



The Downey Patriot



Beverly Mathis'
life of service
See Page 3



First Christmas
without Dad
See Page 2



OLPH School
fundraiser
See Page 2

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SHARED STORIES: THE TIES THAT BIND

My son's collection

Barbara Sparks is a retired principal who relishes the diversity of cultures in California. In this piece she describes how her life, and many Christmases, was enriched by her son's generous heart and wide circle of friends. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Barbara Sparks

Boys like to collect things. Some collect baseball cards. Some collect bugs or stray animals. My son Phillip's collection was a little different.

I should have realized that he liked collecting people when he was about two years old, because when we went on walks to the neighborhood donut shop, I noticed that he would invite several of the children who lived on our street to join us.

Did he ask me for permission to invite them? Of course not! In his mind it was only natural to invite others. After all, Mother would love to supply donuts for everyone. I felt like the Pied Piper with my band of happy children following their generous leader's mother.

After one event when he was in kindergarten, I decided it wasn't wise to tell him ahead of time when we were taking him some place special.

His grandmother had decided to take him to the San Diego Zoo one Saturday. That morning, shortly after his grandmother had arrived, a family arrived with their son who was in Phillip's kindergarten class. Phillip had not only invited the young boy, but he had also given him our address. How could my mother and I tell the boy's parents anything except, "Hello, we are glad you came. You can pick your son up at 7 PM."

This collecting of people continued as he grew older. When he was a junior in high school, he met a young man during the Los Angeles Junior Statesman's Symposium, and later they spent a summer as roommates taking classes at Stanford University as part of this program. Though they attended different schools, they continued to stay in touch.

During one winter break, Phillip invited him to spend a day with us. I always looked forward to having a restful two weeks away from work during that time, but I thought one day would be okay. Phillip pleaded with me to let Eric spend Christmas Eve and Christmas with us because he wouldn't have a Christmas if he stayed at home.

His mother was not alive, his father was a drug addict, and his older sister who was raising him didn't celebrate Christmas. I agreed that would be okay. Two days, after all, wasn't that long and it still gave me time to enjoy my vacation.

To my surprise, on Friday, the beginning of my winter break, Eric appeared at our door with his suitcase, looking like a new arrival to a homeless shelter. He had taken the bus from Los Angeles to our house. His suitcase was battered, the sweater he was wearing had a very noticeable hole, but what left a lasting memory was the biggest smile that adorned his face. He was prepared to stay the entire winter break with us. How could I turn away someone who was doing so much to better his life against all odds?

Throughout college, if someone couldn't go home for the holidays, they ended up staying with me. If they were kicked out of the dorms for inappropriate behavior, Phillip would tell them, "My mom will let you stay with us until you get new housing."

There were always surprise arrivals for Christmas Breakfast. His collection of people (I should call them friends now) got to enjoy his grandmother's special waffles. If someone wanted to experience a traditional African American New Year's Day Meal, they were quickly invited for the event. Grandmother, of course, would cook the meal just for them.

The family who lived down the street from us was among my favorite of Phillip's invitees for Christmas. They were Hindu and from India. Varun, the oldest child, has been a friend of Phillip's for years. They had never celebrated Christmas.

Varun wanted to give Phillip a Christmas present and he felt he needed a Christmas tree to put it under. His family would not buy a tree, but they said that he could put the gift by the fireplace.

The whole family joined us one night. We spent the time talking, eating cookies, and looking at the Christmas tree with its beautiful lights blinking on and off. Varun was allowed to spend Christmas Eve and Christmas Day with us at our home.

When Varun left on Christmas Day he said, "Mrs. Sparks, this is the best Christmas I've ever had." I said, "But, Varun, this is the only Christmas you've ever had."

I've really enjoyed getting to meet my son's collection of friends. I am blessed that he feels that his friends are all welcomed in his home. I've been a part of their stimulating conversations. I've seen them all grow up and become husbands and fathers. I actually feel like their other mother. I am so proud of all of them.

My son has been blessed to live in a culturally rich environment. He learned about the people of many cultures who are part of our country, and he learned in the best way, by going to school with them, playing with them, eating with them, and by being so open to experiencing their cultures.

My life has been enriched by my son's "collection" of people. Many have become long time friends.

DOWNEY FIREFIGHTERS ALLEGE DISCRIMINATION, HARASSMENT

• Fire union files claim against city, alleging discrimination.

By Christian Brown
Staff Writer

DOWNEY – The heated relationship between the Downey Firemen's Association and the city just got a whole lot hotter.

The Downey fire union filed a tort claim against the city on Monday, citing "ongoing retaliation, harassment, and discrimination" ever since union members voted no confidence in Chief Lonnie Croom last summer.

In the 13-page claim, all 49 fire union members accuse Croom of refusing to promote eligible and qualified employees while initiating unwarranted disciplinary investigations and threatening to stall pay increases unless the association retracts its vote of no confidence and abandons its current lawsuit against city jailers.

"...Chief Croom is engaging in similar acts of retaliation against all Association members because he 'can't get over the Vote,'" the claim reads. "The City is aware of Chief Croom's unlawful conduct and it has condoned, ratified, facilitated -- and according to Chief Croom directed -- this pattern and practice of retaliation."

City officials publicly denounced the fire union's tactics, citing the tort allegations as identical to internal grievances already being addressed through the city's grievance procedures at the request of association members.

"It is disappointing that the Association appears to be using the Tort Claims process to politicize its disagreement with Chief Croom's objective and candid assessment to the Council regarding the Association's proposal to contract out fire services to the County," said Mayor Fernando Vasquez in a statement.

"Rather than focus on public safety and our residents and respecting the internal process that exists to address their concerns, the tort claim will result in Downey taxpayers footing the bill for expensive and unnecessary litigation."

According to the claim, union officials allege retaliation, including open threats and hostility towards members' exercise of free speech and union rights.

In 2012, for example, Captain Jorge Villanueva says he was warned by Battalion Chief Bruce English during a performance evaluation that he was "too pro union" and needed to "toe the company line more."

Dan Rasmussen, who serves as fire union vice president,



PHOTO BY MARTIN TREJO

The Downey Firemen's Association is accusing Fire Chief Lonnie Croom of stalling promotions and discriminating against his firefighters after the union voted "no confidence" in Croom last June.

likewise alleges that he was told by Croom in June to "be careful" and that his job security and chances of promotion could be jeopardized if he was perceived as "disloyal."

Ever since the vote of no confidence, Croom has openly declared war on the fire union, the claim states.

Union officials say Croom refuses to fill an open battalion chief position because all eligible candidates signed the vote of no confidence petition.

"When asked why he wasn't filling the position, Chief Croom advised the Association President Steve Davis that unless every member of the Association... signs a letter retracting the Vote and publicly apologizes for it, he will never promote anyone from the [eligibility] list," according to the claim.

"Chief Croom threatened that he will instead conduct an 'outside test' to obtain a candidate who is not an Association member to fill the vacant position."

The claim also accuses Croom of failing to reinstate "phased out" paramedics and highlights recent formal disciplinary investigations inside the department as a means to generate "undue stress and create a sense of fear in the ranks."

"The subject matters of these formal investigations reveal that Chief Croom is grasping at anything he possibly can to try to paint these individuals in a bad light," the claim says. "[He] deliberately targeted Association leadership, individuals who have had spotless careers with the Department, in an attempt to send a message to the rest of the Association that if they exercise their Constitutional rights, Chief Croom will make their lives miserable."

In a statement released Tuesday morning, Rasmussen defended the tort claim, maintaining that the city can no longer overlook these actions of retaliation.

"The City of Downey should understand that a tort claim is not a lawsuit. Council member [Alex]

Library adds to eBook collection

DOWNEY – The Downey City Library has added 100 new titles to its growing eBook collection just in time for the holidays.

Library cardholders can now access the popular "Diary of a Wimpy Kid" series by Jeff Kinney as well as a large number of picture books and chapter books for kids.

For teens, the library added high-demand titles, including "The Fault is Our Stars" by John Green, the "Divergent" trilogy by Veronica Roth, and the "Ranger's Apprentice" series by John A. Flanagan.

The library also added bestsellers for adults, including Tom Clancy's final book "Command Authority," "King and Maxwell" by David Baldacci and "The First Phone Call from Heaven" by Mitch Albom.

Borrowing eBooks is free and there are never any overdue charges. All that is needed is a Downey City Library card.

To get started, go to downey.lib.overdrive.com or visit the library.

Journalist Walter Rosebrock dies at 90

DOWNEY – Walter A. Rosebrock, a former Downey newspaper reporter, died Dec. 14 at his home in Santa Maria, Calif.

Rosebrock was born March 29, 1923 in St. Louis. He served in the U.S. Navy from 1943-46 in Aviation Squadron VR-E1 and V6.

He studied at Washington University in St. Louis, graduating in 1950. He began his newspaper career in 1951 with the Downey Champion newspaper.

He went to Santa Maria in 1959 with the Hagadone-Scripps organization and stayed with them until he retired in 1983, more than 32 years in the newspaper industry. Some of those years he spent with sister papers in Arizona, Hawaii, Wisconsin, Washington State and Oregon.

He returned to Santa Maria as editor and publisher in 1975.

Rosebrock was active in the community, serving as president and vice president of Allan Hancock Board of Trustees, president of Valley Developers, and president of S.M. Valley Republicans. He belonged to the S.M. Valley Chamber of Commerce, Downtown Rotary Club, S.M. Philharmonic Society board of directors, Hancock College Foundation, and was a founding member of the S.M. Civic Theatre.

He was affiliated with International Executive Service Corps which sent him on assignments to Ukraine and Nepal. He also belonged to the Sigma Delta Chi, Professional Journalist Society.

Survivors include his wife of 64 years, Ginny; son, Bruce (Elyse) of Longview, Wash., daughter Kay (David) Hiltner of Eugene, Ore.; grandson, Wade Johnson; great-grandson, Devin, of Sacramento; brother, Kenneth; and numerous nieces and nephews.

At his request, no services

STUDENTS COLLECTING SODA TABS



• Fundraiser converts soda tabs into cash to benefit Ronald McDonald House.

By Henry Veneracion
Staff Writer

DOWNEY – Forty-five students belonging to Our Lady of Perpetual Help's Interact and Youthact clubs are in the middle of a soda tab collection campaign to benefit the Long Beach Ronald McDonald House and their mission of providing "a comforting home away from home for families with seriously ill children" receiving treatment for

cancer and other life-threatening illnesses.

The endeavor is a first for the clubs, and the school.

A pop tab is the piece of metal that opens aluminum cans. Since the end of September, when the campaign started, the two Downey Rotary Club-sponsored O.L.P.H. extra-curricular clubs, with Interact supplying the energizing force, have engaged all 10 classes at the school which has a total student population of 334 to collect as many soda tabs as possible as these will be converted into cash.

It's hard to imagine that such a campaign will be free of parent or community involvement. Indeed, a parent of a third grader happens to work in a restaurant and what

can you expect? To-date, she has been responsible for bringing in a bagful of pop tabs.

The beneficiary is of course the third grade class, which is currently a close second in the race for top collection honors. It's been whispered also that the frontrunner is grade six, while grade seven is going on their second box.

Incentives include a prize consisting of a free non-uniform dress.

With everybody at O.L.P.H. involved, the school invites the community to drop off their collected soda tabs at either the front office or the development office.

At the end of the day, the collected pop tabs will be recycled and the process will not only help the environment but, equally important, help families in need of such support as well.

The Interact and Youthact clubs will plan, shop for, and help prepare a meal for the Ronald McDonald House residents. At some point, most likely in the meal preparation phase, regular Rotary members will be asked to join in the fun.

The campaign, one of many projects the Interact/Youthact clubs undertake in the course of the school year, ends in April. The day after Veterans Day, for example, Interact put together

care packages for U.S. troops serving overseas. Towards the end of November, Interact sponsored a movie night as well as a bake sale both of which earned \$500 for the club.

The officers of Interact are: Nathalie Castanos, president; Isabella Rea, vice-president; Paloma Ustquiano, secretary; Alysson Villarino, treasurer; and Cyan Granillo, director. Youthact officers: Nathaniel Mongan, president; Lauryn Fernandez, vice-president; and Isabella Rodriguez, co-president.

OLPH was founded on Sept.13, 1948, starting out with a minuscule staff of three Sisters of Notre Dame. It is described as an educational ministry of Our Lady of Perpetual Help Parish. It reached a peak enrollment of 965 students in 1959.

The rich lessons the eager Interact/Youthact members absorb as they go through their paces cannot be overemphasized. They learn initiative, goal-setting, teamwork, patience, persistence—in addition to leadership and other complementary skills, the joy of achievement, the gaining of self-confidence. These are just the obvious benefits. Whatever other gains they make are sure to become part of their make-up, their growth, their future.



Jose Cuevas and his daughter, Yulissa.

CHRISTMAS WITHOUT DAD

By Sandra Cuevas

DOWNEY – On April 30 of this year, my husband Jose Cuevas lost his life suddenly in a tragic car accident on his way home at 7:50 p.m.

He was struck head-on by a vehicle that was driving at a high speed in the wrong lane. My husband lost his life on impact and he never made it home.

It was his 39th birthday and my two kids and I were waiting for my husband to walk through the door and surprise him with a small birthday party that my two children had arranged for their father; little did we know he had lost his life and we would never see him again.

My husband normally never worked on his birthday but because he was a responsible man he went to work and ended up working overtime that day.

Once I discovered at 9 p.m. that my husband had lost his life, our life changed forever. At this point my 14-year-old daughter can't do anything other than grieve her father's death.

On the second day of his death my daughter wrote a poem in his honor and read it during his service. It was important for her to share with others so they realized the impact that her father had on her life, and for those who grieve to understand that they will never be lonely.

This is the poem Yulissa wrote and she would be deeply grateful if it could be published for others to read:

*Vision blurs, thoughts crowded,
sound turns white, and life turns into
a flash, right before your eyes. Nothing seems clear, so all you
can do is make a river that trails down your face. Nothing seems
right. You're scared because someone so loved has become an
angel. An angel with such beautiful wings that has made a life
long journey to heaven. All his days here on earth here were
worth every second. He left this earth because God needed an angel,
so he's up in heaven caring for those he loves so much.
He cleans our tears with his hands and protects us with his wings.
He can never leave us because he's our guardian angel.
But one thing is certain, our love for him is indescribable
because no words exist for this love he has for us all.
We are never alone.*

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Volunteers are decorating Downey's rose float, which will be featured in the Tournament of Roses Parade New Year's Day. From left: Wes Nieblas, Kelley Roberts and Omar Camacho.

Volunteers help decorate Downey float

DOWNEY – An estimated 100 volunteers began channeling their energies the day after Christmas into decorating Downey's float as the Downey Rose Float Association puts its finishing touches on its entry, "The Glass Slipper," in the 125th Tournament of Roses Parade in Pasadena Jan. 1.

This is the final phase of Downey's self-built float construction that first began in the imaginations of Thom Neighbors, Jason Redfox, Jeff Shadic and Kelley Roberts – who put their minds together in coming up with the concept of The Glass Slipper as representing the overall Tournament theme of "Dreams Come True," and rendered by Thom Neighbors; and, secondly, whose physical manifestations started to take shape in early spring; and, finally, after much patient, plodding work over the months by a core volunteer construction crew made up of Andrew Malarkey, Mike Negreti, Glenn Alvarez, Jeremy Clifton, Mike Minnig and Jeff Shadic, under the direction of longtime construction chief Kelley Roberts, is now nearing fruition.

Dry materials are currently being glued on to the 50-ft. long, 18-ft. wide, 28-ft. tall white-painted float, including: barley, rice, orange and yellow lentils, ground carrot and squash seeds. This will take about four days.

In the final two days of decoration the efforts of the volunteers, fed and supplied with drink by such food and beverage donors as Knott's Berry Farm and Buffalo Wild Wings, will reach fever-pitch as \$18,000 worth of roses, including pink, yellow and red-yellow (some 10,000 of them) as well as white and purple (about 500) and hydrangea orchids (500) will be tacked on to the float's bed and its key elements (castle entrance and exit, a large clock, and a fountain in the center).

The final two judgments, according to Roberts, to determine especially the float's aesthetic values, take place Dec. 30-31.

Roberts said the cost of constructing the float was achieved through cost-cutting and using old materials, notwithstanding the various fundraising activities conducted by the DRFA. Total cost is \$33,000.

"As float construction is practically year-round, so is raising money to pay for the flowers and construction," he said.

Then he paid tribute to the contributions made over the years by Titan Transportation for its transportation services, the Downey Police Department for escorting the float to and from Pasadena, and Leach Grain & Milling for the seeds used on the float.

Featured riders on the float, according to Roberts, will be Miss Downey and her court, Roscommon County, Ireland's Pearl Crosby-Dillon, and Warren High's Gordon Sodemani.

–Henry Veneracion, staff writer

PEOPLE PROFILE

Beverly Mathis: hard work pays off

By Henry Veneracion
Staff Writer

DOWNEY – Beverly Mathis has over the years among other things served two terms as president of Soroptimist International of Downey, one term as president of the Assistance League of Downey, and served on the boards of the former Downey Regional Medical Center and the old Downey Museum of Art, while being made a life member of the Los Angeles Children's Hospital's San Antonio Guild (Downey chapter), and has played a particularly active and visible role as a volunteer for several years at Rancho Los Amigos National Rehabilitation Center, especially in the last four years as she chaired its major fundraiser, the Amistad annual event.

It is generally recognized that it was during her term as Amistad chair, in 2011, that the gala event raised the most money before or since (it was in the middle six-figure range).

In addition, Mathis has for the last 20 years chaired the Downey Optimist Scholarship awards and programs, and has recently been appointed to the Downey Library Advisory Board.

A member of the Downey Soroptimist club since 1984, she is currently on its board of directors. She has chaired Soroptimist's scholarship program for the past several years.

A member of the Assistance League of Downey since 1989, she has served as treasurer for two terms, has chaired fundraising events, and has been a member of the board for the last 15 years.

Beverly has in the meantime been extremely involved with the Assisteens Auxiliary. She has also taken over as chairman of the H.O.M.E. philanthropic project, which she describes as a "10-unit

apartment complex adjacent to Rancho Los Amigos National Rehabilitation Hospital. Built and operated by the Assistance League of Downey, it provides temporary, low-cost housing to families who have loved ones in rehabilitative care at Rancho."

These and her other community involvements have resulted in her being honored with such distinctions as the Soroptimist Woman of Distinction and Life Membership Awards as well as, with husband Sam, sharing Mayor Mario Guerra's Diakonia Award for community service in August.

What is little known is that she's a product of Downey's school system: she belonged to the first graduating class of what was then known as North Jr. High and graduated from Downey High School. She has been a Downey resident for 60 years, and works as office manager for AD-DE-PRO, Inc., a small machine tools manufacturing company in Downey which was founded in the 70's and which she co-owns with her only son, Andy. Its products cater to the aircraft and helicopter industries via intermediate layers of middlemen.

Sam, who is very active as well raising funds while on the board of the Rancho Los Amigos Foundation, runs his own company, Sam's Roofing, a building supplies store in Paramount.

Beverly has maintained her interest in calligraphy, as a hobby. She says etching on hard, special paper such as vellum tends to relax her. Of good health, she likes to cook. Another favorite pastime is reading (mostly spy novels but also serious stuff such as history); historical fiction is okay. She says she is currently into Ken Follett's second volume ("Winter of the World") of his trilogy.

Her great passion, though,

seems to be travel. She says she's moved to every country in Europe.

"Our favorite is Italy," she says, because of the culture, its history, the food, the art, the wine. "Italians are more animated, more dramatic, more passionate. We've been to the Vatican, of course, many times and seen the [glories] of the Sistine Chapel. We'll start in Rome, then proceed



north as far as Lake Como, then swing down to the south, to Naples and Sicily. We've recently been this summer to Capri—what a beautiful place!"

"We also want to spend as much time with our 13-year old grandson, Andrew, son of Andy. He's our joy," says Beverly. "Every couple of weeks this summer, we'd take him to Yellowstone and like places."

"We have so many good friends in Downey," Beverly goes on. "I feel very fortunate in knowing a lot of good and caring people here. Downey is a wonderful place to live. There are so many wonderful things here, so many volunteers. You get the feeling of pride to be in a community where there are so many service organizations, so many cultural things. We're very fortunate."

Do you have any interesting observations in the course of your travels, I asked.

"Why, yes," she said. "You get to appreciate the U.S. more. You get the feeling that indeed you live in the greatest country in the world. In other countries, you'll notice there's still a class system operating. Here, if you take the opportunity to get a good education and you work hard, you can have a very good life."

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RANCHO, BANK OF AMERICA MAKE WISHES COME TRUE



• Bank of America adopts 39 families from Rancho Los Amigos hospital.

DOWNEY – Holiday cheer filled the rehabilitation hall once more as Bank of America and Rancho Los Amigos National Rehabilitation Center gathered together for their annual Holiday Family Adoption Party last week.

This year, 39 families were adopted by Bank of America branches and over 40 bank volunteers were on-hand to present the families with gifts for the holiday season.

The 19th Annual Patient Family Adoption Program brings hope for the holidays to families in need and since its inception Bank of America has adopted hundreds of Rancho families.

After enjoying a plentiful dinner, the families are presented with gifts that fulfilled their holiday wishes, including; microwaves, televisions, other various household items and of course toys.

"It is always moving to be able to count on the spirit of kindness in our community and we appreciate Bank of America

for participating every year since the program started," said Debbie Tomlinson, Rancho Director of Volunteer and Support Services. "These families do not have much and these gifts mean a lot to them this time of year."

Bank of America has been supporting Rancho for the past 40 years and received the hospital's highest honor, the Amistad Award, in 2007 for its service to patient families in need.

There was a brief bittersweet moment during the evening when Rancho hospital officials honored Roger Ferguson, Bank of America Vice President and Co-Chair for the Greater Los Angeles Community Volunteers, with a special plaque for his service throughout the years. Roger will be retiring this coming February.

Roger has been involved with Rancho Los Amigos for the past 14 years and has been a major advocate for the adoption program. His goal each year is to have as many families adopted by bank associates as possible. Last year, 43 families were adopted - the most in the history of the program.

He is also the driving force behind the bank's volunteer efforts through the Bank of America Community Volunteers Program,

which has given over 56,000 hours of volunteer service throughout Los Angeles this year. In 2012, he was recognized as the Bank of America Volunteer Service Award recipient for Los Angeles for his depth of service and for his ability to motivate others to serve.

"It has been an honor to work with so many dedicated volunteers from throughout the Bank of America network," said Roger. "People say I am an inspiration but it is really the volunteers and the passion of nonprofits leaders that serves as an inspiration to me."

Although he is retiring, Roger is still committed to volunteerism. He plans to serve as a board member on one of the bank's retiree networks helping to increase the volunteer efforts of its members as well as continue his support to Rancho Los Amigos and other bank volunteers.

"To see the joy on the children's faces and to know that we are able to help make their holidays brighter is just heartwarming," said Roger. "I always walk away with a sense of accomplishment and gratitude from Rancho Los Amigos and am amazed every year by the passion of everyone who makes the program possible."

Roger started his career with Bank of America in 1966 and will be retiring after 48 years with the company. He has also been a longtime supporter of other nonprofits, including the Leukemia Lymphoma Society, Susan G. Komen, March of Dimes, United Way, Midnight Mission, Skid Row Housing, Habitat for Humanity, and Pasadena Heritage.



Downey residents Sierra, Jazmine, Alex and Duran didn't forget about animals this holiday season, delivering toys and treats to the animals at SEAACA this past weekend.



Downey Adult School's ESL Department honored more than 20 graduates on Dec. 12 in a ceremony at the Harriett Paine Events Center. Students from Egypt, Columbia, Mexico, Guatemala and El Salvador received their diplomas "with pride," school officials said. "Students in the English-as-a-Second Language Program must complete attendance hours, proficiency tests and a final exam in order to be eligible to graduate. A reception was held in their honor to recognize their achievements."



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Letters to the Editor:

Space center

Dear Editor:

In reading "Downey's Space Shuttle Mock-Up Going Back in Storage" (The Downey Patriot, 12/19/13), two things become clear: not only is there no plan for the preservation and display of the shuttle mock-up, there's no plan to even develop a plan.

Although city officials readily admit the challenges they face with both the mock-up and the Columbia Memorial Space Center, no concrete vision has been developed for preserving these important treasures for future generations.

Instead, after sitting (and, according to some accounts, rotting away) under a rented party tent for nearly two years, the mock-up will soon be moved yet again, this time to the outdoor nursery of a city maintenance yard.

During the intervening period, reports indicate efforts were made to give the shuttle mock-up away to another city, clearly indicating our city's leadership appears to have little idea as to how to get out of this mess. Although I firmly believe our city's leadership has good intents, many of the actions taken thus far show an absolute refusal to fully embrace the mock-up as a piece of our history that must be preserved, and an equally steadfast refusal to – so far – bring in the leadership needed to ensure its preservation.

In possibly the best move taken by the city to address these challenges, the president and CEO of the San Diego Air & Space Museum was invited to share his thoughts about our space center and its operations. Among his recommendations? That the space center be allowed to operate with the least interference from city hall.

The time is right for the city to turn over operations for both the space center and the mock-up to a new non-profit organization, empowered to take the actions that need to be taken. (The center's current "foundation" has little authority.) The city would retain ownership of the building(s) and related land; daily operation of the artifacts and the program's educational mission would become the responsibility of experts, which could very well include former Rockwell Downey engineers and the many astronauts our nation's space program produced.

The Columbia Memorial Space Center and the space shuttle mock-up need to be under the stewardship of experts. Our city's space history deserves nothing less.

**Mark Echmalian
Downey**

Dear Editor:

I was appalled to learn of the Columbia Memorial Space Center's policy regarding children.

Children under the age of 16 must be accompanied by an adult chaperone at all times during museum visits. I find this policy completely ridiculous.

I would like to suggest (free of any consultation fees) that if the museum wishes to thrive in this community it should stop marginalizing the very public it has been built to serve, the children of Downey.

I recently signed myself and my two children (ages 9 and 11) up for a robotics class. I was quickly informed that although there were no age restrictions to attend classes, it was for educators only. No problems, I told them I would pay for my children to enjoy the facilities for the couple of hours I was in class.

Gasp!

Among the reasons they gave for not allowing the children to enjoy the exhibits while I was in another room were, "It's our policy," "God-forbid something happens to your children" (although what could possibly happen while I'm in a room in the same building is beyond my imagination), "They might damage the exhibits" (news flash: many exhibits are already damaged with adult supervision), and "We can't be responsible for them."

On and on it went, all the reasons why they marginalized the very public they've committed to serve, the children of Downey.

Please understand this; I was not looking for someone to babysit my children. We live with their grandparents, I have babysitters galore. I trust my children. They are respectful and mature for their ages.

In my 30 years as an educator, I have learned a great many things from the children I serve. The most important is this: without risk, there is no growth.

I see the Columbia Memorial Space Center shrinking in its already small space because it is unwilling to risk in order to grow and as a side effect it's impeding the growth of the very public it wishes so desperately to serve, the children of Downey.

**Alida Chacon
Downey**

Happy new year

Dear Editor:

Happy New Year 2014 to all students and residents of the Cerritos College area.

**John Paul Drayer
Bellflower**

John Paul Drayer is a member of the Cerritos College Board of Trustees representing Area 3, which covers Downey, Bellflower, Cerritos and South Gate.

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More American teens smoking pot

By Stephen Gray Wallace, MS Ed

Not that it wasn't predictable, but the federal government, fueled by new Monitoring the Future data collected by the University of Michigan on behalf of the National Institute on Drug Abuse (NIDA), is reporting a rise in the illicit use of marijuana among high school students.

Shocking.

Did we really believe the loosening of restrictions on marijuana sales, possession, and use – including those related to "medicinal marijuana" – were to have no effect on those we have worked so hard to protect from the ravages of substance use condition and disorder. Not so much.

In fact, the national SADD organization predicted as much when it rallied publicly against decriminalizing the possession of marijuana years ago, stating, "Decriminalization would encourage increased use, including among teenagers. Decriminalization also sends the message that marijuana is harmless, which is not the case. The developing brains of teenagers are susceptible to negative changes as a result of drug and alcohol use, and these changes can be permanent."

This statement foreshadowed much of the information just released from NIDA, including reference to the normalizing of use and detrimental impact on maturing adolescent brains. Citing a new study by scientists at Northwestern University, NIDA director Dr. Nora D. Volkow, said, "What is worrisome is that we're seeing high levels of everyday use of marijuana among teenagers ... the type that is most likely to have negative effects on brain function and performance."

What are those effects?

According to the Northwestern study, they include differences in structures such as the thalamus, globus pallidus and striatum. Translation: a decline in "working memory" vital to such tasks as solving puzzles, remembering numbers or quickly processing information needed to perform everyday tasks. Working memory is also a strong predictor of academic success, according to Matthew J. Smith, an author of the study.

The NIDA report also highlights concern that the relaxation of restrictions on marijuana (which can now be sold legally in 20 states and Washington, DC) has been influencing the behavior of teenagers. The federal statistics tell us that more than 12 percent of eighth graders and 36 percent of high school seniors, at both public and private schools, reported smoking marijuana in the past year. Perhaps most alarming is

that approximately 60 percent of seniors said they did not believe regular use of the drug is harmful.

Similar attitudes were reflected in recent driving research conducted by SADD and Liberty Mutual Insurance, in which 23 percent of teens admit to driving under the influence of alcohol, marijuana or other drugs. A whopping one in four teens (25 percent) who have driven under the influence of marijuana say they're not distracted "at all" when mixing substance use with driving.

With 13 million driving-aged teenagers, according to the U.S. Census Bureau, we have reason to be afraid.

Very afraid.

The NIDA report also contains some good news noting alcohol use by teens – including bouts of heavy or "high risk" drinking – continues to decline, as does use of most every other illicit drug, including Vicodin, abuse of which is half what it was ten years ago.

The takeaway?

Prevention programming, such as the type provided by SADD through its thousands of school-based chapters across the country, works ... especially when we intentionally take two important steps:

Identify significant trends in substance use condition and substance use disorder;

Empower youth and all caring adults to talk about adolescent decision-making, convening key stakeholders in communities (school, public safety, parents and teens) to reach consensus and take action on prevention initiatives.

Finally, we must remain focused on the future, recommitting to initiatives aimed at keeping young people safe, alive and in pursuit of the positive youth outcomes they seek, lest our decades of work go up in smoke.

Stephen Gray Wallace, an associate research professor and director of the Center for Adolescent Research and Education (CARE) at Susquehanna University, has broad experience as a school psychologist and adolescent/family counselor. He is also a senior advisor to SADD, director of counseling and counselor training at Cape Cod Sea Camps, and a parenting expert at Kidsinthehouse.com. For more information about Stephen's work, please visit StephenGrayWallace.com.

Government cuts threaten cancer treatments

By Paul Billings M.D., Ph.D., Ronnie Andrews, and Bonnie J. Addario

Detecting cancer and other serious diseases just got harder, thanks to a short-sighted decision from federal officials.

At issue are government payment rates for molecular diagnostic tests -- essentially, analyses of changes in a person's genetic code and how those changes impact the individual's disease.

Earlier this year, the Centers for Medicare and Medicaid Services (CMS) proposed severely reducing the amount that the government would pay for such tests. And just last week, the agency announced that it would not revise its reimbursement policy for 2014 -- thereby building on its previous cuts.

By failing to pay adequately for these diagnostics, officials are putting lives at risk and raising health costs in the process. They must change their tune -- and ensure that reimbursement rates are sufficient for all Americans to have comprehensive access to these tests.

Molecular diagnostics represent among the most promising developments in medicine.

In fact, they can help patients suffering from an illness receive more targeted, individualized, and effective care.

Molecular diagnostics have been particularly powerful in the fight against cancer, which kills almost 1,600 Americans every day.

Consider lung cancer. Scientists at The Ohio State Comprehensive Cancer Center -- Arthur G. James Cancer Hospital and Richard J. Solove Research Institute have found that by analyzing over 50 genes in a lung cancer patient's tumor biopsy, they can tailor a patient's treatment based on mutations in those genes.

For example, if a mutation is found in the EGFR gene, the medications erlotinib or afatinib can be prescribed. These drugs have a 75-percent response rate. Standard chemotherapy, on the other hand, would have a 25-to-30 percent response rate to this particular patient's cancer.

Genetic testing has revolutionized not just the quality of care but its cost, too. The logic is simple -- better, faster diagnostics yield more precise, timely and less wasteful care. That saves money.

Every year, between 20 and 75 percent of patients do not respond adequately to the medication they have been prescribed. That high failure rate drives up healthcare costs. The president of the American Clinical Laboratory Association has estimated that the nation's healthcare system could save \$110 billion each year if genetic tests were used to individualize prescriptions for patients.

Employing genetic testing to steer colorectal-cancer patients onto appropriate drugs could save more than \$600 million annually. The Journal of the American Medical Association has reported that such testing could help predict the effectiveness of specific chemotherapy treatments for breast-cancer patients -- and yield \$400 million in savings in the process.

Yet federal officials have not brought their payment policies in line with this new science. In order to bring more clarity to the billing process, CMS has moved away from having labs bill for every step of a test separately -- and instead assigned new, test-specific codes.

Unfortunately, CMS chose a pricing method for these new codes that allowed local Medicare contractors to slash the rates they will pay for molecular diagnostics by as much as 80 percent.

CMS's decision affects all Americans -- not just those on Medicare or Medicaid. Many insurance companies base their reimbursement policies on those of the agency. With payment rates plummeting, some laboratories may no longer be able to afford to run these critical tests. While these tests have typically been billed at \$1200 to \$3500, margins aren't that high. Consequently, genetic testing could end up being available only through elite academic institutions -- not through community hospitals, where the vast majority of patients are diagnosed and treated.

Moreover, low payment rates will make it harder for medical innovators creating new diagnostic technology to recoup their significant upfront investments. That will slow the pace of medical development.

Molecular diagnostics have turned previously deadly diseases into manageable or even curable conditions. And they have saved the healthcare system money in the process.

Consequently, federal officials should pay for molecular diagnostics tests according to the value they deliver to patients and the broader healthcare system -- not simply in line with the cost of running the test. That's the only way to ensure that patients can continue to have access to this life-saving medical technology.

Paul R. Billings M.D., Ph.D. is the Chief Medical Officer of California-based Life Technologies, where Ronnie Andrews serves as President of Genetic and Medical Sciences. Bonnie J. Addario is Chair and Founder of the Bonnie J. Addario Lung Cancer Foundation and Addario Lung Cancer Medical Institute.

Letters to the Editor:

Firefighters' claims

Dear Editor:

After reading the story "Fire Union Accuses Chief of Harassment, Discrimination" (TheDowneyPatriot.com, 12/23/13), I am appalled and disgusted with our firefighters.

Councilman Alex Saab is right; their allegations are the acts of a desperate fire union upset that the city chose not to disband Downey FD and contract with L.A. County.

Memo to Downey firefighters: Downey residents want their own fire department. If you don't like it, find a job elsewhere.

**Albert Traverso
Downey**

Dear Editor:

Am I the only person growing tired of hearing the Downey Firemen's Association whine and gripe about their jobs?

Downey firefighters receive generous pay and benefits. There are literally hundreds, if not thousands, of able-bodied men and women willing to take their jobs if they are unsatisfied.

The worst part is the Downey Firemen's Association is further staining the reputations of labor unions across the country who legitimately fight for the rights of their workers.

**Armando Vegas
Downey**

Dear Editor:

A fire department should be a source of pride for a community but my patience is wearing thin with the Downey Fire Department.

The allegations filed in their claim against the city sound exaggerated and contrived. Fire Chief Lonnie Croom was thrown under the bus and his only crime was handling his job with integrity and professionalism.

When I see a Downey fire engine drive down the street, I no longer feel a sense of pride. Instead I am embarrassed.

**Margie Paletz
Downey**

Dealing in facts

Dear Editor:

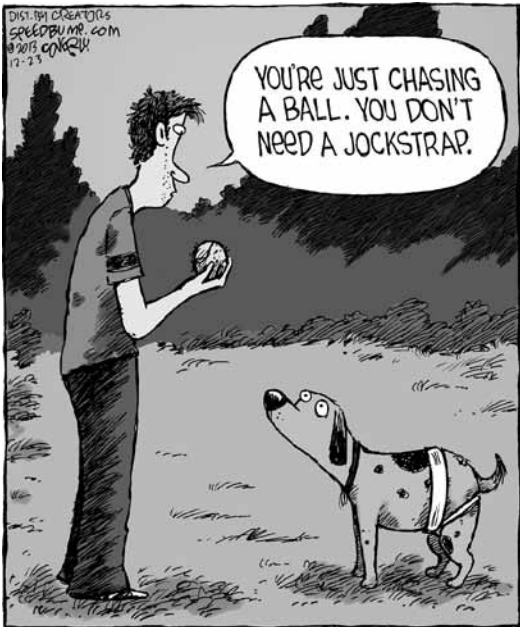
I find it ironic that Glory Derrberry would write into the paper and even mention the word "facts." After all, isn't she married to the "pastor" that has predicted the end of the world several times now and been sorely mistaken?

If she expects us to take her seriously and deal in facts, perhaps she should be the one to start!

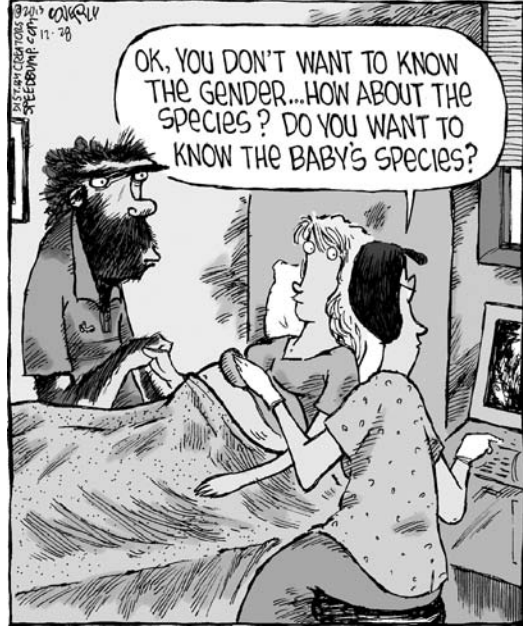
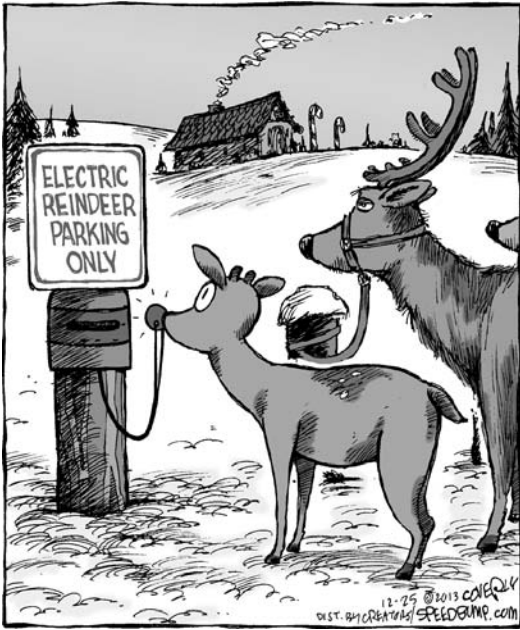
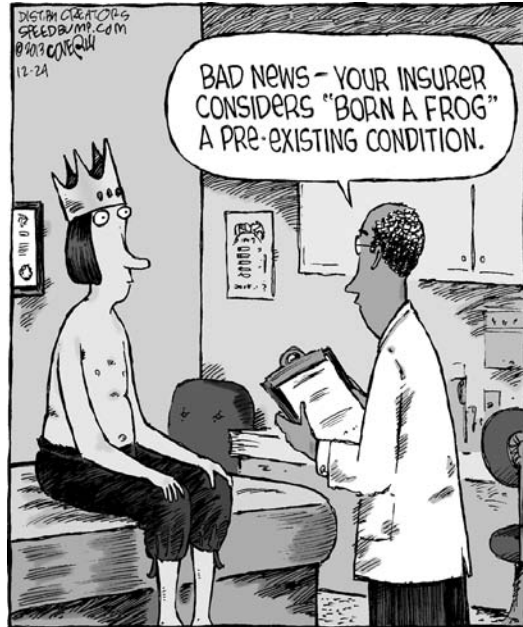
**Megan Ortiz
Downey**

CORRECTION: A story in last week's edition incorrectly stated that Downey High School wrestler Armando Padilla finished fourth in the Mater Dei wrestling tournament. In fact, Padillo, who wrestles at 132 pounds, finished third. We apologize for the error.

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For December

Tues. Dec. 31: **New Year's Eve party**, Downey Elks Lodge, 7 p.m.

City Meetings

- 1st & 3rd Wednesday, 6:30 p.m.: **Planning Commission**, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.
- 1st Tuesday, 6:00 p.m.: **Emergency Preparedness Committee**, at Fire Station No. 1, 12222 Paramount Blvd.
- 2nd & 4th Tuesday, 6:30 p.m.: **City Council**, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 4th Mon., 5 p.m.: **Green Task Force**, at City Hall.

Regularly Scheduled Meetings

Mondays

- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church.
- 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 Paul Sheets at 714-618-1142.
- 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: **Rotary Club**, at Rio Hondo, for information e-mail Diane Davis at ddavis87@me.com.
- 6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Raul Castillo 400-2561.
- 6:15 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives, for info call 923-1932.
- 1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
- 2nd Tues., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7117.
- 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call 927-6438.
- 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
- 3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
- Tues., Thurs. & Sat., 10 a.m.: **Downey Bocce Club**, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

Wednesdays

- 7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: **Women's Bocce Club**, at 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 11 a.m.: **Woman's Club of Downey**, for information call Cheryl Olson 833-8954.
- 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, at Community Center, for information call Cindy 803-4048.
- 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
- 2nd Weds., 11:30 a.m.: **Christian Women's Club**, at Los Amigos Country Club, call Anita 861-3414.
- 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
- 3rd Weds., - **Downey Dog Obedience Club**, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 10 a.m.: **Los Angeles County Quilters Guild**, at Women's Club, for information call (310) 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.
- 2nd & 4th Thurs., 6 p.m.: **Lions Club**, at Coco's, for information call Lenora (310) 283-9825.
- 3rd Thurs., 4 p.m.: **Public Works Committee**, at City Hall Training Room.
- 3rd Thurs., 6 p.m.: **Downey CIPAC**, at Sizzler's Restaurant, for information call Rich Tuttle 413-6045.
- 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

Fridays

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

Saturdays

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

On This Day...

Dec. 26, 1865: James H. Nason of Franklin, Mass., received a patent for a coffee percolator.
1908: Jack Johnson became the first black heavyweight boxing champion when he knocked out Tommy Burns in Sydney, Australia.
1996: Six-year-old beauty queen JonBenet Ramsey was found beaten and strangled in the basement of her family's home in Boulder, Colo.
Birthdays: Record producer Phil Spector (77), "America's Most Wanted" host John Walsh (68), baseball hall of famer Carlton Fisk (66), baseball hall of famer Ozzie Smith (59), Metallica drummer Lars Ulrich (50), rock singer Jared Leto (42) and rock singer Chris Daughtry (34).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
SEASON'S EATINGS: Timely audible edibles
 by S.N.

- | | | |
|---|---|-----------------------------------|
| ACROSS | 80 Parting words | 9 American Legion member |
| 1 Target of some spectator boos | 82 Watched Fluffy | 10 Abandon |
| 7 NBA team, for short | 84 Carpet fabric | 11 Three, in Bonn |
| 11 Tivo's, e.g. | 85 Vivaldi concerto soloist | 12 Perfume holder |
| 15 Fictional submariner | 87 Attic spaces | 13 Curtain holder |
| 19 Warm-up act | 88 "Don't you cry, I'll be ...": "Frosty the Snowman" | 14 Object of some cable TV "Wars" |
| 20 Oil ministers' org. | 94 How you start something | 15 Flower girl, perhaps |
| 21 Public uproar | 97 Microscope part | 16 Law school course |
| 22 Emphatic type: Abbr. | 98 Lasso loop | 17 Rum cocktail |
| 23 Line from "... All Ye Faithful" | 99 Shakespeare contemporary | 18 Netanyahu predecessor |
| 27 Make a connection | 103 Kid's talking toy | 24 Da Vinci Code setting |
| 28 Hugs, in a love letter | 106 Humdrum | 25 Coral isle |
| 29 Online sales | 108 Britain (London art museum) | 26 Button on 11 Across |
| 30 Say from memory | 109 Floorboard sounds | 32 Adolescent |
| 31 Tweak text | 110 The Dragons of Eden author | 34 "Holy cow!" |
| 33 32 Down rite of passage | 112 Every other tropical storm | 35 Prefix meaning "green" |
| 36 Wheels on a track | 114 Hill (San Francisco area) | 36 Makes over |
| 37 Larder of lipstick | 115 Our appropriate year-end wish | 38 Novelist Hunter |
| 39 Outspoken | 120 Olympics blade | 40 Is obliged to |
| 40 Designer Cassini | 121 Mideast airline | 41 Ran ahead of |
| 42 Collect dust | 122 Way of walking | 44 Frat letter |
| 43 "Say hello to friends you know and ...": "... Holly Jolly Christmas" | 123 Head of a violin | 45 Poetic preposition |
| 48 Arise (from) | 124 Takes the plunge | 46 Smithsonian space seller |
| 51 Start from scratch with | 125 Moist, as at sunrise | 47 Tenth-anniversary gift |
| 52 Musical lament | 126 Governess of fiction | 48 Decline gradually |
| 56 Yogurt flavor | 127 Largest Amer. union | 49 Italian wine |
| 57 July birthstones | | 50 Kind of comparison |
| 61 Tailors, at times | | 53 Poker play |
| 63 Be boastful | | 54 Struggle to hold |
| 64 Clip-on device | | 55 Second sight |
| 65 Heredity component | | 57 Cape Town cash |
| 66 Criminal charge | | 58 "I hated it!" |
| 67 Line from "Silent Night" | DOWN | 59 Dragonfly prey |
| 73 Chiang adversary | 1 Baby's sock | 60 More than sore |
| 74 Cargo | 2 Plant pests | 62 Whichever you want |
| 75 Julius Caesar costumes | 3 Duplicity | 64 One of 88 |
| 76 Chills in the air | 4 Italian article | 65 Chew on |
| 78 Singer whose name is an anagram of "enlarge" | 5 Written reminder | 68 Justice Kagan |
| | 6 Hospital area | 69 Whodunit pioneer |
| | 7 Simpsons bartender | 70 Trapp (Sound of Music surname) |
| | 8 Well-put | |

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- | | | |
|------------------------------|------------------------------|------------------------------|
| 71 Teamwork disrupter | 89 Disagreed sharply | 104 What shirt collars cover |
| 72 Beseech | 90 Close enough | 105 Telescope's target |
| 73 Besmirch | 91 Lunchtime for many | 106 Mickelson's org. |
| 77 DC grid | 92 Mariner's signal | 107 Place for toys |
| 79 Hold up | 93 Basic cable channel | 110 Cabbage concoction |
| 80 Marshes | 94 Steer clear of | 111 Join forces |
| 81 Thumbs-up vote | 95 Sonoran's shawl | 113 Carve in glass |
| 82 Rude fellow | 96 Leaked through | 116 Jai-alai cheer |
| 83 Typical Al-Jazeera viewer | 100 Bryce National Park | 117 Football filler |
| 86 Make illegal | 101 Eight-time Oscar nominee | 118 Suffix for 119 Down |
| 87 Layered rock | 102 Astronomical cloud | 119 Metallic rock |

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

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

SEE N. SAY (103 Across) was created by Mattel in 1965 after the success of its talking Chatty Cathy doll. The eight Oscar nominations the most of any performer without a win. Other "holiday lyrics" that didn't make it into the puzzle: "MAYO New Year's dreams come true"; "OREO the fields we go" and "every street CORN EAR you hear".

Paging Dr. Frischer...

By Dr. Alan Frischer



motion sickness (car, air, or boat), or tend to spend time on the water, then include Dramamine, Bonine, or Marazine - all available over-the-counter. A scopolamine patch is available by prescription. The patch is placed on the skin behind the ear and lasts for three days.

•Don't forget treatment for the skin, such as a hydrocortisone cream for inflammation, topical antibiotic cream for cuts or infections, antiseptic hand cleanser, hydrogen peroxide or alcohol wipes to cleanse wounds, and even a simple moisturizing lotion for dry skin. Throw in a tube of sunscreen!

I recommend that patients with chronic recurring infections carry one round of antibiotics when traveling - but only with their doctor's blessing (and prescription). Antibiotics are notoriously overused and misused, and (don't take this personally!) I do not support routinely carrying spare antibiotics to take when you aren't feeling well, at your own discretion.

•Include at least one blanket, a thermometer, tweezers, nail clippers, and a first aid instruction booklet (try the Red Cross's "Emergency First Aid Guide," available for about \$3.25).

•Don't forget an emergency supply of your own personal meds, especially if this first-aid kit is for travel. Consider carrying a copy of your medical records; this can be especially useful if you need to see a doctor while out of town or out of the country.

The most important accessory to your first aid kit is something that practically every one of us always has handy: a cellphone. Making a phone call in an emergency may be the most important thing you do. You may be surprised to learn that federal law mandates that any old (charged) cellphone, even if it is not on a current contract with a service provider, will still dial 911! You might want to include an old cellphone in your first aid kit, making a habit of charging it on a regular basis.

Most of the contents of our first aid kits will lose their effectiveness over time. It's critical that we review it once a year and update it. Think of a first aid kit as insurance - may we never need it!

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.

Weight loss during the holidays not impossible

It's hard to stick to a low-calorie diet day after day to lose weight, but new research shows you don't have to, says Dr. Susie Rockway, a veteran nutritional and biochemical expert in the U.S. health industry.

"Recent studies show you can lose 10 to 30 pounds in eight weeks through alternate-day fasting," she says. "Every other day, dieters in the study ate only lunch - no breakfast or dinner - between noon and 2 p.m. The following day, they could eat whatever they wanted. Not only did they not 'gorge' as expected on the feed days, most had an easier time sticking with it."

Dieting is as much about the mind as it is about the body, and most people have a difficult time staying with any sort of very strict regimen, says Sebastien Hebbelinck, a 20-year-plus veteran of the nutraceutical industry.

In the alternate day fast studies conducted by Dr. Krista Varady of the University of Illinois at Chicago, participants on average

consumed only 110 percent of their energy needs on feed days, Rockway says. Lunch on fast days was 400 to 500 calories for women and 500 to 600 calories for men.

Hebbelinck, the CEO of Apax Business Development, which produces the water-soluble fat-binding supplement Lineatabs, offers these other suggestions for indulging your taste buds while losing weight or maintaining a healthy weight.

- Eat your bigger meals earlier in the day. Avoiding large meals at dinnertime is effective in helping to lose weight, particularly abdominal fat. In fact, another fasting study -- presented at this year's American Diabetes Association conference -- showed that dieters who ate big meals at breakfast and lunch and skipped dinner lost more weight than participants who ate six small meals a day.

- Don't belly up to the buffet bar. Whether it's a cheat meal or a cheat day, throw all those studies out the window if you

gorge on huge quantities of food. Eat controlled portions of healthy, nutritious foods. You can enjoy a nice lunch with a glass of wine and even a dessert, but don't go back for seconds and don't order the Decadent Chocolate-for-Four if you have no plans to share!

Rockway adds the following tips based on her nutritional and biochemical expertise.

- Include plenty of fiber and water (stay hydrated!). Unlike most nutrients in foods, we don't absorb fiber. It passes through our digestive tract, and if it's soluble fiber, it can help us feel full since it forms viscous gels. High-fiber foods include legumes, beans, avocados, nuts, whole fruits (versus juice), and whole-grain foods such as whole wheat spaghetti. On a cheat day, you may splurge on a higher fat hamburger or fries, which case this is the perfect time to take a fiber-rich fat-binding supplement such as Lineatabs before the meal to help prevent some of the excess fats from being absorbed. Rockway

likes Lineatabs because, unlike other fat-binding supplements, it dissolves in water and is consumed as a beverage, making the fiber soluble in the stomach and immediately available to bind to fats. It then forms a viscous fiber in the small intestines to form a barrier to reduce absorption. AND you get the fluid your body needs!!

- Healthy eating: Plan meals that are higher in lean protein and lower in simple carbohydrates. This will help you avoid a sugar spike that will leave you feeling hungry soon afterward. It also stabilizes your insulin levels, and protein foods are the most satiating. If you are satisfied after you eat, you will be less likely to snack later. Some great high-protein choices include turkey or chicken breast, pork loin chop, tuna and salmon and whey protein shakes. Avoid foods high in simple carbs, such as syrups, soft drinks and jams.

For your health, learn to say 'no'

Men expect more than women when it comes to "having it all," according to a new study by Citi and LinkedIn titled, "Today's Professional Woman Report."

More men than women define the good life as including a strong and loving marriage with children - 79 percent, compared to 66 percent of women. And 9 percent of women do not include personal relationships in their pursuit of success - up from 5 percent in the previous survey.

"This study may be an indicator not so much that women want less than men; it may simply mean that women are feeling overwhelmed by the many roles they accept in life, and they believe wanting a happy work-life balance is asking for too much," says Dr. Jaime Kulaga, a practicing therapist, life coach and author of "Type 'SuperWoman' - Finding the Work-Life Balance: A Self-Searching Book for Women," (www.mindfulrehab.com).

"In fact, I haven't met a woman

in my life who hasn't taken on an exponential amount of roles - far more than is good for any one person. From wife to professional to cook to chauffeur, women simply do not know how to say no, even when they want to."

While the holiday season is supposed to be a time when family members rejoice with family and free time, Dr. Kulaga says women often dread this time of year because of the additional roles to be taken on. She offers perspective for why saying "no" more often is good for them.

- An inability to say "no" is based in fear. Why can't we just say no? It's because we're afraid of the consequences. Mostly, we are afraid of feeling guilt, feeling a sense that we are diminished in the eyes of others and, overall, that we will somehow lose something. Decisions based in fear, however, are often negative ones as they tend to be entrenched in irrationality or impulsivity. Try to decide things

based on what you want, and not what you're attempting to avoid.

- Women who can't say "no" have less, not more; be mindful. Mindfulness is an excellent way to pare down the number of roles so many women assume; it's the antidote for women who smile and nod "yes" when their brains are screaming "no," and then go into the bathroom to cry. There is plenty of talk about women who "want it all" - and we can have it all, if we focus on what is really important and narrow the list of roles down to a manageable number.

- By saying "no" to some things, you're saying "yes" to others. As mortal individuals, our time and resources are limited. We simply cannot take on all the roles others would have us accept and still have time for the things that truly matter to us. Working late each night, for example, means having less time for your family - or yourself! When women list their priorities, it's almost always in relation to the needs of others, and not themselves. It's not only OK, it's healthy to want time and other things for oneself!

Have you experienced a medical emergency? Were you prepared? It's important to have a complete and up-to-date first-aid kit in our home, office, car, boat... wherever we spend our time.

Ready-made first aid kits are easily available. However, by preparing our own we not only save money but also can tailor it to suit our own particular needs. Consider what unique types of medical problems you are likely to face. Take into account whether you will be the one using the kit, or whether it's intended for others who have different levels of skills and experience.

Decide whether it is intended to stay in one place - a home, or office - or will travel with you in your car or suitcase. Determine how much space you will have, and a location where it will be easily accessible. First-aid kits have a bad habit of ending up forgotten in a cupboard, in the garage, or anywhere except where you need them. Always create more than one. For some of us, the most important one is in our car - our car is likely to be wherever we are.

Assemble a list of injuries or problems. Accidents and illnesses are, by their very nature, unpredictable, but consider dehydration, sunburns, cuts and scrapes, bruises, motion sickness, stings and bites, chapped and dried skin, swimmer's ear, sprains and strains, burns, infections, food and water poisoning, allergic reactions (food, bees...), diarrhea, constipation, broken bones, hypothermia, hyperthermia and shock.

There is no one set of ideal contents for everybody. When assembling yours, consider:

•No first aid kit is complete without a collection of bandages. Include several sizes of adhesive bandages, elastic bandages (such as ACE), butterfly bandages to close a wound, sterile gauze pads, medical adhesive paper and cloth tape, and bandage scissors. One newer product is the liquid bandage. It can provide great protection for minor cuts, scrapes, and blisters

•Also a top priority will be pain medications such as aspirin, acetaminophen (Tylenol), and ibuprofen (Motrin, Advil).

•If you are susceptible to

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SPORTS BRIEFS: Bosco wins state championship

• St. John Bosco holds off Concord De La Salle to win state title.

By Mark Fetter
Contributor

BELLFLOWER - The St. John Bosco Braves (16-0) are the C.I.F. Open Division California state football champions after defeating perennial power Concord De La Salle 20-14 last Saturday night at Stub Hub Center in Carson.

Depending on what poll you look at, Bosco also earned national champion honors. The USA Today and Xcellent 25 have Bosco ranked number three behind Booker T. Washington of Miami, Florida and Allen of Allen, Texas, respectively. Maxpreps computer rankings have Bosco ranked number one with Washington fourth and Allen third. Too bad there is no playoff in high school football to settle this.

The Braves finished their undefeated season by going 5-0 in the preseason. The Braves then earned Trinity League champion honors by going 5-0 in league play. The Braves defeated Agoura 69-24 in the first round of the PAC 5 playoffs. The Braves then

defeated Tesoro 55-7 in the second round of the playoffs. Bosco then defeated Alemany 56-14 in the PAC 5 semifinals. The Braves then defeated Trinity League foe Mater Dei a second time in the PAC 5 championship game 34-7 (the Braves defeated Mater Dei the first time 24-2).

Bosco then went on to defeat Corona Centennial in the southern California championship game 70-49 at Cerritos College and then defeated northern California's champion Concord De La Salle 20-14 to win the California state championship. The Braves' offense averaged 55.67 points per game and staunch defense only allowed 18 points per game during their playoff championship run.

Head Coach Jason Negro is extremely proud of how hard his players and staff worked to win this title. Negro has set the bar wildly high in only his third year at St. John Bosco. Starting junior quarterback Josh Rosen, as well as many underclassmen, will return to Bosco next season in hopes of defending their title.

The Long Beach Press-Telegram released their annual Dream Team selections this past Tuesday for girls' tennis. The city of Downey,

as well as the San Gabriel Valley League, was well represented by players from both Downey and Warren High Schools.

Downey senior standout Erin Freeman was selected to the first team Dream Team while Isa Lopez and Bohesa Won of Warren both earned second team Dream Team honors. Ellis Pineda of Paramount and Maribelle Leang of Paramount were also selected to the second team Dream Team from the San Gabriel Valley League.

Erin Freeman never lost a match in four years of S.G.V.L. play. Freeman finished off her senior season by going 22-0 and earned individual league champion honors. For her efforts, Freeman will be attending Utah State University next fall to play collegiate tennis. Freeman is the first Downey girls tennis player to earn a full-ride scholarship. Perhaps what is most unique about Freeman is that she only started playing tennis as a freshman.

Coaches Denise Diego of Downey and Mary Starksen of Warren are extremely proud of their players' hard work and resulting accomplishments this season.

Warren was the San Gabriel Valley League champion with a league record of 11-1. Downey finished second in league play with a record of 9-3.

Warren's only loss in league play was to Downey at Downey after a tie (9-9) went to criteria. Two of Downey's three league losses came to Warren. One loss was a 10-8 loss at Warren early in league play and the other was a tie (9-9) at Warren that went to criteria and ended in Warren's favor.

The Downey High School boys' soccer team currently has an overall record of 5-1-2 and will start league play when they host Lynwood on

Jan. 7.

Downey has had a busy preseason schedule in preparation for the start of league play. Downey defeated St. Margaret's 2-0 on 12/4, defeated La Mirada 2-1 on 12/5, tied Marina 1-1 on 12/6, defeated Mater Dei 3-1 on 12/7, defeated Bell Gardens 1-0 on 12/7, lost to Edison 1-0 on 12/9, tied Lakewood 1-1 on 12/11 and defeated Long Beach Poly 2-0 on 12/18.

Downey will be competing in two tournaments this season. The first tournament was the Aliso Cup in Aliso Viejo. This tournament was held December 6-9 and the Vikings came away with a 2-1-1 record. Downey's only loss of the season thus far came against Edison at the Aliso Cup.

Downey will also be competing at the Southern California High School Classic in Oceanside over the Christmas Break (scores unavailable at press time). These tournaments will provide valuable preseason experience for the Vikings and give Coach Mires a better idea of what his team needs to work on once league play starts.

Downey will host Firbaugh on January 3rd in a final preseason tune-up before San Gabriel Valley League play begins. Coach Mires, his staff and players are excited and getting ready for the start of a challenging league schedule. Downey hopes to qualify for the C.I.F. Division II playoffs and make a nice run once in. Paramount and defending C.I.F. champion Warren remain the teams to beat.

The Downey High School boys' basketball team currently has an overall record of 8-2. The Vikings will start San Gabriel Valley League play when they host Lynwood on 1/15.

The Vikings have had a busy preseason schedule which has included a modest seven game winning streak. Downey also won five of six games played in a nine day span. The seven game winning streak was snapped at the North Orange County Tournament when Downey lost to Canyon 65-45 in the semifinals.

The Vikings defeated Lakewood 71-44 on 12/13 and Jeraun Richards was named player of the game.



The Downey 10U Santa Sluggers on the West Covina Girls Softball Toys for Tots Tournament championship this past weekend. The Santa Sluggers beat the IE Hot Shots, 5-0, in a nail-biter that was scoreless until the final inning. Front row, from left: Olivia Argott, Denise Bravo, Ileana Bocanegra, Paulina De La Torre and Soraya Santiago. Middle: Grace Rivera, Lindsey Cruz, Brianna Macias, Melissa Nunez and Celeste Cortez. Top: Coach Roger Rivera, Coach Sonny Argott and Head Coach Jose Bocanegra.



Manchester FC are the Downey AYSO's 14u boys division Commissioner's Cup champions. Top row, from left: Coach Jorge, Nick, Isaac, Alex, Gilbert, Mark and Coach Hector. Bottom row: Andres, Sebastian, Daniel, Cesar, Sergio, Nico and Chris. Missing: Mark M. and Coach Andy.

Downey then defeated Capstrano Valley 62-61 on 12/16 and Jonah Garcia was named player of the game.

Downey played King High School of Riverside at the College of the Desert on Wednesday (score not available at press time). The Vikings played Marantha of Pasadena yesterday (no score available at press time) and will play Green Valley (NV) at Xavier High School later today in the Maxpreps Holiday Classic tournament.

The Vikings conclude their preseason schedule against Schurr on 1/3 and Cerritos on 1/6.

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The Downey Master Chorale performed its debut concert Saturday, featuring Benjamin Britten's "Ceremony of Carols," conducted by Margaret Zeleny. The 11-week-old ensemble is still seeking 12 more men and eight women to join. Auditions can be requested at downeymasterchorale.org. Photo courtesy Downey Arts Coalition

EAGLES, GLENN MILLER TRIBUTE SHOWS ALMOST SOLD OUT

CERRITOS – An Eagles tribute show featuring the group's megahits, including "Take It Easy" and "Hotel California," opens at the Cerritos Center for the Performing Arts on Jan. 25.

The tribute show, dubbed Hotel California, also features select solo titles composed by Don Henley, Glenn Frey and Joe Walsh. "The Hotel California tribute was founded with the intent of filling the void left by the demise of the Eagles," theater officials said. "The show reproduced the band's studio recordings while recreating a classic sound that transcends the boundaries of rock, R&B and country to deliver a modern, action-packed show. The highly acclaimed presentation has become one of the most sought-after acts in the world."

With more than 150 million albums sold worldwide, the Eagles are one of the world's best-selling bands of all time. Named on Rolling Stones' list of "100 Greatest Artists of All Time," the band boasts six Grammys, five American Music Awards, and a long list of hits.

The platinum-certified "Hotel California" sold more than 32 million copies globally, including 16 million in the United States. It was named one of "500 Songs that Shaped Rock and Roll" by the Rock and Roll Hall of Fame.

Tickets to the show range from \$30-\$60, although all \$45, \$55 and \$60 seats are sold out.

Meanwhile, on Jan. 26, the Cerritos Center will host a tribute to Glenn Miller & The Vocal Groups Vol. II.

The concert features the Tex Beneke Orchestra, the Four Aces, the Ink Spots Generations, The Modernaires and The Pied Pipers.

The Tex Beneke Orchestra is known for playing songs that Glenn Miller made famous, including "Chattanooga Choo Choo" and "(I've Got a Gal in) Kalamazoo."

When Miller disappeared on a flight to Paris in 1944, his widow appointed Tex Beneke to take over the Glenn Miller Air Force Band. The group eventually evolved into the Tex Beneke Orchestra, which is currently under the leadership of saxophonist Jim Snodgrass, who has toured with the Beach Boys, the Osmonds, Barry Manilow, Ella Fitzgerald and Frank Sinatra.

With a sterling reputation for onstage showmanship and pop songs ("Mr. Sandman," "Love Is a Many Splendored Thing"), the Four Aces was inducted into the Vocal Group Hall of Fame in 2001.

Ink Spot Generations ruled the music charts with "If I Didn't

Care," a single that showered the band with global recognition. With its other hits, the ensemble maintained its popularity on the airwaves and music charts.

The band was inducted into the Rock and Roll Hall of Fame in 1999.

The Pied Pipers was formed in Hollywood in 1938, when members of three different music groups merged and became one band. The ensemble ruled the music scene, earning a steadfast reputation for its distinctive modern harmony and phrasing.

A historic pairing with the legendary Frank Sinatra resulted in one of the biggest hits of the pre-rock era – "I'll Never Smile Again" – which was No. one for 12 weeks.

Tickets to the Glenn Miller tribute range from \$35-\$65. All \$65 seats are sold out.

Tickets to either show can be purchased online at cerritoscenter.com or by calling (562) 467-8818.

Hawaiian entertainers making stop in Cerritos

CERRITOS – George Kahumoku Jr. and Da 'Ukulele Boyz, with special guest Ledward Kaapana, will bring the sounds of Hawaii to the Cerritos Center for the Performing Arts on Feb. 1.

Called "Hawaii's renaissance man," Kahumoku is a multiple Grammy and Hoku Award winner, songwriter, teacher, sculptor, writer and farmer.

The slack key guitarist has won Grammys for "Masters of Hawaiian Slack Key Guitar, Vol. 1: Live in Concert from Maui," "Legends of Hawaiian Slack Key Guitar: Live from Maui," and "Treasures of Hawaiian Slack Key Guitar."

The Honolulu Star-Advertiser praised Kahumoku's "vocals and slack-key wizardry...[are] as

cleansing as a Sunday drive."

Celebrated for its energetic vocals and stage banter, the charismatic Da 'Ukulele Boyz brings a new-generation spin to traditional and contemporary Hawaiian music.

As children, cousins Garrett Probst and Peter deAquino competed as partners in the annual Keoki Kahumoku's Maui Ukulele contest, where their winning instrumentals, vocals and stage banter made them a popular act.

They co-host the weekly "Slack Key Show" with Kahumoku. DeAquino also performs men's hula. Grammy nominee Ledward Kaapana's mastery of stringed instruments and his extraordinary

baritone and falsetto have made him a musical legend, earning the slack key guitarist-ukulele master the 2009 Na Hoku Hanohano Award for "Favorite Entertainer."

The 2011 National Heritage Fellow also earned Na Hoku Hanohano Awards for the albums "Jus' Press," "Lima Wela," "Black Sand" and "Force of Nature."

In 2006, Kaapana's album "Kiho'alu-Hawaiian Slack Key Guitar" earned him a Grammy nomination and was named "Instrumental Album of the Year."

Tickets to the Hawaiian show range from \$35-\$65 and can be purchased online at cerritoscenter.com or by calling (562) 467-8818.

'God of Carnage' opening in La Mirada

LA MIRADA – Limited engagement performances of the comedy "God of Carnage," the 2009 Tony Award winner for best play, begin Jan. 24 at the La Mirada Theatre for the Performing Arts.

In "God of Carnage," a playground altercation between 11-year-old boys brings together two sets of Brooklyn parents for a meeting to resolve the matter.

At first, diplomatic niceties are observed, but as the evening

progresses, the gloves come off and the night becomes a side-splitting free-for-all.

"God of Carnage" will preview Jan. 24. The show runs through Feb. 16 with performances 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 lamiradatheatre.com or by

calling the box office at (562) 944-9801. Student, senior and group discounts are available.

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SAVING MR. BANKS PG-13 (10:50, 1:40, 4:35, 7:35, 10:25)
WALKING WITH DINOSAURS PG (10:15, 12:35, 2:55, 5:15, 7:35, 9:55)
ANCHORMAN 2: THE LEGEND CONTINUES PG-13 (11:20, 2:10, 5:05, 7:55, 10:40)
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NEXT PHASE OF CONSTRUCTION STARTS AT LYNWOOD SCHOOLS

LYNWOOD – The Lynwood Unified School District has kicked off its second round of Measure K construction projects at several school sites, where work will include approximately \$2 million in essential asphalt and roofing repairs, gym improvements and fencing installation and upgrades.

Identified campuses will receive improvements under Phase 1B of Lynwood Unified's \$10 million construction plan, which includes the first group of construction projects funded under a \$93 million Measure K facilities bond approved by Lynwood Unified voters in November 2012.

"I'm thrilled that we're continuing to move forward with important projects that will result in safer and more comfortable learning environments for our students," said LUSD Board of Education President Briseida Gonzalez. "These are essential upgrades that will ensure that we are properly maintaining our schools so that they can last for years to come."

Both Lindbergh and Will Rogers elementary schools will receive new asphalt and slurry to fix uneven and cracked asphalt that could become a hazard for pedestrians. These projects, which began in late November and are expected to be completed mid-January, will also include the restriping of all asphalt and installation of proper drainage.

Six schools – Lincoln Elementary, Will Rogers Elementary, Wilson Elementary, Hosler Middle, Lynwood High and Vista High – will soon see the commencement of portable classroom building roof projects to prevent leaks and provide the proper maintenance of facilities. These projects are estimated to

begin in late December and be completed by mid-January.

In addition, LUSD will perform gym improvements at Hosler and Lynwood middle schools, which will both receive ceiling upgrades, new paint, scoreboards and basketball backboards, bleacher repairs and floor refurbishments.

The work is anticipated to begin in March and be completed after approximately three months.

The District is in the process of identifying additional schools that need chain-link fencing installed to separate property lines, as well as sites that need their fencing repainted or repaired. These projects are expected to begin in March and last approximately 30 days.

"Our District is being methodical in the way that we spend Measure K funding so that we get the most out of every dollar, and we are dedicated to keeping our community informed about how we allocate this funding," said LUSD Superintendent Paul Gothold. "This general obligation bond is allowing us to perform vital improvements that our campuses need to best serve our students and to be able to operate efficiently."

The \$10 million construction plan includes Phases 1A, 1B and 1C. Phase 1A was completed over

the summer and Phase 1C will commence after the completion of Phase 1B.

Phase 1A featured \$6 million in upgrades at 16 campuses. Those improvements resulted in new exterior paint, roof replacement, asphalt replacement and repairs and gymnasium improvements.

The next round of projects – Phase 1C – will feature the Lynwood High School Field Renovation.

The planning and development of the new synthetic field at the campus is in the final design phase and construction is expected to begin in mid 2014.

Outside of Phases 1A, 1B and 1C, LUSD is currently in the midst of construction projects at Washington and Lincoln elementary schools that include the removal of dozens of outdated portable classrooms, which will be replaced with new state-of-the-art, energy efficient classroom facilities. The two long-awaited classroom facilities projects total \$26 million, half of which is funded under Measure K. The remaining balance is being paid for through state matching funds.

The projects include new parking lots and play areas and are on track to be completed in Fall 2014.

Checkpoint catches unlicensed drivers

LA PUENTE – Seventy-three people were arrested at a DUI and driver's license checkpoint in La Puente over the weekend.

Most of the arrests – 56 – were for driving without a license.

Fourteen people were arrested for driving on suspended or revoked licenses. Sheriff's deputies arrested three people on traffic warrants.

Two people were charged with knowingly allowing an unlicensed driver to drive, and one person was taken into custody for a felony parole violation warrant.

One person was charged with illegal possession of methamphetamine. Another driver faces charges for driving while high on meth.

Norwalk school district moves closer to bond measure

• Survey reveals 64 percent of likely voters support 2014 bond measure.

NORWALK – A recent survey of likely voters reported that Norwalk-La Mirada Unified School District families are supportive of a prospective ballot measure that would provide \$375 million for classroom repairs and improved instructional facilities, district officials announced.

The Board of Education has not voted to put a bond measure on the November 2014 ballot but is expected to consider doing so in the coming months.

Many details about a prospective bond are not available.

The district said it surveyed more than 500 likely voters in the NLMUSD area and found that 64 percent would support a bond measure in the November 2014 election.

A bond measure would need 55 percent approval to pass.

Seven out of 10 prospective voters, or about 71 percent, said they believe the district has a need for additional funding and recognize the challenges it faces.

The survey also showed:

81 percent of respondents agreed physical education and sports teams provide healthy after-school activities;

76 percent agreed improvements are needed to ensure school safety and security;

72 percent believe many schools are over-crowded;

70 percent supported providing additional classroom space to help reduce class sizes;

66 percent supported funding upgrades because campuses are older and in need of repair.

"Our community supports our schools because residents know we are delivering a rigorous instructional program that allows our students to attend nationally competitive universities and possess workplace skills to carry them beyond graduation.

They also understand that our classrooms, science labs and athletic fields need to support that program by being safe, attractive and wired for technology," said Dr. Ruth Perez, superintendent of NLMUSD schools. "Education funding is tricky today. This kind of community support really helps to secure the future of our schools and bolsters local property values by promoting high quality learning environments."

"As a district, it is important for the education and futures of our students to create a robust 21st century learning environment," added NLMUSD board president Margarita Rios. "In the next few months, we will continue to reach out to the Norwalk and La Mirada communities to gather information about specific needs within our schools, as well as provide information and answer questions about what a bond measure would mean for our community."

High school counselors visit Cerritos College

NORWALK – Counselors from local high schools visited Cerritos College on Dec. 6 for the seventh annual 2013 High School Counselor Conference.

Organized by the School Relations and Career Services offices, the conference offered vital updates to high school counselors on admissions, various career technical education and academic programs offered by Cerritos College.

All district high schools attended the conference as well as from Valley Christian, St. John Bosco and St. Matthias.

The counselors spent the day learning about Cerritos College and what it has to offer their students when they move on to post-secondary education.

The day began with a panel of diverse Cerritos College students telling their stories such as why they chose Cerritos, what they liked about this school and how they have benefitted from

attending Cerritos College. The student panel represented a variety of programs such as culinary arts, automotive mechanical repair, engineering, sociology/communications and psychology.

Following the panel, the counselors were given the opportunity to take a tour of campus and received presentations about some of the programs such as Scholar's Honors, welding and cosmetology.

At the end of the half-day

conference, the high school counselors enjoyed lunch and an improvisational comedy by Instructor Forrest Hartl's theatre team.

"The conference was a campus wide endeavor with faculty, staff, programs and students all participating to make it possible," said Shirley Arceo, coordinator of school relations. "It was an excellent opportunity to strengthen our relationship with high schools."

Free activities at Downey parks

DOWNEY – Children ages 6-12 are invited to participate in a free city program at Downey parks now through Jan. 3.

The free drop-in program is from 12-5 p.m. weekdays. Outdoor activities start at 12:30 and include "lunch with the leaders" (children bring their own lunches), group games, sports, and arts and crafts.

Participating parks include Apollo, Dennis the Menace, Furman, Golden and Rio San Gabriel.

Brookshire Park also is participating but from 12:30-4:30 p.m.

Participation is free but registration is required. Sign-ups can be completed at park sites.

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Realtors with the Downey Association of Realtors donated more than 100 Christmas toys for the city of Downey's annual toy drive. Toys were collected by the firefighters at Fire Station No. 1.



The Downey Police Officers Association delivered complete Thanksgiving meals to more than 20 Downey families last month. The food was donated by Albertson's customers, which in turn donated the meals to Downey Police. "It's an enjoyable time to be able to show up to people's houses and be able to put smiles on everyone's faces," said Cpl. Mike Pope, president of the Downey Police Officers Association. "Most of the time in police work, we deal with negative aspects of life, so it's nice to be able to deliver happy news. It truly is one of the best parts of the job, being able to help people out that are truly in need."



Students in Downey Adult School's dental assisting vocational program graduated Dec. 18 with ceremonies inside the on-campus Harriett Paine Events Center. "Students who have gone above and beyond the standards have been duly recognized for their hard work and efforts in completing their chosen vocational programs," school officials said. "The event beautifully celebrated the achievements of all the graduates and acknowledged their accomplishments in jump-starting their careers in the dental field. A slideshow composed of photos of the graduates was presented to showcase the work they have done not only in the program but also in the Downey community. Congratulations Class of 2013!"



The Downey Association of Realtors recently honored members who celebrated several years as professional realtors. From left: Jorge Caceres of Realty World Capero (20 years), Carrie Uva of Prudential 24 Hours (20 years), Stephen Deack of Four Star Real Estate (30 years), and Chris Baumann of Red Carpet Heritage Realty (20 years).



The Downey Lions Club recently distributed toys to more than 50 kids at Coco's restaurant. Remaining toys were given to the Downey Fire Department for their toy drive.



Downey realtor Caroline Gim attended the Boys and Girls Club's Holiday Party and Annual Toy Giveaway to present holiday gifts as part of the PEMCO Limited's Holiday Brigade.



Lynn Millikan of Norwalk, Beverly Johnson of Downey, and Katherine Cessna of Santa Ana recently visited the Amish country, Niagara Falls in Canada, and took in a Broadway play in New York City. They took along the Downey Patriot on their adventures.

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Great Downey Location!!! This 2560 sq.ft. home features 3 bedrooms, 2 bathrooms and a large family room with a custom fire place. This property also has a large dining room, den and a fountain at the entrance. This is a must see at \$659,000!

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

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Downey Delight!!
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!

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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.

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

Won't Last!
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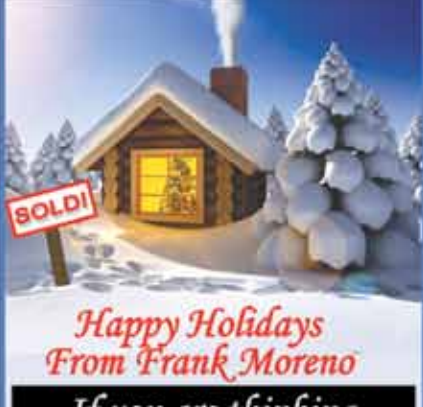
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Priced at: \$589,000

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Golf Course View

5 BD, 3 BA home with 3,229 sq. ft., 16,000 sq. ft. lot with resort-like pool, lush greenery, guest/pool house & bonus room. This home has a gourmet kitchen & remodeled master BA, + endless other upgrades.
View virtual tour at www.MichaelBerdelis.com



Traditional Yet New

3 BD, 2 BA home with newly remodeled kitchen, spacious living room with wainscoting, formal dining room & refurbished hardwood floors.
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