



The Downey Patriot



Students create recyclable art
See Page 2



Downey crime report
See Page 3



Local obituaries
See Page 3

Thursday, Feb. 12, 2015

Vol. 13 No. 44

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

SHARED STORIES:
THE TIES THAT BIND

Japanese New Year

Nobuyo Avery grew up in Manchuria before World War II, and she describes the importance of the New Year in Asian culture. It is a time of cleaning, clearing out, and "opening a new book." Readers will notice that common household activities were carried out under strikingly different circumstances in Manchuria at that time. 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 Nobuyo Avery

Living here in this country for over fifty years, I should be used to the celebrations and excitement at Christmas, but to me the New Year's Day celebration is more meaningful. The beginning of the New Year means opening a new book. It is the most important start line. Don't you agree?

This is the way my mother kept the traditional New Year's Day celebration while we five children were growing up. My memory goes back to our old home in Hoten, Manchuria, which today is Shenyang, China, where we lived from 1932 to 1947. We are a Japanese family, but my father's business took us to Manchuria for fifteen years.

The winter break for school usually began a week or so before December 31st and lasted until January 7th or so. I still have a hard time getting used to going back to school or to work on the second day or third day of the new year.

We children, except our brothers, helped Mom with cleaning the house inside and out, getting rid of the things that were old and no longer needed, and washing dirty windows, doors, and floors.

Mother started cooking the New Year's traditional dishes - vegetables cooked with beef or chicken meat, fish with head attached, dried small fish cooked sweet, sweet black beans, colored hardboiled eggs with a face and body cut to look like yakkosan (a samurai), blue or green colored, and mashed sweet potatoes with chestnuts, to name the few.

I must admire and give credit to Mother who worked so hard to have everything ready and arranged, colorfully decorated, in ogyuu (stackable dishes) and special plates when we got up on New Year's Day. She was not to cook for three days except ozoni.

She not only prepared special food, but also she set out our clean or new clothes to wear on that day. It was customary that we bathed and cleansed our bodies the night before. On December 31st, our family stayed up until midnight, we ate soba, the traditional New Year's Eve buckwheat noodles, and heard the one hundred one New Year's Eve bells before we went to bed.

On New Year's Day, we were all dressed up, sitting at the table, and greeting each other "Happy New Year". Mother had a warm sumi, charcoal in the hibachi heater, ready in the dining room beside the table and we cooked the mochi on the heater. The typical New Year's Day breakfast is ozoni, tasty clear soup with rice cakes that were broiled over the charcoal and added to the soup. We stuffed ourselves with the tasty dishes that Mom cooked for many hours and had a great time.

The post office would hold the New Year's Day greeting postcards until January 1st and deliver them on that day. It is customary to write the New Year's greeting cards and exchange the news among friends, relatives, and acquaintances. It is similar to the Christmas cards you write.

In general there are New Year's Day decorations. Outside the gate or door, people place a pair of decorative pine, bamboo and plum trees. Inside the house in the rooms they place small decorative mochi or hard rice cakes made by pounding steamed sticky rice and a leaf. Today these decorations are already made and sold for easy access. It is also traditional to go to a shrine and people promise God what they hope to accomplish in the New Year.

Today we have the TV New Year's Eve program, kouhaku singing contest. It lasts for five hours before midnight. The selected popular singers are teamed up as females and males, they compete in solo or group performances. The audiences, TV listeners and special judges decide the winners. The White men's team has been the first place winner for a few years. Most of the family watch this show.

Do I still follow the traditions? I tried to do some but not always. This year on December 31st I came home sick with a cold from visiting the family in Virginia. I washed all dirty clothes but had no energy to clean the house or to cook food. Carl and I ate typical American food with our oldest son's family on January 1st. My niece cooked and treated me to the traditional dishes on January 2nd.

There are many Japanese families here in California who celebrate the New Year's Day in traditional ways. One year I might surprise myself by celebrating the Oshoogatsu (New Year) in traditional ways.



Firefighters responded to a residential fire early Wednesday morning that destroyed a garage.

The blaze was reported at about 1:39 a.m. at 8550 Meadow Rd. Adjacent homes were threatened by the fire, but firefighters were able to control the flames. The detached garage was a total loss.

No injuries were reported. The cause of the fire is currently undetermined.

Students pack 25K meals for typhoon victims

• Local students spend Saturday packing and assembling meals for families in Philippines.

DOWNEY - Hundreds of students gave up their Saturday on Jan. 31 to pack approximately 25,000 meals for hungry families in the Philippines still struggling to recover from a deadly 2013 typhoon.

The entire event was coordinated by KIWIN'S, a youth service club sponsored by Kiwanis. The service initiative was inspired by KIWIN'S lieutenant governor Karina Gonzalez and Philippines project chair Liz Manalili, both seniors at Downey High School.

The goal was to help the families in Bohol, Philippines and other towns that were affected by 2013's Typhoon Haiyan, one of the largest typhoons in recorded history.

The initiative started when Manalili visited family in the Philippines over the summer and saw what the media was reporting. There were still many families living in poor conditions and many towns still waiting for aid promised by the government.

"It made me sad to see school children struggling to make it through the day with the limited food and resources the schools provided," said Liz. "It made me realize how lucky I am to live in this country."

Upon her return from the Philippines, Manalili met with Karina Gonzalez and they were both



Photo by Alex Gaytan

moved to get their fellow KIWIN'S involved in helping the children of the Philippines. Seven different KIWIN'S clubs from Los Angeles County got involved in raising funds for this project and were able to raise close to \$6,000.

The project is made up of three phases: the first is to feed the children by providing food for school feeding programs; the second is to give children the tools to succeed by sending them tsinelas (sandals), health kits, and school supplies; the third phase is to provide a brighter future by sponsoring a child through a pen-pal program where KIWIN'S write to an elementary school student and give them encouragement.

"It was great seeing so many students from different schools and backgrounds come together to complete phase one of the project and to know that we made a difference in the lives of children whose lives were affected by natural disasters in the Philippines," said Liz.

The project would not have been accomplished without the help of Griffiths and Sussman Middle School Builders Clubs who are also sponsored by Kiwanis.

Anyone interested in supporting the project via donation can contact Karina Gonzalez at diamondltg1415@gmail.com.

Downey woman earns award for volunteerism

• Barbara Lai, a language therapist for DUSD, honored with Human Service Award.

DOWNEY - Downey resident Barbara Lai has been announced as a 2015 recipient of the Sugiyama Human Service Award.

The recognition is named after the late Kimi Sugiyama, who used her law training and language skills on behalf of Japanese workers, advocating for labor and human rights to Japanese immigrants.

The award is given annually by Sugiyama's family in recognition of "outstanding creativity and self-sacrifice in extending God's love to others."

Lai is a member of Grace First Presbyterian Church in Long Beach, where she is involved in numerous lead roles and committees, including participation on mission trips to Mexico; the annual CROP Walk; co-chair of the Megumi Kai Ministry; spearheading the Alternative Christmas Market; serving as a choir member and liturgist; fellowship server; and teacher at vacation bible school.

She currently serves as an elder on session, the governing group of the church. Most recently, she served on the interim pastor nominating committee, a time-consuming



From left: Barbara Lai; Amy Tsubokawa, president of the Long Beach Japanese Cultural Center; Randy Tubbs; and Reverend Patrick Thompson of Grace First Presbyterian Church.

process that successfully culminated in the hiring of the church's current pastor.

Lai also volunteers annually to help serve at the Long Beach Japanese Cultural Center's annual fundraising festival.

As a speech and language therapist, Lai has worked for both the Downey Unified School District and Norwalk-La Mirada Unified School District, retiring from Gallatin Elementary after 20 years of

service there.

A former Girl Scout, she and her husband served as foster parents to a special needs child since infancy.

The second recipient of the Sugiyama Human Service Award was Randy Tubbs, a Long Beach resident who also is active with Grace First Presbyterian Church in Long Beach.

RSVPs recommended for Garcia swearing-in

DOWNEY - Reservations are recommended to attend the swearing-in ceremony for Assemblywoman Cristina Garcia, which is taking place Saturday, Feb. 21 from 11:30 a.m. to 1:30 p.m. at the Columbia Memorial Space Center.

Comedian and entertainer Lory Tatoulouian will serve as master of ceremonies, while state controller

Betty Yee will administer the oath of office.

Several food trucks will be on-site, including In-N-Out, Recess Ice Cream, Belly Bombz and Nacho's Tacos & Tortas.

The space center will also be open for visitors, free of charge.

"Although I was officially sworn into the State Assembly in

a ceremony at the State Capitol in December, I want to take this day to celebrate with my communities and friends," Garcia said. "I hope to see you there."

RSVPs are "strongly encouraged" by emailing dennise.silva@asm.ca.gov or calling (562) 861-5803.

Weekend at a Glance

Friday 87°

Saturday 86°

Sunday 82°

Things To Do



SEAACA Super Saturday - Adoption fees are only \$14 for dogs and cats ages 1 and older. Includes spay/neuter, flea treatment, microchip, vaccines, and more. Saturday, SEAACA, 10 a.m. to 5 p.m.



Long Beach Art Walk - Live music, performances, art, boutiques, and more along Ocean Boulevard on the Long Beach shoreline.

Saturday, downtown Long Beach, 4-10 p.m., free

Throwback Thursday



Downey businessmen in the 1880s. Photo courtesy Larry Latimer

Facebook Conversation

Crime Report

Howard Brown: A lot of the fools from the surrounding cities say they drive around Downey because the police are on the ball.

Sandy Stiner: God bless DPD! Keep it real!

Monika Tarango: Great, wish Bellflower would do a great job.

Rosa Leon: God bless the police!

Brenda Quintero-Varela: You never report the real crimes. My neighbor's house got broken into and never knew why the helicopters were hovering over last Saturday.

Embassy Suites renovated with aerospace theme

Patricia De Anda Salgado: I think it's an excellent idea. Make it look more modern & chic.

Sheri Ulm: I hope they bring the fish and turtles back.

Norma Palos: Please tell me the staff will now have to wear spacesuit uniforms.

Mary Skill: Pray we still control the air conditioning. Stayed in Downey this January and roasted the room was so hot.

Tweet of the Week

@AE_Media: Where did the military flags go? Instead we now have shop Downey flags! That's pretty sad!

Monday was a holiday in the Downey Unified School District, but nearly a dozen Downey High School students gave up their day off to volunteer at The Arc - Los Angeles & Orange Counties. The students, part of the KIWIN's club, partnered with the Arc's Aktion Club to create artworks created entirely of recycled materials. The art pieces will be donated to Gaudin Elementary where they will be used to teach environmental sustainability. Photos by Eric Pierce



Teen honored at debutante ball

DOWNEY - Downey teen Emilia Constantina Mariolis was one of 17 debutantes honored by the Greek Orthodox Christian community and Saint Sophia Philothos Society (SSPS) of Los Angeles last month. Emilia, daughter of Mr. and Mrs. Emilios Mariolis, was presented as a debutante of the Greek Orthodox Christian community and represented the Downey church of Saint George. The ceremony took place at the 51st annual Debutante Ball, held at the Four Seasons Beverly Wilshire Hotel in Beverly Hills. Being a debutante a demarcation that Emilia has embarked on a life-long journey of giving back to society. She currently volunteers her time to the American Cancer Society's Relay for Life, the Midnight Mission and to her church's Greek Festival. The ball is the largest fundraiser for the SSPS and raises funds to benefit the society's sponsored charities, including the Los Angeles Mission, Kids 'n' Cancer, and international orthodox Christian charities. The event was hosted by "Days of Our Lives" star Thaa Penghli.

'Princess for a Day' is March 1

DOWNEY - "Princess for a Day," an annual event in which girls ages 5-12 spend a day with Miss Downey royalty dancing, making crafts and getting the royal treatment, will be held Sunday, March 1, from 11 a.m. to 1:30 p.m. at Gallatin Elementary. Tickets are \$22, or \$30 with a t-shirt. All proceeds benefit the Downey Rose Float Association. Pre-registration will take place Feb. 21 from 2-5 p.m. in the dance room at the Barbara Riley Center. For questions, call Maylin Gonzalez at (562) 291-8866.

VALENTINE'S DAY Sweet Deals

GRAND OPENING!

Macortes Gallery

Friday, February 13 10 AM - 8 PM
 Saturday, February 14 10 AM - 8 PM
 Sunday, February 15 10 AM - 5 PM

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 3. SPAGHETTI-FETTUCCHINI-MOSTACCIOLI (Each include soup or salad and garlic bread) \$23.95

Heart Shape Pizza with any two toppings \$23.95
 (Extra Topping Add 80¢) with soup or salad

Heart Shape Pizza \$17.95
 One Topping
 Add 80¢ for Extra Topping

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DOWNEY 9148 Telegraph Rd. (562) 923-7248 FAX: 923-4983

CITY OF DOWNEY

NOTICE OF COMMUNITY MEETING

The City of Downey will conduct a community meeting regarding the development of the proposed Fiscal Year 2015-2020 Consolidated Plan (ConPlan) / Annual Action Plan, and Analysis of Impediments to Fair Housing Choice (A.I.). The purpose of this public meeting is to provide a forum for residents and interested organizations to express their views on the City's development of such plans.

The 5 Year ConPlan's purpose is to provide goals set forth by the U.S. Department of Housing and Urban Development (HUD); such goals include: "Securing Decent Housing, Providing a Suitable Living Environment, and Expanding Economic Opportunities." The Annual Action Plan's purpose is to show how funds will be expended during the year in a way that addresses the needs contained in the ConPlan. The A.I. focuses on actions, omissions, and decisions made because of race, color, religion, sex, disability, familial status or national origin, which restrict, or have the effect of restricting, housing choices or the availability of housing choices in the City.

Interested persons and organizations are invited to attend this public hearing and be heard regarding this matter. Written comments may be submitted in advance of the hearing. Address written comments: Attention: Jose Vazquez - Housing Division City of Downey 11111 Brookshire Ave. Downey, CA 90241.

DATE: Thursday, February 19, 2015
TIME: 6:30 P.M.
PLACE: Barbara J. Riley Community/Senior Center, 7810 Quill Drive, Gallatin Room

THE DOWNEY PATRIOT
 2/5/15, 2/12/15

CIUDAD DE DOWNEY

CONVOCATORIA DE LA COMUNIDAD

La Ciudad de Downey llevará a cabo una reunión sobre el desarrollo de la propuesta del Año Fiscal 2015-2020 Plan Consolidado (ConPlan), Plan de Acción Anual, y Análisis Impedimentos a la Feria de Elección de Vivienda Decente (A.I.). El propósito de esta reunión pública es proporcionar un foro para los residentes y organizaciones interesadas a expresar sus opiniones sobre el desarrollo de la ciudad de dichos planes.

Propósito de el ConPlan es proporcionar metas establecidas por el Departamento de Vivienda y Desarrollo Urbano por los Estados Unidos (HUD); estos objetivos incluyen: "Fijación de Vivienda Decente, Proporcionar un Entorno Adecuado, y Expansión de Oportunidades Económicas." El propósito del Plan de Acción Anual es mostrar cómo los fondos se gastaran durante el año y que sea de una manera que contenga las necesidades estipuladas en el ConPlan. El A.I. se centra en las acciones, omisiones y las decisiones tomadas a causa de raza, color, religión, sexo, discapacidad, estatus familiar u origen nacional, que restringen o tener el efecto de restringir, opciones de vivienda o la disponibilidad de opciones en la ciudad de la vivienda.

Las organizaciones y personas interesadas están invitadas a asistir a esta reunión pública y ser escuchado con respecto a este asunto. Pueden presentarse observaciones por escrito antes de la reunión. Los comentarios por escrito pueden ser dirigidos a: Jose Vazquez - Housing Division City of Downey 11111 Brookshire Ave. Downey, CA 90241. El señor Vazquez puede ser contactado via línea telefónica al (562) 904-7161.

FECHA: Jueves, 19 de Febrero del 2015
HORA: 6:30 de la tarde
LUGAR: Barbara J. Riley Community/Senior Center, 7810 Quill Drive, Cuarto Gallatin

THE DOWNEY PATRIOT
 2/5/15, 2/12/15

CRIME REPORT

Saturday, Jan. 31

At 12:30 a.m., a Patrol Officer was on routine patrol in the area of Downey Avenue and Firestone Blvd and observed a male subject dancing in the middle of the street. When the officer exited his vehicle to contact the subject, the subject ran towards the front of Joseph's Bar & Grill (11032 Downey Ave) attempting to flee. The subject was not allowed into the establishment and the officer was able to detain and ultimately arrest the subject for public intoxication.

At 11:00 a.m., Downey Police dispatch received an automated license plate read (LPR) notification on a vehicle wanted in connection with an armed assault and broadcast the information to officers. An Officer located the vehicle near Paramount Blvd and 3rd St and conducted a felony traffic stop. The named suspect was taken into custody without incident and the vehicle was impounded per the request of the handling agency.

Sunday, Feb. 1

At 2:45 a.m., a Downey Police Officer was in the area of Firestone Blvd. and Brookshire Avenue attempting to arrest a subject for drunk in public following the arrest of another suspect for vandalism. The initial suspect vandalized a city trash can by breaking the bolts holding it to the sidewalk and throwing the trash can into the street. While taking the second suspect into custody, additional suspects attempted to use force to stop the detention. Additional officers responded and ultimately arrested three suspects for Attempted Lynching. The initiating Officer and two suspects received minor injuries as a result of the altercation. The suspects were treated at a local medical facility.

At approximately 1:55 p.m., Downey Police Officers responded to the JC Penney store regarding a theft investigation. When they arrived, officers spoke with the Loss Prevention Officers who reported there was a male in the store who had taken items without paying for them. When the Loss Prevention staff attempted to contact him he ran away and a female suspect attempted to block the Loss Prevention staff from stopping him. When they finally caught up to the suspect, he turned around and pulled a knife from his right front pants pocket. He told the security officers he would use the knife if they attempted to detain him. Both suspects ran away and were located a short time later by Downey Police Officers. The female suspect was positively identified and arrested, and the male suspect ran away from the officers. The male suspect was identified and Detectives are investigating.

At 10:50 p.m., Downey Police Officers responded to 7737 Firestone Blvd regarding a subject climbing on a ladder onto the roof of the building. When Officers arrived, they observed the suspect on the roof. The suspect attempted to slide down a drainage pipe to flee from officers however fell and injured his ankle. Officers detained the suspect and found him in possession of copper wire and miscellaneous tools. The suspect also had copper from inside the building in his vehicle. The suspect was arrested and transported by Downey Fire Department to a local area hospital for treatment. Detectives are conducting follow up investigation.

Information provided by Downey Police Department.

Don Cook passes away at 90

DOWNEY – Donald (Don) Cook, a Downey resident for more than 60 years, passed away peacefully at his home Feb. 3.

Although in his 90th year, Cook had never really retired from his local printing business, Edon Printing.

At the time of his death, he was president of the Downey Exchange Club which he helped found 35 years ago. He also served on the board of directors of the Downey Exchange Club Child Abuse Prevention Center.

Cook also volunteered as an after-school program teacher's aide in local elementary schools and at Rancho Los Amigos hospital.

He was born Sept. 28, 1924 in Franklin, Indiana. He was raised on his family's farm until World War II.

As a farm family member he was exempt from the military draft, but Cook did not want to be the only man who didn't serve, so he convinced his father to "release" him and enlisted in the U.S. Navy.

While in Navy basic training at Great Lakes Naval Base, Cook contracted rheumatic fever. The Navy transferred him to the Naval Hospital in Corona, Calif. for what was to be a long term convalescence. Cook often related a story of his Navy doctor telling him as a rheumatic fever survivor he couldn't expect to live much beyond 40.

Stationed at Terminal Island, Long Beach, Cook assisted the base chaplain to publish his newsletter. This introduction to printing led to a lifetime career.

Cook was preceded in death by his wife, Jeanne, and brother, Francis Cook. He's survived by his sister, Jean Jewell, and six nieces and nephews.

Services at the Riverside National Cemetery are pending. Donations to the Downey Exchange Club Child Abuse Prevention Center in lieu of flowers is requested.



Elvia DeLeon passes away

DOWNEY – Longtime Downey resident Elvia DeLeon passed away last week with her family at her side.

DeLeon was a parishioner at OLPH Catholic Church in Downey, and a member of the Downey Quilters, Widows and Senior Citizens groups.

She is survived by her five children, Jim, Roland, Ruben, Celeste and Roger De Leon; nine grandchildren; and 15 great-grandchildren.

Funeral services were held Feb. 12 at Miller Mies Mortuary.



Raymundo Escarciga mourned

DOWNEY – Raymundo "Ray" Escarciga passed away Jan. 27 surrounded by his family. He was 80.

Born in El Paso, Tex. on Oct. 11, 1934 to the late Andres and Trinidad Escarciga, he was one of 11 children.

After serving in the U.S. Air Force, he married Mary Lou Salas, also from El Paso, and they relocated to Southern California. They moved to Downey in 1969, where they raised their two children, Rebecca Escarciga (Kuhn) and Jaime Raymundo Escarciga.

He retired from Farmer John/Clougherty Packing Co. in Vernon.

Ray is survived by his wife and children, along with five grandchildren, Eric Escarciga, Wendel Kuhn IV, Madeline "Maya" Kuhn, Catilin Escarciga and Carissa Escarciga; daughter-in-law, Angie Pena Escarciga; son-in-law, Wendel Kuhn III; and addition to siblings Enriqueta, Francisca, Andrea, Juana, Lina, Luis of El Paso, and Leopoldo of Diamond Bar.

Services will be held Saturday, Feb. 14, at 11 a.m. at Miller Mies Mortuary in Downey.

Nominations open for Older American award

DOWNEY – Nominations are being taken for the 2015 Older American of the Year Award.

To be eligible, nominees must live in Downey, be at least 65 years old, and have contributed to the city through volunteering within the last 10 years.

Nomination forms are available at the Barbara Riley Center, or call (562) 904-7223. Last day to submit a nomination is March 13.

Toastmasters open house

DOWNEY – Downey Toastmasters Club 587 is hosting an open house Tuesday, Feb. 17, from 6-7:30 p.m. in room 116 at First Baptist Church of Downey.

Toastmasters offers communication and leadership skills to help with job interviews, business presentations, teaching, public speaking, and more.

Special guests at the open house include Jamal Thomas, who will speak on "How to Prepare for a Speech," and two surprise guest speakers.

For questions, call Marisol Montano at (562) 417-0441.

Space center director to speak

DOWNEY – Ben Dickow, executive director of the Columbia Memorial Space Center, will be guest speaker at the Eldorado Chapter of the American Business Women's Association's dinner meeting Wednesday, Feb. 18, at the Rio Hondo Event Center.

Dickow will share the mission of the space center.

The event begins at 6 p.m. For reservations, email Ilda Vaja at vajafamily@hotmail.com.

Residents make Dean's List

DOWNEY – Several Downey residents have been named to the fall 2014 Dean's List at Whittier College.

The students include Cullen Griffin, Mathew Johnson, Gabriela Khowploum, Hector Lujan, Erika Saldana, Anthony San Angelo, Michael San Angelo and Stacy Yamasaki.

Meanwhile, Downey's Anna Bautista made the Dean's List at Hofstra University, a nationally ranked private university near New York City.

Jonathan Fuentes, also of Downey, earned Dean's List honors at the Regis College of Nursing, Science and Health Professions.

Fuentes is a sophomore.

Property management workshop Tuesday

DOWNEY – The Downey City Library will host a landlord workshop this Tuesday, Feb. 17, from 3-5 p.m.

Representatives of the Fair Housing Foundation will be on-site to teach landlords how to seek prospective tenants, the rental process, and credit checks.

Attendees will also be educated about fair housing laws and their rights and responsibilities as a landlord or property manager.

The workshop is free and open to the public.

StoryTime Festival returns Feb. 21

DOWNEY – The Gypsy Johnson Auxiliary of the Assistance League of Downey will hold its annual StoryTime Festival at the Downey City Library on Feb. 21 from 11 a.m. to 2 p.m.

Festivities include book readings to children from preschool to fifth grade, face painting, and a puppet show.

Every child in attendance will receive a free book, courtesy of the Assistance League.

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REMEMBERING HUELL HOWSER

• Journalist's folksy storytelling and knack for digging out hidden treasures is missed.

By **Mina Anne Chudilowsky**
Contributor

Huell Howser died on Jan. 6, 2013. He was 67.

He started out with a 15-minute program called "Video Log" and then had programs called "California's Gold," "Visiting," "Road Trip" and "California Green."

Do you remember the woman who crocheted tablecloths from the twine that was tied around her daily *L.A. Times* newspaper, or the tiny dog who retrieved the paper, or the family who made and sold peach cobbler, or the old man who was reunited with the elephant that he had trained and donated to the San Diego Wild Animal Park?

Huell Howser taught us a lot of local history, and he went to many ethnic food venues and introduced us to areas that we may have thought were unsafe to visit.

His series on the California missions augmented the fourth grade class curriculum and gave us an in-depth look at the Spanish influence on early California.

I have been to Morro Bay many times, but Morro Rock is not open to the public. I got to go up there with Huell and a ranger via his "California Gold" program.

He and a ranger took us up into the back country of Yosemite, and also the grueling climb up Half Dome. He also showed us the history of the famous, now defunct, fire fall from Glacier Point which hasn't occurred since 1968. The hikes required more endurance and stamina than I had, but I enjoyed his

experiencing them and sharing them with me and his viewing audience.

He hiked up to the Bristlecone Pines. This is something that I always wanted to do, never did, and can no longer hike, so I enjoyed his trip up there vicariously.

I'll never stand on the top of a wind turbine, or the top of the Golden Gate Bridge, or up on a scaffold hanging off a high rise in L.A. with a window washer, but I have experienced these things through Huell Howser and his cameraman - either Louie or Cameron.

Huell Howser had a wonderful sense of wonder, and he delighted in new experiences and discoveries. I really liked the younger Huell better than the mature one. He was more excited by new people and situations. As he aged, he got kind of greedy, and asked if he could take something - be it candy from the See's Candy kitchen, or a bristlecone pinecone. He was allowed the candy, but had to be reminded that you were to take nothing away from a national park or monument.

Huell never pronounced the first "i" in important. It sound like "imporent." His older persona loved to say, "What's the deal with?" "Wow!" and, especially, "Spectacular!"

Huell introduced me to new places.

My friend, Julie, and I stopped in and visited the Glass Museum in Redlands.

She and I took an extension class on the history of L.A. and got to explore the tunnels beneath Olvera Street where the Chinese hid out from gangs who came to attack them. The docent did a fine job, but we had learned more about Olvera Street and Union Station from Huell.

I never knew about the Quicksilver Ranch outside of Solvang, and the miniature horses

that they raised there until Huell noticed them from the road, stopped, and filmed them. I have been to the ranch three times and have recommended it to others.

I have been to Oak Glen but never knew about the wonderfully delicious cider donuts at the Snowline Orchard until Huell visited there. I sort of wish that I did not know about them!

Friends and I went to "Polka" after Huell dropped in on this little hole in the wall eatery in Eagle Rock. We've been back three or four times, and the place has expanded since Huell's program.

My friends Julie and Jim went to Broguierre's dairy for the eggnog and chocolate milk. It was like drinking thick, melted ice cream. Their son told me to keep the returnable bottle as it had Huell's picture on it and would be a collectable. I'm now glad that I have it.

I have gone to Galco's soda pop store and found Birch Beer and Sioux City Sarsaparilla. I have since taken friends there to revisit memories of their youth.

The best experience that Huell Howser introduced us to was the Sierra Madre Wisteria Festival. Friends and I have attended it many times.

I am so glad that Huell Howser came to California from Tennessee with his twangy accent, was fascinated with California, and presented us with the wonderful stories and experiences that he discovered about the place where we live.

His program was, and is, a real feel good experience for his audience, and I am sorry that he's gone. I had always planned to write or phone him to tell him about the "California Gold" that we have in our memoir and writing groups and the stories that they tell.

Oh well, that should be a lesson to this procrastinator.



Soroptimist International of Downey is accepting nominations for its 2015 Ruby Award, given annually to women who use their personal or professional influence to improve the lives of women or girls. To make a nomination, email Giggy Saab at giggysaab@yahoo.com. Pictured above are 2014 winners Katy Sullivan and Ada Hernandez with city officials and Soroptimist members.

Coyote sightings on the rise in Downey

DOWNEY - There have been recent reports of coyote sightings in the City of Downey. The Department of Fish and Game has been notified and recommends residents take the following precautions:

- Never feed or attempt to tame coyotes. The result may be deadly conflicts with pets or livestock, or serious injuries to small children.
- Do not leave small children or pets outside unattended.
- Be aware that coyotes are more active in the spring, when feeding and protecting their young.
- If followed by a coyote, make loud noises. If this fails, throw rocks in the animal's direction.
- If a coyote attacks a person, immediately contact the nearest Department of Fish and Game or law enforcement office.

Stash Your Food and Trash
Allowing coyotes access to human food and garbage is reckless

and deadly. Coyotes primarily hunt rodents and rabbits for food, but will take advantage of whatever is available, including garbage, pet food, and domestic animals.

- Put garbage in tightly closed containers that cannot be tipped over.
- Remove sources of water, especially in dry climates.
- Bring pets in at night, and do not leave pet food outside.
- Put away bird feeders at night

to avoid attracting rodents and other coyote prey.

- Provide secure enclosures for rabbits, poultry, etc.
- Pick up fallen fruit and cover compost piles.
- Ask your neighbors to follow these tips.

For more information, please visit the Department of Fish and Game's website at <https://www.dfg.ca.gov/keepmewild/coyote.html>.

-Contributed by the city of Downey

Hospital opens outpatient center

WHITTIER - A new outpatient GI center has opened adjacent to PIH Health Hospital in Whittier.

The center is equipped with the latest technology, hospital officials said, including high-definition scopes and monitors for treatments such as colonoscopies, endoscopic procedures and esophageal treatments.

The center opened Tuesday and accepts appointments weekdays between 8 a.m. and 4:30 p.m.

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8:00 pm

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Saturday, March 7th

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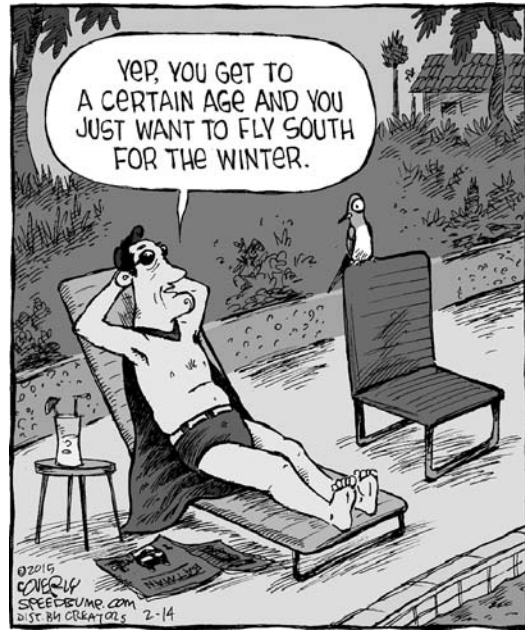
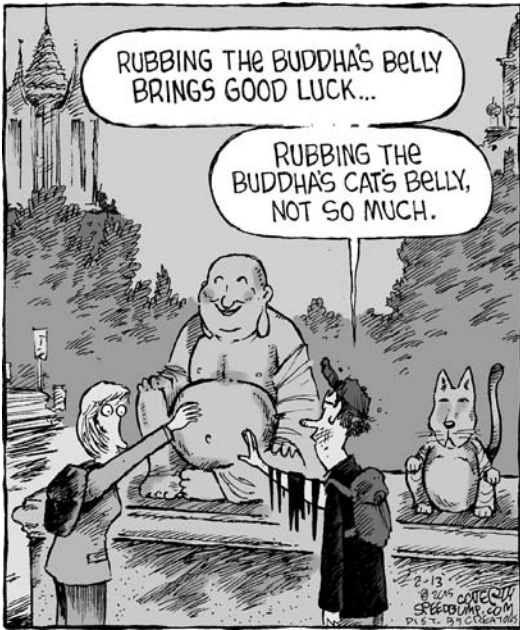
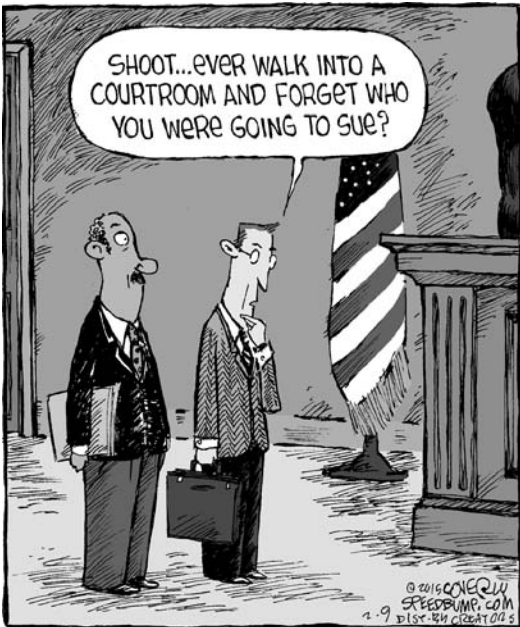
Downey Civic Theatre

DOWNEY THEATRE

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On This Day...

Feb. 12, 1554: Lady Jane Grey, who had claimed the throne of England for nine days, was beheaded after being charged with treason.
1870: Women in the Utah Territory gained the right to vote.
1999: The Senate voted to acquit President Bill Clinton on charges of perjury and obstruction of justice.
Birthdays: Hall of fame basketball player Bill Russell (81), talk show host Arsenio Hall (59), actor Josh Brolin (47), author Judy Blume (77), actress Christina Ricci (35), football player Demarco Murray (27) and quarterback Robert Griffin III (25).

Downey Community Calendar

Events For February

Sat., Feb. 14: **Keep Downey Beautiful cleanup**, Lakewood and Firestone (behind Carl's Jr.), 9 a.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, for info call 304-3439
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 dianedavis4sc@gmail.com.
6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Karika Austin 260-3856.
7 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives Ave., for info call 923-1932.
1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
2nd Tues., 3:30 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7117.
2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call 927-6438.
2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
3rd Tues., 6 p.m.: **American Legion #270**, at Sizzler Restaurant, for information call 544-0372.
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) 604-0725.
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.
4th Sat., 12:00 p.m.: **Downey Arts Coalition**, for information email contact@downeyarts.org.

THE NEWSDAY CROSSWORD
Edited by Stanley Newman (www.StanXwords.com)
DOUBLE DACTYLS: With the same meter reading by S.N.
CREATORS SYNDICATE © 2015 STANLEY NEWMAN WWW.STANXWORDS.COM 2/8/15

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ACROSS
1 Lucy van ___
4 Super Bowl scores
5 Handed over
6 Blue Jasmine director
7 Amount bet
8 Okra portion
9 Composer Saint-Saëns
10 Decide to leave out
11 Jazz pianist Chick
12 Wood in bats
13 British attorney
14 Come up smelling like
15 Tool with teeth
16 Bibliography abbr.
17 Marquee time
18 Stare intently
25 S&L offerings
26 Hamlet's love
28 Helen of Troy's abductor
33 Play about robots
35 Young hoodlums IOU
37 Frat letter
40 "Broadway Joe" of football
42 Naval fleets
45 Computer accessories
46 Waiting room
47 Crater Lake locale
49 Party to a promise
50 Nailed an exam
51 Took the first step
56 Travels on
59 Scottish singer Boyle
61 Shared equally
63 Fathers of colts
65 Very thin person
66 Justice succeeded by Kagan
67 Serenaded
69 Favorite hangouts
70 Flower category
71 Get cozy
72 Dark brown
73 Wrong
74 Rid (of)
79 Cost to play a round
80 Chowder cracker
82 Polo participant
84 Everybody
85 Castro foe Batista
86 Came before
89 Gusto
90 Second Commandment word
91 Contractual details
94 Start of the fifth century
96 Scoring opportunity in hockey
97 Traveling through
103 Jury's determination
104 Part of Disney World
106 Any Super Bowl athlete
107 Landlord's sign
109 Open a little
110 Emperor after Claudius
111 Small fly
114 Slightest amount
116 Where boxers train
119 Hoop group
120 Campers, for short
121 PC key
122 Gusto

DOWN
2 Church fixture
3 Skin cells
7 Sleep disturber
78 Disentangles
81 Sgt. subordinate
82 House Hunters cable channel
83 Den seating
87 Acorn, essentially
88 Tomasso's "thanks"
90 Prepared
92 Convent resident
93 Bath-powder ingredient
95 "First Lady of the World"
98 Gravity-powered vehicle
99 UFO pilots
100 Jacuzzis
101 Army medic's procedure
102 Put a match to
105 Social gathering
108 Hairy, as an 82 Down
109 Director ___ Lee good...
112 SEAL's employer
113 Cleaner scent
115 Heavy mists
117 Cloner's material
118 A Beautiful Mind Oscar winner
122 Accord
123 Fit for plowing
124 Pick a candidate
125 Look to be
126 Peace Nobelist Wiesell
127 Take turns
128 GNP or RBI
129 Monitors before flat-screens
130 Lumber along

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

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

In poetry, a "double dactyl" is a six-syllable phrase accented on the first and fourth syllables, as the five theme-celebrity names in the puzzle. METER (55 Across) is derived from the Latin word for "ministry." ELEANOR ROOSEVELT (95 Across) was dubbed "First Lady of the World" by Harry Truman, for her extensive work in human rights.

Paging Dr. Frischer...

By Dr. Alan Frischer



susceptible to salt or who already have high blood pressure.

It is simple, sensible, and cheap. There is a limit on high calorie saturated fat meats and sweets. The daily plan includes whole grains; fruit; vegetables; nuts, seeds or legumes; dairy; lean meats, fish and poultry. Fats make up about a quarter of daily calories, spread over two or three servings.

What is the best way to convert from your current diet to the DASH diet? The Mayo Clinic recommends that the transition be gradual, adding healthy food choices and replacing poor food choices while slowly cutting back on sodium. Increase your physical activity steadily as well; this will have a positive impact on both weight and blood pressure.

What do I find most interesting about the DASH diet? It follows the precepts that I've been recommending for years for weight loss, heart health, diabetes control and prevention, and general health. It's sensible, not based on a fad, and not extreme. It will improve your health, yet avoid exorbitant fees, special packaged foods, etc.

Here are some specific recommendations for getting started on the DASH diet. Make small changes over days and weeks, with the goal of incorporating them into your daily routine:

Add an extra serving of fruit and vegetables at one meal a day or as a snack.

Choose whole-grain foods for

most of your grain servings to get added nutrients, including minerals and fiber. Be sure that your bread, pasta or cereal specifies 100% whole wheat or 100% whole grain.

Include two-three servings of fat-free or low-fat milk or milk products a day. If you are lactose intolerant, use lactase products or switch to alternatives like almond milk.

Limit lean meats to six ounces a day, with just three ounces of lean meat (about the size of a deck of cards) at a meal.

Include more meatless meals.

Incorporate nuts into your diet. If you have nut allergies, use seeds and legumes.

Always read the nutrition facts labels. Understand what you are consuming. Look for foods with 5-10% or less of your daily requirement for sodium. If the daily goal is around 2,000 mg, a can of soup with 1,150 mg in a single serving will get you there very quickly.

Keep a diary of your food consumption and exercise. Be sure to celebrate your successes!

For more information on the DASH diet, I encourage you to explore dashdiet.org.

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.

U.S. News and World Report recently announced their winner for the best overall diet for 2015: the DASH (Dietary Approaches to Stop Hypertension) diet. Their panel of experts evaluated 35 diets, and the DASH diet has maintained the number one spot for five straight years. It beat out better-known and well-respected diets for its nutritional completeness, safety, prevention and control of diabetes, and promotion of heart health.

Note that the DASH diet had stiff competition from the excellent Weight Watchers diet, which won for the best weight loss diet, the easiest to follow, and the best commercial diet. I have long been a big proponent of Weight Watchers; it requires no special foods, provides support systems, and when followed has a great success rate. In the end, however, DASH won first place overall. Why?

The DASH diet is based on National Institute of Health studies, and was originally developed to help prevent and treat hypertension. Eating properly is critical, but exercising 30 minutes each day, not smoking, and drinking alcohol in moderation is included in the overall plan for blood pressure control. The plan has no tricks - just an emphasis on low salt, high fiber food, and plentiful fresh fruits and vegetables in a 2,000-3,100 calorie per day plan. It recommends either 2,300 mg of sodium in the standard diet, or 1,500 mg for those who are more

STUDY: 58 million Americans still exposed to secondhand smoke

Although secondhand smoke (SHS) exposure in the United States dropped by half between 1999 to 2000 and 2011 to 2012, one in four nonsmokers -- 58 million people -- are still exposed to SHS, according to a new Vital Signs report from the Centers for Disease Control and Prevention.

Data from the National Health and Nutrition Examination Survey (NHANES) show that declines in exposure to SHS have been slower and exposure remains higher among children, blacks, those who live in poverty, and those who live in rental housing. The report finds two in every five children aged three to 11 years are still exposed to SHS. The study assessed exposure using cotinine, a marker of SHS found in the blood.

"Secondhand smoke can kill. Too many Americans, and especially too many American children, are still exposed to it," said CDC Director Tom Frieden, M.D., M.P.H. "That 40 percent of children -- including seven in 10 black children -- are still exposed shows how much more we have to do to protect everyone from this preventable health hazard."

Additional key findings in the Vital Signs report include that:

Nearly half of black nonsmokers are exposed to SHS.

More than two in five nonsmokers who live below the poverty level are exposed to SHS.

More than one in three nonsmokers who live in rental housing are exposed to SHS.

The study used rental status as a way of identifying people who live in multiunit housing, which is an environment where the issue of SHS exposure is of particular concern.

"About 80 million Americans live in multiunit housing, where secondhand smoke can seep into smoke-free units and shared areas from units where smoking occurs," said Brian King, Ph.D., acting deputy director for research translation in CDC's Office on Smoking and Health. "The potential of exposure in subsidized housing is especially

concerning because many of the residents -- including children, the elderly, and people with disabilities -- are particularly sensitive to the effects of secondhand smoke."

The report credits the overall decline in SHS exposure to several factors. To date, 26 states, the District of Columbia, and almost 700 cities have passed comprehensive smoke-free laws prohibiting smoking in worksites, restaurants, and bars. These state and local laws currently cover almost half the US population. In addition, a growing number of households have adopted voluntary smoke-free home rules, increasing from 43 percent in 1992-1993 to 83 percent in 2010-2011. Also, cigarette smoking has declined significantly in the last two decades and smoking around nonsmokers has become much less socially acceptable.

The Surgeon General has concluded that there is no safe level of exposure to SHS, which contains over 7,000 chemicals including about 70 that can cause cancer. It is a

known cause of Sudden Infant Death Syndrome, respiratory infections, ear infections, and asthma attacks in infants and children, as well as heart disease, stroke, and lung cancer in adult nonsmokers. Each year exposure to SHS causes more than 41,000 deaths from lung cancer and heart disease among non-smoking adults and 400 deaths from Sudden Infant Death Syndrome, as well as about \$5.6 billion annually in lost productivity.

Vital Signs is a report that appears on the first Tuesday of the month as part of the CDC journal, Morbidity and Mortality Weekly Report. The report provides the latest data and information on key health indicators. These include cancer prevention, obesity, tobacco use, motor vehicle passenger safety, prescription drug overdose, HIV/AIDS, alcohol use, health care-associated infections, cardiovascular health, teen pregnancy, and food safety.

Whittier senior complex taking applications

WHITTIER - The Oakmont of Whittier, a new luxury retirement community for seniors, is now taking applications for future tenants.

The 70,000 sq. ft. property is currently under construction at 13617 Whittier Blvd.

When completed in the spring, the two-story complex will offer 51 assisted-living and 19 "memory care" apartments. Residents will enjoy three gourmet meals per day, in addition to concierge services, an onsite movie theater, and full-size fitness center.

There will also be activity rooms, a salon and day spa, vegetable garden, and pet park.

For an application or more information, call (562) 219-3932.

Registration open for 5K obstacle course

NORWALK - Cerritos College will host a 5K obstacle and fitness challenge Sunday, May 8, starting at 9 a.m.

The event is a fundraiser for Fight for Kids, a non-profit organization that provides low-income families and at-risk youth with opportunities to participate in organized sports.

The obstacle course will include fitness stations staffed by professional MMA fighters that will lead participants through a workout.

Race registration is \$45, and sign-ups are being taken at 5kofc.com.

The event is also open to spectators at no charge.

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Congresswoman's statement on Black History Month

DOWNEY – Rep. Lucille Roybal-Allard released a video statement this week in honor of Black History Month.

Below is a copy of her statement:
 “Hello, I’m Congresswoman Lucille Roybal-Allard, representing California’s 40th Congressional District.

“Every February, we as a nation come together to celebrate Black History Month and recognize the many contributions African Americans have made to the foundation and greatness of our country. African Americans continue to strengthen our country and to pave the way in all walks of life, including in public office, the military, health care, education, small businesses, and community-based organizations.

“Among the many champions my constituents acknowledge from our 40th Congressional District is the late Juanita Tate. Juanita founded Concerned Citizens of South-Central Los Angeles, and successfully led efforts to bring affordable housing and new businesses to her South Los Angeles neighborhood. We also acknowledge small business owners like Vivian Bowers of South Los Angeles, who is leading efforts to create a Business Improvement District along Central Avenue – while continuing to operate her family’s 40-year-old dry cleaning business. And we acknowledge community activists like Brenda Shockley, who has worked to revitalize South Los Angeles neighborhoods through her leadership roles in non-profit organizations like Community Build and the Coalition for Responsible Community Development.

“While African Americans contribute and lead in many of our communities, the fact remains that there is still much work to do, including fighting for equal access at the ballot box.

“2015 marks 50 years since the passage of the historic Voting Rights Act of 1965. With the 2013 Supreme Court decision to invalidate a key section of the Voting Rights Act, governments with a history of racial discrimination no longer have to prove their new voting laws ensure access to the right to vote for all, regardless of race, skin color, or language. Many states have also passed controversial voter identification laws which severely burden many American citizens and make it harder for them to exercise their constitutional right to have a voice in our democracy.

“Rest assured, I will fight until Congress passes a renewed, revised, and strengthened Voting Rights Act that will once again ensure voting discrimination is not allowed in our country. I am also working with local community leaders to increase local voter turnout. And I recently joined several of my House colleagues on a new Outreach and Engagement Task Force. Our task force is developing a strategy to encourage all Americans to vote, by helping you to better understand the power of your vote and how it impacts policy decisions that affect every aspect of your life.

“So, as we celebrate Black History Month and reflect on the great achievements African Americans have made across the centuries, let us also rededicate ourselves to making America a more just and perfect union, full of opportunity for all who call this country their home. Thank you.”

Bellflower community unites to clean up park

BELLFLOWER – More than 100 Bellflower Unified elementary and middle school students were joined by Bellflower Mayor Sonny R. Santa Ines, Bellflower Unified trustees Jerry Cleveland and Paul Helzer, Kiwanis Club members, teachers and parents to beautify Ruth Caruthers Park during a Jan. 30 community service project the students designed as a civic learning lesson.

The project, which ran from 8 a.m. to noon, was the brainchild of Woodruff Elementary Assistant Principal Holly Hennessy and arose from classroom lessons at Woodruff and a workshop on civic learning at Bellflower Middle School.

“It was amazing,” Hennessy said. “Everyone, especially the kids, worked so hard to clean up Caruthers Park. In the end, it looked spectacular.”

About 60 of the volunteers were sixth-graders in Woodruff Elementary School’s civic engagement classes. They were joined by their teachers, about 30 students from Bellflower Middle School and their teachers, plus the

mayor, board members, parents and Kiwanis Club members.

The team removed pine needles, leaves and trash from fitness areas, batting cages, playground equipment and a wading pool, scrubbed away graffiti, washed picnic tables, swept walkways, spread woodchips and created posters for park office windows at the 20-acre park.

Hennessy said she began designing the civics effort after Superintendent Dr. Brian Jacobs shared information with Bellflower elementary principals about the state Department of Education’s 2014-15 Civic Learning Award for Public Elementary and Middle Schools.

Hennessy turned for help to Woodruff sixth-grade teacher Carlos Jimenez and to Bellflower Middle School history teachers Todd Davenport and Alison Kawashima, who coordinate an existing Civic Learning Initiative. Mayor Santa Ines visited Woodruff to discuss the city’s history, strengths and attributes.

After learning about civic roles and responsibilities, the students



voted to hold a cleanup day at Caruthers Park. The park has special meaning because Woodruff students celebrate there at the end of their sixth-grade year.

“You know how when you get an idea, it just snowballs?” Hennessy said. “That’s what happened in this project. One idea led to another, which led to another. The middle school kids helped take it to another level and the mayor raised it once again.”

Jacobs praised Hennessy and her

team for jumping on the challenge.

“This project is a great example of the initiative and passion taken by our school leaders, classroom teachers and, especially, our amazing students,” Jacobs said. “The effort seamlessly combines effective classroom instruction with civic engagement that will benefit all of Bellflower.”

To learn more about the Civic Learning Award, visit cde.ca.gov/eo/in/civiclearningaward.asp.

La Serna expands college and career center

WHITTIER – La Serna High School’s College and Career Center has never been busier.

Since the expansion of the center’s hours and arrival of a full-time college advisement specialist, a constant stream of students have been filing in during and after school to ask questions, find support and get assistance.

This fall, the bustling center, nicknamed the College Corner, opened full time and more than doubled the number of students who visit the hub to talk college, academics and the admissions process.

The school is also hosting its first-ever Kaplan SAT/ACT combination test from 8 to noon on Saturday, Feb. 21. Pre-registration is required.

“They’re eager to get started on the next step of their careers,” College

Adviser Sandra Ochoa said. “If they have doubts, they have someone to come to for that guidance.”

Natalia Valles, a senior who plans to study neurology at Stanford University, visits the center often.

“This center has helped me immensely, especially because as an only-child, I don’t have anyone else to ask for college advice, and parents are not always experts like Ms. Ochoa,” Valles said.

Much of the program’s growth is due to the District’s Local Control and Accountability Plan (LCAP), a spending plan that prioritizes academic support services among other programs to significantly assist students.

“With the LCAP, we have been able to open up access to resources and opportunities that weren’t readily available in the past,” Principal Ann Fitzgerald said. “We’ve increased the number of college field trips and application workshops for both juniors and seniors. Students who wouldn’t have looked at college before are now exploring their

options.”

La Serna also boosted the number of college information sessions and financial aid workshops. The additional resources have been valuable to students and parents alike, said Yvonne Torres-Hess, director of La Serna’s Horizons academic support program.

“We don’t want the center to be the best kept secret on campus,” Torres-Hess said. “Parents and students have a lot of questions, and the College Corner is the place to ask. It’s exciting to see so many students utilizing these services.”

La Serna is also strengthening its college readiness program through partnerships with Rio Hondo and Fullerton colleges.

Rio Hondo offers college and application workshops, a senior preview day and a Counseling 105 class, which is part of the orientation and enrollment process. Students can get priority registration, placement and assessment before they graduate high school. A representative is also on campus weekly.

Fullerton College is also exposing La Serna freshmen to its campus and career assessments through field trips. The college also hosts college education seminars for parents.

“The collaboration between these community colleges and the high school is a perfect storm of improvement and they want us and our kids,” Fitzgerald said.

Miss Bellflower pageant April 18

BELLFLOWER – The 2015 Miss Bellflower pageant and competition will be held April 18.

Competition applications are now available. For information, call Janna Enkhorn at (562) 565-3942.

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The student artwork above was selected from among 250 environmental artwork entries submitted to the City by local 5th grade students. A new student artwork winner will be featured each month.

The City of Downey and local 5th grade students remind you to help

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SPORTS BRIEFS: Downey wrestlers win CIF championship

• Downey defeats Santa Fe and Gabrielino in opening rounds before beating Millikan for title.

By Mark Fetter
Contributor

The Downey High School wrestling team won the 2015 C.I.F. Southern Section Western Division dual meet championship after defeating top seeded San Marino in the final at Millikan High School last Saturday night, 33-32.

The Vikings were down 32-30 entering the final match when Rigoberto Garcia (174) clinched the victory for Downey with his 7-4 decision over Adrian Licon.

The Western Division consisted of eight league champions and eight at-large teams. Leagues represented included: the Almont League, Del Rio League, Mission Valley League, Moore League, Pioneer League, Rio Hondo League, San Gabriel Valley League and the Suburban League. Downey has now won four C.I.F. wrestling championships (2004, 2010, 2011 and 2015) and have been C.I.F. runner-up three times (2009, 2012 and 2014).

The dual meet started at 186 pounds when San Marino's Tino Maese won by technical fall and secured five team points. San Marino's Tino Lopez (110), Zander Silva (117) and Sebastian Velasquez (130) all won by decisions. San Marino's Julian Flores (136) won by

pin as did fellow Titan teammate Zander Wick (149).

After the loss at 186 pounds, Downey's Miguel Bravo (195) won by forfeit, Immanuel Bravo won by pin at the 1:45 mark of the first period and heavyweight Angel Baez won by pin at the 2:45 mark of the second period. Downey held an 18-5 lead after four matches.

Downey's Andrew Lopez (124) won by decision 3-2, Gregory Lopez (142) won by pin at the 1:33 mark of the first period and Dylan Moreno (164) won by decision 11-4. Rigoberto Garcia (174) clinched Downey's title with his 7-4 win.

Downey defeated Santa Fe 41-23 in the first round, Gabrielino 41-25 in the second round, host school Millikan 37-30 in the third round and San Marino 33-32 in the final.

San Marino defeated Lakewood 59-24 in the first round, John Glenn 49-18 in the second round, Warren 46-17 in the third round before falling to Downey in the final.

...

The Downey High School boys' soccer team lost a tough game to Paramount Monday night 2-1. With the loss, Downey is now 12-9-2 overall and 3-5-1 in San Gabriel Valley League play. With the win, Paramount is now 14-5-2 overall and 7-0-2 in league play.

Interestingly, four of Downey's five league losses have come against Paramount and Warren. The other league loss was a 2-1 defeat at Gahr

on 2/5. The Pirates and Bears are two of the area's best teams.

In the Downey-Paramount game, the Vikings took a 1-0 lead into halftime after Downey striker Bryan Mojano scored the only goal of the first half in the 38th minute. Mojano's strike hit the crossbar before finding the back of the net.

Paramount scored the equalizer in the 63rd minute when Pirate Hector Rojo's left footed strike hit the post before finding the back of the net. The Pirates took the lead five minutes later when George Garcia scored on a pass from Oscar Canela. Paramount held on for the 2-1 result as Downey tried to score their equalizer in the last seven minutes of regulation and extra time.

Paramount faced Warren (19-2-2, 8-0-1) on Wednesday for the league championship (score unavailable at press time). The Bears defeated Lynwood on Monday by the same 2-1 score to set up Wednesday's game. Warren and Paramount played to a 3-3 tie in their first meeting.

Downey hosted Dominguez (8-9-1, 4-5) on Wednesday (score unavailable at press time) in their league finale. Downey defeated Dominguez 5-2 in their first game on 1/27. With a win against Dominguez on Wednesday, Downey would claim the number three entry from the S.G.V.L. in the Division I playoff bracket.

...

The Warren High School girls' basketball team played Lynwood at Warren Tuesday night with the S.G.V.L. title on the line.

With a win, the Lady Bears

would have earned a S.G.V.L. co-championship with Lynwood and the number one league entry from the S.G.V.L. in the C.I.F. Division I-AA playoffs due to a win in the second round of league play. Despite a strong effort, the Lady Bears fell short.

The Lady Bears came out on fire to start the game and led at halftime 25-22. Warren played tough in the third quarter but trailed 39-34 entering the fourth quarter. Lynwood outscored Warren 24-9 in the fourth quarter and won the game 63-43. The Lady Bears lost the first round game at Lynwood 53-45 on 1/23.

With the loss, Warren is now 15-10 overall and 7-2 in S.G.V.L. play. With the win, Lynwood is now 13-8 overall and 9-0 in league play. Warren concluded their regular season yesterday against Paramount at Warren (score unavailable at press time). Lynwood concluded their regular season yesterday against Gahr at Lynwood (score unavailable at press time). Both teams are headed to the playoffs for their efforts.

Lynwood will be the number one entry from the San Gabriel Valley League in the C.I.F. Division IAA playoffs. Warren will be the number two entry and Downey (14-11, 5-4) will be the third entry. Downey closed out their regular season yesterday against Dominguez at Dominguez (score unavailable at press time).

C.I.F. playoff brackets will be announced this weekend and opponents will be selected. Warren head coach Rachel Palmer has been pleased with the continued improvement and effort she has seen



Downey High's CIF champion wrestling team. Bottom row, from left: Carlos Rivas(12) Andrew Lopez (12) Mark Lopez (12) Pablo Ochoa (11) Rigoberto Garcia (12) Emmanuel Bravo (11) Jonathon Prata (9) and Gregory Logez (11).

Top row: Nick Arellano (10) Miguel Bravo (10) Dean New (12) Dylan Moreno (12) Randy Chavez (12) Giovanni Leon (11) Angel Beaz (12) and Armondo Padilla (10).

from her players. With their overall record and strength of schedule, the Lady Bears may host a first round playoff game. Coach Palmer, her staff and players are looking to make a nice run in the playoffs.

...

The middle school boys' soccer and boys and girls basketball teams have hit the midway point in their respective seasons. As of Tuesday, four games have been played and two games remain.

Games have been highly competitive and fun to watch. Second round games will show each team's improvement.

Varsity boys' soccer has Sussman (3-0-1) in first place, Griffiths in second place (2-2) Stauffer (1-2-1) in third place and Doty in fourth place (1-3). Junior varsity boys' soccer has Doty (4-0) in first place, Griffiths (2-2) in second place, Stauffer in third place (1-2-1) and Sussman in fourth place (0-3-1).

Eighth grade boys' basketball has Griffiths in first place (4-0), Stauffer in second place (3-1), Doty

in third place (1-3) and Sussman in fourth place (0-4). Seventh grade boys' basketball has Stauffer in first place (4-0), Griffiths in second place (3-1), Doty in third place (1-3), and Sussman in fourth place (0-4). Sixth grade boys' basketball has Doty and Sussman tied for first place (3-1), Stauffer in second place (2-2) and Griffiths in fourth place (0-4).

Eighth grade girls' basketball has Doty in first place (4-0), Sussman in second place (2-2) and Griffiths and Stauffer tied for third place (1-3). Seventh grade girls' basketball has Doty in first place (4-0), Stauffer in second place (3-1), Griffiths in third place (1-3) and Sussman in fourth place (0-4). Sixth grade girls' basketball has Doty in first place (4-0), Stauffer in second place (3-1), Griffiths in third place (1-3) and Sussman in fourth place (0-4).

Games will conclude next Tuesday and city championships will be claimed. Baseball and softball are up next followed by track and field after that.

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What's Ahead for Housing in 2015?
Although we won't know until the end of the year if these predictions are true, here's what the experts predict for 2015.

MORTGAGE RATES MAY INCREASE.
30-year fixed mortgage interest rates are expected to increase in 2015, but don't worry; they'll still be considered low.
Source: NAR, May 15, 2014

HOMES WILL BE FLYING OFF THE MARKET.
Home sales in 2015 are expected to reach their highest level in two years.
Source: Fannie Mae, National Housing Survey Monthly Indicators, August 2014

PRICES WILL INCREASE.
Existing home prices will increase 3% in 2015 and 2% in 2016.
Source: Bloomberg Businessweek, July 1, 2014

NEW HOMES ARE BEING BUILT.
Housing construction will reach 1.4 million in 2015, an uptick from past years and closer to the average number needed to balance the market.
Source: NAR, May 15, 2014

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Cal State Long Beach gets \$200K to prevent sexual assaults

LONG BEACH – California State University, Long Beach (CSULB) has received a \$200,000 grant from the California Governor's Office of Emergency Services (Cal OES) to support sexual assault prevention and response efforts, regardless if the victim/survivor reports the incident to law enforcement or other investigatory bodies.

Specifically, funding will be directed to CSULB's Women's Resource Center. The grant was one of just two awarded and it is renewable for two additional years, making it worth up to \$600,000.

"Over the last year, the topic of sexual assaults on university campuses has made some big headlines," said Carmen Taylor, CSULB's vice president for student affairs. "It has become a major focus of discussion in state and national legislatures, higher education boards and universities across the country."

"There is also a concerted effort by our own California State University system to improve student safety and prevent sexual assault and violence within all 23 of its campus communities," she added. "While Cal State Long Beach is a safe campus, there is always more we can do in the areas of prevention and assisting victims of sexual assault. These funds will help us do that."

The Cal OES Campus Sexual Assault Program was established to create a coordinated and comprehensive community response centered on survivors. Grant funding is directed toward efforts to enhance survivor safety, provide confidential services to sexual assault survivors, hold offenders accountable and prevent incidents.

CSULB will use the grant to fund a full-time sexual assault crisis counselor for crisis intervention, follow-up, accompaniment, and

information and referrals for survivors. Funding will also be provided for a half-time University Police Department position for investigation and for coordination of training with the counselor.

"This grant is important because the campus has never had a full-time, crisis counselor advocate devoted to assisting survivors of sexual assault," said Jeane Caveness, assistant dean of students who also oversees the Women's Resource Center. "Our goal is to empower employees and students with the knowledge and the tools to provide survivor-centered services that will help victims of sexual assault on our campus move forward and be successful students."

Caveness, the principal investigator for the grant, said the counselor will be sub-contracted through the local, state-funded rape crisis agency—the YWCA Greater Los Angeles Sexual Assault Crisis Services Agency.

"Through this funding, we will make a difference for the students as we come together as collaborative partners," said Alva Moreno, executive director of YWCA Greater Los Angeles Sexual Assault Crisis Services.

The grant funds also will be used for required training for the counselor and police investigator from the California Coalition Against Sexual Assault (CALCASA) as well as technical assistance from CALCASA in creating the program, including primary prevention and bystander intervention.

The funds also will cover dissemination of information on survivor services and rights; primary prevention programs, including bystander intervention; and marketing to promote the new services for survivors.

Downey poet publishes new book

• Lorine Parks will read from "Persons of Interest" next Thursday at Stay Gallery.

By Carol Kearns Contributor

DOWNEY – Downey poet Lorine Parks will introduce her new book, "Persons of Interest," at Poetry Matters, Thursday evening, February 19, 7:00 PM, at Stay Gallery. Parks is a prolific writer, and the title of this volume reflects the wide-ranging subjects of her inspiration.

Her poems span both time and place as she gives voice to such disparate figures as Ariadne from Greek mythology, a medieval peasant paying his tithe, a woman betrayed by an errant husband, and a priest ministering to inmates on death row. The tone of each piece shifts, sometimes reverent, sometimes humorous, sometimes horrifying, as Parks assumes each new perspective and voice.

Parks is a well-known figure around Downey for her community service activities with the Rotary Club, Downey YMCA, Soroptimists, and the Downey Symphony, and for her thirty-five years as the owner of an independent travel agency. Retirement in 2010 gave her more time for poetry and she sets aside several hours each morning to write.

While she is disciplined about using the mornings to revise and edit, she says the idea for a poem can occur anywhere – in the car, at the breakfast table, or while taking a bath. "I usually stop and write as much as I can while the moment is with me," she explains, "even if it means pulling the car over to the side of the road." When she is inspired, she writes as much as possible. "I don't ever try to harness it."

Park's imagination does not limit her to human subjects. Animal lovers will chuckle over

the canine take on the Westminster Kennel Club Dog Show and Pavlov's experiment as seen from the perspective of the dog.

Current and historical events are also sources for Parks, and her well crafted pieces lead to unexpected and chilling places. In "Ali Monsoon" she gives voice to the thoughts she imagines the mind of a Palestinian suicide bomber. Chilling for a different reason is "the singing of the Titanic," a piece in which the crashing and crushing of the ship unfolds as orchestral music.

Balanced against these poems of imagination are writings that stem from Parks's heart and spirit. Women will recognize the grief as palpable in "the French call them love tips," a poem about the loss of a child. Some mothers will concur with the life lesson expressed in metaphor as a woman thinks of her mother while playing computer solitaire – "if it isn't going to be a winner / toss it don't waste your time don't settle." And both men and women will nod with understanding as the Old Woman considers her "exit" strategies – "she refuses to rot and go to mulch.... she'd rather be road kill / fully alive until hit / like the young men at war."

Parks's first book, "Catalina Eddy" was published in 2012. This collection grew from the human tendency to personify our weather with human names and attributes – Mae Gray, June Gloom, Polar Flo. Parks imagined distinct personalities for each name, and together they became a "noir-ish" clan of mobsters and molls with their fierce hurricane relatives – Camille, Gustavo, and Ernesto.

"Catalina Eddy" grew from the culture and climate of southern California. Park's second collection, "Persons of Interest," spans the world and human history. Both books will be available during the reading

Poetry Matters, curated by Parks, has been a monthly series for

over three years. Those with poems of their own to share are encouraged to come early when doors open at 7:00 PM and sign up for the open mike. Stay Gallery is located at 11140 Downey Avenue, just north of Firestone Blvd.

For those who will not be able

to attend the Thursday night event, Parks will also be introducing her new book at the Downey Library's afternoon Author's Event, to be held in the Cormack Room on Wednesday, Feb. 25, at 2:30 p.m.

Further information is available online at downeyarts.org.

POETRY MATTERS BIGGEST DAY IN DOGDOM the Westminster Kennel Club Dog Show is meeting today in Manhattan we elite ones and these new breeds just voted in some may look like frowning weasels or black monkeys with names like affenpinscher and Banana Joe but all we dogs are professionals we do not overly sniff at each other we stick to the show's agenda we want to please our trainers but we notice the auras the endocrine cloud around Missy the handler the testosterone swirl that emanates from Mister you humans with so little time in the ring you want so much to win the Standard Poodles perennially short-listed for Best of Show they like to tell us about how winning brings a sense of freedom a momentary loosening of the leash when the trainers see that big ribbon they relax their grip on the choke collar remember the time the Papillon got away and jumped in the big silver bowl when you humans lose you give each other quick air kisses you do not mean let's have sex but I hate you dogs can tell By Lorine Parks The Westminster Kennel Club Dog Show airs this year on CNBC and USA on Feb. 16 and 17. On Feb. 19 Lorine Parks will read this poem and others from her new book Persons of Interest, for Poetry Matters at Stay Gallery. The public is invited and there will be an open mike session first, at 7:30 pm. "Persons of Interest is a remarkably clear-eyed navigation along the tightrope world that we all must walk" – Frank Kearns.

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Larkin steps down as parade chairman

DOWNEY – Longtime volunteer Maria Larkin has retired from her post as chairman of the Downey Chamber of Commerce Christmas Parade committee.

Larkin chaired the committee for 14 years, starting in 2000.

She was instrumental in the "huge success of the parade year after year and her presence as a volunteer leader will be deeply missed," the chamber said in a statement.

"This is certainly the end of an era not only for the Chamber but for the committee."

Larkin's committee partner, longtime parade announcer Marsha Moode, has also announced that she will step down from her role in the parade.

Moode has sat alongside Los Angeles County Supervisor Don Knabe as co-anchors for the parade for the past 23 years. Moode also produced the filming of the parade with such notables as John Croshaw, Congressman Del M. Clawson and Broadway producer Joseph Culliton.

Larkin said her best parade memory was the last one, with people waving to her from the crowd as she rode down the streets of Downey Avenue for the last time.

Larkin said she also remembers the first Downey Chamber Christmas parade when her children were very small and "how excited they were to see the festivities."

The parade was previously put on by another service group, but when that organization decided they weren't going to continue with the parade, Larkin decided that was the time she needed to step up and take on this event.

"We thank Maria for her many years of success not only with the Parade Committee but also as past president of the Chamber Board," said Elizabeth Trombley, president of the Chamber board of directors. "Maria has been triumphant in every role she played at the Chamber as a volunteer."



Downey firefighters rescued a bird from the top of an 80-ft. palm tree on Monday, and officials now are hoping to reunite the pet with its owner.

Firefighters rescued the bird -- either a falcon or a hawk -- from a palm tree on Gallatin Road and turned it over to SEACA. The bird was reported to be calm and in good health.

By coincidence, a local resident had earlier approached firefighters who were responding to a residential fire on Lubec Street. The man claimed his pet falcon had escaped from its enclosure and asked fire personnel if they had seen it.

Officials are now hoping to reunite the bird with its owner. If the owner of the bird reads this, he is asked to contact SEACA or the Downey Fire Department.



Jim and Lorraine Stevens took their favorite newspaper with them on a 17-day cruise tour of the Irrawaddy River from Mandalay to Yangon, Myanmar (Burma).

Reading events at the library

DOWNEY – Chinese New Year and the Year of the Sheep will be celebrated at the Downey City Library with preschool and bilingual storytimes this Tuesday and Wednesday at 10:30 a.m.

Library staff will be reading stories about China, dragons, lion dancers, and lanterns.

Kids are encouraged to wear red "for good luck and happiness."

The program is intended for kids ages 3-5 and their caregivers. No groups are allowed.

Meanwhile, on Thursday, Feb. 19, the library is hosting Family Story Night from 6:30 to 7 p.m.

The volunteer-led program is for kids ages 3-7 and family members, and gives parents an opportunity to read to their children.

For questions or information, call (562) 904-7360, ext. 127.

Cristina Garcia finalist for Rising Star Award

DOWNEY – EMILY's List, the nation's largest resource for women in politics, announced Wednesday that Assemblywoman Cristina Garcia is a 2015 nominee for its Gabrielle Giffords Rising Star Award.

Named in honor of former Congresswoman Gabrielle Giffords, the Rising Star Award celebrates an extraordinary woman serving in state or local office.

The award honors women "who demonstrate the sort of commitment to community, dedication to women and families, and determination and civility that have been the highlights of former Rep. Gabrielle Giffords' career, in and out of office."

The first ever Rising Star Award was given to Georgia House Minority Leader Stacey Abrams in 2014. "As a former educator, advocate for reform in her community, and mentor to other women considering running for political office, Cristina embodies the passion for community and dedication to working families that we need from our leaders," said Stephanie Schriock, President of EMILY's List. "The EMILY's List community – now more than three million members strong – is proud of her achievements as a local leader in California, and is thrilled to nominate her for this award."

A math teacher turned activist, Garcia has been an advocate for reform in her community previously plagued by municipal scandals. She's worked to increase transparency and fight corruption in the state government. Cristina has risen quickly to join the Democratic leadership team in the California Assembly. Used to being in a male dominated field, she realized that didn't need to be the case – she now actively recruits and mentors more women to run for the State Legislature.

The Gabrielle Giffords Rising Star Award winner will be chosen with community input. Online voting can be found at emilyslist.org.

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August 2014

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On behalf of the entire CENTURY 21 System, I thank you for all of your hard work and for being a CENTURY 21 brand ambassador during your companies 40 year tenure.

Warm Regards,

Rick Davidson

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"Cassie Gallegos did an excellent job! Cassie was thorough and answered all our questions." - Hector Lozoya

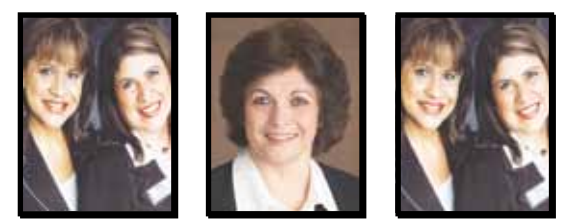
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Nice Downey Condo!!!

Very nice and clean condo. Updated kitchen. Fireplace in living room, laminated wood floors, new window coverings, dining area off kitchen. This is not an FHA approved complex.



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Whittier Hills Homes!
Sip your morning coffee in the backyard of this tri-level 5 BD, 3 BA, 3000 sq ft home and overlook scenic views of Murphy Ranch Park and Downtown LA. This property also includes a pool & spa and a wine cellar.
Price: \$1,025,000

JUST LISTED
Upgrades Galore!
Very improved 3 bedroom, 1 bath home in Downey with 2 car detached garage and carport. New kitchen, new roof, remodeled bathroom, newer flooring and paint, new landscaping and sprinkler system.
Price: \$919,000

COMING SOON
The Model Home!
5 BD, 5 BA, 3500 sq ft home built in 2001 in a cul-de-sac of Downey. This was the model home of the tract and has many upgrades included marble floors, custom cabinetry and built-in shelves, new carpet & fresh paint, and large kitchen with island.
Price: \$724,950

COMING SOON
Near Rio San Gabriel Elem & Stonewood Mall
Remodeled and newer built 4 bedroom, 4 bath, 2700 sq ft home with large bedrooms, recently re-done kitchen, huge master bedroom and bathroom and high ceilings.
Price: \$915,000

BE MINE
Large Guest House, Large Lot!
3 BD, 2 BA, 2,000 sq. ft. main house with a 1 BD, 1 BA 700 sq. ft. guest house on a 13,837 lot 2 car detached garage. Remodeled 10 years ago with newer kitchen and bathrooms.
Price Reduced to \$679,000

MUST SEE
Custom Built Home in Orange Estate
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