



The Downey Patriot



Local obituaries
See Page 3



Downey community leaders
See Page 8



Wedding announcement
See Page 2

Thursday, Jan. 9, 2014

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

SHARED STORIES: THE TIES THAT BIND

A killer storm

Elaine Held grew up in South Dakota before moving to California when she was sixteen years old. This family story was passed down to Elaine by her mother. The sudden and deadly weather phenomenon she describes is not uncommon on the prairies. 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 Elaine Held

Sunshine filled the South Dakota prairie that beautiful spring day. Leaving the world of nature for a classroom was asking a lot, but children did appear at the school one or two at a time. Due to the fine spring weather they were barefoot, wearing cotton shirts or dresses, some on horseback, and some on foot.

The one-room school house stood solidly square, waiting. Paint was peeling, leaving gray puzzle pieces scattered across the walls. A rusty bell kept the slightly leaning building balanced. The tiny, beloved teacher stood at the wide door, greeting all twelve students with love and respect. The day proceeded so normally that nobody noticed the black, boiling sky approaching from the north.

Abruptly, leaves and gravel spit on the north side of the building, announcing the arrival of wind. Any child of the prairie was well aware how fast a killer spring storm could make your heart jump. Running to the window, the teacher whirled when she saw the black sky.

"Frank, shut the storm windows on your side; Earl, shut the ones on your side!"

All knew the routine. The fear in their eyes was a silent companion to their chores. Older girls comforted the little ones while older boys ran outside to carry all the wood that had been chopped. The one omission in the routine was devastating – there were no coats, jackets, mittens, or boots to put on.

Wood was in the Ben Franklin stove waiting for the match. All had been done that could be done. Sitting in a circle around the stove they waited. Waiting! That was the hard part.

Storm windows gradually began to rattle, wind escalating to a screaming volume. The teacher composed herself, searching for anything else she could do to help them survive. She began reading an action book chosen for just such an emergency.

It was one thirty in the afternoon and the world had left them alone. An hour later they piled their desks on top of other desks around them in a circle. Two maps were hung on the piled desks to keep the heat wrapped around them.

The wind was ringing the school bell, sending out the sound of alarm to a world without ears. The temperature was now twenty seven degrees below zero. The children fed the wood slowly and snuggled while the courageous teacher continued to read to them, holding their attention.

SLAM! The door flung open. The huddled children were so startled that the little ones began to cry. Out of the darkness came a man all in white from head to foot. The unknown man shouted, "Hurry! Come outside. I have a wagon with hay and piles of blankets, but you've got to hurry!"

In unison they turned to their teacher. She broke the stalemate. "Harry, Frank, and Earl, stand by the wagon and throw the little ones up. The rest of you, scramble up, quick!"

The children ran barefoot to the wagon through ten yards of wind and snow and were quickly in a pile covered with hay and many blankets. Even so, they were in shock from the snow and icy cold.

The sturdy team of horses took off with a jolt. The shivering children huddled together under all of the blankets, creating a barrier between themselves and chaos. It seemed that they had bumped along forever when their blankets were finally lifted.

"Ed and Shirley, this is your place," said the driver of the wagon after he hopped down from his seat. "Come on, quick!" They scurried out into his arms and he carried them to their house. Then the wagon started up with a jolt, and the remaining children knew they were on their way again.

This scene was repeated until all twelve children were safe in their parents' arms. The teacher was not dropped off until all of her charges were safe.

One of the little boys who was rescued that day was my father. The heroic driver, who lost part of a foot to frostbite in exchange for thirteen lives, would later become his father-in-law. This prairie hero was my beloved Grampa, my mother's father. At that time he had a family and he ran the dairy store on the block-long main street. My Grampa was a valiant and valued member of that South Dakota community.



Dr. Mary Stauffer donated \$5,000 to Gangs Out of Downey this week, matching an identical donation from Supervisor Don Knabe. The donations are in support of the GOOD luncheon taking place March 12 at the Rio Hondo Event Center. Paralympic athlete Katy Sullivan is keynote speaker. Stauffer is pictured with GOOD treasurer Barbara Lamberth.

Red Violin coming to Downey

• Elizabeth Pitcairn performing with famed 'Red Violin' that inspired movie.

DOWNEY – What's the best present you ever received?

When she was a budding musician at 16, Elizabeth Pitcairn's grandfather gave her a violin. But not just any violin. This one was crafted by the greatest violin-maker who ever lived, Antonio Stradivari.

After he made it in 1720, it mysteriously disappeared. After it resurfaced in the 1930s, Pitcairn's grandfather bought it at auction at Christie's for \$1.7 million and presented it to her.

With this added inspiration, she went on to earn a degree at USC, where she studied with the pre-eminent violin professor Robert Lipsett, and launched a concert career. After teaching at USC's Thornton School of Music, she joined the faculty of the Colburn School of Music in downtown LA. Pitcairn's highly successful career has taken her around the world, and her instrument is so valuable, she travels with a bodyguard.

Pitcairn will be playing this celebrated instrument, known as the "Red Mendelssohn," at the Feb. 1 concert of the Downey Symphony Orchestra. She will play Vivaldi's Four Seasons, composed just three years after the violin was crafted.

Between the four movements of this brilliant and popular piece, Pitcairn will step backstage to change into season-appropriate costume while an actor reads from the poetry that inspired Vivaldi's work. An exhibit of red-themed art in the Theatre lobby and a pre-concert talk by Music Director Sharon Lavery at 7:15 p.m. will further enhance the evening.

In addition at 2:30 pm, there will be a free showing in the Civic Theatre of an award-winning feature film inspired by the mysterious history of the Red Mendelssohn violin (for more information visit



Elizabeth Pitcairn

downeysymphony.org).

Born into a highly musical family, Pitcairn has been a passionate supporter of young musicians and music education. She is president, CEO, and artistic director of the Luzerne Music Center, a summer music camp for students ages 11-19, in New York state. She commissioned the Swedish composer Tommie Haglund's violin concerto Hymns to the Night.

The mysterious history of the Red Mendelssohn inspired many speculations and stories, including a feature film, "The Red Violin" (1998), directed by François Girard and starring Samuel L. Jackson. The film's score by John Corigliano won the Academy Award.

Pitcairn's repertoire includes

Corigliano's Red Violin Suite and many well-known violin concertos. She has recorded concerti by Haglund, Tchaikovsky, Mozart, and Bruch.

Also on the program for Feb. 1 are Edvard Grieg's Holberg Suite and the American composer Samuel Barber's Adagio for Strings.

Tickets are \$30 and \$35, \$10 for students, and can be purchased at the box office, open Tuesday through Friday, 11 a.m. to 5 p.m., or online at downeytheatre.com/Events. Free parking is adjacent to the theatre.

The Downey Symphony Orchestra is a fully professional orchestra now in its 56th season. Music Director Sharon Lavery is on the faculty at USC's Thornton School of Music.

Parents accused of murdering infant

DOWNEY – The parents of a four-month-old baby girl pleaded not guilty Monday to felony charges related to the death of their daughter on New Year's Eve.

Ashley Debra Jones and Johnathan Lucero, both 23, were charged with murder and child abuse after their baby girl died Dec. 31.

A preliminary investigation from the L.A. County Coroner's office revealed the baby was malnourished and died from blunt force trauma. An autopsy classified the death as a homicide.

The charging document identifies the infant as Savannah L.

Downey police officers were dispatched to the 8400 block of Imperial Hwy. on New Year's Eve where they found the girl unresponsive. Despite CPR efforts by police officers and paramedics, Savannah was pronounced dead at a local hospital.

Prosecutors have recommended \$2 million bail for each parent. If convicted, they each face a maximum sentence of life in prison.

The case remains under investigation. Anyone with additional information is urged to contact Detective Steve Aubuchon at (562) 904-2361 or Detective Laura Quint at (562) 904-2328.

Free winter formal dresses for girls in need

DOWNEY – High school students in Downey who cannot afford a gown for winter formal can receive a free dress this Saturday, courtesy of the Assistants of the Assistance League of Downey.

Girls receive a complete outfit, including dress and accessories, at no charge.

The giveaway is from 11 a.m. to 2 p.m. at the Assistance League chapter house located at 7749 Florence Ave. in Downey.

For more details, call Stacy Brabant at (310) 991-3757.

Water barrel distribution Jan. 25

DOWNEY – Free plastic, food-grade barrels for emergency water storage will be distributed at Stonewood Center on Jan. 25.

The giveaway begins at 8 a.m. and will continue until all barrels are gone or 10 a.m., whichever comes first.

Residents should enter the mall parking lot from Cecilia Street and follow the signs. There is a one barrel per vehicle limit.

Barrel pumps (\$15) and multi-use barrel cap handles and wrenches (\$8) will be sold separately.

Miss Downey orientation

DOWNEY – An orientation meeting for 2014 Miss Downey contestants will be held Saturday from 2-4 p.m. at Trinity Baptist Church, located at Downey and Florence avenues.

For more details, call Gary DeRemer at (562) 260-8503.

Free stroke screenings Jan. 22

• Still time to register for no-cost carotid artery screenings at Rio Hondo Event Center.

By Greg Waskul Contributor

DOWNEY – Lifesaving carotid artery screenings, which can cost upwards of \$500 at a doctor's office, will be provided free at the first Primary Stroke Prevention seminar of 2014, which will be held Wednesday, Jan. 22 from 9:30-11:30 a.m. at the Rio Hondo Event Center.

The event is nearly sold out, with nearly 200 Downey-area individuals already signed up. Reservations may be made online at rthfoundation.org/seminars/ or by phone at (888) 794-9466.

The screening process is simple – a medical technician uses

an ultrasound device to determine if individuals have plaque buildup in the carotid arteries that could mean the person is at-risk for a life-threatening stroke. Adults are advised to have this painless ultrasound screening annually, because it is a critical element in assessing a person's risk for stroke.

In addition to the carotid artery screenings, free blood pressure screenings will also be offered at the seminar. Last year, many individuals were diagnosed with life-threatening, extremely high blood pressure at the Downey Primary Stroke Prevention seminars.

"Stroke has become the leading cause of adult disability in the U.S. and the fourth leading cause of death in our nation," said RTH Stroke Foundation President Deborah Massaglia. And yet, among adults age 50 and over,

a recent study showed that 97% could not identify a single stroke symptom, and only 1% could name stroke as a leading cause of death.

The facts about stroke are chilling:

• Nearly 800,000 stroke cases are reported each year in the United States.

• On average, one American dies from stroke every four minutes.

• Of all stroke survivors, 90% have permanent deficits.

• Women are two times more likely to die from stroke than breast cancer.

Here is the good news: "We know that stroke is one of the most preventable of all life-threatening diseases, with more

See SCREENINGS, page 4

Travel expert: preparation key to getting most out of travel



• Bookstore owner Natalie Compagno speaks to Downey library supporters.

By Henry Veneracion
Staff Writer

DOWNEY – Natalie Compagno, who with husband Greg Freitas owns and runs the Traveler's Bookcase located at 8375 West Third Street, just a little to the east of La Cienega Blvd., where, as she likes to put it, "West Hollywood and Beverly Hills meet," spoke last month about her favorite topic and area of expertise, travel, at the invitation of the Friends of the Downey City Library.

To her credit and much to the edification of the audience, the 41-year old travel expert and world traveler did not immediately pontificate on places a traveler ought to visit, the do's and don'ts of travel, etc., as an unimaginative and boring speaker might do.

Instead, Compagno, who says she has traveled to 83 countries around the world since getting the traveling bug early on, went right ahead and engaged the members'

interest by asking such questions as, "In your opinion, what is one benefit of travel?" or "Think of a country that you'd want me to describe assuming of course that I've been there."

Hands shot up so fast in response to the first question it was fun to watch.

"Meet new friends," said one. "You're headed for a new adventure," said another. A third chirped: "You get to see new art, new music, whole new cultures." A fourth: "The food."

"Which are all true," said Compagno, reinforcing the notion that travel is as subjective as they come. "In my case, travel made me feel a completely new person. I became a new, changed woman. And when conversation turns to travel to some exotic place, it feels good to be able to say, 'I've been there.'"

By fielding a good number of such questions, Compagno, because of her observant ways and obvious intimate knowledge of places she's visited, became a believable purveyor of certain interesting insights, such as: "Ireland is a beautiful country with beautiful people; its coastline is lovely, and there's music everywhere";

"Imagine the Bay Area meeting Colorado—that's New Zealand, with no billboards and a third of the people inhabiting the place: with all the sophistication and yet providing a farm-to-table ambience ('I fell in love with the place, and wanted to move there'); "Zimbabwe's population is so desperately poor yet the people have so much passion for everything and anything the world can offer (it has magnificent wildlife, too); "In India, you can get sick"; etc.

Having captivated the audience with her lively and witty delivery, Compagno offered caveats. In Germany, she said, their legendary punctuality is religion: if you arrive one minute late for your train or whatever, you can "forgedaboutit."

Then she narrated a scary story when she was fresh out of college and was backpacking with a couple of girlfriends through Europe. At the time, she said, bed-and-breakfast lodging was all the buzz, that bunking with a family instead of staying in a hotel would be a smart move.

Well, the move backfired, and the result could have been worse. If you have seen the movie, "Taken," their experience contained some of its elements.

In Compagno's own words: "We decided to take an offer of a home stay after debarking the train in Prague (from another country). The woman who offered her home then figuratively took us on trains, planes, and automobiles. Finally, after a long trip, we came to an apartment on whose walls hung gun posters; naked women posters were everywhere, and limp, drunken men often blocked passageways. Many of the doors were locked, and there was this indescribable smell, and there was yelling in the other room...How we were able to get out of there I have no idea (oh, yes, the fact that we already paid the woman probably had its effect, but the real reason why we were able to escape was we stole the key to get out of

the apartment and then break back in to leave the key for the tenants). We then ran to the nearest safe hotel." In an aside, she said, "I don't think I've ever told this story to my parents."

Born in St. Louis, Missouri, Compagno has a degree in communication and French from USC. Prior to opening Traveler's Bookcase, whose clientele ranges from backpackers to celebrities and mainly local community members "who support and love our knowledge of travel and books," she says she worked in fashion marketing and PR in San Francisco and New York City. She has also written for travel publications and dabbled in acting internet copywriting, as well as co-owned a clothing store in LA.

She has a 'must-see' list for others (Paris, Nicaragua, Zimbabwe, Japan, Singapore, Beirut) and for herself (Iceland, and probably Antarctica). She says one must not forget the many attractions the U.S. itself offers: the Grand Canyon, Hawaii, Alaska, Chicago, etc.: "People from foreign lands travel here to see these fascinating places. One way to really see America is road-tripping."

It goes without saying, she said, that in planning a trip, one must not take things for granted, that one must thoroughly prepare for it, since nothing is foolproof.

What has traveling meant to Compagno? "It has made me a better person—calmer, more interested in politics and cultures, and more fulfilled as a person," she said. "I think that travel is one of the most important things a person can do to improve themselves even if it is just local travel in their own city and reaching out to multicultural groups in their community."

The travel expert's planned next trip? "It's local," she said. "To the Orchard Hill Inn in Julian after Christmas. Then in January, I'm off to St. Lucia for a culinary tour!"



Felix-Solomon wedding

DOWNEY – Suzanne Felix and Matthew Solomon were married June 1 at the Mission Basilica in San Juan Capistrano.

The reception was held at The Villa San Juan Capistrano where Suzanne was attended by her sisters, Emily Flores and Jacqueline Mooney, both matrons of honor. Matt's brother, Dave, was his best man.

The bride is the daughter of Mary and Art Felix of Downey. She attended OLPH grade school and later St. Joseph High School. She received her B.A. from Loyola Marymount University.

The groom is the son of Al and Claudia Solomon of Cambria. Matt attended San Marino High School and graduated with a bachelor's degree in journalism from the University of Oregon. He is currently pursuing his MBA at Cal State Long Beach.

The couple honeymooned in Turkey and now reside in Redondo Beach. Suzanne teaches math at Ridgecrest Middle School in Palos Verdes and Matt is director of marketing at Spectrum Athletic Clubs, Inc.

City Hall closed MLK Day

DOWNEY – City Hall and all major city facilities will be closed Jan. 20 in observance of Martin Luther King Jr. Day.

Most state and federal offices, including the U.S. Postal Service, will also be closed.

Short films to premiere in Downey

DOWNEY – Three short films will be screened at the Epic Lounge on Sunday, Jan. 26, including the premiere of "Loveland," the latest work by Downey filmmaker Polaris Castillo.

Also screened will be "Windmill" and "Effusion." According to the Downey Arts Coalition, the trio of films "spans from dark, psychological territory to psycho-sexual thriller and whimsical romance."

Admission to the screening is free and filmmakers and cast members will be in attendance.

The screening begins at 6 p.m. and is offered by Movie Club of Downey.

Praise Chapel moves

DOWNEY – Praise Chapel of Downey has moved to a new location and has new service hours.

The congregation now meets Sundays at 10 a.m. inside the auditorium at the Barbara J. Riley Community and Senior Center, and Thursdays at 7 p.m. at Lord's Grace Church in Downey.

For more details, go to pcdowney.com.

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Stay Gallery launches wellness program

DOWNEY – Stay Gallery is now offering a mind and body wellness program, “Stay Fit,” that provides alternative forms of exercise such as meditation and yoga.

Stay Fit combines art, music, and mind and body health disciplines in a creative environment during non-peak gallery hours, officials with Stay Gallery said.

The program piggybacks off Mayor Fernando Vasquez’s “Stay Fit” campaign for 2014.

Stay Gallery will host meditation Mondays from 7-8 p.m., pilates Tuesdays from 7-8 p.m. and Saturdays from 9-10 a.m., yoga Tuesdays from 8-9 p.m., and power yoga Saturdays from 10-11 a.m.

Classes are free for first-timers. After that, cost is \$5 for meditation and \$10 for yoga, power yoga and pilates.

For more details, go online to stay-gallery.com.

Music festival June 14

DOWNEY – Applications to perform at the second annual Make Music Downey festival are now available online at makemusicdowney.org.

Bands and musicians can apply through March 31.

This year’s event takes place Saturday, June 14, in Downtown Downey.

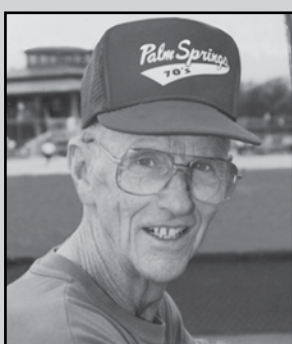
Guerra speaking to historical society

DOWNEY – Councilman Mario Guerra will be guest speaker at the Downey Historical Society’s monthly meeting, Jan. 23, at the Barbara J. Riley Community and Senior Center.

The meeting begins at 7:30 p.m. and is open to the public.

In Memory of Donald R. Olson

February 23, 1924 to January 1, 2014



“Oley” Olson, 89, longtime resident of Downey, passed away peacefully surrounded by his wife of 64 years Pauline, sons Tom (Mary) and Paul (Lynne), daughter Dawn, and many of his nine grandchildren. A natural athlete and three sport letterman in Mitchellville, Iowa, Don remained active in softball his entire life, travelling the world with Championship softball teams in his retirement years. Oley held five Senior Softball World Series championship rings! Don represented Downey in several National Tournaments with the Downey Deans, Bell Rangers, and Politicians. A celebration of his life will be held Saturday Jan. 11 from 12 - 4, services at 2pm. Douglass Family Mortuary, Lynwood, CA. In lieu of flowers, the family suggests a donation to the Wounded Warrior Project.

Books, CDs up for auction

DOWNEY – The Friends of the Downey City Library has released its silent auction items for the month of February, with all proceeds benefiting the library. Up for auction are:

“The Encyclopedia of Immaturity” (the editors of Klutz have put together a humorous volume “gathered over the course of a misspent and lifelong childhood!”);

“The Illustrated Encyclopedia of Ellis Island” (includes an alphabetical listing of people and events of the 1892-1924 mass migration to the United States);

Elvis Presley CDs (3 CDs cover most of his rock and roll material);

“501 Must-Visit Natural Wonders” (a spectacular and invaluable resource);

“Martha Stewart’s Cooking School” (lessons for cooks at all skill levels);

“Covers of the Saturday Evening Post” (over 3500 covers from 1899-1999 with introductions and history);

“The Wild West – Lawmen, Outlaws, Ghost Towns and More” (fascinating and heroic frontier characters and events);

“Guitar – Music, History, Players” (from its origin more than 3000 years ago right into the new millennium);

“The Ultimate Encyclopedia of Soccer” (an illustrated guide that covers the teams and players through the 2002 World Cup);

“50 Things That Really Matter” (...the simplest gestures, events and values);

“Above Los Angeles” (a collection of current and historical photographs);

and “The Precious Moment Bible” (a children’s edition with 40 pages of artwork).

All auction items have opening bids from \$4-\$8. Bids can be made through Jan. 25 in the Friend’s book store, located in the young adult section of the library.

A Heartfelt Thank You



On Sunday, December 8, 2013, our Mother, Fionnuala Clare Anderson, left this world quietly and peacefully, albeit unexpectedly. While we were not prepared for this unexpected event, the strength, support and love, given first to us in life by our beautiful Mother, and again at this difficult time by the outpouring of thoughtfulness from others, has been immense and immeasurable.

Thank you, Mom. We love you. Thank you, to all of you that made the celebration of her life a beautiful celebration that made us, and undoubtedly her, proud. The kind words and memories, flowers, cards, and donations in her name are invaluable. And thank you, to those of you that have made every other day possible from the kind gifts of your time, guidance and advice, prayers, a phone call or text message at just the right time, a dinner, a hug, a shoulder. Your actions speak volumes about your love for our Mom and have given us strength. We are forever grateful.

Fionnuala, number nine of ten children, is survived by six siblings, two children, five grandchildren, and lots of extended family and friends all whom miss her dearly but will keep her in their hearts forever.

Once again, a most heartfelt *Thank You*; to our wonderful Mother for *everything* and to all of you; our family, friends, and neighbors who have made this journey bearable.

You made, and will continue to make, a difference.

Angela & Tom

Memorial service Saturday for Dominic Mustin II

DOWNEY – Dominic (DD) Mustin II passed away Jan. 2 from complications of Type 1 diabetes.

He was born July 25, 1990 at Kaiser Hospital in Woodland Hills. He grew up in Downey attending elementary, middle school and some high school.

He graduated from Butner High School in Cromwell, Okla., in 2009 and was attending IIT Technical Institute, majoring in computer technology.

Dominic was a member of the Downey Razorbacks football team from 1998-2004 as running back and defensive lineman.

He is survived by his mother, LaJuene Mustin; father, Dominic Mustin; brothers, Marques and Brayden Mustin; grandparents, Ernestine (Tena) Ash and John Mustin; and a large extended family.

A memorial service celebrating his life will be held at Miller-Mies Mortuary in Downey on Saturday, Jan. 11, at 9 a.m.



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SCREENINGS: strokes are deadly but preventable

Continued from page 1

than 80 percent of all strokes being preventable," Deborah said. "That's why we're offering this free seminar to help prevent strokes throughout the Downey community."

The upcoming event will be the first of five Primary Stroke Prevention Seminars that will be conducted this year by the team of the RTH Stroke Foundation, Rancho Research Institute, Rio Hondo Event Center and The Downey Patriot.

Last year more than 1,000 individuals from the local area attended Downey-area stroke prevention seminars, and more than 100 individuals were found to have blocked carotid arteries, abdominal aortic aneurysms, and/or extremely high blood pressure.

The carotid arteries are two large blood vessels that supply oxygenated blood to the large, front part of the brain. This is where thinking, speech, personality, and sensory and motor functions reside. You can feel your pulse in the carotid arteries on each side of your neck, right below the angle of the jaw line.

If you have carotid artery disease, the arteries become narrow, usually because of atherosclerosis. This is the buildup of cholesterol and other material in an artery. If a blood clot sticks in the narrowed arteries, blood can't reach your brain.

"A significant blockage in the carotid artery can cause a stroke, which is why it is important to get an annual carotid artery screening," said Rancho Research

Institute President Yaga Szlachcic, MD. "In the doctor's office, this screening can cost \$500 or more, but by signing up now, local residents can not only save a lot of money, they may also save their life."

You may not have any symptoms of carotid artery disease. Plaque builds up in the carotid arteries over time with no warning signs until you have a transient ischemic attack (TIA) or a stroke.

"In last year's first local carotid artery screenings, we discovered a person who had a more than 80 percent blockage of their carotid," Deborah said. "Because this was immediately life-threatening, our screenings saved this person's life."

Before the screenings begin at the Jan. 22 event, Deborah will take the attendees through a fascinating 45-minute journey through the warning signs of stroke and stroke prevention strategies.

The statistics of stroke are scary. "Of the nearly 800,000 Americans experience strokes each year," Deborah said, "more than a half-million of these cases are new, and one-third of them occur with people who are under the age of 65."

She said that there are five sudden warning signs of a stroke, including:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with



PHOTO BY GREG WASKUL

A patient undergoes a free carotid artery screening in 2013. No-cost screenings will again be offered Jan. 22; advance registration is required.

no known cause

"At the RTH Stroke Foundation, our goal is to educate through seminars, because we know that stroke prevention is a key element in reducing the number of strokes in this country," she said.

Deborah explained that when one is having a stroke, time is of the essence. "Someone experiencing a stroke needs to get treatment within three hours for the best outcome, but sooner is better, because time is brain," Deborah said. "Every minute you go without treatment after a stroke, you are losing neurons and potentially losing additional brain function."

"We encourage anyone who is interested in learning more about how to avoid having a stroke to make a reservation for the January 22 event as soon as possible because it will be a total sellout," Deborah said. "Don't miss it, because you may be the one whose life is saved!"

Cal State Long Beach opening trauma recovery center

• University partners with St. Mary Medical Center to help victims of crime.

LONG BEACH – The California Victim Compensation and Government Claims Board has awarded Cal State Long Beach a \$534,579 grant for a project with St. Mary Medical Center that will establish the Long Beach Trauma Recovery Center (LBTRC), just the second center of its kind in the state.

Expected to open in April, the new LBTRC will be operated by CSULB and housed at St. Mary Medical Center. The primary goal of the project is to create a comprehensive model of trauma and mental health care for victims of crime and their families while removing barriers to care for underserved victims of crime.

"The Long Beach Trauma Recovery Center will provide direct mental health treatment to approximately 300 victims of violence or their family members and provide outreach and educational messages to countless others during the initial grant period," said Bita Ghafoori, CSULB professor of advanced studies in education and counseling and director of the LBTRC project. "The center will focus on the poor, the uninsured and others who wouldn't ordinarily access these services."

Among the services the center will provide are mental health services to victims of crime and their families; social services and medical patient navigation to victims of crime; comprehensive community outreach utilizing the expertise of established community based organizations; clinical

case management; assistance with crime victim compensation documentation; and coordination of care between professionals serving victims of crime.

"St. Mary Medical Center, Dignity Health is the ideal location for this innovative Trauma Recovery Center," said President/CEO Tom Salerno. "We have a patient-centered approach to caring and a progressive culture of kindness here at St. Mary. Our trauma team is excellent at treating all injuries and illnesses and our acute rehab team gets patients back to the best that they can be."

"In the spring, we will provide this new service, allowing St. Mary to be the place where victims of crime and trauma can get help for their emotional wounds," Salerno added. "We look forward to working with Cal State Long Beach to provide this new mental health service to the Southern California community."

Ghafoori described the LBTRC as "a true collaboration across multiple sectors of the city," including St. Mary Medical Center, Dignity Health (health care), CSULB (academia), Centro CHA (Latino community-based organization), Interval House (domestic violence housing and support organization), and the Center Long Beach (LGBTQ community-based organization).

Also involved with the project are the Long Beach Police Department (law enforcement), Los Angeles County District Attorney and Long Beach City Prosecutor (judicial), and Long Beach's City Manager Office (local government) with each agency's participation arising from the City of Long Beach's Violence Prevention Plan, which went into effect at the beginning of the new

year. The LBTRC will include a multidisciplinary group of community professionals, behavioral scientists and clinicians dedicated to providing education, services and treatment to victims of violence.

The trauma center team will work together to study best practices for violence intervention comprehensively and to provide evidence-based, actionable solutions for victims of violence, educators, industry, government and other stakeholders.

Also involved with the center will be master's degree students in social work and marriage and family therapy, who will serve as interns and trainees. "The use of interns is one of the LBTRC's core contributions to the community," noted Ghafoori, who coordinates CSULB's Marriage and Family Therapy Program as well as its counseling programs. "The center will help train the next generation of mental health care providers to use evidence-based practices to work with victims of violent crime, especially those from diverse backgrounds."

The first trauma recovery center (TRC) in California is the San Francisco TRC, a collaboration between San Francisco General Hospital and the University of California, San Francisco. Ghafoori said it is an award-winning, nationally recognized program that serves some of northern California's most vulnerable individuals—victims of sexual assault, domestic violence, gunshot injuries, stabbings and family members of homicide victims.

It is considered a highly successful program based on results from a randomized controlled trial.



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Partial Southbound 605 Freeway Closure City of Whittier—January 10-13

What: Two-lane closure of the southbound 605 freeway, three lanes will remain open

When: Friday, January 10, 2014 starting at 10pm, through 5am Monday, January 13, 2014

Where: City of Whittier: Southbound 605 freeway between Washington Bl and Whittier Bl

What To Expect:
>Motorists in the area may experience significant travel delays during this period and are advised to allow extra time to complete their trips.
>To help ensure safety, please exercise caution by observing the reduced speed limit signs and watch for highway workers in the construction area.

Metro realizes the travel difficulties motorists may encounter due to construction activities during this period. We apologize for this inconvenience and appreciate your understanding and cooperation.



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Letters to the Editor:

Downey Fire

Dear Editor:

I am disgusted by the actions of the Downey firefighters who appear to be using their association as a cover-up for their appalling acts. ("Downey Firefighters Allege Discrimination, Harassment," 12/26/13)

For the firemen in our city to have the nerve to file such an absurd claim really is beyond the pale. Do they think the residents of Downey are that naive as to not know what their true motive behind this is?

They are exactly why this country has as many problems as we do; rather than be content and do their job proudly, all while getting a generous pay, instead they whine and pout like little children just because the city and the residents don't want to contract service from L.A. County.

Let me say this loud and clear, as I'm sure many residents feel the same: If you don't like being a Downey fireman, then please do us all a favor and quit your job. I'm sure there are hundreds lined up who can do your job in a more honorable manner.

And good riddance.

Laura Perkins
Downey

Dear Editor:

I could not believe last week's story about the Downey firemen and fire association. Have they lost their mind?

I am a proud union member, but I also know when something just doesn't smell right. And what the Downey firemen are doing is just plain wrong. Seems like they have become too overconfident and forgotten that at the end of the day they work for the citizens of Downey.

They really need to re-evaluate their purpose and leadership as they are going to sink fast.

Moises Carillo
Downey

Dear Editor:

It's crazy to hear that the Downey firemen and their association are drinking their own Kool-Aid.

I wonder if they have stopped and asked real Downey residents what our thoughts are on the "association" filing a ridiculous claim against our very own city, the very city that they work for. I bet if they did a poll of Downey residents, they would learn that the majority of us do not want L.A. County Fire, we think they are acting like a bunch of ingrates, and if they don't like the fact that we want our own fire department, then they should simply start applying elsewhere.

We don't want employees who do not want to be here, and don't forget Downey firemen, you are employees. Also, don't let the door hit you on the way out.

Peter Rodriguez
Downey

Transgender law

Dear Editor:

The new California law giving transgender students the right to use each others bathrooms will see more boys in girls bathrooms than girls. ("New Laws Take Effect in 2014," 1/2/14)

And they will not be transgender students.

Frank Myers
Downey

Mail delivery

Dear Editor:

For about five months I have had trouble getting all the right mail. Now I haven't gotten any mail for 10 days.

Did the U.S. Postal Service take the winter off? Because I have had things out there that are date sensitive since Dec. 27.

I live on Columbia Way and my regular mailman is always good, so I don't know what's up.

Please help. My meds are in the mail and I need them.

Connie Chapman
Downey

Downey museum

Dear Editor:

Why doesn't Downey have a museum in which to house and display historical artifacts?

How do we acquire such a building? Are there any plans to do this?

Many cities large and small have a museum in which they can bring their city's history to life. Why can't Downey?

Donna Siemann
Downey

Hospital sale revenue

Dear Editor:

This letter is in response to the recent article in the Downey Patriot regarding the special City Council meeting held to decide whether to spend the nearly \$10 million windfall the city received from the sale of the former Downey Community Hospital property or put the funds in reserves. ("City Council Puts Off Decision on \$9.8M," 12/19/13)

According to the article, Councilman Mario Guerra was eager to spend the money, while Councilman Roger Brossmer and Councilman Alex Saab wanted more time and a report from staff before making a decision.

Former Councilman David Gafin, who is a CPA, and former Councilman Meredith Perkins urged the council to put the funds in reserves.

Thank goodness Gafin and Perkins attended the special meeting (strategically set on a Thursday afternoon during the holiday season when few could attend) or the spenders on the council like Guerra, a supposed fiscal conservative running for State Senate as a Republican, may have prevailed.

Rather than spending the money on council pet projects or putting it into reserve, I think the windfall should be returned to the citizens of Downey in a rebate of water, sewer, trash, paramedic, utility and other fees and taxes. We are taxed enough already!

Brian Heyman
Downey

Federal spending

Dear Editor:

In response to Margaret Hittenger's diatribe about the "Military-Industrial Complex" (Letters to the Editor, 1/2/14), I think it is Ms. Hittenger who needs to "wake up."

In fiscal year 2013 (ending 9/30/13) all federal spending totaled \$3.8 trillion. Of that, 24 percent, or \$912 billion, was spent for national defense. Health, welfare and social security totaled an astounding 56 percent, or \$2.128 trillion. Non-military discretionary spending was \$760 billion, or 20 percent of the total.

The industrial-complex she needs to guard against is the Government-Healthcare Complex, which is variously reported to comprise between 16-19 percent of the total economy. Splitting the different at 17.5 percent, the share of the 2013 economy made up by healthcare comes to \$2.843 trillion – which is equal to 75 percent of total federal spending – though a great deal of that is coming from the pockets of the users of healthcare, as they are finding out with the increased premiums and deductibles forced on them by the PPACA.

So, Ms. Hittenger, who is it that needs to "wake up" and smell the 21st Century?

Drew Kelley
Downey

Dear Editor:

As I really have no time (or stomach) to read any more of Elsa Van Leuven's diatribes – I mean letters – this will be my last response.

Where do I get my information? Here's the trick: more than one place. I read newspapers. The L.A. Times. The New York Times. The Wall Street Journal. I watch the BBC. I watch one show on MSNBC, Rachel Maddow. I tape it and run through the interviews.

I can't stand a constant diet of anything, and a constant diet of MSNBC is just as repugnant as a constant diet of Fox. Speaking of Fox, Elsa mentions some liberal commentators appear there. Let me ask her this, how many liberals have their own show? If you said none, you are correct.

I am not going to waste my time answering all of her conspiracy questions, because she wouldn't believe me anyway.

This is my last thought on the matter: it is the responsibility of every person who loves this country to think for themselves. Think. Doubt. Question. Verify. Investigate. Only listening to one side of any issue is lazy and unproductive. "Two legs good, four legs better."

Richard Henry
Downey

Dear Editor:

Where do I start? After reading last week's letters I can only say two things: go Elsa, and where does Margaret Hittinger get her news, Pravda?

President Obama's two election slogans were "Hope" and "Forward." Well, there was no hope and instead of forward the country is going backward. He promised the most transparent administration in history and as Elsa points out, it is the least transparent and secretive. He believes he can make appointments and change laws made by Congress whenever he wants to.

It is not all the Democrats' fault, however. We have Republicans with no backbone or ideas. The worst thing they did was pass that budget that screwed our retired military, including disabled retirees, but left a loophole which gives illegal aliens our tax dollars.

Now let's get to our local leaders. Dianne Feinstein is 80 years old, Barbara Boxer is 73 years old, Nancy Pelosi is 73 years old, Lucille Roybal-Allard is 72 years old. Three of them are millionaires and Roybal-Allard never met an illegal alien she did not love and want to make a citizen so they could vote for her in the next election. Each one of these individuals has been in Congress for more than 20 years.

What exactly have these four women done for California and the country? Absolutely nothing except tax and spend. Pelosi's bill while she was Speaker of the House would have helped plenty of the poor people Ms. Hittinger talked about. However, many of those alleged poor people have cars, cell phones, flat screen TVs, computers and all those other electronic gadgets.

There is one thing that Ms. Hittinger said that is 100 percent correct and it is, "Wake up, America."

What we need to do now is throw all these clowns out that call themselves congressional leaders and get some new people in there with new and bold ideas that will bring our economy back and put people to work, instead of creating more regulations and hindrances to this great country.

George Hofstetter
Downey

Wi-Fi

Dear Editor:

Is there an update on the city's plan to install wireless Internet in Downtown Downey? I also recall reading that the city planned to install Wi-Fi at parks and City Hall.

I hope this is done sooner rather than later.

Eric Staunton
Downey

Trust...but definitely verify

By Lee Hamilton

Of all the numbers thrown at us over the course of last year, one stands out for me. I hope we can avoid repeating it this year.

That number is 12. It's the percentage of Americans in a December Quinnipiac poll who said they trust the government in Washington to do what is right most or all of the time. It's a depressingly small number – especially compared to the 41 percent who say they "hardly ever" trust the government. This meshes with recent polls that echo a bleak truth: trust in government is at historically low levels.

That's not all, though. Americans are feeling vulnerable and highly distrustful of both government and private-sector prying. More worrisome, a few months ago an AP poll found that fewer than a third of Americans trust one another. The poll's message is clear: our society is in the midst of a crisis in trust.

This might seem like a touchy-feely concern, but it's not. Trust is essential to our political system and our way of life. The belief that people and institutions will do what they say they will do is the coin of the realm in our society. It is what allows people to work together – in their daily interactions with others and in their communities, legislatures and Congress. Negotiation, compromise, collegiality, and the mechanisms our complex and diverse society depends on are impossible without trust. Trust is one of the medley of virtues that have allowed our institutions to develop and prosper, along with honesty, competence, responsibility, and civility.

A breakdown in trust between Congress and the executive branch invariably brings problems: the turmoil of the Vietnam War era, Watergate, Iran-Contra, our current budget travails. A society-wide lack of trust imposes real costs. It makes the drafting of laws and their implementation extremely difficult: government becomes more expensive because it requires more emphasis on regulations and enforcement.

In fact, you could argue that we see all around us the results of our trust deficit. Government dysfunction, an economy performing below its potential, public officials' scandals and misdeeds, trusted institutions' willingness to skirt the law and standards of good conduct, our social safety net under attack because people mistrust recipients – all of these speak to a society struggling as trust weakens.

Yet here's a question. Do the polls match your experience? In my case, they do not. Trust still figures in my dealings with institutions and individuals, most of whom are good people trying to live a decent life and to be helpful to others. They deal with one another honorably and with care. I'm convinced that this is because, no matter what the polls say at the moment, the habits instilled by parents, schools, and a vast number of public and private institutions do not just disappear.

These habits include the experience of grappling with the challenges that representative democracy throws at us – and they serve as a reminder that we need trust in one another to make our national experiment in representative government work.

As idealistic or even naive as this may sound, we need to work toward more trust among our people and between people and their government. Some new laws might help, but the challenge is more basic than law can address. Higher standards of conduct at all levels of American life must become the norm. Trust may have weakened, but most of us do not see or experience a corrupt America. Even as we have become a larger, more diverse nation, a sense of community remains crucially important to make this country safe and secure for ourselves and our children.

We cannot take for granted our success at self-government over the centuries: the only invisible hand guiding and preserving our institutions is our collective will.

Events in recent years have given us plenty of reason to be distrustful. Clearly, healthy skepticism is warranted in the wake of the NSA revelations, the problems with the rollout of the Affordable Care Act, and other evidence of both government and corporate misbehavior. In the end, however, "trust but verify" is still the golden standard. Our ability to function and move forward as a society rests on trust. Think about it.

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

Fascination with toilets

Dear Editor:

It is always interesting to read the disparate views of Patriot letter-writers. We all care passionately about the way things are going in our fair city, and country, but we don't always agree on the best way to solve perceived problems.

We do have many things in common though. One of those utilitarian tasks all of us perform on a daily basis is the simple flushing of a toilet. Did you ever wonder where the, ahem, "material" goes as it swirls around the bowl and disappears from view?

In the case of Downey, it proceeds directly to the thriving metropolis of Carson, Calif. More specifically, it arrives at 24501 S. Figueroa St. which is the home of the Joint Water Pollution Control Plant, or JWPCP.

The JWPCP covers 48 acres and is capable of processing 400 million gallons of wastewater per day. I submit it is the sovereign duty of all Downeyites to do their part daily to keep the JWPCP well supplied with the required "raw material" to keep their plant running at an optimal level. Indeed, when I flush a toilet, I sometimes say to myself, "I'd better send that down to Carson right away, the sooner the better."

Of course, they're going to be pleased to get it. It's job security for them. In fact, (I may be wrong about this) but I believe they are in the Guinness Book of World Records as having the most secure jobs in the world.

An interesting adjunct fact dealing with this subject is that if toilets in Downey are properly following the laws of nature, as the toilet is flushed, the water in the bowl should swirl in a counterclockwise fashion. This is because Downey resides in the northern hemisphere.

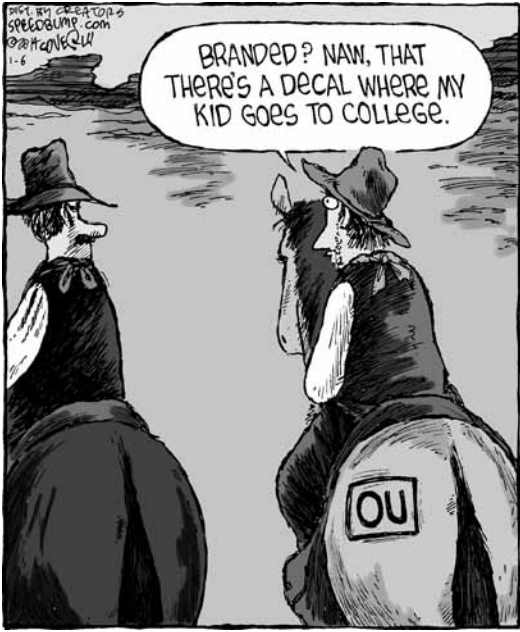
Due to Coriolis force, toilets in the northern and southern hemispheres swirl in opposite directions. The next time any Downeyites are visiting Australia, I would entreat them to flush a toilet to confirm that the water does indeed swirl in a clockwise fashion. (I'm sure all Downeyites are keenly interested in such esoteric information.)

The other day my wife had the audacity to suggest that I might now have enough to do. Given the subject matter of this letter, she might be right.

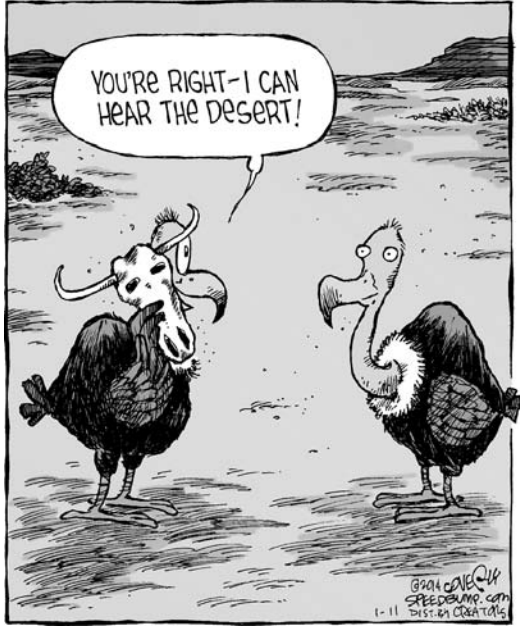
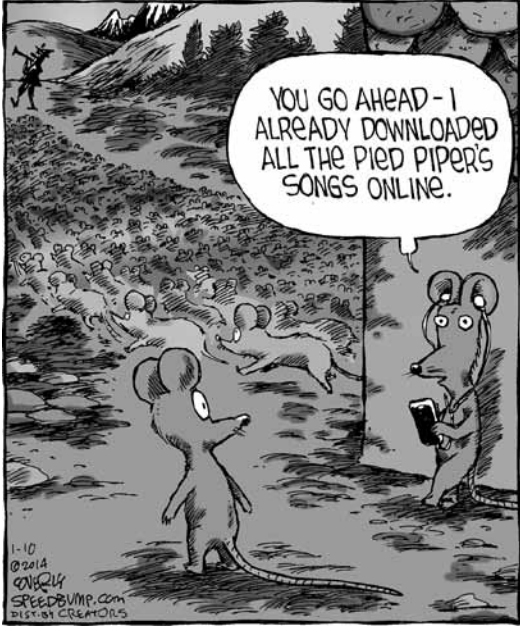
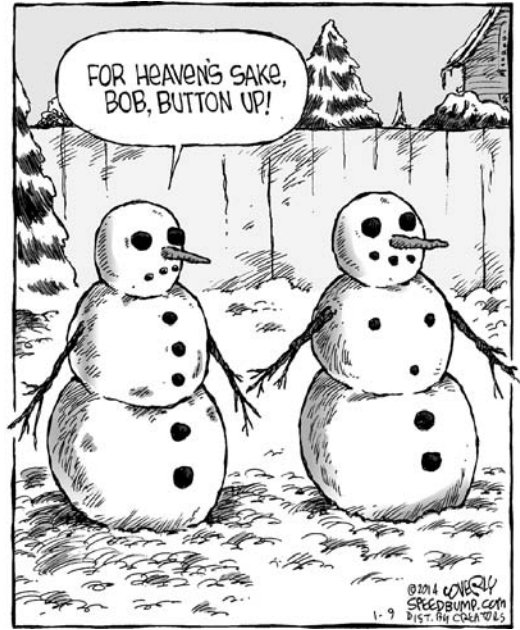
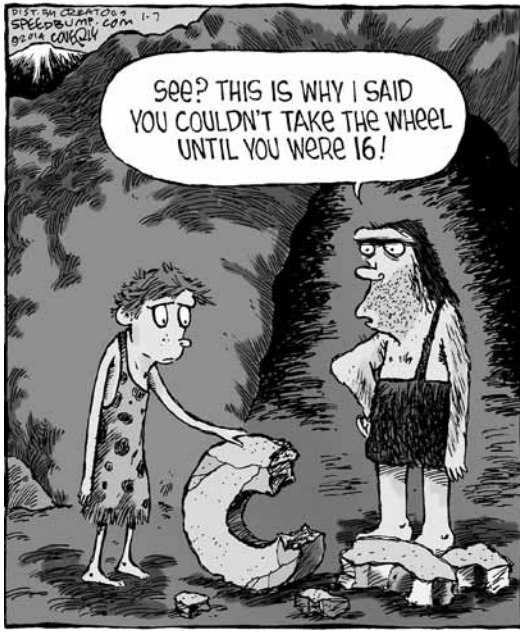
Jack Russell
Downey

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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For January

Sat. Jan. 11: **Miss Downey orientation**, Trinity Baptist Church, 2 p.m.
 Tues. Jan. 14: **City Council meeting**, City Hall, 6:30 p.m.

City Meetings

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

Jan. 9, 1972: Reclusive billionaire Howard Hughes said a purported authorized biography of him by Clifford Irving was a fake.
2006: "The Phantom of the Opera" became the longest-running show in Broadway history, surpassing "Cats," which ran for 7,485 performances.
2007: Steve Jobs introduced Apple's long-awaited entry into the cellphone world, the iPhone.
Birthdays: Football hall of famer Bart Starr (80), basketball player Muggsy Bogues (49), Backstreet Boys singer A.J. McLean (36) and football player Chad Johnson (36).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

A CENTURY AGO: What happened in 1914
 by S.N.

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|--|---|---|
| ACROSS | 64 Treasure hunter, perhaps | 4 12/24 or 12/31 |
| 1 Passé | 65 City southwest of Seattle | 5 Sweet course |
| 6 Roll-call count | 67 Real estate documents | 6 Makeup of matter |
| 10 Take by force | 68 No later than | 7 Fluctuate |
| 15 Is indebted to | 69 Omelet ingredient | 8 List shortener |
| 19 Greek salad morsel | 70 Party cheeses | 9 Looking to be |
| 20 Carryall | 71 Magazine debut of 1914 | 10 Very near |
| 21 More virtuous | 75 Ruckus | 11 VIP accommodations |
| 22 White as a sheet | 76 Highest sudoku digit | 12 Large vases |
| 23 His Dubliners was published in 1914 | 77 Venus de _ | 13 Checkers choice |
| 25 Mary Pickford role of 1914 | 78 Part of speech | 14 Type of tooth |
| 27 Lowest sudoku digit | 79 Enticement | 15 Bet first |
| 28 Japanese national sport | 80 Podded plant | 16 Mickey and Minnie's creator |
| 29 Soda-shop orders | 81 Poet born in 1914 | 17 Fashion mag |
| 31 Trophy place, perhaps | 85 Prod | 18 Make airtight |
| 32 Predicament | 86 Find a product | 24 Rightful |
| 33 Action figure since '64 | 88 Fasten firmly | 26 Navigation tool |
| 34 Went by bike | 89 Uplifted | 30 Open a bit |
| 35 Shove off | 90 Podded plant | 32 Halloween wear |
| 38 Sushi-bar selections | 91 Flat hat | 33 Shot in the dark |
| 39 Dressing ingredient | 92 Creative pursuits | 34 Less trained |
| 43 Nautical order | 93 Evening gala | 35 Offers a challenge |
| 44 Conflict that began in 1914 | 96 Circus star | 36 Lloyd Webber score |
| 46 Baton Rouge sch. | 97 Rotisserie rod | 37 Engineering marvel completed in 1914 |
| 47 Skating spot | 98 Subside | 38 NYC landmark |
| 48 Stage prompts | 101 Country-music pioneer born in 1914 | 39 High-spirited horse |
| 49 Crystal gazer | 103 National commemoration first celebrated in 1914 | 40 Comedian who made his film debut in 1914 |
| 50 Vitamin tablet | 106 Parting words | 41 Dot on a map |
| 51 Cockpit announcement | 107 Bottom line | 42 Soothes |
| 52 He became the first major leaguer with 3,000 hits in 1914 | 108 Jai _ | 44 North African capital |
| 56 First Czech Republic president | 109 Postal Service symbol | 45 Seven-Emmy actor |
| 57 America's uncle | 110 Job opening | 48 Jazz pianist |
| 58 Green land | 111 " _ welcome" | 50 Wear a hole in the carpet |
| 59 Went by dinghy | 112 Geeky guy | 52 Is in charge of |
| 60 Aspects | 113 Sport swords | 53 Suitor |
| 61 Van Gogh hangout | | 54 Storage Wars airt |
| 63 Navigation tool | | 55 Solid understanding |
| | | 56 Devastation |
| | | 60 Conform |
| | | 62 Pantheon's locale |
| | | 63 Place, as a patch |
| | | 64 Poor grade |
| | | 65 Prime-time hour |
| | | 66 Parting word |
| | | 67 Postpone |
| | | 68 WWII sub |
| | | 70 Old saying |
| | | 71 Lowered a lawn |
| | | 73 Nabisco brand |
| | | 74 Still to be satisfied |
| | | 77 What the Witch called Dorothy |
| | | 79 Pairs |
| | | 81 Flood blockers |
| | | 82 Betray fear |
| | | 83 Engage |
| | | 84 Put too many people on |
| | | 85 Cashew or walnut |
| | | 87 Ripped into |
| | | 89 Party cheese |
| | | 91 Kid-lit pachyderm |
| | | 92 Garden pest |
| | | 93 Plants firmly |
| | | 94 Word-of-mouth |
| | | 95 Avid about |
| | | 96 Ballet garb |
| | | 97 Marquee name |
| | | 98 Advantage |
| | | 99 Hay load |
| | | 100 Tournament exemptions |
| | | 102 Excessively |
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| | | 105 Deplete |

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James Joyce (23 Across) also began writing Ulysses in 1914. White at Arles, Van Gogh (61 Across) painted Still Life: Vase with Fifteen Sunflowers, which sold for \$39.9 million at a 1987 auction. Nabisco's NITLA brand of vanilla wafers (73 Down) debuted in 1967.

Paging Dr. Frischer...

By Dr. Alan Frischer



Actual medical interventions were minimal back then, but improved nutrition allowed many to avoid getting sick and to withstand the disease once contracted; and better public health measures reduced the spread of disease. These changes had the greatest impact on the very young.

As we moved into the middle of the century, between 1940 and 1960, death rates from infectious diseases continued to decline, in large part due to the discovery of penicillin and sulfa drugs in 1935. As a result, by 1960, 70% of infants could be expected to live to be 65. By this point, medical interventions started playing a primary role. The focus was shifting to diseases of aging, like cancer, heart disease and diabetes.

Of course, smoking has had a huge impact on mortality through the years. Once a socially accepted behavior, smoking is the leading preventable cause of death and disability in the United States. The CDC reports that annual average cigarette consumption increased from 54 cigarettes in 1900 to 4,345 cigarettes in 1963. That amounted to well over a half a pack a day for every man, woman, and child! By 1998, that number decreased to 2,261 cigarettes. Since then, average cigarette consumption has continued to plummet. When the number of smokers decline, after 10 to 20 years there is a direct impact on the number of deaths from heart disease and smoking-sensitive cancers.

During the last century, factors that contributed to the significant improvements in life expectancy included environmental interventions, improvements in nutrition, advances in clinical medicine, improvements in how we monitor diseases, increases in education levels, and improvements in standards of living (rising incomes and social programs offer support and improved access to expensive

medical technology).

As we move forward into the 21st Century, we'll see that continued advancements in science and technology will continue to lower mortality rates. Medicare for the elderly and Medicaid (Medi-Cal, here in California) for the poor will continue to improve access to medical care. As we continue to better understand how environmental factors affect health, and as we make further improvements in public infrastructure (such as clean water, sewage, sanitation, housing, and improved food), mortality rates will also improve. And finally, as science discovers more about the causes of diseases, and public education on health risks and behavior improves, we will all live longer.

Regardless of our age, each of us can do our part in improving our individual lifespan by making wise personal choices every day. I wish you a healthy 2014.

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.

We Americans are managing to live longer. How?

During the last century, United States mortality rates (the number of deaths in a population) greatly improved. In 1900, the annual mortality rate was one in 42. That means that during the year 1900, one out of every 42 people in the United States died! By 1998, the rate had dropped to a third of that, to only one in 125. Even more amazing, during the 20th Century the infant mortality rate (the number of deaths of those under one year old) fell by more than 90%, and maternal mortality rates (the number of women who die in childbirth) dropped by 99%. What innovations and policies contributed most to those gains?

Except for a ten-year period between 1955 and 1965, when the mortality rate essentially did not change, the number of deaths has dropped at a relatively constant rate of one to two percent per year throughout that 100-year period. Earlier in the century, these gains were mostly among the young, but during the last half of the century, most of the life expectancy improvements were among those over 45.

Infections were the leading cause of death during the first half of the century, and the biggest advances had to do with our ability to fight off infectious diseases. Pneumonia and influenza accounted for 1/3 of all deaths, and tuberculosis contributed as well.

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Study: doctors avoid talking about alcohol

Only one in six adults -- and only one in four binge drinkers -- say a health professional has ever discussed alcohol use with them even though drinking too much is harmful to health, according to a new Vital Signs report from the Centers for Disease Control and Prevention.

Even among adults who binge drink 10 or more times a month, only one in three have ever had a health professional talk with them about alcohol use. Binge drinking is defined as consuming four or more drinks for women and five or more drinks for men within 2-3 hours. Talking with a patient about their alcohol use is an important first step in screening and counseling, which has been proven effective in helping people who drink too much to drink less.

A drink is defined as five ounces of wine, 12 ounces of beer, or 1.5 ounces of 80-proof distilled spirits or liquor. At least 38 million adults in the United States drink too much. Most are not alcoholics. Drinking too much causes about 88,000 deaths in the United States each year, and was responsible for about \$224 billion in economic costs in 2006. It can also lead to many health and social problems, including heart disease, breast cancer, sexually transmitted

diseases, fetal alcohol spectrum disorders, motor-vehicle crashes, and violence.

Alcohol screening and brief counseling can reduce the amount of alcohol consumed on an occasion by 25 percent among those who drink too much. It is recommended for all adults, including pregnant women. As with blood pressure, cholesterol and breast cancer screening, and flu vaccination, it has also been shown to improve health and save money. Through the Affordable Care Act, alcohol screening and brief counseling can be covered by most health insurance plans without copay.

"Drinking too much alcohol has many more health risks than most people realize," said CDC Director Tom Frieden, M.D., M.P.H. "Alcohol screening and brief counseling can help people set realistic goals for themselves and achieve those goals. Health care workers can provide this service to more patients and involve communities to help people avoid dangerous levels of drinking."

Health professionals who conduct alcohol screening and brief counseling use a set of questions to screen all patients to determine how much they drink



and assess problems associated with drinking. This allows them to counsel those who drink too much about the health dangers, and to refer those who need specialized treatment for alcohol dependence. CDC used 2011 Behavioral Risk Factor Surveillance System data to analyze self-reports of ever being "talked with by a health provider" about alcohol use among U.S. adults aged 18 and older from 44 states and the District of Columbia.

No state or district had more than one in four adults report that a health professional talked with them about their drinking, and only 17 percent of pregnant women reported this. Drinking during pregnancy can seriously harm the developing fetus.

—Contributed by the Centers for Disease Control and Prevention

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Metro Briefs

GATEWAY CITIES

Metro Makes it Possible

From the recently completed Mulholland Bridge to the groundbreaking of the Crenshaw/LAX light rail line scheduled for this year and more, Metro is building and funding hundreds of projects to improve mobility throughout Los Angeles County's 88 cities. For more information, visit metro.net/projects.

Public Hearing on Bus Service February 13

The Metro Gateway Cities Service Council will discuss proposed June, 2014 bus service changes on Thursday, February 13 at 6pm. The meeting takes place at Aspire Pacific Academy, 2565 East 58th St, Huntington Park. For details, visit metro.net.

Make Metro Your New Year's Resolution

This year, why not resolve to Go Metro? You can save as much as \$10,000 per year by riding Metro instead of paying for gas and parking. To get started, visit the "Getting Around" section at metro.net.

New Rancho-to-Rail Wheelchair Shuttle

Access Services offers a free shuttle for Rancho Los Amigos National Rehabilitation Center patients, visitors and staff traveling between Metro's Willowbrook Station and the center. The shuttle departs every hour, 7am to 4pm. More at 1.800.827.0829.

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PEOPLE PROFILE

Claudia de Leon, VP of Soroptimist of Downey



• Realtor Claudia de Leon also donates time at Downey senior center.

By Henry Veneracion Staff Writer

DOWNEY - In the 10 years she's worked in real estate, Claudia de Leon has demonstrated focus, determination, and capacity for hard work - qualities that have not only helped satisfy her clients' needs to buy or sell most probably their biggest asset but at the same time brought her satisfying financial rewards.

Her involvement with the Soroptimist Club of Downey

since she joined up in 2010 hasn't been exactly uneventful either. Currently club vice president, she would normally be in line to succeed the current incumbent (Donna Bishop) to the presidency, but because she'd desperately wanted to attend the upcoming June-July World Cup in Brazil ("I've been a soccer fan since I was a kid"), she begged off on the opportunity but hopes to again be offered the chance to lead the club in the future.

She kids that, in this instance, she's got her priorities right.

Born in Guetamala and immigrating to the U.S. in the early '80s during Guetamala's civil war, Claudia was raised in Hollywood by her single mom, Consuelo de Leon. Graduating from Hollywood High in 1988, she got a BS in psychology (with studies in biology) from Cal State L.A. in 1999, and promptly began working for the Braille Institute, "helping people adjust to vision loss." She worked there for seven years.

She helped sell magnifiers, the sales to benefit needy people, especially the elderly with their vision problems. She began to realize that she could be of greater assistance to more people the more money she made. Her mother hinted that real estate just might do the trick, and it wasn't before long she joined RE/MAX Premium here in Downey.

Her first husband's surname was Camarena, and has daughters

Sylvia, 29, and Lauren, 21, by him. They had a little boy, but after the boy's untimely death, they moved to South Gate in 2001. The marriage ended up in divorce after 14 years, at which time Claudia and her two daughters moved to Downey in 2004.

The decision to try real estate turned out to be a good one. After joining RE/MAX in 2004, Claudia achieved the validating 100% commission target level two years later. She has consistently topped this target since.

Since remarried to photographer Jorge Trujillo in 2007, Claudia has teamed with him to form Magical Moments Photography, which specializes in weddings and parties.

Claudia has thus a second business project going—and she says it's good one. She says she's actually able to spend more time with her husband than most married couples. They even have breakfast together often, something that doesn't usually happen nowadays.

Daughter Lauren, currently a student of film at Santa Monica College, also works as a part-time photographer for Magical Moments. Older daughter, Sylvia, who took the medical assistant course at Downey Adult School, works at a hospital.

The Soroptimist Club occupies much of her time, too. Right now, the club is in the midst of preparations for their biggest fundraiser of the year—Casino Night—the proceeds of which go to scholarships for girls, women's opportunities, various charities, etc. The blockbuster fundraiser, she says, will take place on May 2 at the Rio Hondo Event Club.

She is involved in other community events benefiting the city as well, especially Café Quill, the dinner dance regularly held for seniors at the Barbara Riley Center. One is scheduled for this Jan. 15.

She has an important role in the city of Norwalk as well: she is vice president of the Soroptimist Village Foundation, which provides housing for low-income seniors. A member of the foundation board, Claudia represents Soroptimist of Downey.

Two years ago, she became involved with the Downey Elks Club as well.

"I truly enjoy helping other people," she declares. "At a very young age, I was particularly drawn to the needs of the elderly."

She says her favorite quote is from Napoleon Hill: "The truly great man is a servant - not a master."

PEOPLE PROFILE

Getting to know... Kitty Thompson

• Owner of Downey Party Rentals loves her job, and she's not slowing down.

By Henry Veneracion Staff Writer



Bill and Kitty Thompson

DOWNEY - When Bill and Kitty Thompson got married in October of 1967, there was a hitch. They had ordered rentals for the reception, but only half the chairs they had ordered were delivered: the excuse was that the supplier had over-booked. Also, the china and glasses were dirty.

Recalling the moment, Kitty says, "We stayed up half the night before washing dishes!"

"As we talked about the poor quality and service," she says, "we decided we could do a much better job. Besides we worked for the same company, and there was a policy against employing a husband-and-wife team in the same company."

Thus was born Downey Party Rentals.

"We opened our business when we got back from our honeymoon. Our son, Nicholas, started with the company when he was 12, and he started at the bottom. Eight years ago, after 20 years with the company, he became manager, and he does a great job."

"In the thick of things are our drivers, driver-helpers, and driver-cleaners," she says. "They number six strong men, and can easily lift 50-60 pounds, the average weight of tables."

The company started out with \$50,000 worth of inventory. The couple tried to imagine what items would be needed for a party, so they bought tables, chairs, bars, table linen, glasses, china, flatware, wedding accessories, cooking and concession accessories. Even dance floors, trays, garden equipment, lighting and miscellaneous items (including podiums, p.a. systems, raffle drums, patio heaters, etc.)

"We are constantly adding new items to our inventory to meet our customers' needs," says Kitty. "Our latest estimate of current inventory, for insurance evaluation purposes, is set at \$250,000."

"We mostly stay busy," she says. "Orders go out, returns keep coming, and when it's really busy, like these last few weeks, the phone hasn't stopped ringing."

After 47 years of doing business with her customers, most of whom enjoy mutual respect and trust, they have become her

friends and are treated like family.

Kitty says her Downey Party Rentals has its serious side of looking at the numbers (costs, and maybe profits), but mostly "It's been fun."

Husband Bill's activities for the company have somewhat become recently limited by his diabetes, but otherwise his early contributions to the growth of the company cannot be minimized. He still once in a while helps with washing the dishes, says Kitty, but most of the time he stays home. His being an Angels fan helps dispel the boredom.

There are lulls in operations. When this happens, the Thompsons like to relax in the High Sierras.

"I love Downey and I love this business, she says, and I say it's fun because generally the customers are in a good mood. They come into the store in good spirits because they know they're looking forward to have a good time later."

Kitty was born in Seattle of a German/English dad and Irish/Northwest Indian mother, moved to Compton when she was 5, and moved to Downey when she was 12. She graduated from Downey High in 1964, went to Westminster College in Salt Lake City for a year, then attended Long Beach State for a year. "I was going to be a teacher," she says.

Then the family moved to Anaheim Hills in 1975. Indeed, she was a pre-school teacher for 15 years; while working at Hephatha Lutheran Pre-School in Anaheim Hills.

At one time, she says, she had three years of Latin. "My strongest point was editing at Downey High," she says.

"I look forward to having more grand times ahead. I really, really like my work. My customers, my friends, my vendors—it's so much fun dealing with them," she adds.

She and Bill have a daughter, Danielle, who lives in Santa Monica. Kitty is more excited than anybody when she announced she was having twins in June.

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L.A. County Fire offering exam seminars

LOS ANGELES - The Los Angeles County Fire Department is hosting a series of seminars starting this month to help interested candidates prepare for its upcoming firefighter trainee examination this summer.

The seminar is presented by expert members of the department's human resources and firefighter training teams. It will be offered three times in each of the department's three operational regions across L.A. County, for a total of nine presentations.

The first seminar is scheduled to take place this Saturday from

8 a.m. to 5 p.m. at Western University in Pomona. Additional dates and locations are being scheduled and will be released later.

The comprehensive seminars cover a wide range of information, including introduction to the fire service, recruit and probationary firefighter expectations, written test preparation, oral interview preparation, introduction to the background check process, health and fitness, and Candidate Physical Ability Test (CPAT).

To register, go online to fire.lacounty.gov.

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IN 2014, TAKE A STAND AGAINST OBESITY

By Dick Resch
What's your New Year's Resolution? Hitting the gym more? Cutting carbs?

There's an easier way to get healthy in 2014, and it doesn't require gallons of sweat or the elimination of bread. It's called standing.

A growing body of research shows that spending more time on your feet -- whether at home, at work, or during meals -- can have surprising health benefits. Even better, it's a whole lot easier to keep a New Year's resolution to simply stand more.

Remarkably, regular exercise can't undo the negative effects of sitting. According to Dr. Genevieve Healy, a researcher at the University of Queensland's School of Population Health, "We've become so sedentary that 30 minutes a day at the gym may not counteract the detrimental effects of 8, 9 or 10 hours of sitting."

It's no exaggeration to say that sitting is the new smoking. An analysis published in the British Journal of Sports Medicine found that every hour spent on the couch watching television shaves 22 minutes off one's life.

Smoking a cigarette, meanwhile, costs the average person only 11 minutes.

But unlike kicking a nicotine habit, sitting less is as easy as straightening your legs and standing up. And believe it or not, giving your recliner or office chair some time off can bring substantial health benefits.

A study published in the February issue of PLOS ONE, a science journal, found that, when

it comes to reversing the harmful effects of sitting, "increasing the time spent walking/standing is more effective than one hour of physical exercise." Good news for those of us who may have trouble making it to the gym.

A renewed commitment to standing can start at the office. An astonishing 86 percent of Americans spend their workdays planted in a chair.

But that's easy to fix. For starters, keep an eye on the clock and make sure to stand up at least once every thirty minutes. Instead of riding the elevator, opt for the stairs once or twice a day. Phone calls also provide a great opportunity to spend some time on your feet -- or to pace a little to get the blood flowing.

Height-adjustable sit/stand desks can help workers make standing an even more integral part of their office routine. The Centers for Disease Control and Prevention have found that

such desks can reduce workplace sitting by as much as 224 percent. Workers who adopted a sit/stand approach also reported having less back and neck pain -- and were in a better overall mood.

At home, it's important to resist the urge to plop down on the couch. As it turns out, television sets work just as well when viewers are standing up.

Although we rarely realize it, most furniture -- from lunch tables to computer desks -- is designed with sitting in mind. A shift to a more upright, standing-centric lifestyle, therefore, will require a change in furniture.

All too often, January's self-improvement project becomes February's personal disappointment. As 2014 dawns, avoid falling short of your resolution to be healthier in the New Year -- and simply stand up.

Dick Resch is CEO of KI Furniture.

'Deathtrap' opening in Long Beach

LONG BEACH -- "Deathtrap," the classic comedic thriller by Ira Levin, will be performed on the Long Beach Playhouse mainstage starting Jan. 17 through Feb. 15.

The record-holder for longest running comedy-thriller in Broadway history, "Deathtrap" tells the story of Sidney Bruhl, a writer of Broadway thrillers, who is struggling to overcome a dry spell that has resulted in a string of failures and a shortage of funds. He is prepared to go to any lengths to improve his fortunes.

A possible break in Bruhl's fortune occurs when he receives a script from a student in the seminar he has been conducting at a nearby college -- a thriller he recognizes immediately as a potential Broadway hit.

"Deathtrap" has been described as having such twists and turns "that audiences will be held spellbound until the very last moment."

Office meetings a waste of time?

In survey after survey, meetings get knocked by everyone from employees to senior executives as being among the biggest waste of work hours.

In one poll, by Office Team, 45 percent of senior executives said their firms would be more productive if they banned all meetings at least one day a week!

"The problem that often occurs -- beyond the obvious, like lacking a clear agenda -- is the underlying current of competition that each person brings to the table," says Berny Dohrmann, chairman and founder of CEO Space International, and author of "Redemption: The Cooperation Revolution," (www.ceospaceinternational.com).

"Competition pulls people apart; cooperation brings them together. Signs that competition is causing unproductive meetings include one or two people dominating the floor; individuals touting their achievements; people consistently failing to contribute their ideas because they fear being criticized or ridiculed."

The drive to compete is so ingrained in most of us, we often don't recognize it, Dohrmann says.

"We get it culturally. We learn it in school. It's often reinforced within our own families as we're growing up. We have to be aware of that and identify the culture we want, then set about creating it -- beginning with our meetings."

Cooperative meetings yield far better results, he says. People working together toward a goal are more efficient, more productive, and even happier. The group pulling together toward the same goal will

achieve that goal far more quickly than individuals each pulling in opposite directions, Dohrmann says.

How can you turn competition into cooperation -- and wasted meetings into fruitful gatherings? He offers these suggestions:

- **Begin instituting culture change by rewarding cooperative behavior.** When someone makes a suggestion that can help another individual or department, publicly acknowledge and praise that teamwork. Encourage inter-departmental interest, empathy and even personal bonds by allowing employees from one area to shadow employees from another. Remind everyone that when one department succeeds, everyone succeeds. Look for managers and employees who tend to be naturally cooperative and enlist them as mentors and leaders to encourage and spread the new culture.

- **Identify and curb competitive behavior in meetings.** Avoid

discouraging the behavior with tactics that rely on public criticism, scorn or ridicule. Rather, set egalitarian standards, such as time limits for each person to speak, and stick to them. When someone strays off topic, discern whether he or she is sharing a potentially valuable idea or seeking a personal competitive advantage (i.e. by laying blame, self-promoting, etc.) before steering him back on topic.

- **Participation is essential to cooperation.** Require everyone to participate in meetings. Circulate the agenda in advance with the stated expectation that each attendee will come to the table prepared to address at least one item -- even if it's not an item within their area of responsibility. Participation is a key component of a cooperative work group and making it the norm is often as simple as getting everyone into the habit.

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THE LEGEND OF HERCULES PG-13 (11:55, 2:20), 7:25
LONE SURVIVOR R 7:05, 9:55
LONE SURVIVOR R (11:20, 2:05, 4:55), 7:50, 10:40
PARANORMAL ACTIVITY: THE MARKED ONES R (11:00, 1:15, 3:30, 5:45), 8:00, 10:15
THE WOLF OF WALL STREET R (12:00, 4:00), 7:55, 9:30
AMERICAN HUSTLE R (10:40, 1:40, 4:45), 7:45, 10:45
SAVING MR. BANKS PG-13 (11:00, 1:50, 4:40), 7:30, 10:25
WALKING WITH DINOSAURS PG (11:50, 2:10, 4:30)
ANCHORMAN 2: THE LEGEND CONTINUES PG-13 (10:50, 1:35, 4:15), 7:20, 10:00
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SPORTS BRIEFS: S.G.V.L. wrestling heating up

• St. John Bosco, Warren and Downey all in action; dual meets Thursday.

By Mark Fetter
Contributor

DOWNEY – The St. John Bosco High School wrestling team finished in eighth place overall with a score of 79 points at the Doc Buchanan Invitational wrestling tournament in Clovis Jan. 3-4.

Clovis took first with 239.5 points, Buchanan took second with 151 points, Poway took third with 128 points, Clovis West took fourth with 122 points and Pleasant Grove of Utah finished fifth with 100.5 points.

Gilroy took sixth place with 98 points, Folsom took seventh with 94.5 points, Bosco took eighth place with 79 points, Northview took ninth place with 75 points and Modesto took tenth place with 72.5 points. More than 20 teams competed.

The Braves had three wrestlers place in Clovis. Junior Zahid Valencia (132) took first place after he defeated Christian Olivas of Clovis 14-5. With the win, Valencia improved to 14-0.

Junior Joseph Dominguez (138) took fifth place after defeating Isaiah Hokit of Clovis

3-1. He improved his record to 12-4.

Junior Anthony Valenica (171) took first place after he defeated Bryce Martin of Bakersfield 12-6. Valencia remains undefeated at 14-0. Both Valencia brothers were state champions as freshmen in 2012 and finished third at 113 pounds (Zahid) and second at 145 pounds (Anthony) in 2013, respectively.

Noticeably missing from these placers is Bosco standout Aaron Pico (152). Pico finished last year as a state champion (42-0) at 132 pounds but has decided to forego his sophomore season in high school and college and will instead focus on freestyle wrestling in preparation for the 2016 and 2020 Olympic Games.

Pico also sees a future in MMA once the 2020 Olympics are over.

The Warren High School wrestling team wrestled at the Clinch Gear Tournament of Champions at Tustin High School Jan. 3-4. The Bears placed ninth out of more than 60 schools represented.

Desert Vista finished first with 231.5 points, La Costa Canyon finished second with 202.5 points, Alta Loma finished third with 191.5 points, Shadow Ridge finished fourth with 159 points and Canyon Springs

finished fifth with 153 points.

Ayala finished sixth with 140 points, El Camino Real finished seventh with 125.5 points, California finished eighth with 120 points, Warren finished ninth with 111 points and Sonora rounded out the top ten by finishing with 110 points.

Warren's Ricky Medina (106) placed sixth after a loss to Adam Vargas of Merced. Brian Vives (182) placed fourth after a loss to Kenneth Hamel of Merced and Alex Mendez (195) placed seventh after defeating Miguel Cantresas of Ayala.

San Gabriel Valley League foe Paramount finished in 24th place with 64 points. Paramount's Steven Deleon (120) finished in seventh place and Noe Sandoval (220) finished fourth. There were no other S.G.V.L. teams competing at this tournament.

Downey Calvary Chapel finished in a tie for 40th place (24 points) with Desert Vista and Ayala's "B teams." Wyatt Gerl (120) placed third for the D.C.C. Grizzlies.

The S.G.V.L. will heat up when Warren wrestles against cross-town rival Downey at Warren next Thursday, Jan. 16. Junior varsity will begin at 5:30 p.m. followed by varsity at 7 p.m.

Coach Brogden, his staff and wrestlers are looking forward to the much anticipated dual meet

against Downey.

The Downey High School wrestling team competed at the Juan Enriquez Memorial wrestling tournament at John Glenn High School January 3rd and 4th. The Vikings took first place with 251.5 points and had eleven wrestlers place in the top eight of each weight class.

There were 42 teams represented at this tournament.

Downey had two weight classes where there were "all Viking finals." Downey's Mark Lopez pinned Downey's Martin Gevorkian at the 3:02 mark in the 106 pound final and Downey's Carlos Rivas decisioned fellow Viking Johnny Robles 7-3 in the 120 pound final.

Downey's Ronald Casasola finished in fourth place at 120 pounds after losing a decision to A. Lopez of San Fernando 4-2. The Vikings took three of the top four places at 120 pounds.

Downey's Armando Padilla (126) took first place after defeating Christian Lambarena of Arroyo 6-2 in the final. Antonio Santana (138) defeated Michael Estrada of John Glenn 13-4 to take third place and Dylan Moreno (152) took second place after being defeated in the final by Trevor Perez of Mater Dei 17-1.

Downey's Juan Soto (170) dominated his weight class en route to a 12-2 major decision win against Thomas Chen of Arroyo in the final. Stephen Chavez (182) finished second after being defeated 7-0 by Tristin Martinez of Peninsula in the final. Benjamin Cuellar (220) defeated J. Flores of Arroyo 12-3 to take fifth place. Downey's

Anthony Florido (285) took first place by defeating David Zavala of Lakewood 5-2 in the final.

Downey wrestled Paramount yesterday at Paramount (score unavailable at press time) and will wrestle cross-town rival Warren at Warren next Thursday.

The Long Beach Press-Telegram released their annual Dream Team for football this past Wednesday.

The Dream Team was heavily represented by players from St. John Bosco and Long Beach Poly. St. John Bosco won the state championship game against Concord De La Salle, 20-14, while Poly won the Moore League title again and made another nice run in the PAC 5 playoffs.

Between the two schools on offense, seven of 13 players were selected to the first team, four of 13 players were selected to the second team and one player was given honorable mention. Norwalk running back Rashaad Penny was selected as offensive player of the year.

Between the two schools on defense, seven of 12 players were selected to the first team, not including defensive player of the year Iman Marshall of Poly. Five of 12 players were selected to the second team and three were given honorable mention recognition.

Bosco quarterback Josh Rosen was selected to the first team as were teammates receiver Shay Fields, offensive linemen Zachary Robertson and Damien Mama, kicker Reid Budrovich and newcomer of the year running back Sean McGrew.

Bosco's offensive lineman Elijah Zabuldoff was selected to the second team. St. John Bosco head coach Jason Negro was named coach of the year.

Bosco defensive linemen Malik Dorton and Jacob Tuoti-Mariner, linebacker Chandler Leniu and defensive back Naijil Hale all earned first team honors on defense. Defensive lineman Ivan Martinez, defensive back Chandler Hawkins and punter R.D. Cole were all selected to the second team. Linebacker Christian Holland received honorable mention recognition.

Downey quarterback Jorge Reyna and offensive lineman Arturo Gomez were selected to the second team on offense and defensive back Tristan Esparza was given honorable mention recognition on defense.

NWDLL signups Saturday

DOWNEY – Signups for Northwest Downey Little League take place this Saturday, Jan. 11, from 9 a.m. to noon at Furman Park.

All players must bring a copy of their birth certificate and proof of residency at time of registration.

Participation in the Challenger Division for special needs children is free.

For more information, call Manuel Blanco at (310) 613-0614 or Guillermo Valdez at (213) 503-1365.



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5 QUESTIONS: Carl Causly



Carl Causly

2.) When it comes to eating healthy, how do you keep things from getting boring?

Don't eat the same foods mix it up and spice it up, add flavor to your food and also don't deprive yourself of any one food group.

3.) Is it OK to have a "cheat" day or do you recommend against that?

I believe in cheat days because it allows you to reward yourself for your hard work, it also has been proven that it helps keep you consistent because you have something to look forward to.

4.) Where are your favorite places to workout in Downey?

I love jogging through the city it's more exciting than walking on a treadmill. I also like working out at Apollo Park because there is usually others working out and that helps motivate me.

5.) What kind of classes do you lead at the community center? And are they for seniors only?

I teach a body sculpt class, cardio kickboxing class, kids fitness class, circuit training class and a group personal training class. Even though I teach at the senior center my classes are actually 18 and over except the kids class is age 9-13.

Interview by Eric Pierce

"5 Questions" is an occasional feature in which we ask five questions of Downey business and community leaders. This week's participant is Carl Causly, fitness instructor at the Barbara J. Riley Community and Senior Center.

1.) So many people make losing weight part of their New Year's resolutions. What's the best way for someone to get started on a healthier lifestyle?

You have to set short term goals. Remember it's not about perfection but consistency, also sign up for an exercise class or workout with a friend. That puts you around people with the same goals.

Man arraigned for Long Beach carjacking

LONG BEACH – A Long Beach ex-felon suspected of carjacking and his brother, an active Marine, pleaded not guilty to possession of an assault weapon last week.

Robert Charles Maalea, 38, is charged with one count each of carjacking, assault by a machine gun or assault weapon, possession of a firearm with prior violent conviction, possession of an assault weapon and evading police.

His half-brother, Alexander Russell Smith, 21, is charged with one count of possession of an assault weapon.

On Dec. 30, at around 8:30 p.m., Maalea allegedly walked up to a woman in a car while holding an AR-15 assault rifle. Prosecutors allege he did not say or do anything, but instead crossed the street and carjacked a vehicle while the owner was nearby.

Maalea drove to a parking garage, where he revealed the assault rifle to a second woman, prosecutors alleged. She ran away from the scene.

At this point, Long Beach police arrived near the parking garage and Maalea led them on a car chase, officials said. Maalea crashed and tried to flee on foot but was apprehended.

During the investigation, police discovered that the assault rifle belonged to Smith, an active Marine out of Camp Pendleton.

Maalea's bail was set at \$1.2 million and Smith's at \$35,000. Both remain in custody.

A preliminary hearing for both men was scheduled for Jan. 9.

Architect pleads no contest to blaze that killed firefighter

LOS ANGELES – An architect who designed and oversaw construction of a luxury home in the Hollywood Hills where a veteran firefighter perished in a blaze nearly three years ago pleaded no contest last week and was immediately sentenced to one year in county jail and probation.

Gerhard Albert Becker, 49, pleaded no contest to one count of involuntary manslaughter involving a Feb. 16, 2011 blaze that claimed the life of Los Angeles firefighter Glenn Allen, 61.

Allen, a firefighter of more than 36 years, was killed when a burning ceiling fell on him after firefighters responded to an alarm.

His widow, Melanie Allen, told the judge that the family's lives were "ripped to shreds" when her husband was killed.

Superior Court Judge Robert Perry sentenced Becker to three years probation and ordered him to complete one year in county jail as part of his probation.

Judge Perry said he believed city building inspectors should have discovered problems in construction prior to allowing the home in the 1500 block of Viewsite Drive to be occupied.

Deputy District Attorney Sean Carney, who prosecuted the case, opposed the sentence.

He said that Becker, not the Department of Building & Safety, was responsible for building the multi-level home. He said Becker willfully ignored building codes and the manufacturer's warnings not to install an outdoor fireplace inside the home.

Carney also argued that since Becker is a German national who will be deported immediately after he serves his jail sentence, there was no way to monitor his time on probation.

Woman gets jail for scamming elderly man

LOS ANGELES – A Panorama City woman accused of perpetrating a "sweetheart scam" against an 81-year-old man whom she met through a personal ad pleaded no contest last week.

Myrta Molina, 53, was sentenced to 248 days in county jail and five years probation. She was also ordered to pay \$6,500 in restitution and to stay away from the victim and his home.

Judge Larry Knupp of Norwalk Superior Court also ordered Molina to refrain from posting personal ads.

Molina met the victim when he responded to a personal ad in a senior citizen publication, prosecutors said. Within two months of meeting, Molina began asking the victim for money to pay for her rent and utilities.

Testimony at Molina's preliminary hearing revealed that in July 2013, the victim attempted to make bank withdrawals totaling \$82,000 for his "girlfriend."

A bank teller did not allow the transactions to go through and alerted authorities.

16 arrested at Lakewood checkpoint

LAKEWOOD – Sixteen people were arrested at a DUI and driver's license checkpoint last Friday night in Lakewood, sheriff's officials announced.

The checkpoint was stationed on Del Amo Boulevard, just west of Pioneer Boulevard.

Five people were arrested on misdemeanor charges of possessing marijuana. Two people face felony charges for carrying ecstasy and hash oil.

Three drivers with suspended or revoked licenses were arrested. Two drivers with no licenses at all also were charged.

One person was charged with knowingly allowing an unlicensed driver to get behind the wheel.

Sheriff's deputies arrested two drivers allegedly high on marijuana. One suspected drunk driver was also caught.

Meanwhile, a Jan. 4 checkpoint on Alondra Boulevard in Bellflower resulted in 22 arrests, including nine for driving without a license.

Three people face charges for driving while high on marijuana, and one driver was allegedly high and also drunk.

Three drivers were arrested for illegal possession of narcotics, and four drivers were caught driving on suspended or revoked licenses.

Deputies arrested two people who allegedly allowed an unlicensed driver to get behind the wheel.

Burglary suspects caught in Cerritos

CERRITOS – Two men were arrested last week after breaking into a Cerritos home with a woman and her two children hiding inside.

Sheriff's deputies responded to the 17200 block of Morningrain Ave. at 11:11 a.m. on Jan. 2.

The homeowner was with her two children when she heard a loud knocking on the door, prosecutors said. She peered through the window and allegedly saw one of the suspects, 23-year-old Devonte Smith, at her doorstep.

The woman took her two children to a bedroom, locked the door and called police. While she was on the phone with authorities, the second suspect, 25-year-old Quintin Moreland, allegedly kicked in the back door.

The two suspects fled in a Ford F-150 pickup as sheriff's deputies arrived.

"The suspect vehicle drove toward the deputies at a high rate of speed and collided into a curb as they attempted to go around the patrol cars, which caused the vehicle to become disabled," authorities said.

"A preliminary investigation revealed that the suspects knocked on the front door of the victim's residence," sheriff's officials said in a statement. "The victim did not respond to their knock on the door, giving the suspects the impression that no one was home."

"At least one of the suspects gained entry into the attached garage by forcing his way into the garage door, then forcing his way into a second doorway which gave him access to the home. The suspect fled the location before encountering the victims who were hiding inside."

Both suspects have previous convictions: Smith for assault with a firearm and Moreland for receiving stolen property and evading an officer.

Smith and Moreland remain in custody. Bail for Smith was recommended at \$150,000 and \$60,000 for Moreland.

If convicted, Smith faces a minimum of 17 years in prison, while Moreland could face a maximum of seven years in prison.

Babysitter's boyfriend accused of beating 2-year-old

NORWALK – A 23-year-old man has been arrested on suspicion of beating a toddler so severely that he has been hospitalized in "extremely critical condition."

Sheriff's deputies arrested 23-year-old Elder Matamoros, who is the boyfriend of the babysitter left to watch the baby.

Sheriff's deputies and paramedics responded to the 11400 block of Maza Street on Sunday at 12:50 p.m. after receiving a report of a baby not breathing.

The 2-year-old boy is being treated at Miller Children's Hospital in Long Beach, where he is listed in extremely critical condition. Homicide detectives are handling the investigation.

"It is believed the suspect assaulted the victim by using blunt force trauma," investigators said.

Matamoros was charged with cruelty to a child likely to produce great bodily injury or death and is being held on \$100,000 bail.

Murder charges are expected after the boy was declared brain dead Wednesday, authorities said.

Pizza delivery man robbed in Whittier

WHITTIER – A Pico Rivera man was arrested last week on suspicion of robbing a pizza delivery man, and authorities suspect he may be responsible for a string of similar incidents.

The victim said he was delivering pizzas to the 8400 block of Bradwell Avenue in unincorporated Whittier at about 2:30 p.m. on Jan. 2 when he was approached by the suspect who demanded all of his property at gunpoint.

The robber took the pizzas and cash before running away. Sheriff's deputies searched the area and found a man matching the suspect's description at a convenience store on Pioneer Boulevard and Slauson Avenue.

The suspect, 38-year-old Jesus Rivas of Pico Rivera, was still holding the cash, pizzas and a black replica firearm.

Rivas was arrested for robbery and booked at the Pico Rivera Sheriff's Station in lieu of \$100,000 bail.

Rivas is believed to be responsible for three other similar robberies that occurred within Pico Rivera Station jurisdiction within the past week.

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Retirement plan limits largely unchanged in 2014

By Jason Alderman
Anyone who's bought groceries, filled their gas tank or paid insurance premiums recently would probably be surprised to learn that, according to Department of Labor's Consumer Price Index for Urban Consumers (CPI-U), the rate of inflation is relatively flat – only 1.2 percent from September 2012 to September 2013.

That's bad news for people who were hoping to boost their contributions to an IRA, 401(k) plan or other tax-advantaged retirement savings accounts, since the IRS uses the CPI-U's September year-over-year performance to determine whether or not to make cost-of-living adjustments to many of the retirement contributions you and your employer can make in the following year.

Here are highlights of what will and won't change in 2014:

Defined contribution plans. The maximum allowable annual contribution you can make to a workplace 401(k), 403(b), 457(b) or federal Thrift Savings plan remains unchanged at \$17,500. Keep in mind these additional factors:

People over 50 can also make

an additional \$5,500 in catch-up contributions (unchanged from 2013).

The annual limit for combined employee and employer contributions increased by \$1,000 to \$52,000.

Because your plan may limit the percentage of pay you can contribute, your maximum contribution may actually be less. (For example, if the maximum contribution is 10 percent of pay and you earn \$60,000, you could only contribute \$6,000.)

Individual Retirement Accounts (IRAs). The maximum annual contribution to IRAs remains the same at \$5,500 (plus an additional \$1,000 if 50 or older – also unchanged from 2013). Maximum contributions to traditional IRAs are not impacted by personal income, but if your modified adjusted gross income (AGI) exceeds certain limits, the maximum amount you can contribute to a Roth IRA gradually phases out:

For singles/heads of households the phase-out AGI range is \$114,000 to \$129,000 (increased from 2013's \$112,000 to \$127,000 range). Above \$129,000, you cannot contribute to a Roth.

For married couples filing

jointly, the range is \$181,000 to \$191,000 (up from \$178,000 to \$188,000).

Keep in mind these rules for deducting traditional IRA contributions on your federal tax return:

If you're single, a head of household, a qualifying widow(er) or married and neither spouse is covered by an employer-provided retirement plan, you can deduct the full IRA contribution, regardless of income.

If you are covered by an employer plan and are single/head of household, the tax deduction phases out for AGI between \$60,000 and \$70,000 (up from \$59,000 to \$69,000 in 2013); if married and filing jointly, the phase-out range is \$96,000 to \$116,000 (up from \$95,000 to \$115,000).

If you're married and aren't covered by an employer plan but your spouse is, the IRA deduction is phased out if your combined AGI is between \$181,000 and \$191,000 (up from \$178,000 to \$188,000).

Retirement Saver' Tax Credit. As an incentive to help low- and moderate-income workers save for retirement through an IRA or company-sponsored plan,



many are eligible for a Retirement Savers' Tax Credit of up to \$1,000 (\$2,000 if filing jointly). This credit lowers your tax bill, dollar for dollar, in addition to any other tax deduction you already receive for your contribution.

Qualifying income ceiling limits for the Savers' Tax Credit increased in 2014 to \$60,000 for joint filers, \$45,000 for heads of household, and \$30,000 for singles or married persons filing separately.

Jason Alderman directs Visa's financial education programs.

Man arraigned in 'doggie door' burglary

PASADENA – A Pasadena man was arraigned last week for the alleged burglary of a home five days before Christmas.

Alexander Canela, 18, pleaded not guilty to one count of first-degree residential burglary. He is due back in court Jan. 16.

Prosecutors say that on Dec. 20, Canela was involved in a burglary at a house in the 900 block of N. Madison Avenue in Pasadena. They added that several persons allegedly entered the home through a doggie door and stole \$23,000 worth of property.

Among the stolen items were televisions, computers and tablets, sports memorabilia, jewelry, World War II medals, and the cremated remains of the resident's parents.

Canela is being held on \$50,000 bail. If convicted, he faces a maximum sentence of six years in prison.

Scholarship contest for college singers

WHITTIER – Vocal scholarships are being offered by the New Century Singers Whittier to college vocal students.

Applicants must be U.S. citizens between 18 and 30 years old and have a recommendation from a vocal faculty member. They also must be available to perform at the annual New Century Singers' spring scholarship concert on May 18 at 3 p.m.

Applications are due March 20.

Auditions will be held April 5 from 8 a.m. to 3 p.m. at First Friends Church in Whittier. Candidates must provide their own accompanists and perform two songs showing contrasting style.

Awards will be two \$1500 scholarships for the college/university level and two \$750 scholarships for community college students.

Entry fee is \$25 for university students and \$20 for community college students. Last year's winners are not eligible, unless applying at a different level.

For applications or more information, call scholarship chairwoman Sue Comstock at (562) 631-8773.

LEGAL NOTICES

BUSINESS

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
Department of Alcoholic Beverage Control
222 E. Huntington Drive, Suite 114
Monrovia, CA 91016
(626) 256-3241
Date of Filing Application: December 4, 2013
To Whom It May Concern:
The Name(s) of the Applicant(s) is/are: **HUMMUS FACTORY, INC. THE**
The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: **8266 FIRESTONE BLVD, DOWNEY CA 90241-4810**
Type of license(s) Applied for: 41 - On-Sale Beer And Wine - Eating Place

The Downey Patriot
12/26/13, 1/2/14, 1/9/14

FICT. BUSINESS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013252825
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXCELLENCE RE ENCISO REALTY, 3100 EAST IMPERIAL HWY A9, LYNNWOOD, CA 90262, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JUAN J ENCISO, 3100 EAST IMPERIAL HWY A9, LYNNWOOD CA 90262
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/JUAN J ENCISO, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 10, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
1/9/14, 1/16/14, 1/23/14, 1/30/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013263191
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) DIAMOND LIMOUSINE SERVICE, 7952 4TH STREET, DOWNEY CA 90241, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) GABRIEL MARTINEZ, 7952 4TH STREET, DOWNEY CA 90241
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/GABRIEL MARTINEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 26, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
1/2/14, 1/9/14, 1/16/14, 1/23/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2014003884
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) LOCOS TIRES, 401 S. ATLANTIC BLVD, LOS ANGELES CA 90022, COUNTY OF LOS ANGELES, 4615 E. 1ST. ST. LOS ANGELES CA 90022
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) MARCELO ROMO GARCIA, 4615 E. 1ST ST, LOS ANGELES CA 90022
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 01/01/2003
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/MARCELO ROMO GARCIA, OWNER
This statement was filed with the County Clerk of Los Angeles on JANUARY 7, 2014
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
1/9/14, 1/16/14, 1/23/14, 1/30/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013252081
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) JP SERVICES, 8115 IMPERIAL HWY APT. #38, DOWNEY CA 90242, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) GULIANO PORRAS, 8115 IMPERIAL HWY APT #38, DOWNEY CA 90242
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/GULIANO PORRAS, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 9, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2014002724
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HY-TECH DENTAL LABORATORY, 16315 WHITTIER BLVD STE 202, WHITTIER CA 90603, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JESUS OSTENDI, 16315 WHITTIER BLVD STE 202, WHITTIER CA 90603 (2) WILLIAM LAW, 16315 WHITTIER BLVD STE 202, WHITTIER CA 90603
State of Incorporation: N/A
This business is conducted by a General

Partnership
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/WILLIAM AGUILAR, PARTNER
This statement was filed with the County Clerk of Los Angeles on JANUARY 6, 2014
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
1/9/14, 1/16/14, 1/23/14, 1/30/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013255591
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) LESJ MEJIA INVESTMENTS, 9816 MATTOCK AVE, DOWNEY CA 90240, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) LARRY MEJIA, 9816 MATTOCK AVE, DOWNEY CA 90240
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/LARRY MEJIA, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 13, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/19/13, 12/26/13, 1/2/14, 1/9/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013252642
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) FONDA MARIA, 7840 FIRESTONE BLVD #104, DOWNEY CA 90241, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HECTOR MARTIN RODRIGUEZ, 13541 CROSSDALE AVE, NORWALK, CA 90650
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/HECTOR MARTIN RODRIGUEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 10, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
1/2/14, 1/9/14, 1/16/14, 1/23/14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2013248458
File Number 2013189126 DATE FILED: SEPTEMBER 10, 2013
NAME OF BUSINESS(ES): MTM AUTO GLASS
STREET ADDRESS, CITY, STATE, ZIP CODE: 3016 MISSOURI AVE, SOUTH GATE, CA 90280
REGISTERED OWNERS(S): (1) MARCO T. MATTA, 3016 MISSOURI AVE, SOUTH GATE CA 90280
State of Incorporation: N/A
This business is conducted by an Individual
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/MARCO T. MATTA, OWNER
This statement was filed with the County Clerk of LOS ANGELES on DECEMBER 4, 2013

The Downey Patriot
1/2/14, 1/9/14, 1/16/14, 1/23/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013263463
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) MILLENNIUM PROSTHETIC DENTAL LAB, 14777 CARMENITA ROAD, NORWALK CA 90650, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) CESAR RAUL MILLAN, 10404 S. DEVILLO DRIVE, WHITTIER CA 90604
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 12/26/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/CESAR RAUL MILLAN, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 26, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013249324
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HEMISPHERES INTERNATIONAL, 14975 GARDENHILL DRIVE, LA MIRADA CA 90638-3020, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) WESLEY HIDEO TOTSUBO, 14975 GARDENHILL DRIVE, LA MIRADA CA 90638-3020
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/WESLEY HIDEO TOTSUBO, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 5, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/14, 1/9/14, 1/16/14, 1/23/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013253733
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) JAVIER AUTO REPAIR, 4660 FIRESTONE BLVD, SOUTH GATE CA 90280, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JAVIER GORDILLO, 3327 BEECHWOOD AVE, LYNNWOOD CA 90262
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 12/11/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/JAVIER GORDILLO, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 11, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/19/13, 12/26/13, 1/2/14, 1/9/14

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

The Downey Patriot
12/19/13, 12/26/13, 1/2/14, 1/9/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013259316
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VOLUMERCHANTS, 12845 FAIRFORD AVENUE, NORWALK CA 90650, COUNTY OF LOS ANGELES, 4067 HARDWICK ST. PMB #202, LAKEWOOD CA 90712
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) VEASNA PORS, 12845 FAIRFORD AVENUE, NORWALK CA 90650
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 12/05/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/VEASNA PORS, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 19, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013253578
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) WESLEY HIDEO TOTSUBO, 14975 GARDENHILL DRIVE, LA MIRADA CA 90638-3020
State of Incorporation: N/A
This business is conducted by an Individual
The registrant commenced to transact business under the fictitious business name or names listed above on 12/20/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/OLGA L. HERRERA, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 20, 2013

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2013253578
File Number 20100150864 DATE FILED: 02/02/2010
NAME OF BUSINESS(ES): EDUARDO'S BEAUTY SALON
STREET ADDRESS, CITY, STATE, ZIP CODE: 10719 PRAIRIE AVE, INGLEWOOD CA 90303
REGISTERED OWNERS(S): (1) CLEMENTE MENDOZA, 10719 PRAIRIE AVE, INGLEWOOD CA 90303
State of Incorporation: N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ CELIA MENDOZA
This statement was filed with the County Clerk of LOS ANGELES on DECEMBER 11, 2013

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2013253578
File Number 20100150864 DATE FILED: 02/02/2010
NAME OF BUSINESS(ES): EDUARDO'S BEAUTY SALON
STREET ADDRESS, CITY, STATE, ZIP CODE: 10719 PRAIRIE AVE, INGLEWOOD CA 90303
REGISTERED OWNERS(S): (1) CLEMENTE MENDOZA, 10719 PRAIRIE AVE, INGLEWOOD CA 90303
State of Incorporation: N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ CELIA MENDOZA
This statement was filed with the County Clerk of LOS ANGELES on DECEMBER 11, 2013

The Downey Patriot
12/19/13, 12/26/13, 1/2/14, 1/9/14

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RATTANAK TEE LEANG, 12845 FAIRFORD AVENUE, NORWALK CA 90650
State of Incorporation: N/A
This business is conducted by a Limited Liability Company
The registrant commenced to transact business under the fictitious business name or names listed above on 12/05/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/RATTANAK TEE LEANG, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 6, 2013
NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
12/26/13, 1/2/14, 1/9/14, 1/16/14

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2013260296
THE FOLLOWING PERSON(S) IS (ARE) DOING

Book, Page, Instrument 04 1120663 of official records in the Office of the Recorder of Los Angeles County, California, executed by: Eunice Jungsook Yang, A Married Woman As Her Sole And Separate Property as Trustor, First Federal Bank Of California, A Federally Chartered Savings Bank, Santa Monica, CA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the notes (s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: Near the fountain located at 400 Civic Center Plaza, Pomona, CA 91766. Legal Description: As More Fully Described In Said Deed Of Trust The street address and other common designation of the property purported as: 8718 MELVA STREET, DOWNEY, CA 90242 APN Number: 6261-017-032 Amount of unpaid balance and other charges: \$545,515.68 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 2068-006729-F00. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 2, 2013 Sage Point Lender Services, LLC, 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Hector Solorzano FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832 or visit WWW.AUCTION.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. A-4435218 01/09/2014, 01/16/2014, 01/23/2014

The Downey Patriot 1/9/14, 1/16/14, 1/23/14

NOTICE OF TRUSTEE'S SALE T.S. No. CA-13-590830-JP Order No.: 130172754-CA-MAI you ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/24/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): SIXTO A VAZQUEZ, AND LETICIA VAZQUEZ, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 3/3/2005 as Instrument No. 05 0483376 of Official Records in the office of the Recorder of LOS ANGELES COUNTY, California; Date of Sale: 1/23/2014 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$486,682.41 The purported property address is: 11858 161ST STREET, NORWALK, CA 90650 Assessor's Parcel No.: 7009-006-036 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-13-590830-JP**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 2, 2013 Sage Point Lender Services, LLC, 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Hector Solorzano FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832 or visit WWW.AUCTION.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. TAC: 967359 PUB: 1/09 1/16 1/23/14

The Downey Patriot 1/9/14, 1/16/14, 1/23/14

NOTICE OF TRUSTEE'S SALE TSG No. 130133098 T.S. 2068-006729-F00 THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY) NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED June 22, 1992, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On January 30, 2014, Sage Point Lender Services, LLC, as duly appointed Trustee WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, or other form of payment authorized by 2924(h), (Payable at time of sale in lawful money of the United States). The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust with interest and late charges thereon, as provided in said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County of Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650. The street address and other common designation, if any, of the real property described above is purported to be: 8338 CHEROKEE DRIVE, DOWNEY, CA 90241 APN# 6253-014-001 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Sale is \$51,670.26. The beneficiary under said Deed of Trust hereby certifies that a copy of and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse against the Mortgagee, or the Mortgagee's Attorney. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are

The Downey Patriot 1/2/14, 1/9/14, 1/16/14

NOTICE OF TRUSTEE'S SALE T.S. No. CA-11-482572-CT Order No.: 1023152 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/12/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit

union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): FRANCISCO CASTRO, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY Recorded: 5/25/2006 as Instrument No. 06 1153003 of Official Records in the office of the Recorder of LOS ANGELES COUNTY, California; Date of Sale: 1/23/2014 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza Pomona, CA 91766 Amount of unpaid balance and other charges: \$797,540.84 The purported property address is: 7629 2ND ST, DOWNEY, CA 90241-3203 Assessor's Parcel No.: 6249-027-017 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-11-482572-CT**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 2, 2013 Sage Point Lender Services, LLC, 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Hector Solorzano FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832 or visit WWW.AUCTION.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. A-4435218 01/09/2014, 01/16/2014, 01/23/2014

NOTICE OF TRUSTEE'S SALE T.S. No. CA-13-590830-JP Order No.: 130172754-CA-MAI you ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/24/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): SIXTO A VAZQUEZ, AND LETICIA VAZQUEZ, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 3/3/2005 as Instrument No. 05 0483376 of Official Records in the office of the Recorder of LOS ANGELES COUNTY, California; Date of Sale: 1/23/2014 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$486,682.41 The purported property address is: 11858 161ST STREET, NORWALK, CA 90650 Assessor's Parcel No.: 7009-006-036 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-13-590830-JP**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 2, 2013 Sage Point Lender Services, LLC, 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Hector Solorzano FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832 or visit WWW.AUCTION.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-730-2727 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. T.S.No.: CA-11-482572-CT IDSPub #0060379 1/2/2014 1/9/2014 1/16/2014

The Downey Patriot 1/2/14, 1/9/14, 1/16/14

NOTICE OF TRUSTEE'S SALE File No. 7233.23708 Title Order No. 7391730 MIN No. APN 6258-001-053 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/12/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in §5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): ELIDA DAVILA AND HENRY DAVILA Recorded: 10/21/05, as Instrument No. 05 2540530, of Official Records of Los Angeles County, California. Date of Sale: 01/22/14 at 1:00 PM Place of Sale: In the main dining room of the Pomona Masonic Temple, located at 395 South Thomas Street, Pomona, CA The purported property address is: 8525 CAVEL ST, DOWNEY, CA 90242-2519 Assessor's Parcel No. 6258-001-053 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$310,097.34. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the Mortgagee, or the Mortgagee's Attorney. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court,

pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 877-484-9942 or 800-280-2832 or visit this Internet Web site www.USA-Foreclosure.com or www.Auction.com using the file number assigned to this case 7233.23708. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 27, 2013 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Bonita Salazar, Authorized Signatory 1241 E. Dyer Road, Suite 250, Santa Ana, CA 92705 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction.com Automated Sales: 877-484-9942 or 800-280-2832 Reinstatement and Pay-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ORDER # 7233.23708 01/02/2014, 01/09/2014, 01/16/2014

The Downey Patriot 1/2/14, 1/9/14, 1/16/14

NOTICE OF TRUSTEE'S SALE T.S. No. 12-10803 Loan No.: 7000001216 A.P.N.: 8025-020-003 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED PURSUANT TO CIVIL CODE SECTION 2923.3(a). THE SUMMARY OF INFORMATION REFERRED TO IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/24/2007, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor: SCHLICIA SHELTON, A SINGLE WOMAN Duly Appointed Trustee: Atlantic and Pacific Foreclosure Services, LLC Recorded 5/1/2007 as Instrument No. 2007-1053425 in book , page and rerecorded on -, as -, of Official Records in the office of the Recorder of Los Angeles County, California. Described as follows: AS MORE FULLY DESCRIBED ON SAID DEED OF TRUST Date of Sale: 2/3/2014 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$572,187.96 (Estimated) Street Address or other common designation of real property: 12313 EVEREST ST NORWALK, CA 90650 A.P.N.: 8025-020-003 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse against the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-730-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. T.S.No.: CA-11-482572-CT IDSPub #0060379 1/2/2014 1/9/2014 1/16/2014**

NOTICE OF TRUSTEE'S SALE T.S. No. CA-13-589166-JP Order No.: 130166423-CA-MAI you ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/16/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor: RIGER J NORDIN AND SUSAN L NORDIN, HUSBAND AND WIFE, as Trustor, DOWNEY SAVINGS AND LOAN ASSOCIATION, F.A., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or federal bank, a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 10236 GAYBROOK AVENUE, DOWNEY, CA 90241 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in said Deed of Trust the street address and other common designation, if any, of the real property described above is purported to be: 11812 GARD AVENUE, Norwalk, CA 90650 APN# 8018-010-003 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$328,197.34. The Beneficiary may elect to bid less than the full credit bid. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided in said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. 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All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in said Deed of Trust the street address and other common designation, if any, of the real property described above is purported to be: 11812 GARD AVENUE, Norwalk, CA 90650 AP

CLASSIFIEDS

APPLIANCES

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YARD SALE

ESTATE SALE SAT & SUN, JAN 11 & 12
Antique furn, industrial sewing machine, etc.
7729 Arnett St., Downey

site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-13-565258-JP. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's right against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit reporting agency if you fail to fulfill the terms of your credit obligations. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318. Quality Loan Service Corp. TS No.: CA-13-565258-JP IDSPub #0060605 1/9/2014 1/16/2014 1/23/2014

The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$209,242.47. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call (916)939-0772 or visit this Internet Web <http://search.nationwideposting.com/propertySearchTerms.aspx>, using the file number assigned to this case CA1300255654. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 6 Campus Circle, 2nd Floor Westlake, TX 76262 First American Title Insurance Company MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. FOR TRUSTEE SALE INFORMATION PLEASE CALL (916)939-0772 NPP0224879 To: THE DOWNEY PATRIOT 12/26/2013, 01/02/2014, 01/09/2014

undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): HELENA F. GARCIA, AN UNMARRIED WOMAN. Recorded: 04/29/08, as Instrument No. 20080746864, of Official Records of LOS ANGELES County, California. Date of Sale: 01/30/14 at 9:00 AM Place of Sale: Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA The purported property address is: 8528 EVEREST STREET, DOWNEY, CA 90242 Assessors Parcel No. 6261-011-001 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$623,314.15. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 877-484-9942 or 800-280-2832. Reinstatement and Pay-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ORDER # 7307.25136: 01/09/2014,01/16/2014,01/23/2014

POMONA, County of LOS ANGELES, State of CALIFORNIA, REGIONAL SERVICE CORPORATION, a California corporation, as duly appointed Trustee under that certain Deed of Trust executed by GERARD B. GORLERO AND MARTHA E. GORLERO, HUSBAND AND WIFE, as TruStors, recorded on 2/15/2005, as Instrument No. 05 0342716, of Official Records in the office of the Recorder of LOS ANGELES County, State of CALIFORNIA, under the power of sale therein contained, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, for cash, or cashier's check (payable at the time of sale in lawful money of the United States) without warranty express or implied as to title, use, possession or encumbrances, all right, title and interest conveyed to and now held by it as such Trustee, in and to the following described property situated in the aforesaid County and State, to-wit: TAX PARCEL NO. 6245-011-037 From information which the Trustee deems reliable, but for which Trustee makes no representation or warranty, the street address or other common designation of the above described property is purported to be 12313 JULIUS AVENUE, DOWNEY, CA 90242. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is \$321,421.62. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 800-542-2550 for information regarding the trustee's sale or visit this Internet Web site www.trustee.com, using the file number assigned to this case. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify

postponement information is to attend the scheduled sale. In compliance with California Civil Code 2923.5(c), the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one or more of the following methods: by telephone, by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting or the borrower has surrendered the property to the mortgagee, trustee, beneficiary, or authorized agent and that the compliance with Civil Code Section 2923.5 was made at least thirty (30) days prior to the date of this Notice of Sale. Dated: 12/20/2013 REGIONAL SERVICE CORPORATION, Trustee By: MARILEE HAKKINEN, AUTHORIZED AGENT Agent for Trustee: AGENCY SALES AND POSTING 3210 EL CAMINO REAL, SUITE 200 IRVINE, CA 92602 Telephone Number: (800) 542-2550 Sale Information: (714) 730-2727 or <http://www.trustee.com> A-4434934 12/26/2013, 01/02/2014, 01/09/2014

The Downey Patriot 12/26/13, 1/2/14, 1/9/14

The Downey Patriot 1/9/14, 1/16/14, 1/23/14

TSNG No.: 8352112 TS No.: CA1300255654 FIA/VA/PMI No.: APN: 8082-014-032 Property Address: 15735 SEAFORTH AVE NORWALK, CA 90650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/09/2011. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01/15/2014 at 11:00 A.M. First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 03/23/2011, as Instrument No. 20110437935, in book . . . of Official Records in the office of the County Recorder of LOS ANGELES County, State of California. Executed by: JUAN L RIOS, AS THE SURVIVING JOINT TENANT, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b). (Payable at time of sale in lawful money of the United States) Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 8082-014-032 The street address and other common designation, if any, of the real property described above is purported to be: 15735 SEAFORTH AVE, NORWALK, CA 90650 he undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The Downey Patriot 12/26/13, 1/2/14, 1/9/14

NOTICE OF TRUSTEE'S SALE File No. 7307.25136 Title Order No. 6460403 MIN No. 1000970-9080401126-3 APN 6261-011-001 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 04/16/08. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 of the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The

undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): HELENA F. GARCIA, AN UNMARRIED WOMAN. Recorded: 04/29/08, as Instrument No. 20080746864, of Official Records of LOS ANGELES County, California. Date of Sale: 01/30/14 at 9:00 AM Place of Sale: Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA The purported property address is: 8528 EVEREST STREET, DOWNEY, CA 90242 Assessors Parcel No. 6261-011-001 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$623,314.15. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 877-484-9942 or 800-280-2832. Reinstatement and Pay-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ORDER # 7307.25136: 01/09/2014,01/16/2014,01/23/2014

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Grammy winner Boz Scaggs in Cerritos

CERRITOS – Boz Scaggs, called “one of rock and roll’s most soulful vocalists” by Rolling Stone, will perform a special Valentine’s Day concert Feb. 14 at the Cerritos Center for the Performing Arts.

Tickets range from \$50-\$85, though \$85 and \$80 seats are sold out.

Scaggs recently proved his timelessness by charging back into the Top 20 with “Memphis,” which Rolling Stone called an “R&B covers [album] with the right amount of grit and sweetness...sublime.”

The magazine noted in particular the record’s “deep, soulful vocals.”

Known for his raspy, throaty vocals, the multi-platinum selling singer and songwriter has had a long and varied career. He grew up in Texas when the South was immersed in R&B, soul, rock and blues. In high school he teamed with buddy Steve Miller, who later also became a successful blues-rock guitarist and singer.

After high school, Scaggs spent years traveling, taking in the R&B scene in Europe and performing on sidewalks and in nightclubs. In 1967, he headed to San Francisco, where he joined the Steve Miller Blues Band, which helped to revolutionize American rock and roll.

Scaggs made his U.S. solo debut with the self-titled Boz Scaggs in 1968. His acclaimed discography includes the quadruple-platinum album “Silk Degrees,” featuring the popular singles “Lido Shuffle” and “Lowdown.”

The record garnered a Grammy Award for Best Rhythm and Blues Song.

The New York Times extolled the pop-soul album “Other Roads,” which featured the Billboard hit “Heart of Mine,” for its “edgy streetwise lyrics.” Scaggs followed with the Grammy-nominated blues collection “Come on Home” and the critically acclaimed 2001 R&B album “Dig,” which Rolling Stone called “smooth yet gritty.”

His next album, “But Beautiful,” a collection of standards done in traditional fashion, debuted at No. 1 on the jazz charts.

Tickets to the Feb. 14 concert can be purchased online at cerritoscenter.com or by calling (562) 467-8818.

Machining class open to high school students

NORWALK – An Introduction to Machine Tool Technology Class at Cerritos College has been opened to current high school junior and senior students.

The free 16-week course was made possible by state funding that aims to improve career technical education (CTE) at the community college and secondary level.

Students will learn the basics of running a lathe, mill and drill press, reading blueprints, and getting an overall knowledge of machine tool technology.

College officials said the class provides students with “practical, working knowledge required for careers in manufacturing” and also offers a chance to explore various careers in machine tool technology through hands-on learning and classroom lecture.

Classes are held Saturdays from 8:30 a.m. to 12:30 p.m., starting Jan. 18 and through May 17.

Students who complete the class earn two college credits transferable to CSU schools, and an industry-recognized certificate.

Students will also be able to take the NIMS (National Institute of Metalworking Skills) certification exam for drill presses for free.

To enroll in the class, e-mail Nick Real at real@cerritos.edu. More details are available online at cms.cerritos.edu/mtt or by calling (562) 860-2451, ext. 2925.

Symphony conductor talks Mozart

WHITTIER – Maestro Kimo Furumoto, conductor of the Rio Hondo Symphony, will speak on Mozart and how the women in his life inspired his music at a concert preview Feb. 7 from 10 a.m. to noon at First Friends Church in Whittier.

For more details, call (562) 861-7693 or go online to riohondosymphony.org.

Cal High wins auto competition

NORWALK – California High School in Whittier was one of two winning schools at an automotive technology competition hosted by Cerritos College’s Automotive Technology Department on Dec. 14.

Along with Van Nuys High School, the team from Cal High advanced to compete at the National Auto Tech Competition at the New York Auto Show in April.

The hands-on competition included 13 work stations and encompassed all eight ASE areas of automotive technology, including engine repair, automatic transmission, manual transmission, steering and suspension, brakes, electrical, HVAC, and engine performance.

Fourteen high schools from throughout Southern California competed.

The teams from Cal High and Van Nuys will compete in the New York competition with sponsorships from the Southland Motor Car Dealers Association and the Greater Los Angeles New Car Dealers Association.

“It was great to have high school students along with their teachers and family members supporting them for this event,” said Cerritos College automotive instructor Joe Mulleary. “We were also fortunate to have 13 judges for the competition that included representatives from automotive manufacturers and also dealerships here in Southern California.”

“This provided an opportunity for networking between students and potential employers after the event was over,” he added. “It was also a chance for us as instructors to make connections that may assist in enabling our students here at the college to gain employment in the automotive field.”

Cerritos College’s Automotive Technology Program offers certificates, degrees and special programs in automotive repair, collision repair, alternative fuels, smog training, advanced transportation technology and automotive management.

Volunteers needed to make care packages

CERRITOS – A Cerritos non-profit is seeking help from volunteers this Wednesday to help assemble care packages for Marines serving in Afghanistan.

The Friends of the 1st Combat Engineers Battalion of Cerritos will assemble the packages starting at 7 p.m. at Cerritos Park East, 13234 E. 166th St.

Care packages include personal care items and goodies for men and women serving in Afghanistan.

Anyone interested in helping assemble the care packages is invited to attend.

For information about volunteering or donating to the event, call Dorothy Owen at (562) 926-1092.

LAPD officers accused of fraud

LOS ANGELES – Arraignment has been postponed for two LAPD officers charged in separate workers’ compensation fraud cases.

Officer John Hall was charged in December with insurance fraud, attempted perjury under oath and grand theft. The 19-year LAPD veteran claimed he injured his back while on duty and was placed on leave.

On multiple occasions in 2013, while on paid leave, Hall allegedly was observed on a boat helping to carry heavy diving equipment and providing scuba diving instructions to an undercover police officer.

Officer Ralph Mendoza allegedly altered a doctor’s return-to-work slip in June 2012. He has been charged with insurance fraud and grand theft.

If convicted, Hall faces up to eight years in county jail. Mendoza faces up to six years in jail.

YOUR LIVING TRUST MAY BE AFFECTED

By Steve Lopez
Law Offices of Steve Lopez

An AB trust is a trust created by married couples to maximize their federal estate tax exemptions. Recently the law has changed as to the estate tax exemption and people are finding out that the AB trust is no longer in their best financial interest. Here are the reasons why.

At the time when most people created their trusts, the tax laws were quite different than they are today. Years back, the estate tax exemption was only \$675,000 per person, and the first spouse’s exemption dies with them unless the couple had signed a trust directing the deceased spouse’s share of assets into a ByPass sub-trust. The Bypass sub-trust was designed to preserve the first spouse’s exemption so that – at the survivor’s later death – their two exemptions could be combined, thereby doubling the assets that the couple could pass to their children or other beneficiaries free of estate tax.

However, these AB Trusts come with a price. The survivor no longer has unrestricted use of the deceased spouse’s share of marital assets, the surviving spouse is required to keep separate accounts and is obligated to file fiduciary income tax returns each year for the ByPass Trust.

With the new tax law, the individual exemption has been increased to \$5,250,000 per person (in 2013), so now the surviving spouse does not need to elect to preserve the unused portion for later use if their combined estate is not worth more than \$5,250,000. Moreover, the trust split sometime interferes with Medi-Cal planning if nursing care is needed. Thus,

these older trusts are no longer necessary for most couples. The problem is that many couples still have these outdated trusts in place and only learns of the trust split requirement upon the death of their spouse, when the terms of the trust can no longer be changed by an amendment.

Once one of the spouses dies, the terms of the trust cannot be changed by the surviving spouse alone. There is a way to fix this problem. A petition can be filed in Probate Court for an order reforming the trust to eliminate this restrictive trust split requirement. The court petition would be based upon “changed circumstances” that were not known or anticipated at the time when the original trust was created. Since most of these trusts were created years ago for tax savings purposes, the change in tax law dramatically increasing the exemption usually qualifies as the requisite “changed circumstances.”

Most courts have been receptive to this analysis and have issued orders reforming these older trusts to eliminate the sub trust requirement, so as to permit all assets to go to the surviving spouse. The key is to petition the court before you take steps to split assets and/or file tax returns. It would be advisable to review these AB Trusts in light of the new change in the federal tax exemption because the long term savings can far exceed the attorney fee to review these AB trusts.

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

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IN ESCROW

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

IN ESCROW

North Downey Home
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. Medallion home. Private backyard. Garage is semi-attached, with cabinets and carpeting, and set up like rec area.

SOLD

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!

IN ESCROW

One of a Kind!
This custom home is over 6,000 sq. ft. This property sits on a large lot over 14,000 sq. ft. an attached 3 car garage, a 600 sq. ft. work shop that can be converted into another 3 car garage and plenty of room for additional parking. This home is comprised of 6 spacious bedrooms, including one master suite (over 1,200 sq. ft.), one master bedroom (over 600 sq. ft.) both equipped with large Jacuzzis, saunas and fireplaces.

Spectacular!!
This custom built 2 story home is located on a corner lot on a tree-lined street in a very desirable neighborhood. This beautiful property features 4 bedrooms with 2 master suites, 6 bathrooms, 2 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!
Great corner lot opportunity! The bathroom and kitchen have been remodeled. The property features a fireplace in living room, tiled floor, stainless steel appliances, newer paint, inside laundry, 2 car detached garage and a covered patio which is great for entertaining.

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JUST LISTED
Close to Elementary School
3 BD, 2 BA home that needs a little TLC but has great potential, large rooms, spacious yard and 2 car detached garage.
Priced at: \$409,000



COMING SOON
Terrific Townhome
3 BD, 2.5 BA condo in a nice gated community in Norwalk near AMC 20 & court house. The complex has a pool and the unit comes with a 2 car garage.
Call Michael for more info!



IN ESCROW
Northeast Downey Charmer
Remodeled 3 BD, 1 BA NE Downey home with remodeled kitchen and bathroom, beautiful hardwood floors and a large backyard that's perfect for adding on.
Priced at: \$450,000



Cherokee Estates!
Remodeled 4 BD, 2 BA home in cul-de-sac. Recently remodeled kitchen, master bedroom & bath, newer roof & windows, and nice laminate hardwood floors.
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