



The Downey Patriot



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

BREAST CANCER AWARENESS

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

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

- Location of the tumor and how far it has spread
- Whether the tumor is hormone receptor-positive or -negative
- Tumor markers, such as HER2
- Gene expression
- Tumor size and shape
- Rate of cell division or how quickly the tumor is growing

After considering all of the above, your doctor can discuss your risk of having a recurrence of breast cancer.

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

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

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

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

Contact your health care provider for an appointment if:

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

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

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

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

- Women who have already had one breast removed due to cancer
 - Women with a strong family history of breast cancer
- Your doctor may do a total mastectomy to reduce your risk of breast cancer. This may reduce, but does not eliminate the risk of breast cancer.

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

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

ECONOMIST: U.S. RECOVERY MOVING 'PAINFULLY SLOW'

• Economist Robert Kleinhenz predicts U.S. economic recovery could last into late 2014.

By Christian Brown
Staff Writer

CERRITOS — While the United States economy continues to recover slowly, Los Angeles County's rate of growth should potentially return to pre-recession levels by the end of next year.

However, take it with a grain of salt, says economist Robert Kleinhenz.

"Like a patient, you check the vital signs -- the heartbeat, pulse, blood pressure. The labor market is recovering slowly, but we do have a pulse," said Kleinhenz. "The recovery is moving painfully slow so I predict it will be another couple of years before we reach normal employment."

Kleinhenz, the chief economist of the Kyser Center for Economic Research, delivered his federal, state, and local economic forecast during a Cerritos Chamber of Commerce luncheon last Thursday at the Cerritos Library.

With members of the business and education community present, Kleinhenz discussed the lingering effects of the Great Recession while projecting possible avenues of growth over the next 15 months.

"The consumer sector is on

the mend -- consumers are not backward-looking, although they may have hung on to a car longer than they wanted to," he said with a grin. "But the business sector will follow...we see good, positive signs, but we're not quite back to normal yet."

While the nation's gross domestic product typically grows at a three percent average annually, Kleinhenz said GDP is only growing at 1.8 percent this year and is expected to grow at 2.4 percent in 2014.

"As a result of sequestration and the recovering economy, more people are paying taxes and our debt is coming down. But the cuts are creating more of a drag on the economy," said Kleinhenz who also warned of effects from the government shutdown. "You may think we can get by, but it will have an adverse impact if it goes on for too long."

As for California's economy, it could take even longer for unemployment to return to normal levels. While the state's economy did outpace the nation's economy for nearly two years, Kleinhenz said California's job numbers are now lockstep with the U.S. unemployment rate.

"California has a much higher exposure to international trade," Kleinhenz said. "Our two-way trade is 30 percent of our total output, but it still might be further into the decade before we see jobs at their 2006 peak."

As for Los Angeles, Kleinhenz ensures that the region is growing economically, but it may not be enough to absorb those currently unemployed and the new jobseekers entering the labor force every year.

According to his research, while high wage jobs are increasing, middle wage jobs have steadily disappeared since the recession.

"We've cratered out -- we have an ample number of jobs for lower wage workers, but middle skill workers have lost jobs," he said. "Employers are having a hard time filling these jobs -- and they're not growing fast enough."

Scientific and technical services, educational and financial activities, and leisure and hospitality are experiencing the greatest amount of growth this year, Kleinhenz said.

"That means people are going out to restaurants and no longer hunkering down, waiting for the next disaster," Kleinhenz said. "Manufacturing is up. In fact, Los Angeles has the largest amount of manufacturing jobs, more than New York or New Jersey -- the value of output from manufacturing has already outpaced pre-recession peaks."

Kleinhenz continued: "As far as home prices go, a number of people are still underwater...there are supply restraints, a severe shortage of homes. But supply will ease and this time next year, you'll



Robert Kleinhenz

see higher levels of sales."

Prior to joining the Los Angeles County Economic Development Corporation, Kleinhenz, who has a master's degree and doctorate in Economics from USC, served as deputy chief economist at the California Association of REALTORS® and taught economics for over 15 years, most recently at California State University, Fullerton.

Kleinhenz, who conducts regular research on local and national economics, remains hopeful that the U.S. economy will fully rebound -- but just not as fast as we'd like.

"We're making our way forward...but we won't get back to pre-recession peaks -- six percent unemployment and three percent growth in GDP -- before late 2014 or early 2015," he said. "It's just taking a lot longer."

Town hall meeting Wednesday

DOWNEY — Mayor Mario Guerra will hold his annual town hall meeting Wednesday starting at 6:30 p.m. in the Barbara J. Riley Community and Senior Center.

Now in its seventh year, the forum is an opportunity for residents to hear updates on local issues and potential new development projects.

Residents are also allotted time to speak and ask questions.

"For the seventh year in a row, I am proud to be able to share with our residents valuable information about our city," Guerra said.

"These town hall meetings have allowed me the opportunity to meet so many of our residents and I value their input and interest in our city."

For more information, call the City Council office at (562) 904-7274 or e-mail Guerra directly at mguerra@downeyca.org.

Carnival of Champions returning in 2014

DOWNEY — After a three-year hiatus, the Downey Unified School District is bringing back the Carnival of Champions athletic competition for local fourth and fifth graders after reaching a collaboration deal with the Downey YMCA.

A tentative date of April 26, 2014 has been set for the event's return.

The athletic competition was a community staple for nearly 50 years before it was canceled in 2010 as part of budget cuts.

Hosting the Carnival of Champions costs the school district about \$7,000, said Matt Knox, who handles public relations for DUSD.

Under its new format, the Downey YMCA will provide a coach to participating schools each week for after-school training.

"Our coaches are looking forward to helping our young athletes enhance their skills and, more importantly, build their confidence during the weeks leading up to the event," said Anne Ullstrom, executive director of the Downey YMCA.

Fourth and fifth grade students currently enrolled in nine of DUSD's elementary schools are eligible to participate in Carnival of Champions.

As in previous years, the competition features seven track and field events, including the 50- and 100-yard dash, standing long jump, four-member-team 440-yard relay, mixed coed relay, baskets-in-a-minute, and softball throw for distance.

Each event is scored on a 10-8-6-4-2 basis to recognize first through fifth place finishers.

"While the last three year's events were temporarily interrupted due to budget constraints, we're excited to re-launch the Carnival of Champions and to partner with our Downey YMCA," DUSD superintendent Dr. John Garcia said in a statement.

Parley Johnson house opening to the public

• Historic property is hosting an open house Oct. 19-20; tickets are \$15 and benefit Assistance League.

By Greg Waskul
Contributor

DOWNEY — For the first time in many years, one of Downey's historic jewels will be opened to the public.

The Casa de Parley Johnson, a magnificent 6,000 square-foot Monterey Colonial estate with spectacular grounds built in the 1920s and recently restored by the Assistance League of Downey, will be open on Saturday, October 19 from 10 a.m. to 5 p.m. and Sunday, October 20 from noon to 4 p.m.

For a \$15 ticket, visitors will receive a docent-guided tour of the beautiful mansion at 7749 Florence Avenue that was built to be the home of citrus rancher Parley Johnson and his wife Gypsy. In addition to the tours of the house, visitors will be able to enjoy homemade baked goods, craft items, cupboard treasures, collectibles, food and entertainment, and an assortment of vendors during the two-day celebration.

Tickets are available at the Assistance League's Second Tyme Around Thrift Shop at 11026 Downey Avenue. For information about the event, call 562-869-0232.

The Casa de Parley Johnson was the epitome of elegance and class for six decades, hosting many fabulous garden club events, tea parties and holiday celebrations. The house was designed by noted architect Roland Coate and the

expansive gardens were created by Florence Yoch and Lucile Council. The estate has been featured in Architectural Digest magazine.

Parley Johnson was known for helping develop the Valencia orange and was one of the founders of the Automobile Club of Southern California. Gypsy was one of the leading members of the Los Angeles Garden Club and took great pride in her amazing gardens.

"There is a special magic in this house and the beautiful grounds that surround it," said Adele Alexander of the Assistance League. "Readying the house for this historic weekend has been a labor of love for all of us, because we are very excited for our fellow citizens of Downey to see this legendary place."

"You can almost imagine this breathtaking estate nestled in 50 acres of orange grove that radiated out from the house in all directions," Adele said. "The estate was an idyllic setting for Parley and Gypsy."

Parley passed away in 1948, but Gypsy lived on and continued to host some of the most elegant parties in Downey until she died in 1986. She willed the Casa de Parley Johnson to the Assistance League, which has used it as its chapter house for nearly 30 years.

"Now we are opening this freshly polished jewel for everyone in the community to discover during the weekend of October 19-20," Adele said. "We know our fellow Downey residents will enjoy visiting this historic house that helps us truly appreciate the graciousness of a bygone era in the city we love."



Top photo: Gypsy Johnson inside the Casa de Parley Johnson on Christmas 1963. Bottom: the home set up for Thanksgiving in 1941.

5 QUESTIONS: Mayor Mario Guerra



Mayor Mario Guerra, right, at Walk to School Day on Tuesday.

"5 Questions" is an occasional feature in which we ask five questions of Downey business and community leaders. This week's participant is Mayor Mario Guerra.

1.) Since becoming mayor last December, you have lost 75 pounds, leading your "Healthy Downey" initiative by example. Is losing weight the hardest thing you have ever done?

Losing weight has been the easiest part of my life changes. The weight started coming off once I made the decision to do something about my physical challenges. Educating myself, learning how to eat better, exercise and physical activity were all personal challenges that I had to overcome.

The end results of feeling better, being able to go off medication and of course losing weight are all great benefits from living a healthier lifestyle. It really has been a mental challenge to do what I knew to be right, for my family, for our community and for me personally. And bottom line, yes, this has been an obstacle in my life that I am happy to have overcome. I have had a lot of pain in my life that faith and determination have helped me with, but this was men-

tally very tough.

It has been hard but if I can do it I know others can.

2.) 2.) Has riding your bicycle around the city altered your perspective on certain issues in Downey?

Absolutely. Both riding my bike and walking around town. It gives you a new sense of issues. It also highlights positive results.

I have been able to see where we can make our city safer, better looking and improve quality for all of us. I have seen where potholes are, where graffiti springs up and where we can improve both the visual aspects of our city. A different perspective. The most important thing I've seen is being able to see where to improve safety for everyone and not just from a biking perspective. I encourage others to do the same.

I'm happy to say that this Friday our entire City Council is literally getting on the bus and driving around with staff to see, plan and discuss our community. It is an agenda meeting so I encourage the public to join us. It really does give you a different viewpoint.

3.) 3.) You freely distribute your personal cell phone number and encourage residents to con-

tact you directly. Have you ever regretted that?

While there have been a few unwelcomed calls I feel the positives have far outweighed the few who I thought were inappropriate.

I truly believe in transparency. I truly believe that we are here to serve. I truly believe that accessibility is important and residents need to know how and where to get hold of me.

The vast majority have respected certain boundaries of decency and I have been able to serve and get things done by phone calls many times. I am happy to talk about our city with any resident, anytime...My cell number is (562) 706-4114 and I welcome your calls.

4.) 4.) Are there any projects or initiatives you are anxious to complete before you are termed out of office next year?

I have a full agenda and there are many things we need to complete. I promise to be working full steam until my very last moment on the council.

One of the biggest developments in California is The Promenade At Downey. It is very important that the details are finalized from an economic, historical, jobs and quality of life perspective for our residents. I am very involved with this project and we as a council are pushing very hard to finish this vital project.

Finalizing improvements to our parks and building walking trails at Furman and Apollo Park is something I want to and will finish. Branding, enhancing our arts and beautification of our City through such things like painting our power boxes, signage and street enhancements is important for me to finish. The Firestone Boulevard Downtown corridor is vital to our future and jobs. It will be amazing. Finalizing three other developments is exciting and important to finish next year.

But something that we are working very hard on is the completion of building the community center that will house Inspiration and the programing that is needed to sustain the Columbia Space Learning Center. We must do this right to be able to have this amazing jewel for our next generations.

Our Master Bike Plan and Healthy Downey are near to my heart and will get big focuses of my attention. There are several other things that we are working on and I am excited to help finish them within the next year.

5.) Your next town hall meeting is this Wednesday, Oct. 16, at 6:30 p.m. inside the senior center. Can you give us a sneak preview of what you will be discussing?

I will be discussing our Police Department and our Fire Departments and the fine job they do and what our future holds from a public safety perspective. I will be discussing new developments, and let us in on a few exciting businesses that will be coming into our City. I will share of the names of new stores that are coming and want to find homes in our community. I will share our finances and where we stand, and what can we expect. I will update us about the largest shopping development west of the Mississippi. When, what and where. I will let you know what our pedestrian village will look like and what theatres will be coming. I will update us on streets that are to be repaved and enhanced. I will discuss where we are on our Downtown and what we can expect. I will share pictures of what our new Inspiration Community Center will look like and our vision for programing and viewing of our shuttle Inspiration.

And just as importantly, I want to hear the thoughts, ideas or concerns form our residents.



Quadruplets born in Downey hospital

DOWNEY - Downey's population just grew by four. Quadruplets Solemia, Estrella, Sebastian and Michelangelo were delivered recently at Kaiser Permanente Downey Medical Center, joining their big brother, Maximiliano. The babies were delivered Sept. 1 and after a stay in the neonatal intensive care unit, they are now home and healthy.

The mother, Evelyn Villareal, is also home and doing well. "I would like to personally tell my wife that I am grateful to have her in my life and that I love her very much," said dad Rafael Villarreal. "We are really going to test the saying, 'It takes a village to raise a child (in our case four).'"

Downey given A+ credit rating

DOWNEY - The city of Downey has received an A+ credit rating by Standard & Poor's rating services, the city announced this week.

The A+ scores apply to Downey's 2002 certificates of participation and 2005A pension obligation bonds.

S&P recently revised its criteria for rating city obligations, partially in response to recent bankruptcy filing by local governments. The new criteria apply more stringent financial requirements, such as higher fund balance requirements and balanced budgets to the analysis of credit quality of the bonds, city officials said.

There is also a greater emphasis on the ability for cities to deal with budgetary issues.

Given this additional rating criteria, Downey proved to be in "exemplary financial standing."

This past January, Downey also received an excellent credit rating by Moody's Investors Service, an independent consulting group who provides international financial research on bonds issued by commercial and government entities.

Moody's conducted a review of the city's overall financial health and awarded Downey an "A2" rating.

Mayor Mario Guerra called the positive credit ratings "a reflection of our fiscal policies over the past four years."

"Our finances have allowed us to pay and provide for the best police and fire departments, and great services for our citizens," the mayor added. "The real winners are our residents and our community."

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But you can choose who will make you feel better.



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Speaker: PIH Health Physicians
Date: Wednesday, Oct. 23
Time: 10 am to 11 am
Location: Barbara J. Riley Senior Center
Address: 7810 Quill Dr. Downey, CA 90242

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In Memory of
Mark Vasquez

September 21, 1938 to October 8th, 2013

Mark Vasquez, a civic leader and longtime operator of Saywell Florist, passed away Tuesday at his home in Downey. He was 75.

He was born Sept. 21, 1938 in San Antonio, Texas, and had been in the floral business since age 15. He moved to California in the early '70s and opened flower shops in Inglewood and Beverly Hills.

He sold his flower shops and briefly retired in 1987 before going to work for Forest Lawn in Hollywood Hills.

Mark retired again in 2002 but reentered the workforce to help his wife, Dee Bacus, at Saywell Florist.

Mark was heavily involved in the local community, serving as president of Teleflora and the Downey Rose Float Association. He also belonged to the Downey Elks Lodge and worked with Las Floristas and Las Damas, creating headdress balls and floral design competitions.

He twice ran for Downey City Council, the first time in 2004 when he lost to David Gafin. Though he came up short, he was appointed to the city's hospital board and Community Services Commission.

Mark ran for city council again in 2012 on a platform that promised to keep the Downey Fire Department but lost to incumbent councilman Luis Marquez.

"I'm a concerned citizen dedicated for Downey," Vasquez told the Patriot last year. "I'm a retired florist of 60 years. Downey has been good to us, I just want to fulfill my civic duties and help the city."

Mark is survived by his wife, Delores "Dee Bacus" Vasquez; children, Vanessa Vasquez, Steve Lofing, Cyndi Adam, Saul Vasquez and Mia Vasquez; grandchildren, Stan, Kelli, Robert, Brian, Allison, Justin, Ashlyn, Hannalei, Quentin, Vincent, Jose and Hector; and great-grandchildren, Amby, Baby Steven, Baby Aiden and his dogs Petey and Chloe.

He was predeceased by a son, Mark Jr., and a grandson, Steven.

A viewing will be held Friday, Oct. 11, from 5-8 p.m. (vigil at 5:30 p.m.) at Zrelak Family Mortuary in Downey.

A celebration of life "Elks Honor Service" is scheduled for Sunday, Oct. 13, at 4 p.m. at the Downey Elks Lodge, with a reception to follow.



In Memory of
Laura L. Hughes

February 21, 1928 to September 15, 2013

Laura L. Hughes, beloved mother, teacher, and community activist, passed away on September 15, 2013. Laura touched the lives of everyone with whom she came in contact.

Laura was born in Torrance, California—the eldest daughter of Earl and Laura Luckensmeyer. She lived for a short while on her grandparents' ranch in Moneta, California, and then moved with her family to various locales in Southern California. Laura graduated from Huntington Park High School, and attended L.A. City College and L.A. State College, where she was involved with many service groups and school clubs. She graduated with a B.A. degree and a teaching credential in elementary education.

As a mother, Laura was the best! She held down a full-time teaching job, yet found time every day to help us, her three daughters, with our homework, and she found time to attend each and every one of our school functions. She was also a fantastic cook and baker who delighted in preparing meals and desserts for her family; Mom's desserts won several blue ribbons at the L.A. County Fair. She loved doing homemade craft projects with us, and demonstrated a zest for life—hiking, camping and cross-country skiing with us in her beloved mountains. Most importantly, Laura was a wonderful role model—a highly principled woman who demonstrated her integrity, honesty, and respect for all of God's creatures in everything she did. She taught us the value of hard work and of always doing our best. She also instilled in us a love of nature and the importance of conserving our precious natural resources for future generations. Her love was unconditional and never-ending.

Laura also excelled in the classroom. Voted "Teacher of the Year" in the Downey Unified School District, she was a brilliant and passionate teacher with a deep and abiding love for her students. She reveled in teaching her kindergarteners the joy of learning, respect for others, and the complete and utter satisfaction that comes from doing your best. She stayed in touch with many of her students for decades, and was often invited to students' weddings and engagement parties. Ever the teacher and neighborhood sage, many friends and neighbors sought her advice and help on personal and academic matters, and she was always there for them—she never let them down. Everyone loved her.

Last, but certainly not least, Mom was always a community activist. From the time we three girls were in elementary school, she was heavily involved in community issues and political campaigns, often going door-to-door, putting everything she had into the endeavor (this was while she was working full-time, mind you). Laura had a keen sense of justice and put her heart and soul into righting wrongs and helping the downtrodden, whether they be children, families in need, or stray animals. She lived her beliefs and felt it was her responsibility to help leave the world a better place.

We always knew our mother was an exceptional human being, but nothing drove it home more than when we were going through her effects at her assisted living complex. A throng of neighbors and staff members came by to pay their respects; their words of praise resonated with the qualities that made us so proud of our mother: Mom's grace, kindness, and respect for all.

Mom is survived by us, her three daughters Kathy Callan, Anita Melcombe, and Suzanne Scholl. She is also survived by her sons-in-law Steve, Rich, and Kim, and her beloved grandchildren, Melissa and Charlie.

We love Mom so much and miss her terribly. It gives us great comfort to know that she will live on in the memories of those whose lives she so deeply touched.

In lieu of flowers, those interested in remembering Mom may make a small donation to one of Mom's favorite charities: World Wildlife Fund or The Nature Conservancy.

Healthcare options subject of forum

DOWNEY – A community forum to discuss healthcare options under the state's new healthcare exchange – Covered California – will be held Tuesday from 6-9 p.m. at the Barbara J. Riley Community and Senior Center.

According to Assembly member Cristina Garcia, who is hosting the forum, health

insurance coverage will be offered to everyone, even those with pre-existing conditions or who can't afford coverage.

"Many low-income and middle class families will qualify for discounted premiums with federal subsidies to help pay for the insurance," Garcia said in a press release. "The program will provide 10 essential healthcare

benefits, including emergency care, hospitalization, prescription drugs, mental health, maternity and newborn care."

For more information or to RSVP, contact Dennise Silva at (562) 402-4893 or dennise.silva@asm.ca.gov.

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AL JARREAU: THE HARDEST-WORKING MAN IN SHOW BUSINESS

• Seven-time Grammy winner is performing Saturday at the Downey Theatre.

By Eric Pierce
Editor

DOWNEY – Al Jarreau is a rich man, although his definition of wealth probably differs from yours and mine.

It was nearly 50 years ago when Jarreau, despite having spent nearly a decade in school earning a bachelor's degree in psychology and a master's in vocational rehabilitation, quit his job as a rehabilitation counselor to follow his passion in music.

It was a gutsy move, if not the most sensible, but the reward was immediate.

"It was the most joyous day of my life when I decided to do music full time," Jarreau told the Patriot this week. "It was the most freeing experience – no more going to work anymore in an office or classroom. Being able to enjoy a coffee in the morning, read the paper, smell the roses. I decided I was going to sink or swim."

The freedom allowed Jarreau to gain a greater appreciation for the simplicities of life and nurture his musical genius, resulting in seven Grammy Awards in three different genres, a feat matched only by the late pop icon Michael Jackson.

While many of us may fantasize of ditching the soul-sucking tedium of a 9 to 5 job – "take this job and shove it!" – to blaze our own path to worldwide fame, Jarreau quit dreaming and actually did it.

That is what makes Al Jarreau different.

That is what makes Al Jarreau rich.

••

At age 73, Jarreau still tours extensively, including an estimated 192 shows between 2011-2013.

Where does his work ethic come from?

"Gotta come from Milwaukee, man. People from the Midwest love to work," Jarreau laughed. "It's that ethic instilled in me as a kid – you get up and you do it. And you prepare, and you keep on preparing. And you find something that you like to do and maybe that's something you can do to earn your way."

"Today I woke up happy to go to work," Jarreau said. "I love playing music. It's my passion so I get up and do it. I would do it for free if I had to."

Influenced by the likes of Chuck Berry, Elvis Presley and Little Richard, Jarreau creates music that transcends genres. Nowhere is that more evident than in his portfolio of Grammy wins, which include awards for Best Jazz Vocal Performance (2), Best Pop Vocal Performance (1), Best R&B Vocal Performance (1), Best Traditional R&B Performance (1) and even Best Recording for Children (for his performance on a "Sesame Street" record).

"I allowed myself to be formed by my experiences," Jarreau explained. "I was the next to youngest of six children. They sang and loved jazz, and brought it into the house. I sang it in the living room and it formed a lot of my thinking as a neophyte singer myself. I was singing in the church, I was singing in grade school -- it was part of my foundation. I was on the street corner singing 'be bop doo,' finger snapping; I was singing doo wop before it was called doo wop."

"I allowed all those influences to come out in my music," he continued. "I refused to be pigeon holed and stripped of things that were part of my musical soul. It was almost without knowing or caring that I was doing anything special."

Despite his success – Time Magazine called him "the greatest



jazz singer alive" – Jarreau maintains he is not living a lifestyle of the rich and famous, which make the multiple Grammy wins (and nominations) that much more special.

"A Grammy nomination is especially important for a guy like me," Jarreau said. "I've got a stature in the industry that you might think is matched by a bank account. It's not. If I don't work *this* year, someone comes and gets my house *next* year."

"I haven't made a lot of money, haven't sold a gazillion records. I've sold some that went gold back in the 80s and 90s but a record going gold doesn't make a lot of money for the artist, not really. You have to have multiple platinums."

Jarreau is currently in the studio working on his latest album, with a release date to be determined.

His concert Saturday at the Downey Theatre will be a homecoming of sorts. His wife, Susan, was born and raised in Downey and plans to be in the audience.

"I've never performed in Downey before so I'll be exploring new territory," Jarreau said. "I'm really looking forward to this."

Al Jarreau performs at the Downey Theatre this Saturday, Oct. 12, at 8 p.m. Tickets are \$50-\$60 and can be purchased at the theater box office, online at downeytheatre.com or by calling (562) 861-8211.

Spinal Injury Games are Saturday

DOWNEY – Rancho Los Amigos National Rehabilitation Center is hosting its annual Spinal Injury Games this Saturday.

The event begins with a welcome ceremony at 8:45 a.m. Admission is free and the public is invited.

The full schedule of events is below:

10 a.m. – noon: bowling, golf, football accuracy throw and hockey shot

10-11 a.m.: quad rugby

11 a.m. – noon: power soccer and baseball

11-11:30 a.m.: Rancho Re-Walk exoskeleton demo and paragon demo

12-1 p.m.: kids sports demo and lunch

1-2 p.m.: obstacle course

2-3 p.m.: football and tennis

Members of the Los Angeles Dodgers organization will be in attendance singing autographs, and the L.A. Kings Ice Crew and Galaxy Star Squad will be giving out prizes and chances to win autographed merchandise.

The Spinal Injury Games are an annual event where Rancho patients are introduced to innovative adaptive sports equipment.

It also allows beginning wheelchair users to get active.

"It is always so encouraging to see our patients demonstrating that they can participate in a variety of sports in their wheelchairs and be competitive with others, something that many did not think they would be ever able to do," said Rancho CEO Jorge Orozco. "Thanks to the Rancho medical and therapy staff, the Spinal Injury Games allows them to exceed their expectations and experiences."

Car wash at Del Taco

DOWNEY – A car wash to benefit Warren High School's baseball program is planned for Sunday, Oct. 20, from 11 a.m. to 2 p.m. outside Del Taco restaurant.

Coaches and players will be washing cars for \$5 each. Del Taco is also donating 20 percent of all sales during that time back to the school.

For advance tickets, call Betty Monroy at (562) 746-1839.

Senior health expo Oct. 25

DOWNEY – A senior health and wellness expo where residents can learn about chronic disease management and healthy living, and get their specific medical questions answered, is scheduled for Oct. 25 from 9-10:30 a.m. at the Barbara J. Riley Community and Senior Center.

The expo is also designed to help seniors navigate the many decisions they will need to make during this year's Medicare open enrollment period.

AppleCare physicians will address health issues impacting seniors, including a discussion by Dr. Robert Wielenga on high cholesterol, which puts seniors at risk of developing heart disease, the leading cause of death in the United States.

Dr. Seema Hanamsager will talk about the warning signs of diabetes, treatment, proper diet and how to live with the disease.

Also on-hand will be representatives from the American Diabetes Association, American Heart Association, Los Angeles County Community and Senior Services Agency, hiHealth Innovations, Rose Hills, Silver Sneakers, Southern California Edison and the California Telephone Access Program.

The expo concludes with bingo for a chance at prizes.

The expo will also be offered Dec. 6 from 1-2:30 p.m. with Dr. Susan Kawakami discussing arthritis and Dr. Martha Rodriguez leading a talk on healthy hearts.

Battle of the Bands next Thursday

DOWNEY – Bands and color guards from Downey and Warren high schools will compete in the second annual Battle of the Bands this Thursday, Oct. 17, starting at 6:30 p.m. on the Warren High campus.

The event takes place during Spirit Week, when cross-town schools participate in pep rallies and other events that culminate with the Downey-Warren football game on Friday night.

The Battle of the Bands showcases each school's full performance groups, as well as drumlines, color guards and pep bands.

Groups compete head-to-head with audience members voting for the winner.

Admission is free and the public is invited.

San Gabriel Valley poet to read work

DOWNEY – Scott Noon Creley, active in the San Gabriel Valley poetry scene and a lecturer in English Literature at Whittier College, will read some of his original poetry this Thursday, Oct. 17, at the Epic Lounge.

The event begins with an open mike at 7:30 p.m. and is part of Third Thursday Poetry. All ages are welcome.

Creley grew up in Pomona and earned a BA from UC Riverside and a Masters of Fine Arts from Cal State Long Beach.

Recently married to Carly McKean, he lives in Rancho Cucamonga.

He is founding curator of the San Gabriel Valley Literary Festival, a three-day arts and literature festival held in West Covina last February. The event featured well-known authors from Southern California.

Creley's work has been published in "Sentence," "Miramar," "Carnival Lit Magazine" and the collection "Bear Flag Republic" from Alcatraz Press.

His poetry collection, "Digging a Hole to the Moon," will be available from Spot Hill Press this December.

Chili cook-off Nov. 10

DOWNEY – Chili chefs are needed for the first annual Chili Cook-off taking place Nov. 10 at the Downey Elks Lodge.

The event is from 1-6 p.m. and in addition to chili tastings includes barbecue lunch, live band, children's activities and more.

Tickets are \$20 and benefit Rebuilding Warriors, Warrior Built and the Downey Chamber of Commerce.

To purchase tickets, or to participate as a chili cook, call the chamber at (562) 923-2191 or e-mail chamber president Patty Kotze-Ramos at ptkotze@drminc.us.

OLPH trip to Harrah's

DOWNEY – The OLPH Women's Guild is sponsoring a trip to Harrah's Casino on Nov. 5.

Cost is \$15. To reserve a seat, call Anna at (562) 923-2988.

You're Invited!

DOWNEY UNIFIED SCHOOL DISTRICT
STATE OF THE SCHOOLS

FRIDAY, OCTOBER 25, 7:00 A.M.
@ The Rio Hondo Event Center

Join the community for a delicious breakfast and listen to keynote speaker, Superintendent Dr. John Garcia, highlight the academic achievements of the Downey schools and discuss the school district's plans for the future. It's also a great opportunity to meet your local School Board representatives!


Meet the Board of Education



Tod M. Corrin, Clerk | William A. Gutierrez, Vice President | Donald E. LaPlante, President
D. Mark Morris, Member | Barbara R. Samperi, Member | Martha E. Soidetani, Member | Nancy A. Swenson, Member

REGISTER ONLINE AT WWW.DUSD.NET

or contact Ashley Greaney at (562) 964-5174 to reserve your seats. Tickets cost \$25 each.
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Letters to the Editor:

Mayor's latest

Dear Editor:

Now that Del Rio Lanes appears to have given up on its standup comedy nights, where do you go in Downey for comic relief?

Me, I can't wait to boogey on over the bi-weekly city council meetings to catch the opening hour, where the entire council and members of city staff sit like the Washington Generals waiting around for the Harlem Globetrotters' Meadowlark Lemon to work his comic routine on the crowd. Except in this case Mayor Mario Guerra is the headliner.

Oh, the gush, the cheer, the bluster, the weigh-ins! The breathless topics of the day, like that sister city business with Roscommon that nobody asked for and left the general fund five grand lighter—while city manager Gilbert Livas still visibly pales at the thought of having tossed city workers onto the unemployment heap in the name of bone-deep budget cuts. Most people in town still don't know if Roscommon is a city in Ireland, A Rastafarian snack or a rare disease ("I'm so sorry to have to tell you this, but he's got Roscommon's.")

The good news, fun-seekers, is that you don't have to shave and pull on a pair of pants (or fix up, gals) to make it over to those prime-time meets. You can savor hizzoner's latest inspired perorations in the Downey Patriot's Mayor's Corner, in the privacy of your own home. That's what I did last week, and boy was it a gas!

The thing to remember is that we're not talking actual yuks here, as in jokes. Mario has no talent for that, as captured audiences at the Furman Park concert series painfully discovered over the summer. I'm talking more in the vein of political satire, or parody, which is heavily buttressed by reality, only skewed to a slight degree, like a comedy by Gogol or Chekhov.

Let's take the last installment, on the theme of "the soul of the city." (Hm. Wonder where he got that phrase.) Good start, you'll have to admit. Small town feel, check. Quality residential areas, check. Good schools and city services, check. Rich aerospace history, check.

Other notable attributes make the list. But halfway through, the wheels begin to wobble on Downey as the Little Engine That Could. I wouldn't list a Coca-Cola bottling plant as the soul of anything. The art scene is still iffy, if you consider that the Downey Museum of Art remains closed, the Downey Civic Light Opera will probably never re-open and the Symphony can't afford more than three concerts a year at the Downey Theatre (its school series is privately funded). Rare species enjoy more sightings. I hope Val Flores can hold his good core of people together to take the Stay Gallery to its next level, and that the principals of the Downey Arts Coalition learn to get over themselves and the aromatherapy of self-aggrandizement. In the meantime, take a ride downtown any night of the week. Bring along the visiting househunter who wanted to call the place Debbie Downey (talk about a brand!). Could you really say this place is jumpin'?

The Tierra Luna or Promenade project, whatever you want to call it, won't rival The Grove if big box outfits like WalMart get in, as contemplated—they'll define it. And anyone who thinks a five-star hotel will go up to offer a penthouse view of the Handimart liquor store and grimy strip mall on the corner of Lakewood and Stewart & Gray needs a field sobriety test.

Those 8000 new jobs? Let's break that down. There are no major corporate, industrial, educational or government headquarters situated in Downey, which means no CEOs, upper echelon execs or professional class to occupy the place in numbers and raise the median income (most of the doctors at Kaiser don't live here). Which means that most of those jobs are in the service sector, fast food joints, retail outlets, etc. The current median in Downey is a bit north of \$41,000 per family, pre-tax. The average home in Downey lists at \$382,500. That's a \$1500 a month mortgage, plus insurance and tax. Throw in a car payment (insurance there too), utilities, cable, credit cards, and gas, and you have less than a \$400 per month cushion for luxuries like, you know, food. Got young kids? Forget it. Ditto if you're single or live alone (the median there is \$30,000). Sorry, that house in fabled Downey is out of reach.

Incidentally, am I the only one who detects a note of arrogance in this Character Counts tag, along with all the other scoutmaster oaths of Trustworthiness, Respect, Fairness, etc., that make it seem as though the very air and waters of Downey transform its inhabitants into morally superior beings, far nobler than those base wretches doomed to live out their miserable days in dog patches like Cerritos, La Mirada, Whittier and Long Beach? Almost all of our 92 churches are of Christian denomination. Isn't humility high on the list of Christian virtues? Guess not.

Well, the rule of comedy is, Always keep 'em comin' back for more. I'm outta here. Listen, Mario. I don't mind that you stole my theme for the Patriot's summer series on Downey's existential state, such as it is, without credit. I'd steal something back from you, if there were anything you have that I want. You'll be termed out in thirteen months. It'll be back to dullsville around here once you take your act on the road. We'll miss you.

Or maybe not. It'll all depend on how hard reality bites.

Lawrence Christon

Downey

Custom radio

Dear Editor:

To respond to David Mathews plea for an older brand of "oldies but goodies," I would recommend to David to do what I do:

Buy a Roku box, hook it up between your internet feed and home theatre system, and subscribe to Pandora One.

I get to pick exactly the artists I wish to listen to (or those that are similar to them according to Pandora) 24/7, with no commercials.

You can go big band, marching band or Beethoven; the choice is yours. Plus, there's a Pandora app for your smartphone.

Drew Kelley

Downey

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Gay community

Dear Editor:

As a young, lesbian Latina that has lived in Downey her entire life, I don't think I am too happy about the news of a Chick-Fil-A coming to our wonderful city. Their views on the gay community are repugnant, and I can't believe Downey would support it.

Why can't Downey have more McDonald's, for example? I am a frequent customer and have never felt discriminated in those establishments.

But I am aware that those plans have been set in motion and there's really nothing I can do about the fact. However, I can suggest that Downey show its support for its gay community by throwing a celebration, or a carnival, in support of gay pride.

A lot of Downey residents go out of their way to hang out at Flux Bar, a gay club, which is in Lakewood. Imagine if there was a safe place in Downey where its gay community could freely be themselves.

We might even attract others from neighboring communities and build our economy.

Katie Solozano

Downey

Affordable Care Act

Dear Editor:

To all those who think John Boehner, House Speaker and Republican from Ohio, is a bad guy for demanding that parts of the Affordable Care Act should be repealed, note some of the significant changes in January 2014 to my son's benefits with Blue Shield.

His yearly deductible will be increased from \$900 to \$5,000 a year, a doctor visit will be \$60 instead of \$40, urgent care visits go from \$40 to \$120, and emergency service from \$100 to \$300.

Instead of \$4,900 calendar year out-of-pocket expense, my son will have to pay \$6,350 – the maximum cost allowed under Covered California.

By the way, my son's monthly premiums will be reduced from \$305 a month to \$281.40 – a mere \$23.60 for a great reduction in benefits. I called Blue Shield and they confirmed that the increase in costs and reduction in benefits is due to Obamacare that will take effect in January.

Is this truly an Affordable Care Act?

Martha Call

Downey

Downey school board

Dear Editor:

In response to a front page article titled "DUSD Needs Change, Claims School Board Challenger", 10/3/13), I feel it is my obligation to respond on two main accounts.

First, I happen to attend regular meetings with over 20 other surrounding districts where we compare budgets, policies and, most of all, analyze each others contracts. There is not another district in that group that doesn't wish they had our school board.

During the last downturn in the economy, which is known to be the worst since the Great Depression, I can tell you that Downey is one of the only districts to not close schools, take furlough days, pay cuts or reduce valuable medical benefits in any way to its over 1,700 employees. And we thank our school board for this.

Second, as far as Bertha Valenzuela's concern for students with special needs, I would like to invite her to attend special education parent meetings that are held regularly and put on by DUSD Director of Special Education Ruth Valadez. Here she would learn that DUSD now has added several new Special Ed classes including autism.

I first attended these meetings when they were held in the cafeteria at Old River elementary. On a good night we would have 6-8 parents showing up and the meeting would last 30 minutes. A few years ago the meetings were moved to The Arc facilities and are attended by 50-60 parents on a regular basis. here parents with students with special needs come together to get valuable information relating to their success in school as well as outside of school.

I would encourage any parent (including Bertha) with special needs students to attend these meetings. They are even translated in Spanish.

In closing, I must share my experience Oct. 7. I attended a Norwalk-La Mirada school board meeting where over 150 employees were picketing because of poor school board decisions that are being made that affect the parents, students and teachers in that community. I personally spoke to a few of them only to walk away thinking how lucky we are to have such a supportive and experienced school board in Downey.

You only have to attend a Downey school board meeting to know that things are different here.

Jim Morgan

Downey

IT'S TIME FOR AN INTERVENTION

By Lee H. Hamilton

The American public has lost patience with Washington. The question is, now what?

Congress is unable to do its job. It displays neither competence nor responsibility. It lurches — reeling from crisis to crisis, each one self-manufactured in an effort to postpone the reckoning from some earlier crisis. It shut the government down over a temporary budget. Now it's threatening the financial credibility of the U.S. government and the security and safety of the American people. Three years of last-minute spending decisions have culminated in a television standoff with no actual negotiations.

Too many members of Congress reject the notion that accommodation and time-honored procedures allow them to fulfill their responsibilities to the American people. They use their legislative skill to engage in brinkmanship rather than address the country's fundamental problems. Economic growth? Creating jobs? Putting the federal budget on a sustainable path? Don't look to Congress. They're too busy coming up with the next short-term tactic to confront the other side. Every day they dither, they keep the government from addressing the nation's real problems.

Even worse, they've managed to raise real questions in this country and abroad about whether our system of government can work. Are we saddled with a national legislature paralyzed by unending conflict? Are we capable of tackling our major problems? We are on the road to a government that cannot plan, a country shackled by perpetual uncertainty, and a loss of faith in our institutions both at home and abroad.

We do not have to continue down that road, but we do have to confront a core problem. The political center in Congress has weakened to the point of ineffectiveness, if not near-irrelevance.

That's fine with some people in Washington, who are comfortable with gridlock and don't think its consequences will be dire. Our government's inability to deal with problems, they argue, is good — a government that's able to act, they believe, creates more problems than it solves.

Likewise, some people acknowledge polarization as a problem, but blame it on an electorate that prefers a divided government, split between the parties. All I can say is that divided government in the past — think Ronald

Message from PIH Health CEO James West

By James West

In the new healthcare landscape, collaboration is the key that unlocks the path to success.

That new landscape continues to be shaped by the new opportunities-and challenges-that result from the implementation of the Affordable Care Act. All across the country, health exchanges opened on October 1, signaling the beginning of a new marketplace for healthcare-one that broadens our responsibilities as providers and gives hope to those who have suffered without coverage.

It took collaboration and relationships to get to this watershed moment and, despite the politics, our nation's healthcare system will be strengthened by the promise of what lay ahead. New medical homes are being constructed, and their architecture is based upon the bedrock of communication and connectivity along the health continuum-between patients and providers and insurance companies and all the associated stakeholders needed to navigate that path to success.

That's a good thing.

October 1 was a significant date for PIH Health, as well in the history of healthcare: As the exchanges opened, we also officially welcomed PIH Health Hospital - Downey into our regional healthcare delivery network.

For the past few months, the leaders of both hospitals have been working together to develop a partnership that is resulting in an integrated healthcare delivery system prepared to compete in the new market-fortified by the non-profit mission and purpose that has guided both institutions since their founding.

This announcement is the culmination of the hard work of many and we are excited about the new possibilities that will result from the acquisition of the former Downey Regional Medical Center (DRMC). Throughout this process—from the moment we announced our Management Services Agreement with DRMC's Board, to the Attorney General's approval of the transaction-our shared community, our employees, partners and physicians have supported us.

Along with the new marketplace and the evolution of our shared system, PIH Health can also celebrate the creation of new healthcare community that will be stronger and more equipped to supply that community with top quality care delivered by a team of clinicians who are committed to providing the very best experience and outcomes for their patients. The collaboration between DRMC and PIH Health will benefit the patients, employees, physicians and volunteers affiliated with both institutions.

In the age of healthcare reform, those delivery systems that collaborate are rewarded for their efforts to improve wellness and increase care efficiencies. We know hospitals that work together have better outcomes, increased community presence and a stronger balance sheet. From clinical affiliations that will preserve and strengthen quality to better access to capital markets, from a better platform for innovation to more efficient operations-the new PIH Health is prepared for the future.

As we witness the beginning phases of Affordable Care Act implementation, our patients can rest assured that the new PIH Health is going to make a difference in the lives of many and will continue to improve the human condition of those in its shared community.

We're prepared for the new marketplace.

Letters to the Editor:

Dr. Mary Stauffer

Dear Editor:

If Winston Churchill was alive today he would say, "Never so many, received so much from one person," referring to Dr. Mary Stauffer. Her generosity is boundless and she has helped students, faculty and facilities in the Downey school system for many years.

I applaud Harold Hougland's expression of gratitude towards Dr. Stauffer (Letters to the Editor, 9/26/13). More people should do this and recognize Dr. Stauffer's philanthropic activities.

Both of my children received grants for being Stauffer Scholars and Junior 4.0 awards recipients. More than the money is the recognition of their accomplishments that my children value more and it has motivated them to do better in school, which aligns very well with Dr. Stauffer's famous commitment to invest in the youth of our city.

When asked about what my fame to claim is, I always state, "I have had the honor of knowing Dr. Mary Stauffer."

Jorge Montero

Downey

Reagan and Tip O'Neill — didn't keep Congress from creatively addressing national challenges. Divided government is not easy, but it is not unusual and it can work.

Politicians don't deserve all the blame. Voters share responsibility: more people have to turn out to vote. The more people who vote, the better the chances to strengthen the political center — that is, moderates and pragmatists. That's because low turnout brings out the most ideologically intense voters, who in turn reward the most polarizing candidates. A Congress more representative of the American people rests on expanding efforts to convince people to vote, and beating back the barriers to voting.

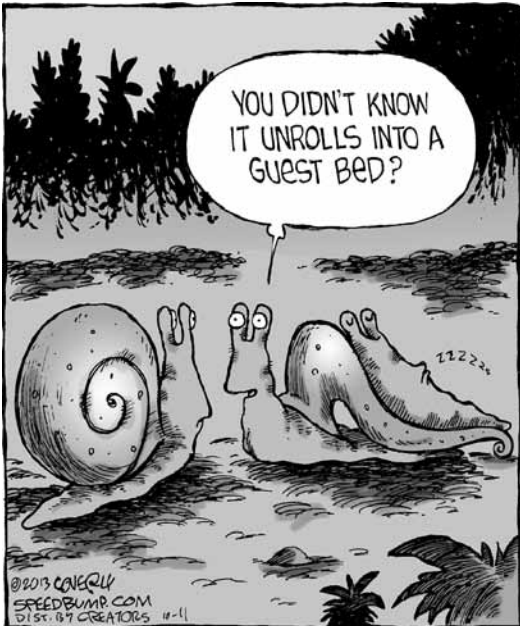
The second solution lies with members of Congress. Contemplating a government shutdown, a Kentucky congressman recently explained his stance by saying, "All that really matters is what my district wants." This is not an uncommon view, but it's a distressingly limited one. Our system depends on members who believe it's also their responsibility to lead and inform voters, who are willing to weigh the national interest as well as parochial concerns and who have confidence in our system to resolve political differences.

In other words, we need members of Congress devoted to making the system work. We need men and women in office who understand that when the voters give us a divided government, they have no choice but to accept the distribution of power and work with it, regardless of what they wish were the case. We need legislators who realize that those on the other side feel just as passionately and deserve their respect, and who are committed to finding a solution to our problems.

We change laws in our democracy and solve our most difficult issues in this country not by bringing government to a halt, but by fighting out the issues before the voters in an election. At the end of the day, we have to move the country forward — and we need to elect members of Congress who are willing and able to do that.

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

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For October

- Sat. Oct. 12: **Al Jarreau in concert**, Downey Theatre, 8 p.m.
- Tues. Oct. 15: **Healthcare town hall**, senior center, 6 p.m.
- Wed. Oct. 16: **Mayor's town hall meeting**, senior center, 6:30 p.m.

City Meetings

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

Regularly Scheduled Meetings

Mondays

- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church.
- 3rd Mon., 7 p.m.: **American Legion Post #270**, at Rio Hondo Event Center, for more info. call 806-2100.
- 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information e-mail Diane Davis at ddavis87@me.com.
- 6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Raul Castillo 400-2561.
- 6:15 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives, for info call 923-1932.
- 1st Tues., 7:30 a.m.: **Kang Out of Downey**, at City Hall training room.
- 2nd Tues., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7117.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call 927-6438.
- 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
- 3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
- 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.
- Tues., Thurs. & Sat., 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 11 a.m.: **Woman's Club of Downey**, for information call Cheryl Olson 833-8954.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call Cindy 803-4048.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 2nd Weds., 11:30 a.m.: **Christian Women's Club**, at Los Amigos Country Club, call Anita 861-3414.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 5:30 p.m.: **Lions Club**, at Sunrise Realty, for information call 577-1104.
- 3rd Weds., - **Downey Dog Obedience Club**, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 10 a.m.: **Los Angeles County Quilters Guild**, at Women's Club, for information call (310) 322-2342.
- 3rd Weds., 6 p.m.: **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: **Retired Federal Employees**, at Barbara J Riley Center, call 943-5513.
- 4th Weds., 7:30 p.m.: **US Coast Guard Aux. Flotilla 5-10**, at First Presbyterian Church of Downey, call Brian 419-5420.
- Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

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

Fridays

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

Saturdays

- 9 a.m.: **Farmers Market**, Downey Avenue at 3rd Street, for information call 904-7246.

On This Day...

Oct. 10, 1886: The tuxedo dinner jacket made its American debut at the autumn ball in Tuxedo Park, N.Y.

1966: The Beach Boys released the single "Good Vibrations."

1979: Hockey Hall-of-Famer Wayne Gretzky made his NHL debut with the Edmonton Oilers.

2002: The House voted 296-133 to give President George W. Bush broad authority to use military force against Iraq.

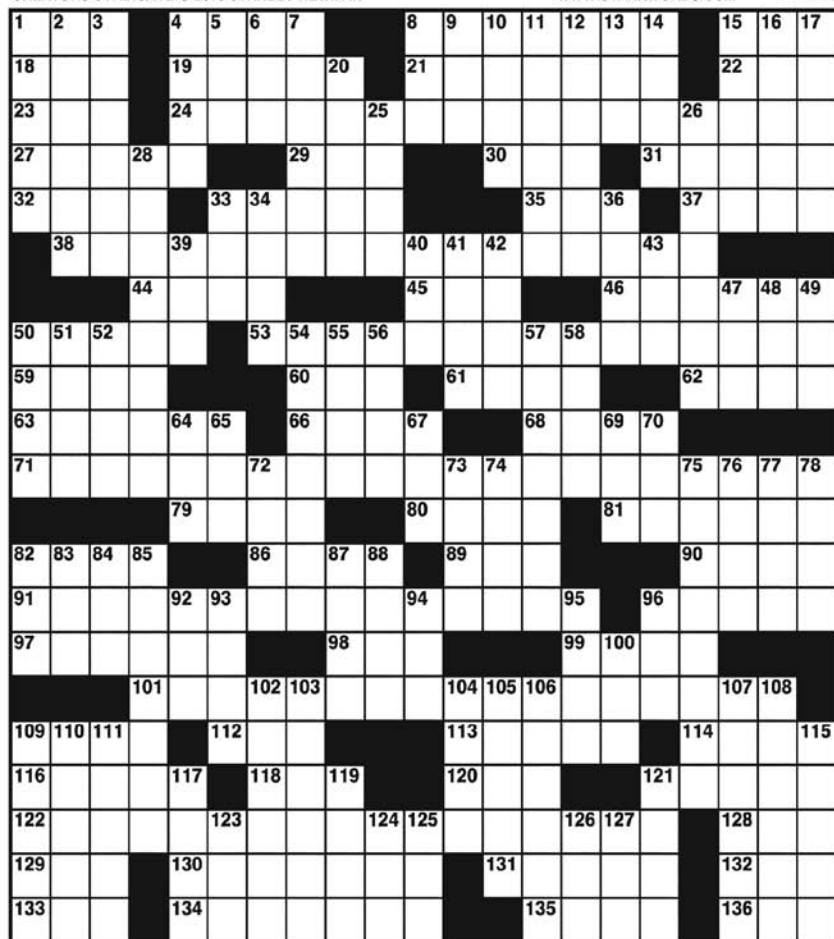
Birthdays: Actor and dancer Ben Vereen (67), Lt. Gov. Gavin Newsom (46), football player Brett Favre (44), actor Mario Lopez (40), R&B singer Mya (34), actress Aimee Teegarden (24) and N.Y. Jets quarterback Geno Smith (23).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
WORDS OF WARNING: You've heard them all before
 by Lonnie Burton

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

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Paging Dr. Frischer...

By Dr. Alan Frischer



Every day my patients tell me about new home remedies. Thanks to my diverse practice, these treatments are multicultural and varied. Some have withstood the test of time and science, and some have not. How do I respond? Most often, I respond that if it's not going to kill you, go ahead and try it. However, note that many of these common home remedies have not gone through rigorous scientific study; that we need to exercise caution and common sense; and especially that we should never rely on a home remedy for a condition that requires medical care.

The **common cold**, being so, well, common, has been the subject of a great number of home remedies. There is still no cure for the common cold, but these might make symptoms easier to tolerate:

- Drink plenty of fluids in order to stay hydrated. Avoid alcohol, coffee and other caffeinated drinks, as they are dehydrating.

- Gargling with salt water can relieve a sore or scratchy throat, and salt-water (saline) nose drops can open up congested sinus passages.

- Yes, chicken soup can help relieve cold (and flu) symptoms. It helps with hydration. It speeds up the movement of mucous; which helps to relieve congestion, which in turn limits the amount of time viruses are in contact with the nose lining. Hypothetically, it may even act as an anti-inflammatory, which helps to temporarily ease symptoms.

- Cold viruses thrive in dry conditions, and a humidifier will add moisture to the air.

- Beware of intranasal zinc products. They are extremely popular, but some have been found to cause permanent damage to the sense of smell. The FDA has issued warnings against several zinc-containing nasal cold remedies.

- Although vitamin C and echinacea are also extremely popular, the jury is still out on whether they actually help. The good news is that they won't

hurt!
What are we to do about wrinkles?

- The biggest step is to avoid exposure to the sun's UV rays, a primary cause of wrinkles.

- Lotions with alpha hydroxy acids remove the dead cells on the surface of the skin. The theory is that they encourage the growth of collagen, which fills in the wrinkles. Aloe vera is one source of malic acid. Try cutting off a piece of the plant and applying the oil to the skin.

- Fresh papaya is commonly used as a meat tenderizer, and rubbing a piece onto the skin can help clear away the top layer of dead cells.

- Americans spend a fortune on face creams. One interesting homemade face cream combines three vitamin E capsules, two tablespoons of plain yogurt, and one half-tablespoon of lemon. Coconut oil, pineapple and turmeric are popular ingredients as well.

- Staying well hydrated and consuming a diet rich in omega-3 fatty acids are commonly believed to help improve skin cells.

- Exercise improves the circulation; smoking cigarettes and drinking alcohol do not.

- For **dry skin or eczema**, oatmeal is frequently used. A cup can be added to a warm bath, or it can be sponged on in cheese-cloth or a handkerchief. For skin care, finely milled oatmeal is best...but for eating, go for the thick cut!

- Foods high in omega 3 fatty acids will help those with **high cholesterol**, along with omega 3 fatty acid supplements such as fish oil and flax seed oil capsules. (Of course, to control cholesterol I urge my patients to lose weight if necessary, to exercise, limit alcohol, avoid tobacco, and to pursue a low-cholesterol diet.)

- Rubbing tea tree oil into the scalp can lessen **dandruff**. This oil acts as an antiseptic and antifungal. Shampoos with tea tree oil are easy to find, or try adding a few drops to a tablespoon of olive, safflower, or other cooking oil and applying before shampooing. Green tea, another home remedy for dandruff, has anti-inflammatory properties, which soothe the scalp and slow down the rapid growth of skin cells. Two green tea bags are steeped in a cup of hot water, cooled, and the tea is allowed to soak on the scalp for up to an hour.

- For **dry and dull hair**, warm

up any cooking oil and massage it into the scalp. Mayonnaise has been recommended as a conditioner. To enhance the shine, a rinse of one tablespoon of apple cider in a cup of water can be used.

- To improve **discolored nails**, try a mixture of lemon and baking soda. Do not use nail polish, and do not smoke. For fungal infections, rub tea tree oil or a medicated vapor rub onto the nails.

- **Insomnia** may affect up to one-half of older adults. One commonly used home remedy is lavender. Lavender oil can be used in a reed or other type of diffuser in the bedroom, or a few drops of oil can be put on a fabric that does not come into direct contact with the skin. Chamomile tea can also be quite relaxing.

- A well-tested cure for **urinary tract infections** is cranberry juice or cranberry tablets. However, avoid cranberry products if you are taking a blood-thinner such as Coumadin, as cranberries can thin the blood further. If symptoms persist, contact your doctor.

- If you are suffering from **indigestion, heartburn or nausea**, try mint. It's great to drink as a tea. Ginger can provide relief from **diarrhea, heartburn, dizziness, nausea, flatulence, and gas**. It is frequently used to treat morning sickness and motion sickness, and sometimes even arthritis pain. Chamomile is also used as a digestive aid, as well as to treat **heartburn or abdominal cramps**.

- Last but not least, those in need of a little romantic pick-me-up might try **ginseng**, considered an aphrodisiac for thousands of years. Be careful not to take too much - it can cause headaches and insomnia.

- It is clear that current medical science is not close to offering realistic or simple solutions to all of the issues that afflict us. That opens the door to alternatives - some helpful, and some not. Check with your doctor first. Doctors may or may not be educated in every area of this vast field, but it's a good place to start.

Good health to you all!

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

How to spot psychological abuse

By Dee Louis-Scott

Psychological abuse can be as damaging to the psyche as physical abuse can be to the body, yet little is written about this common problem, which is typically the precursor to physical abuse. According to the National Coalition Against Domestic Violence (NCADV), 95 percent of men who physically abuse their intimate partners also psychologically abuse them.

Psychological abuse consists of impairing the mental life and impeding mental development. It creates distorted beliefs, taught by the abuser, about the world. Those beliefs become ingrained in the victim's mind and can interfere with the flexibility that is needed to constantly assess the environment and respond appropriately. Knowing the signs of psychological abuse may save women from the physical abuse that so often follows.

I experienced psychological abuse through the eyes of a child -- part of the stories I share in "Believe in the Magic: Let the Tenacity of Mattie Fisher Inspire You," (www.mattiefisher.com), the story of my mother's remarkable journey.

I watched as my father systematically and maliciously attempted to drive my mother crazy. He would constantly move car keys and other items from the places she normally kept them. He would then pretend to find them in odd places, like the refrigerator. After playing the hero for a month or so, my father would start insulting my mom with degrading remarks.

After months of psychological warfare, with her mental state sufficiently weakened, my father would begin the physical abuse. For the rest of her life, my mother was inconsolable and shaky whenever something went missing.

Signs of psychological abuse include:

- Your partner uses finances to control you.
- He often threatens to leave.
- She seeks to intimidate using looks, gestures or actions.
- He smashes things.
- Your partner seeks to control you by minimizing, denying and blaming
- He makes light of the abuse and does not take your concerns about it seriously.
- You are continually criticized, called names and/or shouted at.
- He emotionally degrades you in private, but acts charming in public.

public.

- He humiliates you in private or public.
- They withhold approval, appreciation or affection as punishment.

Effects of psychological abuse on the victim, from the Center for Relationship Abuse Awareness:

- A distrust of his or her own spontaneity
- A loss of enthusiasm
- An uncertainty about how she is coming across
- A concern that something is wrong with him
- An inclination to reviewing incidents with the hopes of determining what went wrong
- A loss of self-confidence
- A growing self-doubt
- An internalized critical voice
- A concern that she isn't happier and ought to be
- An anxiety or fear of being crazy
- A sense that time is passing and he's missing something
- A desire not to be the way she is, e.g. "too sensitive," etc.
- A hesitancy to accept her



perceptions

- A reluctance to come to conclusions
- A tendency to live in the future, e.g. "Everything will be great when/after ..."
- A desire to escape or run away
- A distrust of future relationships

If you answered yes to even one, you may be in an abusive relationship. Get help!

Call the National Domestic Violence Hotline at 1-800-799-SAFE, or the National Sexual Assault Hotline at 1-800-656-HOPE.

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TEACHERS UNION SUPPORTS INCUMBENTS

• Downey educators favor incumbents for their experience, history of student advocacy.

By Christian Brown
Staff Writer

DOWNEY – The union representing more than 1,000 Downey teachers, counselors, and speech pathologists announced last week that it will endorse incumbents Barbara Samperi, Martha Sodetani, and Nancy Swenson in the race for school board.

After interviewing the list of

candidates, Downey Education Association President Lorraine Neal says the incumbents proved to have the knowledge and commitment needed to lead the Downey Unified School District.

“We met with the candidates and asked them about Common Core, the new 2014-2015 curriculum. We asked why they were seeking this position and about their background,” said Neal. “What they think is very important to us.”

Incumbents Samperi, Swenson, and Sodetani, who ran unopposed four years ago, will each face opponents on Nov. 5

in the district’s first ever by-area school board elections.

Samperi, a 20-year board member representing Area 7, will compete in a four-way race against Downey Library Commissioner Betty Monroy, retired LA County educator Bertha Valenzuela, and local teller Leslie Valencia.

In Area 5, Swenson will compete against electrician John Anagnostou, who has two daughters enrolled in Downey schools, and Sodetani is vying for the Area 1-seat against Victor Malagon, a 50-year-old industrial maintenance electrician.

Neal, who teaches eighth-grade at Sussman Middle School, agreed that the board of education has many perennial members, but rejected the idea that anyone else running is better for the job.

“It’s not an issue. Bobbie [Samperi] is so active -- if anyone wants her, she’s visible,” Neal said.

“She’s knowledgeable and makes sure she’s a part of committees so she knows what’s going on.”

Select representatives from each school in the district voted for the endorsements, which favored the incumbents due to their experience and history of student advocacy, Neal said.

“They demonstrated strong commitment to the schools, parents, students, and employees,” she said. “They’re very dedicated to make sure we have the tools we need to ensure students are successful. Martha and Nancy too, they come to events and are very visible.

“We’ve had a great board the last five years -- they made sure we were fiscally-solvent. Students’ needs come first,” Neal said. “They’ll make sure we have the tools we need.”

Books available through silent auction

DOWNEY – The Friends of the Downey City Library is holding its October silent book auction in order to raise money for the library. Up for auction is:

“Jackie Robinson/Miracle Men” (the Dodgers’ World Series win in 1988 and a biography of Jackie Robinson);

“Halloween Horrors” (more than 50 spine-tingling stories of the scariest night of the year);

“Ghost Files – The Haunting Truth” (never-before-seen archives of the Secret Ghost Society);

“MC Escher” (some of the finer works of this stunning graphic illustrator);

“Creative Cardmaking” (a step-by-step guide to making holiday and greeting cards);

“Calvin and Hobbes – Homicidal Psycho Jungle Cat” and the “Calvin and Hobbes Tenth Anniversary Book” (includes commentary by Bill Watterson);

“Letters and Notes on the North American Indian” (originally published in 1841);

“Hello, Cupcake” (no baking skills or fancy equipment needed to make these playful creations);

“A Pictorial History of Boxing” (rare pictures and early drawings);

“People Tribute – Jerry Garcia” (a family man, musician, scuba diver and humanitarian);

“Morbid Curiosity – Celebrity Tombstones Across America” (lots of pictures and stories); and

“Digital Domain – The Leading Edge of Visual Effects” (computer animation and special effects – see how it’s done).

All books have opening bids as low as \$6-\$8 and are on display in the library lobby.

Bids can be made until noon on Oct. 26 on cards in the Friends Bookstore.

Moon gazing at the space center

DOWNEY – International Observe the Moon Night will be celebrated at the Columbia Memorial Space Center this Saturday from 6:30-9:30 p.m.

All moon viewing outside the space center is no charge, courtesy of the Columbia Astronomers. The club will be taking live digital images of the moon, which will be available at no cost to anyone who brings a USB thumb drive.

There will be telescopes for guests to use along with a “Kid Scope” for children.

The space center will be open but there is an admission charge.

Las Vegas-style fundraiser Oct. 18

DOWNEY – San Antonio Guild is having a Las Vegas night benefit for Children’s Hospital Los Angeles on Friday, Oct. 18, starting at 6:30 p.m. at the Rio Hondo Event Center.

The evening includes a buffet, opportunity drawings, auction and table games.

Cost is \$60 and all proceeds go to Children’s Hospital Los Angeles.

For tickets or more information, call Dorothy Pemberton at (562) 927-9908.

Auditions underway for new chorus

DOWNEY – Auditions and interviews continue this month for a new Downey Master Chorale forming under the direction of Margaret “Meg” Zeleny, who has founded several chorales and served as artist-in-residence in area cities.

Previous training or experience is not required and singers as young as 15 are invited to apply.


For a 10-15 minute appointment, send an e-mail with contact information to info@downeymasterchorale.org. Rehearsals are set to begin soon.

In addition, a Downey Children’s Chorus is also being formed, which will provide professional training in vocal techniques and performing skills. Send requests for information to the same e-mail address.



FALL MULCH GIVE-AWAY

CalMet Services, Inc., the City’s waste hauler, will be providing Downey residents with free mulch on Saturday, October 12 from 9:00 a.m. to noon. Residents may receive up to 32 gallons of mulch, but must bring their own containers. The distribution will be a “drive-thru” only event and there will be no accommodations for walk-up visitors. The give-away will take place in the parking lot area at the Downey City Hall - West Parking 11111 Brookshire Avenue. Vehicles may only enter off of Civic Center Drive. The distribution of mulch will begin at 9:00 a.m. and will end when the supply of mulch is exhausted, or at 12 noon, whichever comes first. For more information, call CalMet Services at 562-259-1239, extension 7.



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Mocciaro-Parshall wedding

DOWNEY – Steve Mocciaro wed Kate Parshall on Oct. 29 on the yacht “Eternity” in Newport Beach.

One-hundred fifty guests attended the nuptials.

Kate, daughter of Steve and Ann Parshall, grew up in Sacramento. She graduated from Cal State San Diego with a degree in education and a teaching credential.

Steve, son of Chloe Mocciaro and the late Dr. Peter Mocciaro, graduated from Downey High School. He attended Cal State Fullerton where he earned his degree in business and marketing.

The couple will reside in Irvine after a honeymoon in Hawaii.

Fire officials urge residents to prevent kitchen fires

DOWNEY – The Downey Fire Department is reminding the community that National Fire Prevention Week is Oct. 6-12 and this year’s campaign is titled “Prevent Kitchen Fires.”

- On average, seven people die in U.S. home fires per day.
- Cooking is the leading cause of home fires and home fire injuries, followed by heating equipment. Smoking is a leading cause of civilian home fire deaths.
- Two of every five home fires start in the kitchen.
- Ranges accounted for the 58% of home cooking fire incidents. Ovens accounted for 16%.
- Children under 5 face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.
- Microwave ovens are one of the leading home products associated with scald burn injuries not related to fire. Nearly half (44%) of microwave oven injuries seen at emergency rooms in 2011 were scald burns.
- Portable or fixed space heaters, including wood stoves, were involved in one-third (32%) of home heating fires and four out of five (80%) home heating deaths.
- Half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.
- Sleep was a factor in 1/3 of home smoking fire deaths and alcohol impairment was a factor in 20% of home smoking fire deaths.
- According to an NFPA survey, only 1/3 of Americans have both developed and practiced a home fire escape plan.
- Almost 2/3 (62%) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.

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★ **MACHETE KILLS** R: (11:40, 2:10, 4:40), 7:30, 10:20
★ **GRAVITY 3D** PG-13: (11:30, 1:55, 4:20), 6:45, 9:10
★ **PULLING STRINGS** PG: (11:25, 2:05, 4:40), 7:25, 10:10
★ **RUNNER RUNNER** R: (11:00, 1:15, 3:30, 5:45), 8:05, 10:30
★ **CLOUDY WITH A CHANCE OF MEATBALLS 2** PG: Fri to Tue. (11:50, 2:05, 4:45), 7:10, 9:35; Wed. (11:50, 2:05, 4:45), 9:35; Thu. (11:50, 2:05, 4:45), 7:10
★ **DON JON** R: (5:25), 10:45
★ **PRISONERS** R: (11:00, 2:10), 7:35
★ **INSTRUCTIONS NOT INCLUDED** PG-13: Fri to Wed. (11:20, 2:00, 4:35), 7:10, 9:35; Thu. (11:20, 2:00, 4:35), 7:10

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Downey Education Association
CA School Employees Association Units I and II

VOTE ON NOVEMBER 5TH

Paid for the individual committees to re-elect:
Barbara Samperi (#1360096), Martha Sodetani (#1360028), Nancy Swenson (#1360618) 2013

Carnival at OLPH School

DOWNEY – Our Lady of Perpetual Help School will host a three-day carnival Oct. 18-20. Ride and raffle tickets are already on sale at the school but can also be purchased at the carnival. In addition to carnival rides, there will also be live entertainment, food booths, games and more. The carnival is open Friday, Oct. 18, from 5-10:30 p.m.; Saturday, Oct. 19, from 12-11 p.m.; and Sunday, Oct. 20, from 12-8:30 p.m. For more details, call (562) 869-9969.

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Boutique sale at Woman's Club

DOWNEY - The Woman's Club of Downey will host its holiday boutique Saturday, Oct. 26, from 9 a.m. to 2 p.m. at its clubhouse. The annual event features shopping opportunities, raffles, food and more. For more details, call Patricia at (562) 659-8146.

Civil War books on sale

DOWNEY - The Friends Bookstore located inside the Downey City Library is currently having a sale on its large selection of used books related to the Civil War era, including a number on President Lincoln. All proceeds help support the many programs offered at the library. The bookstore is located in the young adult section of the library.

Quilter is guest speaker

DOWNEY - Award-winning landscape quilter Karen Thornton of East Texas will be featured at the Oct. 16 meeting of the Los Angeles County Quilters Guild at the Woman's Club of Downey. Doors open at 9 a.m. for social hour and the program starts at 10. Admission is \$5 for non-members of the guild.

Downey conducting earthquake drill

DOWNEY - The city of Downey is participating in the Great California ShakeOut next Thursday, Oct. 17, evacuating all major public buildings as part of a state-wide earthquake drill. City Hall, police and fire stations, the library, senior center and space center will all be evacuated at 10:17 a.m. Crews will complete windshield damage assessments throughout the city, and City Hall will activate its emergency operations center and perform a tabletop exercise incorporating simulated earthquake scenarios.

Spiritual workshop at church

DOWNEY - The Downey Church for Spiritual Living is hosting a healing school workshop, "A Course in Miracles" and "the Bible Through the Eyes of Metaphysics" that began this week and continues every Wednesday through Nov. 27. The course meets from 6:30-8:30 p.m. and begins with meditation. The church is located at 10000 Paramount Blvd. To register or for more information, call the church office at (562) 928-6469.

Service academy workshop for students

DOWNEY - High school students interested in attending a U.S. service academy are invited to an informational workshop hosted by Rep. Lucille Roybal-Allard on Oct. 12 at the Downey City Library. Registration opens at 9 a.m. and the workshop starts at 9:30. The meeting is open to students, their parents and the general public. Students will learn about our nation's five service academies and how to obtain a Congressional nomination to include with the application. Academy representatives will also be present to answer questions about eligibility requirements, cadet life, academics, athletics and career opportunities after graduation. For more details, call Alfonso Alfaro at (323) 721-8790.

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.

DOWNEY HOSTS AUSTRALIAN YOUTH SOCCER CLUBS

St. Vincent's Academy soccer competes in soccer friendlies against Downey.

DOWNEY - Downey AYSO hosted soccer players from St. Vincent's Academy from New South Wales Australia last month. St. Vincent Academy has been providing college preparatory schooling for over 155 years and was founded in 1858 by the Sisters of Charity whose original origins were from Dublin, Ireland.

Head Coach Mark Bradley traveled to the States with 39 students and five chaperons for a one week visit in Los Angeles and then a second week stay in Honolulu. Of the 39 students visiting the U.S., 17 were competing in a dance contest in Los Angeles as well as playing in soccer matches in California and Hawaii.

Downey AYSO was selected by Travel International Sports (the travel agent for the Aussies while in the U.S.) to host two nights of "friendly games" against high school-level players from the Downey AYSO fall program.

Opening ceremonies were conducted Sept. 27 at Discovery Sports Complex in Downey where the Aussies were welcomed by Downey Councilman Alex Saab, assistant AYSO commissioner Ramon Aguilar and Miss Teen California McKenzie Jackson. Flag bearers presented the Australian and United States flags followed by the singing of the national anthems for both countries.

In the first match, Coach Win Powell's U19 team played the Aussie varsity team to a 3-3 tie. Coach Oscar Hernandez's U16



team defeated the Aussies' JV team, 4-0.

Following the games, players and coaches enjoyed a taco dinner prepared by Letty Calvillo. Many of the Aussie players had never had a taco before and said they greatly enjoyed the experience. Aussie players and coaches also toured the Columbia Memorial Space Center where they learned about Downey's history with aeronautics and the space program.

The Sept. 30 matches were played at the Downey High School football field and started with Coach Jorge Ramirez's U16 team playing against the Aussie JV team and winning 6-0.

In a very competitive and spirited match, Coach Robert Correa's team was able to hold on to a 2-0 lead after the Aussie's came back with a strong attack in the second half.

Monday's games were highlighted by the presence of Coach Tom Sermanni from the

U.S. Women's National Team. Coach Sermanni previously coached pro teams in Australia and has ties to a few players from the St. Vincent Academy.

The evening started with a question and answer session with Coach Sermanni, who also took pictures with many of the players and parents in attendance.

Following the games, all players from the Downey AYSO and Aussie teams enjoyed a pizza party provided by Shakey's. Closing ceremonies included Coach Bradley providing the Downey coaches with soccer balls signed by all of the players as well as many hugs and fond farewells between everyone involved with this event.

In a statement, Downey AYSO thanked Sonya Meacham and Kevin Ellis from the city of Downey's Parks and Recreation staff "for their support of this event."

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SPORTS BRIEFS: Grizzlies face test Friday

• Calvary Chapel will face 4-1 Brethren Christian at Warren High.

By Mark Fetter
Contributor

DOWNEY - The Downey Calvary Chapel Grizzlies traveled to Fairmont Prep of Anaheim last Friday night and lost 35-0.

The Grizzlies have finished their preseason schedule at 2-2 and will start Academy League play tonight against Brethren Christian at Warren High School at 7 p.m.

Brethren Christian stands at 4-1 and is riding a four-game winning streak. Part of this winning streak includes a 35-21 victory over the same Fairmont Prep team who defeated the Grizzlies last Friday.

Brethren Christian lost their season opener to Arrowhead Christian 41-23 on Aug. 30. Since then, the Warriors have put together a nice streak which also includes a 45-6 win against Riverside Christian last Friday night.

The Grizzlies fell behind early in their defeat last week. The Huskies raced out to an early lead and led DCC 14-0 at the end of the first quarter.

Fairmont Prep added another touchdown in the second quarter and took a 21-0 lead into the locker room at halftime.

The Huskies added one touchdown in the third quarter and another in the fourth quarter to win 35-0.

The Grizzly offense was led by junior Daniel Castro's 2/5 passing for seven yards, and three carries for three yards. DCC's ground game was led by senior Matthew Sanchez's 18 carries for 60 yards

and junior Reuben Castro's five carries for 14 yards.

Junior Jeremy Hernandez had one catch for two yards and sophomore Seth Baumann had one catch for five yards.

The Grizzly defense was led by junior Anthony Alas' seven solo tackles, junior Joseph Santillan's six solo tackles, sophomore Jared Welsh's five solo tackles, Matthew Sanchez's four solo tackles, Reuben Castro's four solo tackles and Seth Baumann's four solo tackles.

...

The Warren High School football team fell to 0-5 last Friday night with a 21-7 loss at Cal High. Cal improved to 2-3 on the season with the win.

The Bears have now concluded their preseason schedule and played Gahr last night at Gahr (score unavailable at press time). The game was played last night due to the observance of the Christopher Columbus holiday today for Gahr. The Gladiators are 2-3 and coming off of a bye week. It is the San Gabriel Valley League opener for both schools.

Cal scored a touchdown and converted the PAT in the first quarter to take an early 7-0. The second quarter saw Cal kick a field goal, Warren score a touchdown and convert the PAT and Cal kick another field goal. Cal took a 13-7 lead into the locker room at halftime.

The two teams exchanged the ball and field position in the third quarter with neither team scoring. Cal scored at the 11:56 mark of the fourth quarter and converted on the two point conversion. The score stood at 21-7 early in the fourth quarter and did not change.

Bear senior quarterback Mike Vega led the Warren offense. Vega finished the game completing

13/27 passes for 110 yards. Vega did not throw for a touchdown but was intercepted twice. The Bear ground game was led by senior running back Simon Figueroa's eight carries for 42 yards and junior Albert Molina's six carries for 69 yards. The Bears were able to put together a nice ground game and move the ball on Cal.

The Bears receiving corps were led by senior Zaahid Summerville's four catches for 41 yards, senior Moses Alanis' three catches for 24 yards, Simon Figueroa's two catches for 31 yards and sophomore Edward Chorro's two catches for 14 yards.

The Bears will host cross-town rival Downey next Friday night at Justice Stadium.

...

The Warren High School Lady Bears volleyball team lost to cross-town rival Downey at Warren Tuesday night before a packed gym 26-28, 14-25 and 11-25.

With the win, Downey improved to 9-6 overall and 2-0 in S.G.V.L. play. With the loss, Warren fell to 4-10 overall and 1-1 in S.G.V.L. play.

Junior outside hitter Kimberly Schnars led Downey with 15 kills. Eight of Schnars' 15 kills came in that pivotal first set. Warren senior outside hitter Jylussa Juarez had five kills and senior middle Jacqueline Navarro had three kills to pace the Lady Bears. The much anticipated rematch will take place at Downey on Thursday, October 24th. The Downey-Warren volleyball game will also mark the 4th annual Dig Pink Breast Cancer Fundraiser. Downey High School will "get pink" for the event.

The Warren High School girls' tennis team came up a tiebreaker short against Downey last Friday and lost a criteria decision 9-9.

In the highlighted match of the afternoon, Downey senior and number one singles player senior Erin Freeman defeated Warren's number one single's player junior Isa Lopez 6-1.

With the win, Downey improved to 6-4 overall and 4-3 in San Gabriel Valley League play. Downey also stopped Warren's seven match win streak. With the loss, Warren fell to 8-4 overall and 5-1 in San Gabriel Valley League play.

With this recent defeat at Downey however, Warren still has the inside track to the league title. Warren defeated Downey on Sept. 24 10-8.

...

The Downey High School girls' volleyball team will be hosting their 4th annual Dig Pink Breast Cancer Fundraiser on Thursday, Oct. 24, at 6 p.m. in the Downey High Gym.

"We are packing the place pink" said Coach Andrea Sims. "Downey has hosted this Dig Pink volleyball game between Downey and cross-town rival Warren for the past three years and helped raise over \$33,000."

Sims maintains that "with your help, we can continue to raise more funds and awareness."

Sims encouraged readers to visit site-out.org to help out with on-line donations. Downey High School will "turn pink" for such a big event.



Mayor Mario Guerra and attorney/co-organizer Ricardo Perez (second from right).

UCLA alumni group hosts first meeting

DOWNEY - Last Thursday, Oct. 3, saw the launching of the Southeast Cities UCLA Network ("The Network"), a coalition that aims to bring together the region's 5,000-plus alumni through social, business and charitable events.

The group hosted their first meeting at Downey Brewing Company, where they watched the No. 11-ranked Bruins defeat Utah. Event co-hosts Miguel Duarte and Christine Flores placed the capacity crowd at over 70 guests.

The Network covers the southeast area of Los Angeles County and includes the cities of Downey, Norwalk, Montebello, Whittier and Cerritos, among others.

Downey Mayor Mario Guerra -- a Bruin himself -- delivered welcoming remarks and led the crowd in UCLA's official cheer, the "8 Clap."

To find out more information about the Southeast Cities UCLA Alumni Network, contact Christine Flores at cflores@alumni.ucla.edu.

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<p style="font-weight: bold; font-size: 1.2em;">2011 Nissan Sentra</p> <p style="font-size: 1.5em; font-weight: bold;">\$95</p> <p style="font-size: 0.8em;">per mo 2</p> <p style="font-size: 0.7em;">(131802A/729085)</p>	<p style="font-weight: bold; font-size: 1.2em;">2006 Ford Expedition</p> <p style="font-size: 1.5em; font-weight: bold;">\$109</p> <p style="font-size: 0.8em;">per mo 5</p> <p style="font-size: 0.7em;">(140127A/A23161)</p>	<p style="font-weight: bold; font-size: 1.2em;">2008 Nissan Quest</p> <p style="font-size: 1.5em; font-weight: bold;">\$129</p> <p style="font-size: 0.8em;">per mo 8</p> <p style="font-size: 0.7em;">(131971B/104750)</p>	<p style="font-weight: bold; font-size: 1.2em;">2010 Infiniti G37 Coup</p> <p style="font-size: 1.5em; font-weight: bold;">\$187</p> <p style="font-size: 0.8em;">per mo 11</p> <p style="font-size: 0.7em;">(131676A/104890)</p>
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DOWNEY – In honor of Breast Cancer Awareness Month, Red Carpet Heritage Realty in Downey has announced that for every transaction recorded in October, a portion of closed escrow earnings will be donated to cancer research in the name of that client.

Red Carpet raised \$1,500 for cancer research last October.

Hunger Walk set Sunday

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 a portion of the proceeds going to PTA HELPS 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.

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.

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.

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LEGAL NOTICES

FAMILY LAW

SUMMONS (Family Law) NOTICE TO RESPONDENT (Name): VICTORIA KATHARINE ARIAS
You are being sued.
Lo están demandando.

Petitioner's name is (Nombre del demandante): IVAN AGUILAR
CASE NUMBER (NUMERO DE CASO): VD080691

You have 30 calendar days after this Summons and Petition are served on you 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 may make orders affecting 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 Citación y Petición para presentar una Respuesta (formulario FL-120 ó 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 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 poniéndose en contacto con el colegio de abogados de su condado.

NOTICE: The restraining orders on page 2 are effective against both spouses or domestic partners until the petition 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 cónyuges o pareja de hecho hasta que se desdiga la petición, se emita un fallo o la corte dé otras órdenes. Cualquier 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.

AVISO: 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.

1. The name and address of the court are (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 12720 NORWALK BLVD. NORWALK, CALIFORNIA 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

Date (Fecha): January 31, 2013 JOHN A. CLARKE, Clerk, by (Secretario, por) V. PRICE, Deputy (Asistente)

NOTICE TO THE PERSON SERVED: You are served.
A VISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realiza a. as an individual. (a usted como individuo).

The Downey Patriot
9/19/13, 9/26/13, 10/3/13, 10/10/13

FICT. BUSINESS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013187074

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AA TRIMS, 3476 LIVE STREET UNIT A, HUNTINGTON PARK CA 90255, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: 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/ROSALIA 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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2013206675

File Number 2011148572 DATE FILED: JANUARY 4, 2007

NAME OF BUSINESS(ES): PUERTA DEL CIELO REALTY, DOOR WAY TO HEAVEN REALTY

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ARCOIRIS BEAUTY SALON, 706 W FLORENCE AVENUE, LOS ANGELES CA 90044, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) DE LA VEGA, JULIE, 5369 ACHILLES CIRCLE, LA PALMA CA 90623 (2) MENDOZA ANTOINETTE, 5369 ACHILLES CIRCLE, LA PALMA CA 90623

State of Incorporation: N/A

This business is conducted by a General Partnership

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/ ANTOINETTE MENDOZA, PARTNER

This statement was filed with the County Clerk of LOS ANGELES on OCTOBER 2, 2013

The Downey Patriot
10/10/13, 10/17/13, 10/24/13, 10/31/13

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013193166

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) YOUTH GROUP ALLIANCE, 14603 LA FONDA DR., LA MIRADA CA 90638, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) JUDY WEST 14603 LA FONDA DR., LA MIRADA CA 90638

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/JUDY WEST, OWNER

This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 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
10/10/13, 10/17/13, 10/24/13, 10/31/13

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013207715

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ARCOIRIS BEAUTY SALON, 706 W FLORENCE AVENUE, LOS ANGELES CA 90044, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) MAYRA MORALES, 706 W FLORENCE AVENUE, LOS ANGELES CA 90044

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/MAYRA MORALES, OWNER

This statement was filed with the County Clerk of Los Angeles on OCTOBER 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
10/10/13, 10/17/13, 10/24/13, 10/31/13

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013200418

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AEROSYSTEMS ENGINEERING, 14109 PONTLAVOY AVE, SANTA FE SPRINGS CA 90670, COUNTY OF LOS ANGELES, 244 VENETO, IRVINE CA 92614

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) JANICE CHAE, 244 VENETO, IRVINE CA 92614 (2) MINNA 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.)

File Number 2013198910

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CENTRO MEDICO INDUSTRIAL LATINO, 4055 E OLYMPIC BLVD #207, LOS ANGELES CA 90023, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) FRANCISCO RODRIGUEZ, D.O., 1823 FRUITVALE AVE. S. EL MONTE CA 91733 (2) THOMAS J. GERKE M.D., 3860 MAYFAIR DR, PASADENA CA 91107

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/FRANCISCO G. RODRIGUEZ D.O., GENERAL PARTNER

This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 23, 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
10/3/13, 10/10/13, 10/17/13, 10/24/13

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013200418

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AEROSYSTEMS ENGINEERING, 14109 PONTLAVOY AVE, SANTA FE SPRINGS CA 90670, COUNTY OF LOS ANGELES, 244 VENETO, IRVINE CA 92614

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) JANICE CHAE, 244 VENETO, IRVINE CA 92614 (2) MINNA 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 23, 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 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 #ON: N/A

REGISTERED OWNERS(S): (1) GILBERT COLE, 8732 NADA ST., DOWNEY CA 90242

State of Incorporation: N/A

This business is conducted by an Individual

The registrant commenced to transact business under the fictitious business name or names listed above on 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 17, 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

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BIG GARAGE SALE OCT 12, 6:30AM - 3PM Vintage audio/video equip.

date for the sale of this property, you may call (916)939-0772 or visit this Internet Web http://search.nationwideposting.com

The Downey Patriot 10/3/13, 10/10/13, 10/17/13 NOTICE OF TRUSTEE'S SALE Trustee Sale No. 739882CA

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 739882CA Loan No. 3060843152 Title Order # 100072782-CA-MR PROTECTION

company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE OF TRUSTEE'S SALE TS No. CA-09-311245-RM Order No. 2104-1881 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/21/2005.

the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid.

The Downey Patriot 10/3/13, 10/10/13, 10/17/13 Trustee Sale No. 261739CA Loan No. 0017914722

Trustee Sale No. 261739CA Loan No. 0017914722 Title Order No. 1470999 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE NOTICE OF TRUSTEE'S SALE.

Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale.

The Downey Patriot 9/28/13, 10/3/13, 10/10/13 NOTICE OF TRUSTEE'S SALE APN: 6251-026-005 T.S. No. 1374618-1

NOTICE OF TRUSTEE'S SALE APN: 6251-026-005 T.S. No. 1374618-1 PURSUANT TO CIVIL CODE SECTION 2923.3

information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 737769CA Loan No. 0015423999 Title Order No. 3206-252298 ATTENTION REORDERER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY.

Ipsasap.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com

NOTICE OF TRUSTEE'S SALE TS No. 12-0007953 Doc ID #00611064222056 Title Order No. 12-0014123 Investor/Insurer No. 138982166 APN No. 6360-007-010

Guerra, Mendoza announce endorsements

State senate candidates reveal political endorsements; Kevin Perez-Allen drops out.

By Eric Pierce Editor

DOWNEY – Downey Mayor Mario Guerra – a candidate for the 32nd state senatorial district – announced endorsements from the California Republican Assembly Caucus and the California Republican Senate Caucus.

“Mario is a proven leader and as mayor of Downey has helped to create jobs and made the city safer for residents,” Senate Republican leader Bob Huff said. “I am confident he will bring this same leadership to Sacramento. He has my full support.”

Added Assembly Republican leader Connie Conway: “I’m proud to endorse Mario Guerra for Senate. He has a proven local track record of creating jobs and leadership. Mario has what it takes to lead California forward. We support him because we know his record of success for his community.”

“These incredible endorsements are a testament to my commitment to making our cities more business friendly, a step that is key to creating jobs in California; empowering families and teachers in order to improve education for all our children; and keeping our cities safe by being tough on crime,” said Guerra. “These are values all of us can support, and I am working without cease to ensure California becomes a safer and better place for our families.”

Meanwhile, Tony Mendoza announced that he has received the endorsement of State Senate President Pro Tem Darrell Steinberg for his campaign to

represent California’s 32nd state senatorial district.

Steinberg is the Democratic leader in the state senate. In 2010, he was honored with the John F. Kennedy Profile in Courage award by the Kennedy Library Foundation in recognition of his leadership in bipartisan negotiations leading to the state’s fiscal recovery.

“Tony understands the issues that matter most to Californians and understands how to make government work for people,” Steinberg said in a statement. “His experience and ability to bring people together to solve problems will make him a strong voice for the residents of the 32nd Senate District and for all Californians.”

Mendoza has also received endorsements from Congress members Janice Hahn and Grace Napolitano, California superintendent of public instruction Tom Torlakson, and others.

Also this week, candidate Kevin Perez-Allen announced he is dropping out of the race for state senate and instead is running for Whittier City Council.

Perez-Allen was one of several candidates for State Senate District 32, which encompasses Downey, Whittier and other local communities.

In a Facebook post, Perez-Allen said he is shifting his focus exclusively to Whittier.

“The breaking point came two weeks ago when I was speaking to a small group of senior citizens at a farmers market in Uptown Whittier,” Perez-Allen wrote. “A woman named Irma came up and, in an extraordinarily confident manner, said to me, ‘You would make a great Senator, but we need you here first.’ Since that time, I have weighed the options, spoken with advisors and looked into the issues.”

City Council taking bus tour of Downey

DOWNEY – The City Council will taking a bus tour Friday morning, Oct. 11, to evaluate and discuss the infrastructure needs of Downey.

The tour is an official public meeting and residents are allowed to ride along in the bus.

The meeting begins at 10 a.m. at City Hall and will include stops at Civic Center Drive and 3rd Street; the Firestone Boulevard project area; Apollo Park; the Rancho Los Amigos south campus; the intersection of Imperial Highway and Paramount Boulevard; Furman Park; Lakewood Boulevard north of Florence; Rio San Gabriel Park; Wilderness Park; the Civic Center; and city-owned facilities such as City Hall, the police department, library and Downey Theatre.

‘Rabbit Hole’ comes to La Mirada

LA MIRADA – “Rabbit Hole,” the Tony and Pulitzer Prize-winning play, opens at the La Mirada Theatre for the Performing Arts on Oct. 25 for a limited engagement.

In “Rabbit Hole,” Becce and Howie Corbett have everything a family could want, until a life-shattering accident turns their world upside down and leaves the couple drifting perilously apart.

“Rabbit Hole” charts their bittersweet search for comfort in the darkest of places and for a path that will lead them back into the light of day.”

“Rabbit Hole” opens Oct. 25 and runs through Nov. 17.

Performances are at 7:30 p.m. on Wednesdays and Thursdays; 8 p.m. on Fridays; 2 p.m. and 8 p.m. on Saturdays; and 2 p.m. on Sundays.

Tickets range from \$20-\$70 and can be purchased online at lamiradahtatre.com or by calling the box office at (562) 944-9801. Student, senior and group discounts are available.

Golf tourney raises \$240K for nurse scholarships

WHITTIER – A recent golf tournament at Friendly Hills Country Club in Whittier raised more than \$240,000 for the PIH Health nursing education program, hospital officials announced.

More than \$1.3 million has been raised since the Frank Scott Pro/Am Golf Tournament began 20 years ago.

This year’s tournament will fund scholarships for 37 student nurses. “Investing in the nurses at PIH Health is the most significant action we can take to assure safe, high-quality patient care,” said Reanna Thompson, RN, chief nursing officer at PIH Health. “The evidence is clear that quality nursing care provides better outcomes and prevents complications for patients in hospitals.”



Mark W. Keller holds the Patriot while on vacation in Roswell, New Mexico at the UFO Museum and Research Center. Keller snapped the photo while on a cross-country road trip to Harpswell, Maine.



Carol and Frank Kearns overlooking New York’s Central Park from the 25th floor of their hotel room, while holding *The Downey Patriot*.

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FEATURED PROPERTY

Beautiful Downey Home
Great Downey Location!!! This 2000 sq.ft. home features 4 bedrooms, 2 bathrooms and a large family room with a fire place. The front and back yard are landscaped beautifully. This is a must see at \$499,500!

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Excellent Downey Home! This home has 3 bedrooms, 1 bathroom and central air. The property also features a hardwood floors and a spacious back yard. **Priced to sell at \$353,500!**

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!**

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 tile floors. 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 Zille Medallion home. Private backyard. Garage is semi-attached, with cabinets and carpeting, and set up like rec area.

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.

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!**

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.**

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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.
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6518 S. Alameda, Huntington Park
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JUST LISTED

Light & Bright!
2 BD, 1 BA condo with deck, view of the pool, 2 carport spaces, central air & heat, and inside laundry. This gated complex is near golf course, schools & freeways.
Priced at: \$225,000

REDUCED!

Spectacular Home 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.
Priced at: \$1,189,000

SUPER CLEAN

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

WON'T LAST

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

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