLVD, WHITTIER CA 90606
 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 08/01/2013
 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/SAMI JWAIED, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 22, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013195262
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **GIL'S AUTO SALE, 13301 1/2 SAN ANTONIO DR., NORWALK CA 90650, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) GILBERT ROSALES, 8732 NADA 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 09/17/2013
 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/GILBERT COLE, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 5, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICT. BUSINESS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013183143
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **RANDLE ENTERTAINMENT SERVICES, 11251 WILSON BLVD, WEST BEER BLVD APT 55, NORWALK, CA 90650**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) MIGUEL TORRES, 11251 WILSON BLVD APT 55, 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/MIGUEL RANDLE, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2013

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
9/26/13, 10/3/13, 10/10/13, 10/17/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013188063
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **FRIDA N JOLIE, 7344 BANDINI BLVD, CITY OF COMMERCE CA 90040, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: 201313510234
 REGISTERED OWNERS(S): (1) CALI KIDS APPAREL, LLC, 7344 BANDINI BLVD, CITY OF COMMERCE CA 90040
 State of Incorporation: CA
 This business is conducted by a Limited Liability Company
 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/ANA CLARISA GONZALEZ, VICE PRESIDENT, CALI KIDS APPAREL LLC
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 9, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013197074
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **AA TRIMS, 3476 OLIVE STREET UNIT A, HUNTINGTON ANGELES 90255, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) ROSA I. ROSALES, 3476 OLIVE STREET UNIT A, HUNTINGTON PARK CA 90255
 State of Incorporation: N/A
 This business is conducted by an Individual
 The registrant commenced to transact business under the fictitious business name or names listed above on 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/ROSA I. ROSALES, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 6, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013186177
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SPASHED MOBILE DETAILING, 6008 E CLARA ST, BELL GARDENS CA 90201, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) SAMI JWAIED, 11664 E WASHINGTON BLVD, WHITTIER CA 90606
 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 08/01/2013
 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/SAMI JWAIED, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 22, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013186177
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SPASHED MOBILE DETAILING, 6008 E CLARA ST, BELL GARDENS CA 90201, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) SAMI JWAIED, 11664 E WASHINGTON BLVD, WHITTIER CA 90606
 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 08/01/2013
 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/SAMI JWAIED, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 22, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013186177
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **SPASHED MOBILE DETAILING, 6008 E CLARA ST, BELL GARDENS CA 90201, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) SAMI JWAIED, 11664 E WASHINGTON BLVD, WHITTIER CA 90606
 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 08/01/2013
 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/SAMI JWAIED, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 22, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183838
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **THE JELLY DONUT, 2097 N TOWN AVE, POMONA CA 91767, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) DAVID LUONG KHANN, 2097 N TOWN AVE, POMONA CA 91767
 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/GREG PEREZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 5, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183492
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **E & M MOTORING, 13949 ARTHUR AVE UNIT**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) JANICE CHAE, 244 VENETO, IRVINE CA 92614
 State of Incorporation: N/A
 This business is conducted by a General Partnership
 The registrant commenced to transact

business under the fictitious business name or names listed above on N/A
 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/MINNA CHAE, GENERAL PARTNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 24, 2013
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
9/26/13, 10/3/13, 10/10/13, 10/17/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013180860
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **HERE2BETTER COACHING, 17785 CENTER COURT DRIVE, SUITE 600, CERRITOS CA 90703, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: C3283289
 REGISTERED OWNERS(S): (1) CALIFORNIA PROFESSIONAL COACHING, INC., 17785 CENTER COURT DRIVE, SUITE 600, CERRITOS CA 90703
 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/NITAI H. PATHAK, PRESIDENT, CALIFORNIA PROFESSIONAL ACADEMY, INC.
 This statement was filed with the County Clerk of Los Angeles on AUGUST 28, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013182658
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **POWER DISTRIBUTION TESTING & CONSULTING, 2116 SPRINGS CA 90670, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) FORREST CARL LANGE, 10535 PONDEROSA CIR., 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/FORREST CARL LANGE
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 4, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013182658
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MTM AUTO GLASS, 3016 MISSOURI AVE, SOUTH GATE CA 90280, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) MARCO GATE CA 90280
 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/MARCO T. MATTA, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 10, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013182658
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **LIVE 4 APR, 1424 CROSSDALE AVE, NORWALK CA 90650, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) RAQUEL APPLE, 1424 CROSSDALE AVE, NORWALK CA 90650
 State of Incorporation: CA
 This business is conducted by an Individual
 The registrant commenced to transact business under the fictitious business name or names listed above on 07/29/2013
 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/RAQUEL APPLE, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 30, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183584
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MPJ MUSIC, 12107 OKLAHOMA AVE, SOUTH GATE CA 90280, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) MAURILIO TORRENZO, 10043 SIDEVIEW DRIVE, 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 09/03/2013
 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/MAURILIO PINEDA, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 3, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183838
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **THE JELLY DONUT, 2097 N TOWN AVE, POMONA CA 91767, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
 REGISTERED OWNERS(S): (1) DAVID LUONG KHANN, 2097 N TOWN AVE, POMONA CA 91767
 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/GREG PEREZ, OWNER
 This statement

IBARRA 16416 DEBRA LN, CERRITOS CA 90703
 State of Incorporation: N/A
 This business is conducted by an Individual
 The registrant commenced to transact business under the fictitious business name of **IBARRA** 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/AMALUO BAUTISTA, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 28, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013190179
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **JAGGAR'S SERVICES CO. 9838 OTIS ST SOUTH GATE, 90280, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **JAGGAR'S SERVICE CORPORATION 8716 LONG BEACH BLVD STE B, SOUTH GATE CA 90280**
 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 07/23/2013
 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/FERNANDO MENDOZA, CEO, JAGGAR'S SERVICE CORPORATION
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 11, 2013
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
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013168378
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **GYPSSY QUEEN, 11615 GARNISH DRIVE, CA 90241, COUNTY OF LOS ANGELES (2) GYPSSY KING (3) GYPSSY GIRLS**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **KELLIE GONZALEZ, 10615 GARNISH DRIVE, 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 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/KELLIE GONZALEZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 13, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013193363
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **WAVES OF PEACE COUNSELING SERVICES, 732 N. DIAMOND BAR BLVD SUITE 120, DIAMOND BAR CA 91765 (2) DIAMOND BAR CA 91765 (3) CYPRESS CA 90630**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **KARMA REJOUNDRY AND SPA 120, DIAMOND BAR CA 91765**
 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 09/13/2013
 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/KARMA BROWNLEE, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 12, 2013
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
9/26/13, 10/3/13, 10/10/13, 10/17/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183507
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MARIAS HOMEKEEPING, 655 LOMA VISTA AVE, BELL CA 90210, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **MARIA LOPEZ, 11532 RIVES AVE., 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 08/06/2013
 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/HERIKA LOPEZ
 This statement was filed with the County Clerk of Los Angeles on AUGUST 6, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013183507
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MARIAS HOMEKEEPING, 655 LOMA VISTA AVE, BELL CA 90210, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **MARIA**

RODRIGUEZ 6659 LOMA VISTA 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 of **RODRIGUEZ** 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/RODRIGUEZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 3, 2013

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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2012179592
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **EXCELLENCE REALTY OF LOS ANGELES 20100 ROCKWOOD BLVD, PICO RIVERA CA 90660, COUNTY OF LOS ANGELES (2) EXCELLENCE VISTA REALTY (3) EXCELLENCE REALTY OF LOS ANGELES (4) EXCELLENCE VELIZ VIP REALTY**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: 3449471
 REGISTERED OWNERS(S): (1) **REGINA MENDOZA, 6020 ROCKNE AVE, WHITTIER CA 90606**
 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/MIQUEL OYOQUE, VICE PRESIDENT, EXCELLENCE REAL ESTATE INC
 This statement was filed with the County Clerk of Los Angeles on AUGUST 27, 2013
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
9/5/13, 9/12/13, 9/19/13, 9/26/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013167878
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **LOS MISERABLES DE CALL, 11927 MOLETTE ST., NORWALK CA 90650 COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **CARLOS RAMIREZ, 11927 MOLETTE ST., 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/CARLOS RAMIREZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 12, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013182202
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **ALEXAS COLLECTION, 6001 MAYWOOD AVENUE, BELL CA 90201, COUNTY OF LOS ANGELES (2) 11703 ROMA STREET, SANTA FE SPRINGS CA 90670**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **MARQUEZ BALDOMERO, 11703 ROMA STREET, 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/MARQUEZ BALDOMERO, OWNER
 This statement was filed with the County Clerk of Los Angeles on AUGUST 29, 2013
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
9/12/13, 9/19/13, 9/26/13, 10/3/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013190651
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **BREZZI LA 8504 FIRESTONE BLVD #300, DOWNEY CA 90241, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **LESTER**

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2013190651
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **BREZZI LA 8504 FIRESTONE BLVD #300, DOWNEY CA 90241, COUNTY OF LOS ANGELES**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) **LESTER**

BREAZEALE 11619 DOWNEYAVE #101, DOWNEY CA 90241
 State of Incorporation: CA
 This business is conducted by an Individual
 The registrant commenced to transact business under the fictitious business name of **BREAZEALE** 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/BRUCE BREAZEALE, OWNER
 This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 11, 2013

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
9/19/13, 9/26/13, 10/3/13, 10/10/13

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: VS024975
 TO ALL INTERESTED PERSONS: Petitioner **MYA ROSE MARTINEZ TRACEY ANN MARTINEZ** QUINTELL WAYNE filed a petition with this court for a decree changing names as follows:
 Proposed name **MYA ROSE MARTINEZ**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 11-6-13, Time: 1:30 p.m., Department SE C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 September 10, 2013
 Yvonne T. Sanchez
 Judge of the Superior Court
 Petitioner or Attorney Self-Represented
Tracey Ann Martinez and Quintin Wayne Asstb
Downey, CA 90242
 562-271-4138
 thairidalla@msn.com

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORTH EAST - NORWALK COUNTY COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024779
 TO ALL INTERESTED PERSONS: Petitioner **BRIAN ALLEN PAYARES** filed a petition with this court for a decree changing names as follows:
 Present name **BRIAN ALLEN PAYARES**
 Proposed name **BRIAN MARTINEZ**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10/30/13, Time: 1:30 P.M., Department SE C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 September 18, 2013
 Margarita Bernal
 Judge of the Superior Court
 Petitioner or Attorney
BRIAN ALLEN PAYARES
14529 HALCOURT AVE
90241 NORWALK CA 90650
 562-912-5195

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COUNTY COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024974
 TO ALL INTERESTED PERSONS: Petitioner **PAMELA LIZZET VENTO** filed a petition with this court for a decree changing names as follows:
 Present name **GIANCARLO ESQUIBEL - VENTO**
 Proposed name **GIANCARLO ESQUIBEL VENTO**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10/30/13, Time: 1:30 P.M., Department SE C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 September 18, 2013
 Margarita Bernal
 Judge of the Superior Court
 Petitioner or Attorney
BRIAN ALLEN PAYARES
14529 HALCOURT AVE
90241 NORWALK CA 90650
 562-912-5195

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COUNTY COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024974
 TO ALL INTERESTED PERSONS: Petitioner **PAMELA LIZZET VENTO** filed a petition with this court for a decree changing names as follows:
 Present name **GIANCARLO ESQUIBEL - VENTO**
 Proposed name **GIANCARLO ESQUIBEL VENTO**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10/30/13, Time: 1:30 P.M., Department SE C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 September 18, 2013
 Margarita Bernal
 Judge of the Superior Court
 Petitioner or Attorney
BRIAN ALLEN PAYARES
14529 HALCOURT AVE
90241 NORWALK CA 90650
 562-912-5195

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COUNTY COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024974
 TO ALL INTERESTED PERSONS: Petitioner **PAMELA LIZZET VENTO** filed a petition with this court for a decree changing names as follows:
 Present name **GIANCARLO ESQUIBEL - VENTO**
 Proposed name **GIANCARLO ESQUIBEL VENTO**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10/30/13, Time: 1:30 P.M., Department SE C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 September 18, 2013
 Margarita Bernal
 Judge of the Superior Court
 Petitioner or Attorney
BRIAN ALLEN PAYARES
14529 HALCOURT AVE
90241 NORWALK CA 90650
 562-912-5195

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COUNTY COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024974
 TO ALL INTERESTED PERSONS: Petitioner **PERLA D. GUIZAR DE CUEVAS** ON BEHALF OF MINOR MADISON SARAI SUCCAR filed a petition with this court for a decree changing names as follows:
 Present name **MADISON SARAI SUCCAR**
 Proposed name **MADISON SARAI CUEVAS GUIZAR**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10-2-13, Time: 1:30 p.m., Department C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 August 1, 2013
 Yvonne T. Sanchez
 Judge of the Superior Court
 Petitioner or Attorney
Perla y. Esquivel - Vento
Downey CA 90240
 562-619-9526
 pyevonto@yahoo.com

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024824
 TO ALL INTERESTED PERSONS: Petitioner **PERLA D. GUIZAR DE CUEVAS** ON BEHALF OF MINOR MADISON SARAI SUCCAR filed a petition with this court for a decree changing names as follows:
 Present name **MADISON SARAI SUCCAR**
 Proposed name **MADISON SARAI CUEVAS GUIZAR**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 10-2-13, Time: 1:30 p.m., Department C, Room 312
The address of the court is 12720 Norwalk Blvd., Norwalk CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT**
 August 1, 2013
 Yvonne T. Sanchez
 Judge of the Superior Court
 Petitioner or Attorney
Perla y. Esquivel - Vento
Downey CA 90240
 562-619-9526
 pyevonto@yahoo.com

The Downey Patriot
9/26/13, 10/3/13, 10/10/13, 10/17/13

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

NORWALK COURTHOUSE

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS024824
 TO ALL INTERESTED PERSONS: Petitioner **PERLA D. GUIZAR DE CUEVAS** ON BEHALF OF MINOR MADISON SARAI SUCCAR filed a petition with this court for a decree changing names as follows:
 Present name **MADISON SARAI SUCCAR**
 Proposed name **MADISON SARAI CUEVAS GUIZAR**
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court



Ivan and Luz Mery Sterpin, son MSgt. Ivan G. Sterpin (stationed at Yokota Air Base), his daughter Gianna Sterpin, and granddaughter Bailey Aguilar are pictured above at the Meiji Jingu Shrine in Meiji-Jingumae, Tokyo, Japan. They are all from Downey.



Dick and Barbara Sterling are pictured above at the Palace of Parliament, Bucharest, Romania. It is the second largest building in the world after the Pentagon in Washington, D.C. Bucharest was the starting point for the Sterling's trip through the five Eastern European countries on a Danube River cruise from the Black Sea to Budapest, Hungary.



Mark and Cindy Serrano recently vacationed in Cabo San Lucas. In the background is Lover's Beach.



Angie Rademaker holds *The Downey Patriot* during a vacation trip this month to New Orleans. Angie made the trip with her husband, William.



Brenda Jeter took the Patriot with her on her summer vacation to Garland, Utah where she visited with family and friends, did a lot of shopping and had a chance to "relax and be a country girl."

Classic Orange Estates Home
7640 2nd Street, Downey

Gorgeous five bedroom and den, four total bath home containing 3,258 sq. ft. of residence. Sparkling swimming pool, separate playroom, sauna, central air conditioning, covered patio, 10,000+ sq. ft. lot. Must see this spectacular home...Call for an appointment today!

Asking: \$824,500

Offered by: Brabant Realty and Management, Inc.
Donald Brabant, Broker
(562) 760-5156 • (323) 587-5156 Ext. 1001

Volunteer opportunities for students

DOWNEY - The city of Downey's Parks & Recreation Department has volunteer opportunities for middle school and high school students who are looking to fulfill school volunteer requirements or gain skills and leadership experience.

High school students will work in various City Hall departments, including Building & Planning, Engineering, Human Resources, Fire Prevention and Purchasing.

Both middle school and high school students can work at city-wide special events and youth programs and local parks.

There are minimal fees, and afternoon meetings are scheduled during the year.

For more information, pick up a volunteer interest form at the Parks & Recreation Office located at Apollo Park or online at downeyca.org.

Students can also call Parks & Recreation at (562) 904-7238 between 8:30 a.m. and 5:30 p.m. Monday through Friday.

LivingHelp golf tournament

DOWNEY - The LivingHelp Center will host its 25th annual golf tournament Oct. 18 at the Rio Hondo Golf Club.

Cost is \$130 per golfer, which includes green fees, golf cart and buffet dinner.

Sponsorship opportunities are available, ranging from \$60-\$1,000.

For details or to sign up, call Jim Miller at (562) 928-3539 or Dennis Pagenkopp at (562) 928-1429.

Search all properties at www.downeyrealestate.com

For All Your Kitchen and Bath Needs!
Showroom open to the public.

Golden West THE BOLD LOOK OF KOHLER®
PIPE & SUPPLY

www.GoldenWestPipe.com • (562)803-4321

Top Producer - 2012
#4 In the C21 National Franchise System

Century 21 Residential Commercial Investments

Jeff Worthy Broker Associate
Your Trust "Worthy" Real Estate Broker
(562) 659-2245

JUST LISTED! Long Beach Blvd, Lynwood Approx. 12,000 SF + Retail Storefront \$.55/SF	JUST SOLD!!! 8205 Pivot Street, Downey Approx 19,000+ sf Dock High Industrial Building	JUST SOLD!!! Library Street, S.F. Valley Approx 20,000+ sf Food Processing Acquired through Short Sale
FOR SALE Rare Retail Frontage 3,700 SF Commercial Kitchen Facility Approx. 2,300 SF full Commercial Kitchen Approx 1,400 SF Second Floor Offices		

Commercial and Investment Property specialists...When experience matters and character counts!

Century 21 My Real Estate (562) 927-2626
century21myrealestate.com 7825 Florence Avenue • Downey, CA 90240

OUR CLIENTS

"Brian Holden did an outstanding job and everything was great!" - Michael Laurenzi
"Cristian Ripoll did an excellent job! I will definitely recommend Cristian to others." - Esteban Esparza
"Steve Roberson did a fantastic job and was always on top of everything. I was very happy with Steve!" - Reyna Teran

FEATURED PROPERTY

Perfect For Entertaining
North Downey pool home - In very nice condition. Open floor plan - Fireplace in family room. Newer appliances. Carpet everywhere but kitchen and pantry have linoleum. Tons of storage - Three linen closets plus utility room storage and walk-in pantry. Extras like built-in ladder to attic. Lath and plaster construction. Built by Ziler. Medallion home. Private backyard. Garage is semi-finished, with cabinets and carpeting, and set up like rec area.

TOP PRODUCERS

TOP LISTING Lorena Amaya & Lilian Lopez
TOP PRODUCTION Lorena Amaya & Lilian Lopez
TOP SALES Lorena Amaya & Lilian Lopez

Spectacular!! 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 fireplaces, 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. Call today for more information!	One of A Kind Downey Estate Drive thru Security Gate to secluded immaculate custom built home - Completed in approx 2002 with formal dining, gourmet kitchen, upstairs game room and study/library, 2 fireplaces living room and master bedroom. Pool and Pool House - Tree House with electrical and cable ready - 6 car garage. Call today for more information	SOLD This Is The One! Cute and cozy home! This home features an updated kitchen and bathrooms. Granite throughout, 6 Burner cook top, dining area, wood floors in living room and dining room. This property also has recessed lighting and synthetic grass in backyard. Very nice!	Excellent Opportunity This is a very nice condo. It features 3 bedrooms, 1.5 bathrooms, 2 car garage and a private backyard. The association has a clubhouse, pool, tennis court and basketball court. This is a must see! Priced at \$309,000
One of a Kind! This custom home is over 6,000 sq. ft. This property sits on a large lot over 14,000 sq. ft. an attached 3 car garage, a 600 sq. ft. work shop that can be converted into another 3 car garage and plenty of room for additional parking. This home is comprised of 6 spacious bedrooms, including one master suite (over 1,200 sq. ft.), one master bedroom (over 600 sq. ft.) both equipped with large Jacuzzis, saunas and fireplaces.	SOLD Downey Opportunity! This large 1600+ square foot 3 bedrooms 2 bath home is situated on a corner lot on "The Island" in North West Downey. This home features a large kitchen with cooking island as well as kitchen seating, a large family room with fireplace, dining room and an enclosed laundry room.	Won't Last! Very cute and cozy. Well kept complex. Short walk to pool area clean. Some appliances may stay. Dining area. Garage / Auto door. Washer/dryer hook ups upstairs. Fireplace in living room. This is a must see.	Century 21 My Real Estate School DRE APPROVED LIVE REAL ESTATE SCHOOL \$299 Reimbursed Call Darlene - ext. 119 (562) 927-2626



Mel & Rita Berdelis
BROKER/OWNERS



Prudential 24 Hour Real Estate
OFFICE: (562) 861-7257
TOLL FREE: (800) 521-4572
FAX: (562) 861-0285
www.Prudential24hours.com

Thinking about a Career in Real Estate?
COMPLETE ALL 3 COURSES IN ONLY 8 WEEKS FOR \$299

Carrie Uva
"Let's Talk Real Estate!"
(562) 382-1252
www.CarrieUva.com

DOWNNEY!

Home Sweet Home!
3 BD, 1 1/2 BA home in Downey with hardwood floors, 2 car garage
Priced at: \$384,900
Call Carrie Uva 562-382-1252

IN ESCROW!

Price Is Right!
Charming 3 BD, 1.75 BA home in Banning with kitchen center island & living room with cozy fireplace. Priced at: \$199,900
Call Carrie Uva 562-382-1252

IN ESCROW!

Waterfront Home!
Canyon Lake home w/ 3BD, 2BA living room, dining room, 3 car garage, RV parking
Priced at: \$399,900
Call Carrie Uva 562-382-1252

FOR RENT!
8945 Atlantic, South Gate
2 Bedrooms, 2 Bath house with spacious living room, dining room hardwood floors \$1,400
8949 Atlantic, South Gate
Approximately 600 sq. ft. commercial store front \$700
Call Carrie Today
562-382-1252

Cristina Picarelli
"The Power to Move You!"
(562) 234-7862
www.CristinaPicarelli.com

JUST LISTED!

Sparkling Pool!
3 BD, 2 BA, remodeled BA and kitchen.
TEXT WATKINS TO 79564 FOR ADDRESS & MORE INFO

WANT TO SELL?
I HAVE BUYERS FOR YOUR HOME!
CALL CRISTINA TODAY
562-234-7862

Marie Picarelli
"The Intelligent Choice!"
(562) 618-0033
www.MariePicarelli.com

OPEN HOUSE SUN. 12-4 PM

7126 Rio Flora, Downey
4 BD, 3 BA, spacious home on a HUGE 19,972 sq. ft. lot.
Bonus room/guest house w/ 600 + sq. ft.

VACANT LOT!

6518 S. Alameda, Huntington Park
7,590 sq. ft. vacant lot, clean and ready to use, 320 sq. ft. building perfect for catering trucks, construction truck or storage
Priced at: \$220,000

Frank Moreno
"I Get Results!"
(562) 949-8139
www.FrankMoreno.com

NEW LISTING!

Just Listed!
3 bedrooms, 2 bathrooms
1,540 sq. ft. with fireplace
Call Frank Moreno 562-949-8139
Frank@FrankMoreno.com

PENDING!

Pool Home!
Large lot, 9596 sq. ft. with 1536 sq. ft., Fireplace, Patio.
Call Frank Moreno 562-949-8139
Frank@FrankMoreno.com

Peter Licon
"Peter Delivers!"
(562) 618-9055
PeterDelivers@hotmail.com

COMING SOON!

Investment Opportunity!
3 Units for more information
Call Peter Licon at (562) 618-9055

SOLD!
"Thank You Peter For Helping Us Buy Our 1st Home"
Specializing In First Time Home Buyers

Open House Sat & Sun 12-4pm
JUST LISTED!

NE Downey Pool Home On Huge Lot!
3 BD, 2 BA, family room, 2 fireplaces, formal dining room, 1,864 sq. ft. 10,678 sq. ft. lot.
Priced at: \$539,000
Call Ben & Stephanie 562-217-8384
www.TheFatherDaughterTeam.com

WANTED
Your Home Could Be Here!
Call Vicki Today - To Sell Your Home
562-367-9520
Vicki@Prudential24Hours.com

Just Listed!

Home Sweet Home!
3 BD, 1 3/4 BA
spacious living room, w/ a fireplace, fresh paint & new carpet, 7,539 sq. ft. lot
Call Pam Lee 562-537-1134
Pam@Prudential24Hours.com

Thinking about a career in Real Estate?
COMPLETE IN ONLY 8 WEEKS!
ALL 3 COURSES JUST \$299
Classes Are Forming Now
CALL TODAY!!!
562-861-7257

Mario Persico
"Mario DID IT Again!"
(562) 533-7433
Mario@MarioPersico.com

AVAILABLE NOW!

7332 Quill Dr # 119, Downey!
Standard sale! 955 sq. ft. living space move in ready, new carpet, paint, wood floor.
Priced at: \$229,900
Call Mario Persico 562-533-7433

JUST LISTED!

Downey Charmer!
Standard Sale, 3 BD, 2 BA, 1230 sq. ft. + 280 sq. ft. permitted enclosed patio, sparkling pool, Move-In Ready.
Call Mario Persico 562-533-7433

IN ESCROW!

Lake Forest Condo!
Standard sale 2 bedrooms, 1 bathroom, amazing location, immaculate condition.
IN ESCROW! IN ESCROW! IN ESCROW!
Call Mario Persico 562-533-7433

MARIO DID IT AGAIN!
BORN *EDUCATED *LIVES *WORSHIPS IN DOWNEY
MARIO PERSICO SELLS DOWNEY
Mario Persico (562) 533-7433



MICHAEL BERDELIS
"THE 24 HOUR AGENT"
(562) 818-6111

MICHAEL@PRUDENTIAL24HOURS.COM

THE #1 AGENT IN DOWNEY BY NUMBER OF LISTINGS & BUYERS SOLD

OPEN HOUSE SAT. 1-4PM



Spectacular Home Way above par!

5 BD, 3 BA North Downey estate on a 16,000 sq ft lot with golf course view, oversized pool, guest house, bonus room, and over \$300,000 in recent upgrades.
Price: \$1,189,000

JUST LISTED



Home Sweet Home!
3 BD, 2 BA home with master BD and BA, spacious kitchen, covered patio and 2 car detached garage.

Priced at: \$385,000

A MUST SEE



Such A Deal!
3 BD, 1 BA house plus 1 BD guest house. Home has hardwood floors in main house and newer windows.

Priced at: \$349,950

FIRST FLOOR UNIT



North Downey Condo
1 BD, 1 BA condo with spacious living room, updated oak cabinets in kitchen, large bedroom and enclosed patio garden outside.

Priced at: \$219,950

SOLD
Prudential 24 Hour Real Estate
MICHAEL BERDELIS
"The 24 Hour Agent"
(562) 818-6111
www.MichaelBerdelis.com

LIC #01234589

CALL MICHAEL FOR A PRIVATE SHOWING OR A FREE MARKET EVALUATION (562) 818-6111 OR VISIT...

www.MICHAELBERDELIS.COM