



**FEATURES**  
**Thanksgiving history**

SEE PAGE 2



**NEWS**  
**Attorneys go to Chile**

SEE PAGE 3



**HEALTH**  
**Examining suicide**

SEE PAGE 7



**NEWS**  
**Raffle winner**

SEE PAGE 15

## 'Replica,' a play written by Downey resident Paul Tully, now playing in Los Angeles

LOS ANGELES – "Replica," a production written and directed by Downey resident Paul Tully, is now being performed in the Dorie Theater at the Complex in Los Angeles.

After a successful run in August at the Asylum Lab, "Replica" will run until Dec. 20 at the Complex.

"Replica" follows Mickey, a low-level dealer for a neo-Nazi biker gang. Mickey is forced to confront his lifestyle choices when Paul shows up on the doorstep of his skeezy Hollywood motel room with a woman named Tonya and a plan to flip some dope into a future of sandy beaches and relaxation.

When Paul goes missing with the package, Mickey is thrust into controlling the damage of the inevitable fallout as a colorful cast of characters descend on him in this heartbreaking and hilarious tale of meth, love and fear.

Paul Tully was born in Downey and still resides in the city. He began training as an actor in New York City, attending HB Studios. After some time, he took a break from acting to join the military and deployed twice in support of combat operations in the Middle East.

Upon his return home, he attended Cerritos College where he founded Urban Theatre Movement. He is currently working in film and television and can be seen in the 2016 feature film "11:55 Holyoke," where he plays Danny Quinn alongside John Leguizamo and Julia Styles.

Tully can also be seen portraying Moses on TNT's new show "Agent X" starring Sharon Stone and James Earl Jones.

"Replica" plays Thursday through Saturday at 8 p.m., and Sunday at 5 p.m. Admission tickets are \$20 at the door or \$15 online at replicated.brownpapertickets.com.

The Dorie Theater is located at 6476 Santa Monica Blvd. in Los Angeles. The production is recommended for ages 18-plus as it includes adult themes, drug use and sexual situations.

## Tree lighting scheduled for Dec. 7

DOWNEY – Downey's annual tree-lighting ceremony will take place Monday, Dec. 7, from 6-8:30 p.m. outside City Hall.

The free event features live entertainment from local schools, a snow play area, arts and crafts, and photos with Santa Claus. The Downey Rose Float Association will be selling food and refreshments.

The actual tree-lighting will occur at approximately 6:30 p.m.

## Christmas concert Dec. 6

DOWNEY – The Downey Master Chorale will perform a Christmas concert Sunday, Dec. 6, at 2 p.m. at Cornerstone Christian Worship Center.

The concert is titled "Timeless Christmas" and will feature music from 450 years ago to the present.

General admission is \$15, or \$12.50 for students and seniors. For more information, call (310) 941-3042 or go to downeymasterchorale.org.

## Organ Christmas concert at Good Shepherd

DOWNEY – The Long Beach chapter of the American Guild of Organists is sponsoring a program of Christmas music at Good Shepherd Lutheran Church on Tuesday, Dec. 1, at 7:30 p.m.

The event will include organ and hand bell music as well as a congregational hymn sing. The community is invited.

For more information, call (562) 803-4459.

## Santa Claus visiting Del Taco

DOWNEY – Santa Claus and Mrs. Claus will make their annual visit to Del Taco on Saturday, Dec. 12, from 11 a.m. to 3 p.m.

Free pictures will be available, and every child who takes a picture with Santa will be given a free kids meal and treats.

There will also be raffle drawings every hour.

## Parking lot sale Saturday

DOWNEY – A parking lot sale to raise funds for child abuse prevention will be held this Saturday, Nov. 28, from 8 a.m. to noon in the Ralph's parking lot at Firestone Boulevard and Patton Road.

All proceeds will benefit Walk the Talk Against Child Abuse, a charity founded by Downey resident Shirley Johnson.

Items for sale include Princess Diana and Charles engagement plates and tankards; all English bone china; toys; CDs; books; children and adult clothing; winter rain coats; vacuum and carpet cleaners; exercise balls; and more.

All purchases come with a free Porto's Bakery pastry.

"Abused and neglected children have little joy in their lives," said Johnson. "Please help us support these children through the holidays and give them a Christmas they deserve by attending this -- our first parking lot sale -- or a donation to our Christmas child abuse fund."

## Garcia hosting public hearing on status of women of color

NORWALK – Assemblymember Cristina Garcia will host the second public hearing in a series hosted by the Select Committee on the Status of Girls and Women of Color.

As a member of the committee, Garcia is inviting constituents to share their thoughts of what factors impact the lives of women and girls of color and their families. All in attendance are encouraged to share their views and their personal stories.

The meeting will be held Wednesday, Dec. 2, from 6-8:30 p.m. in the Cerritos College Student Center.

To be guaranteed a time to speak, RSVP at <https://goo.gl/0VGSxs>. For questions, contact Carina Chacon at [carina.chacon@asm.ca.gov](mailto:carina.chacon@asm.ca.gov) or (562) 861-5803.

# Suspects charged with murder in police officer's killing



Photo by John Zander

By Christian Brown  
Staff Writer

DOWNEY – The three men being held in connection with the fatal shooting of Downey police officer Ricardo "Ricky" Galvez appeared briefly in court on Monday as prosecutors formally charged each one with attempted robbery and murder.

While inside a Downey courtroom, a judge postponed arraignment for 17-year-old Abel Diaz of Bellflower and brothers Steven Knott, 18, and Jeremy Anthony Alvarez, 21, who will return to court on Dec. 17 to face one count of attempted second-degree robbery and one count of murder under special circumstances.

The Los Angeles County District Attorney's Office said the defendants are being held without bail and that each could also be charged with gun and gang allegations.

If convicted, Alvarez and Knott could receive the death penalty, however, due to age, Diaz will face up to life in state prison.

Galvez, a five-year veteran of the Downey Police Department, had just completed his shift when the suspects walked up and opened fire

on him last Wednesday night as he sat in the driver's seat of his own car adjacent to police headquarters.

"Galvez was wearing plain clothes and they were looking for someone to rob," said L.A. County Sheriff's Lt. John Corina last Thursday. "I don't think they realized they were behind a police station."

Hearing the gunfire, a nearby Downey police officer on patrol pursued the suspects' Nissan sedan into Montebello where the three males fled on foot.

Police captured one suspect shortly after the shooting, but an all-night chase ensued to find the other two, prompting evacuations of nearby apartments and townhomes near Carob Way and Washington Boulevard. Police were also able to recover a handgun, which they believe is the murder weapon.

Galvez, 29, was a Marine reservist, who served two tours overseas. Although he worked as a field patrol officer, the Downey Police Department confirmed he was training to become a K-9 officer the night he was ambushed.

Since Galvez's death, Downey residents have left a mountain of cards, flowers, and candles in front of the Downey Police Department's

bronze memorial just outside its headquarters. A growing tribute also rests several feet away on the very parking space where Galvez was killed.

"I was standing to the front of the station reflecting on what happened to Ricky, when all of a sudden the whole Downey High football team came to pay their respects," said Downey Police Department Corporal Mike Pope. "The whole team donned their black jerseys in honor of the PD and for Ricky. Just another moment of our community coming together as one."

Longing to pay respect to fallen officer Galvez, many residents replaced their typically white porch lights with blue bulbs while Downey homeowner Michael Chirco spelled out "I love my Downey Police Department" in giant letters on top of his roof.

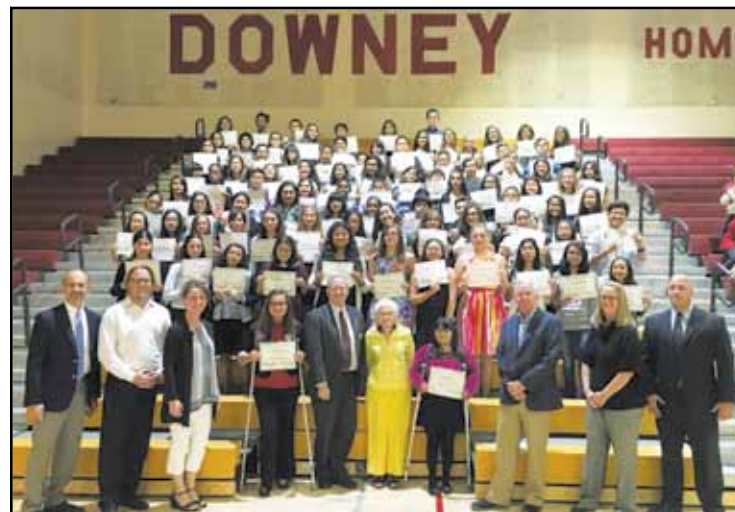
"We are in the flight path of commercial airliners, news helicopters, sheriff helicopters," said Chirco. "What a great cheap way to send out a message that we support our PD. This week the nation saw the tragedy in Downey, let's show them the love."

On Monday, Downey Police Chief Carl Charles announced a public rosary service and viewing for Galvez from 5:30-8 p.m. Sunday, Nov. 29 inside the Downey Civic Theatre. Doors will open at 5 p.m.

Galvez's funeral service will be held at 9 a.m. Monday, Nov. 30 at the Cathedral of Our Lady of the Angels in downtown Los Angeles. He will then be buried with full police honors during a graveside service at Rose Hills Memorial Park in Whittier.

Hoping to support the family of officer Galvez, the Downey Federal Credit Union has established a memorial fund. Contact Mike Pope, president of Downey Police Officers Association, at (562) 904-2308 or the credit union at (562) 862-8141 for more details.

# Dr. Stauffer awards nearly \$30K to middle school students



DOWNEY – Two hundred and sixty-six Downey Unified middle school students received a Stauffer Scholar Award during the month of November.

These students had to earn straight As on their report cards for both semesters as fifth-grade or sixth-grade students during the 2014-2015 school year. Dr. Mary Stauffer presented these personally, as she does every year in the fall.

Doty and Sussman middle school students attended their ceremony on Nov. 4 at Downey High School, where principal Tom Houts spoke on the importance of a college education. On Nov. 18, Griffiths and Stauffer middle school students attended their ceremony at Warren High School, where Principal Laura Rivas also spoke about the importance of saving for their college education.

A total of 346 Downey Unified middle school students qualified, 285 applied for this award and 266 attended the awards ceremonies. Two hundred and fifty-eight of the attending students received checks for \$100, along with eight who received the honor of being named Stauffer Scholar of the Year, which included a check for \$500 and their name engraved on a perpetual plaque that hangs at the respective school site. The Stauffer Scholar of the Year is chosen based on an essay, which is submitted during the application process, and their citizenship, leadership, service and conduct.

Linda Kennedy, former Downey Unified director of Curriculum and Instruction now current Chief Financial Officer of the Mary R. Stauffer Foundation, attended both award ceremonies. She discussed the benefits of starting a college

savings plan early to prepare both the student and their families for college financing. She also explained the application procedure for the ScholarShare: 529 College Savings Plan.

"Education is the best investment that you could ever make," stated Dr. Stauffer.

The Stauffer Scholars Program is one of the many ways in which Dr. Stauffer continues to support students. Dr. Stauffer presented these high-achieving students checks totaling \$29,800 to enable them to start, or to add to, their ScholarShare: 529 College Savings Plan.

Dr. Stauffer gives hundreds of thousands of dollars annually through grants, scholarships and outright donations.

Among her contributions: \$200,000 annually go towards community college grants for graduating high school seniors; \$10,000 per year towards 4.0 GPA awards for high school juniors; \$30,000 annually to high school athletes with 3.5 GPAs or higher; \$25,000 per year to send Downey Unified fifth graders to the Columbia Memorial Space Center; \$35,000 annually to send all Downey Unified third, fourth and fifth-grade students to the Gene Autry Museum; \$234,000 last year alone towards Project Lead the Way Funding at the middle school level; and approximately \$5,000 for the visitation of the Mobile Science Museum for all fourth grade classes within Downey Unified.

## Weekend at a Glance

Friday 61°

Saturday 62°

Sunday 66°

## THINGS TO DO



### Tamale Festival

Sunday - La Habra Community Festival, 11 a.m to 6 p.m.

Food, vendors, churro-eating contest, pictures with Santa, and performance by Mariachi Divas.



### Retro Holidays

Sunday - Mission Inn in Riverside, 7 p.m.

Charles Phoenix leads a vintage, holiday-themed slideshow.



### Rockabilly Festival

Saturday - Riverside Airport, 9 a.m. to 6 p.m.

Carnival rides, roller derby, plane rides, car show, bands and more.

## FROM OUR FACEBOOK

### Scholarships from Dr. Mary Stauffer

Tiffany Perez: Thank you Mary Stauffer for all that you do for our children.

Jennifer Teague-Piazza: Dr. Stauffer is a gem for sure. She has always done so much for the children and teachers in Downey. We are so blessed.

Ruth Foster Armont: Dr. Mary Stauffer: Thank you for the impact that you have made on many lives in many ways. Multiplied blessings to you.

Vero Maciel: Thank you Dr. Mary Stauffer for investing in our children and being a great role model and teaching us to believe in our kids and the power of education!

Robert Greilach: Thank you Dr. Mary Stauffer for your incredible generosity and your staunch support for higher education.

Reach us on Facebook at: [Facebook.com/DowneyPatriot](https://www.facebook.com/DowneyPatriot)

## TWEET OF THE WEEK

@DowneyPolice: Thank you everyone for the love and support you've shown us during this very difficult time. It is truly appreciated.

Follow us! @DowneyPatriot

# The history of Thanksgiving



Thanksgiving is a particularly American holiday. The word evokes images of football, family reunions, roasted turkey with stuffing, pumpkin pie and, of course, the Pilgrims and Wampanoag, the acknowledged founders of the feast. But was it always so? Read on to find out...

Giving thanks for the Creator's gifts had always been a part of Wampanoag daily life. From ancient times, Native People of North America have held ceremonies to give thanks for successful harvests, for the hope of a good growing season in the early spring, and for other good fortune such as the birth of a child. Giving thanks was, and still is, the primary reason for ceremonies or celebrations.

As with Native traditions in America, celebrations - complete with merrymaking and feasting - in England and throughout Europe after a successful crop are as ancient as the harvest-time itself. In 1621, when their labors were rewarded with a bountiful harvest after a year of sickness and scarcity, the Pilgrims gave thanks to God and celebrated His bounty in the Harvest Home tradition with feasting and sport (recreation). To these people of strong Christian faith, this was not merely a revel; it was also a joyous outpouring of gratitude.

The arrival of the Pilgrims and Puritans brought new Thanksgiving traditions to the American scene. Today's national Thanksgiving celebration is a blend of two traditions: the New England custom of rejoicing after a successful harvest, based on ancient English harvest festivals; and the Puritan Thanksgiving, a solemn religious observance combining prayer and feasting.

Florida, Texas, Maine and Virginia each declare itself the site of the First Thanksgiving and historical documents support the various claims. Spanish explorers and other English Colonists celebrated religious services of thanksgiving years before Mayflower arrived. However, few people knew about these events until the 20th century. They were isolated celebrations, forgotten long before the establishment of the American holiday, and they played no role in the evolution of Thanksgiving. But as James W. Baker states in his book, *Thanksgiving: The Biography of an American Holiday*, "despite disagreements over the details" the 3-day event in Plymouth in the fall of 1621 was "the historical birth of the American Thanksgiving holiday."

So how did the Pilgrims and Wampanoag come to be identified with the First Thanksgiving?

In a letter from "E.W." (Edward Winslow) to a friend in England, he says: "And God be praised, we had a good increase.... Our harvest being gotten in, our governor sent four men on fowling that so we might after a special manner rejoice together..." Winslow continues, "These things I thought good to let you understand... that you might on our behalf give God thanks who hath dealt so favourably with us."

In 1622, without his approval, Winslow's letter was printed in a pamphlet that historians commonly call *Mourt's Relation*. This published description of the First Thanksgiving was lost during the Colonial period. It was rediscovered in Philadelphia around 1820. Antiquarian Alexander Young included the entire text in his *Chronicles of the Pilgrim Fathers* (1841). Reverend Young saw a similarity between his contemporary American Thanksgiving and the 1621 Harvest Feast. In the footnotes that accompanied Winslow's letter, Young writes, "This was the first Thanksgiving, the harvest festival of New England. On this occasion they no doubt feasted on the wild turkey as well as venison."

The American Thanksgiving also has its origin in the faith practices of Puritan New England, where strict Calvinist doctrine sanctioned only the Sabbath, fast days and thanksgivings as religious holidays or "holy days." To the Puritans, a true "thanksgiving" was a day of prayer and pious humiliation, thanking God for His special Providence. Auspicious events, such as the sudden ending of war, drought or pestilence, might inspire a thanksgiving proclamation. It was like having an extra Sabbath during the week. Fasts and thanksgivings never fell on a Sunday. In the early 1600s, they were not annual events. Simultaneously instituted in Plymouth, Connecticut and Massachusetts, Thanksgiving became a regular event by the middle of the 17th century and it was proclaimed each autumn by the individual Colonies.

The holiday changed as the dogmatic Puritans of the 17th century evolved into the 18th century's more cosmopolitan Yankees. By the 1700s, the emotional significance of the New England family united around a dinner table overshadowed the civil and religious importance of Thanksgiving. Carried by Yankee emigrants moving westward and the popular press, New England's holiday traditions would spread to the rest of the nation.

The Continental Congress proclaimed the first national Thanksgiving in 1777. A somber event, it specifically recommended "that servile labor and such recreations (although at other times innocent) may be unbecoming the purpose of this appointment [and should] be omitted on so solemn an occasion."

Presidents Washington, Adams and Monroe proclaimed national Thanksgivings, but the custom fell out of use by 1815, after which the celebration of the holiday was limited to individual state observances. By the 1850s, almost every state and territory celebrated Thanksgiving.

Many people felt that this family holiday should be a national celebration, especially Sarah Josepha Hale, the influential editor of the popular women's magazine *Godey's Lady's Book*. In 1827, she began a campaign to reinstate the holiday after the model of the first Presidents. She publicly petitioned several Presidents to make it an annual event. Sarah Josepha Hale's efforts finally succeeded in 1863, when she was able to convince President Lincoln that a national Thanksgiving might serve to unite a war-torn country. The President declared two national Thanksgivings that year, one for August 6 celebrating the victory at Gettysburg and a second for the last Thursday in November.

Neither Lincoln nor his successors, however, made the holiday a fixed annual event. A President still had to proclaim Thanksgiving each year, and the last Thursday in November became the customary date. In a controversial move, Franklin Delano Roosevelt lengthened the Christmas shopping season by declaring Thanksgiving for the next-to-the-last Thursday in November. Two years later, in 1941, Congress responded by permanently establishing the holiday as the fourth Thursday in the month.

The Pilgrims and the Wampanoag were not particularly identified with Thanksgiving until about 1900, though interest in the Pilgrims as historic figures began shortly before the American Revolution.

With the publication of Longfellow's best-selling poem *The Courtship of Miles Standish* (1848) and the recovery of Governor Bradford's lost manuscript *Of Plimoth Plantation* (1855), public interest in the Pilgrims and Wampanoag grew just as Thanksgiving became nationally important. Until the third quarter of the 19th century, music, literature and popular art concentrated on the Pilgrims' landing at Plymouth Rock and their first encounters with Native People on Cape Cod.

After 1890, representations of the Pilgrims and the Wampanoag began to reflect a shift of interest to the 1621 harvest celebration. By the beginning of the 20th century, the Pilgrims and the Thanksgiving holiday were used to teach children about American freedom and how to be good citizens. Each November, in classrooms across the country, students participated in Thanksgiving pageants, sang songs about Thanksgiving, and built log cabins to represent the homes of the Pilgrims. Immigrant children also learned that all Americans ate turkey for Thanksgiving dinner. The last lesson was especially effective with the recollections of most immigrant children in the 20th century including stories of rushing home after school in November to beg their parents to buy and roast a turkey for a holiday dinner.

The classic Thanksgiving menu of turkey, cranberries, pumpkin pie, and root vegetables is based on New England fall harvests. In the 19th century, as the holiday spread across the country, local cooks modified the menu both by choice ("this is what we like to eat") and by necessity ("this is what we have to eat"). Today, many Americans delight in giving regional produce, recipes and seasonings a place on the Thanksgiving table. In New Mexico, chiles and other southwestern flavors are used in stuffing, while on the Chesapeake Bay, the local favorite, crab, often shows up as a holiday appetizer or as an ingredient in dressing. In Minnesota, the turkey might be stuffed with wild rice, and in Washington State, locally grown hazelnuts are featured in stuffing and desserts. In Indiana, persimmon puddings are a favorite Thanksgiving dessert, and in Key West, key lime pie joins pumpkin pie on the holiday table. Some specialties have even become ubiquitous regional additions to local Thanksgiving menus; in Baltimore, for instance, it is common to find sauerkraut alongside the Thanksgiving turkey.

Most of these regional variations have remained largely a local phenomenon, a means of connecting with local harvests and specialty foods. However this is not true of influential southern Thanksgiving trends that had a tremendous impact on the 20th-century Thanksgiving menu.

If there is one day each year when food and family take center stage, it is Thanksgiving. It is a holiday about "going home" with all the emotional content those two words imply. The Sunday following Thanksgiving is always the busiest travel day of the year in the United States. Each day of the long Thanksgiving weekend, more than 10 million people take to the skies. Another 40 million Americans drive 100 miles or more to have Thanksgiving dinner. And the nation's railways teem with travelers going home for the holiday.

Despite modern-age turmoil—and perhaps, even more so, because of it—gathering together in grateful appreciation for a Thanksgiving celebration with friends and family is a deeply meaningful and comforting annual ritual to most Americans. The need to connect with loved ones and to express our gratitude is at the heart of all this feasting, prayerful thanks, recreation, and nostalgia for a simpler time. And somewhere in the bustling activity of every November's Thanksgiving is the abiding National memory of a moment in Plymouth, nearly 400 years ago, when two distinct cultures, on the brink of profound and irrevocable change, shared an autumn feast.

Courtesy the Plimoth Plantation.

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# Downey attorneys join delegation to Chile



**DOWNEY** – The Mexican American Bar Association (MABA) held its annual MABA Trip in the country of Chile for the 2015 year.

The trip abroad is an official trip by a delegation of MABA members and consists of legal seminars on topics relating to the legal field in the host country. This year, the MABA

delegation traveled to two Chilean cities: the capital city of Santiago and the coastal city of Vina del Mar.

The delegation was hosted by various American and Chilean officials. Among the hosts: a Chilean law school, Universidad Diego Portales, and Facultad de Derecho. There, a panel of university professors

and clinical attorneys embarked on the topics of Chilean immigration policies and excessive force issues involving the Chilean police.

The MABA delegation was also hosted by Chilean judges at a Chilean courthouse where they learned about Chile's transition from dictatorship to the implementation of its new criminal justice system, officially launched in 2000 and highly modeled after the American criminal justice system.

Finally, the Office of the American Ambassador to Chile extended an official invitation to the delegation. That formal reception took place at the official residence of the American Charge d'Affaires, who serves as the Deputy Chief of Mission. The event was co-hosted by the Office of Cultural Affairs at the American Embassy.

The MABA delegation also learned of Chile's ascendance in the wine industry. Indeed, Chile is now one of the leading wine exporters in the world and is renowned for its fine

wine. The delegation traveled to the Casablanca Valley, one of Chile's top wine producing regions.

The delegation was treated to wine tastings that included a sampling of Carmenera, a wine grape variety that originated in France but that has enjoyed an impressive resurgence as Chile's most famous wine variety across the world.

Among the 70 members of the MABA delegation were Downey attorneys Ricardo Perez, Eber Bayona, and Erick Solares. The group also included Judge Ana Maria Luna (a Downey native), Judge Joe Porras of Norwalk, Judge Shelley Torrealba of East Los Angeles, and Commissioner Maria Puente-Porras (a longtime member of the Downey-based Southeast District Bar Association).

Incoming MABA President Maria Ramirez, of Whittier, was also in attendance.

# Cathy Fong is Bellflower's Teacher of the Year



**BELLFLOWER** – Bellflower Unified 2015 Teacher of the Year Cathy Fong is what you would call a teacher's teacher – quite literally.

As head of the District's Beginning Teacher Support and Assessment (BTSA) program, Fong is charged with guiding BUSD's newest classroom leaders during their first two years on the job. She trains a team of mentor teachers,

meets regularly with her charges and even substitutes in classrooms to keep up-to-date on the latest tools and techniques.

"Cathy Fong is one of our most extraordinary teachers," said Bellflower Unified Superintendent Dr. Brian Jacobs. "She has an innate grasp of the challenges of running a classroom, and ensuring students have the support they need to succeed. She possesses wonderful teaching practices/skills that she is able to pass along and ensure our new teachers receive the support they need as they master these same skills."

Support for new teachers is critical for California public schools, which typically lose more than 10 percent of new teachers after their second year and nearly a quarter by their fourth year.

Fong joined Bellflower Unified in 1997 as an English teacher at Bellflower Middle and High School. Immediately after completing her time as a mentored teacher in

the BTSA program, she became a mentor. In 2008, she took over coordination of the program as a teacher on special assignment – and immediately began transforming it.

Fong automated much of the paperwork that dogs similar programs, helped train teachers from area private schools when BUSD hiring slowed during the recession, and constantly seeks ways to streamline the program and boost its focus on practical tools for teachers.

Bellflower Unified is one of just two California districts to implement a suite of online tools in 2014-15 – other districts didn't go live until this year. Fong also helps arrange access to professional development in the latest instructional techniques for new teachers and ensures their mentors have the tools they need.

"My role is to be the mentor to the mentors," Fong said. "They are the heart and soul of the program. If we develop good mentors, then our new teachers are going to be successful. And when you develop

good teachers, then it's the students who benefit. That's where our ultimate focus is."

Fong, who still mentors teachers in the Bellflower High School English Department, said rewards for the job are plentiful.

"I really like to be around the new teachers. They're so excited to be in this occupation," she added. "They are always very generous with their gratitude because they can see how the program helps make them better teachers. That, I think is the greatest reward."

Board of Education President Jerry Cleveland said Fong's efforts resonate across the District.

"In nine years, Cathy has led training for about a third of all of our teachers – on top of the teachers she has personally mentored and the mentor teachers she also trains," Cleveland said. "Her high standards and her passion are reflected in the standard of excellence and passion you find at all of our campuses."

# Volunteers donated nearly 6M hours to the arts

**LOS ANGELES** – The Los Angeles County Arts Commission has released the third report in a series exploring workers in arts nonprofits in the region.

A significant finding in this release – "Volunteers in Nonprofit Arts Organizations in LA County" – shows how many people give their time to support the arts across the county. A total of 35,076 volunteers gave nearly six million hours of labor, and 5,185 volunteer board members also gave their time.

This investigation looked at 463 nonprofit arts organizations in LA County and found that 83 percent

of them utilized volunteers in 2012. Both the number of volunteers working for those organizations and the average number of hours worked per volunteer grew by one-third from 2007.

Nearly three-quarters of arts nonprofits have more volunteers working for them than paid staff. Arts nonprofits with smaller budgets are more dependent on volunteers than they are on paid staff, but large nonprofits still have many volunteers working for them. The largest share of volunteers can be found in multidisciplinary organizations, while the second largest number is

in theatres.

The report also provides recommendations for nonprofit arts organizations looking to improve their volunteer management practices.

"The huge number of people who give their time to these organizations is a statement about the importance the people who live in LA County place on the arts," states Laura Zucker, Executive Director, LA County Arts Commission. "Volunteers are a critical part of what makes the arts such a vibrant part of our communities."

The arts and culture sector is a major contributor to both the economy and quality of life in LA County. Research by the LA County Arts Commission is beginning to measure this investment. The first reports in the series looked at salaries and benefits. Future reports will look at funding for arts nonprofits.

This study utilized data collected by the Cultural Data Project (CDP). The CDP is a web-based data system utilized by arts and culture grantmakers across California and the US. The LA County Arts Commission has supported the CDP since 2009.

# Senate hearing to study biliteracy in schools

**NORWALK** – Examining the approaches to dual immersion education and biliteracy will be the focus of a hearing of the California Senate Select Committee on Biliteracy and Dual Immersion Programs in California, chaired by state Sen. Tony Mendoza, on Tuesday, Dec. 1, at 9 a.m. at Excelsior High School in Norwalk.

A panel of teachers, academics, and experts will be in attendance for the hearing.

"With the increasing diversity of California's residents, we cannot afford to ignore the tremendous

merits of biliteracy and dual immersion learning," said Mendoza. "This type of instruction can provide an innovative and beneficial learning environment for our children, who will lead our state to a better tomorrow."

Biliteracy has become increasingly relevant in California, with more than 400 dual immersion programs currently in our schools, though many issues and misconceptions surround the programs.

Some parents have expressed concerns about their child being

enrolled in dual immersion programs due to the belief that their progress in learning English may be decelerated. Additionally, there is a widespread notion that learning two languages at a time will be detrimental when mastery of English is so critical.

In actuality, Mendoza says, dual immersion education enhances students' language learning abilities in all aspects.

"Dual immersion curriculum must be geared towards the specific learners and the cultural communities in which they live," Mendoza's office said in a press

release. "As such, this matter warrants spirited consideration and discussion. While no one system will work everywhere, biliteracy offers a rich and advantageous style of learning to students.

"It is the goal of this Select Committee to pursue and examine innovative dual immersion options to meet the needs of our children and the dynamic nature of our state."

The meeting is open to the public and will include an opportunity for comments from the public.

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# Remembering Downey and Wally Kincaid

**Editor's note:** Wally Kincaid, a Downey High grad who went on to become one of the best college baseball coaches in the country, died Nov. 16 at age 89.

Kincaid coached at Cerritos College from 1958 to 1980, and was inducted into the College Baseball Hall of Fame in 2010.

The following article was written by Gary McArthur and was sent to the Patriot by Lash Stevenson.

I heard that he was working in the area just recently (we are in Villa Park). Wally Kincaid was one of the two most important people in my life aside from my father. He taught so much more than just basketball, as if his exceptionalism was not enough in basketball alone. He set a very high standard to which most all of us who played for him tried our best to achieve and maintain.

I doubt there is a month that goes by that I do not think about him or something he taught us. Talk about the gift that keeps on giving. Both of my sons turned out to be pretty good basketball players.

What I learned from Kincaid at Downey and Cerritos helped me be in a position to participate in the coaching of my sons in high school. If I had not had the knowledge gained from my association with Kincaid that would never have been possible. That is a 1000 to 1 shot that any high school coach would ever allow an outsider, a father of a player, be one of the coaches.

Sometimes I would be in the middle of a practice or game and would tell a player to do something or change an offensive or defensive

approach of the team and I would start laughing to myself because what I was doing was simply repeating exactly what was learned from Wally Kincaid. Innumerable lessons for life were imparted to my five children learned from Wally Kincaid.

I maintain that the Downey experience was so remarkable in so many ways. Downey High School had magnificent coaches in almost every sport at a time when there were so many very good athletes and at a time when Downey was still a fairly small tight knit community. The football team brought not only the school but the whole community in tighter. Can you imagine today any school/community sending 4 or 5 big buses all the way to Antelope Valley to see a football game (in painfully cold weather)? We yelled all the way there and all the way back.

Was it my imagination or were all the women in those years fun and good looking? Cheerleaders were great. This was a time when we had our own football stadium, first class I might add. The baseball field was a work of art because of Kincaid. The basketball gym was very old but full of history and even humor. Often the gym was heated up to a very high temperature for practice and then for a game. Visiting teams would often absolutely wilt in the heat of a small confined gym (told you Kincaid was smart). The school itself was old but so full of history and tradition. We could walk to town (sometimes after ditching a class) and be back in time for the next class. Was Pulley's pharmacy and soda shop a hoot or not? Right out of the early 1900's. How about driving up and down Downey Avenue throwing water balloons at each other's cars? Orange

fight in the groves off Cherokee, Lakewood, etc.? Swimming all summer at the school pool? It was barefoot all summer. Speaking of swimming. How many years in a row did Downey High School win the water polo A, B and C league divisions? How many water polo players went to USC and UCLA, and the Olympics? Hey, and we had our grad night on campus where it was just us and not 20 other high schools at Disneyland. How about the weekends when the line to get a haircut at Lash's rogue barber shop in his parents garage was long. Since it was right at the back gate to East Junior High School we used to shoot hoops while waiting. I lost my haircut money many a day doing that.

Fortunately there was a little time left over for classes as well.

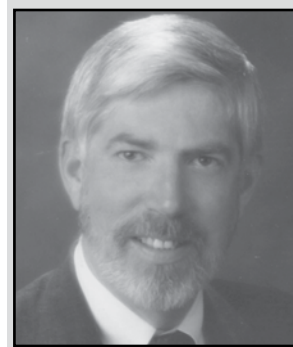
Harvey's Broiler was the hangout for many. I was amazed when I went out of state to college and so many people from Southern California had been to Harvey's in Downey. McDonald's at Florence and Lakewood was not the original but I think it was the second McDonald's (not entirely sure about this). If there was

nobody at Harveys then they were all at McDonalds. How about Wild Bill's in the same McDonald's center where many got their gas for 15 cents a gallon? How about Savon's next to North Junior High where it seemed that the manager hired every good looking girl in Downey including several of the homecoming queens.

I am amazed at how many Downey High people are now living in Orange County. We have several in our small community of Villa Park and there are quite a few more very close by. We lived in Corona Del Mar for a time and our children were going to Carden Hall. So who winds up being my oldest son's teach but Kay Leary from our class of 58. Beautiful and nice woman. Her father was a doctor in Downey. I remember one night some hoodlums I was with went to Kay's house with a bag of excrement. We (they) put it on the porch lit it with a match, rang the doorbell and ran. I admonished these hoodlums the rest of the evening for doing this. There is a statute of

## In Memory of Harry W. "Skip" Hem

November 17, 1943 to November 13, 2015



Harry W. "Skip" Hem passed away peacefully at his home on Friday, November 13 in Downey after a long and courageous battle with cancer.

Skip was born on November 17, 1943 in Natick, Massachusetts. At the age of 10, Skip and his family moved to Seattle, Washington. After graduating from Bothell High School, Skip joined the Navy and proudly served his country for 5 years.

Skip married the love of his life, Cindy Force, on July 20, 1968. Skip and Cindy were blessed with two children, Lori and Michael.

A graduate of California State University, Los Angeles, Skip had a successful career as an executive in the furniture and woodworking industries and held many executive roles in organizations supporting the industries.

Most important to Skip was his love of God, his Family and the Church. Skip's family have many wonderful memories of the annual camping trips with their beloved husband, father and grandfather.

Skip is survived by his beloved wife of 46 years, Cindy and his children, Lori (Rob) Ettinger and Michael (Lisa) Hem and adored grandchildren, Emma and Grace Ettinger and Gavin and Madison Hem.

Skip was preceded in death by his father, Harry W. Hem, Sr. and mother, Peggy Shugrue Hem. He is also survived by his sisters Susan, Melody, Margaret and Heather and brothers Oscar, John, Chris and Tom.

Skip will be greatly missed by family and friends, but our memories of Skip will always be with us.

A Memorial Service will be held on Wednesday, December 2nd at 11:00 a.m. at Messiah Lutheran Church in Downey. A private interment will be held the following day at Riverside National Cemetery.

The family requests memorial donations be made to the American Cancer Society, [www.cancer.org/donate](http://www.cancer.org/donate).

Risher Mortuary & Cremation Service are Funeral Directors. Please leave the family condolences at [www.rishermortuary.com](http://www.rishermortuary.com).

## In Memory of Helena Platzter

March 10, 1928 to November 13, 2015



Helena Platzter, 87, passed away Nov. 13, 2015 from complications due to Alzheimer's. She was a long time resident of Downey. She was involved in the Newcomer's Club, attended Christ Lutheran Church, and enjoyed playing cards at the Sr. Center. Her favorite past times were cooking, gardening, knitting, crocheting but most of all, spending time with her family. She will be missed by her loving family-Husband, Henry, sons-Tony (Katie), Walter (Debbie), Frank (Kayomi) and Helmut, 6 grandkids-Tina, Jason (Monique), Jewel King (Chris), Darin (Audrey), Kevin, Micah (Jessica) and great grandkids-Nicolas and Tessa. She loved her family and friends. Services and burial were held Nov. 21, 2015 at Rose Hills, Whittier, CA. Please visit [www.rosehills.com](http://www.rosehills.com) Click on past services-enter Platzter for full obituary.

## Michael Maddocks passes away

DOWNEY - Michael Maddocks, born in Pasadena on May 16, 1946, passed away Nov. 4.

He lived in Downey for 40 years and served in the United States Air Force. He retired from the U.S. Postal Service after 40 years.

He is survived by his wife; two sons; , a brother; and his father, Art Maddocks, who passed away Nov. 13.

The funeral was at Rose Hills on Nov. 11 with family and friends.



## Messiah Lutheran Church

Advent Service December 2, at 7:00 pm Christmas Concert December 5, at 7:00 pm

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## LETTERS TO THE EDITOR:

### Domestic terrorism

Dear Editor:

The killing of Downey police officer Ricky Galvez has given us one more thing to worry about terrorists. This action is no less than domestic terrorism perpetrated by people whose values show no respect for human life.

I see a failure of family values that made possible that the alleged young criminals thought that they could commit such a crime and get away with it.

Many children are not being taught good values at home.

Are our schools now expected to teach family values in addition to the three Rs? It is a very tall order for our educators.

I don't have the answer for this society's problem but if we don't do something about it we can expect more domestic terrorist actions.

**Jorge Montero**  
Downey

### Slain officer

Dear Editor:

My heart is filled with grief for Ricky Galvez, the Downey Police Officer that was brutally murdered outside of the Downey Police Department.

He served in Iraq and Afghanistan as a Marine, a true American hero. My thoughts and prayers are with his family and the Downey Police Department.

**Patty Jackson**  
Downey

### Downey pride

Dear Editor:

This past week was a week filled with loss for the city of Downey. We lost one of our brave and dedicated police officers. Ricardo "Ricky" Galvez was tragically killed as he finished his shift protecting us from the kind of people who took his own life.

I visited his memorial at the police station Thursday evening and wept with my fellow Downeyites. Hundreds of people have visited the memorials outside and around the police station. We stop and share our condolences, not because we knew Officer Ricky personally, but because he was part of our community, our neighborhood, our home. We share a common shock, a mutual pain, and we come together to support our Downey family.

Officer Ricky symbolizes what is good, and true, and right about our city. His murder is an attack on all of the virtues we uphold and cherish. We take pride in our city: our police officers and firefighters, our schools, our people, and our history. Downey is a very special, tight-knit community. As the city has evolved since its incorporation almost 60 years ago, we have witnessed many changes, but the heart of Downey remains strong.

Ironically, on the same day that Officer Ricky was taken from us, another Downey symbol left its home. Glen Bell chose Downey as the city to open his first Taco Bell because it was a boomtown in 1962, one of our country's centers for aerospace engineering. That little taco stand that birthed a world-wide fast-food empire was detached from its Downey roots on Thursday and transported through the middle of the night to Taco Bell's corporate headquarters in Irvine. Downey lost an important piece of its unique history.

On our city website, the "About Us" section begins with this statement: "We are home to where the Apollo Space Program began its journey to the stars. Downey is where you can find the world's oldest McDonald's restaurant and the site of the first Taco Bell eatery." Not anymore. It's another loss of that which we take pride in, what makes us special. With any loss we experience in our lives, we come together to support each other, reflect, and look forward with faith and hope for the future. And so it will be true for the Downey community.

May we cherish all that we have been given and give back in whatever ways we can to keep Downey special; a boomtown of pride, history, involvement, and community.

**Kathy Perez**  
Downey

### Drunk driving

Dear Editor:

It's time for parties with spiked punch, spirited eggnog on Christmas Day, New Year's Eve champagne, and then beer and football games on New Years Day.

Driving drunk risks your life and others. If you do not harm anyone, a DUI costs thousands. Isn't a taxi cheaper than that?

When I was 16 in April of 1992, a drunken driver hit me head-on. I was a Tracy High athlete that played against other San Joaquin county teams.

I was in a coma for 100 days, had paralysis, brain injuries and multiple broken and dislocated bones. I stayed in two hospitals for 7 months and then had 17 months of therapy.

Many hopes and goals vanished. My brain injuries affect my hearing, speech and walking daily.

Californians must notice how important it is to not drive drunk. Have a sober driver or begin 2016 with depressing memories.

**Lori Martin**  
Downey

## Obama administration doing nothing for jailed reporter

Following reports that Washington Post reporter Jason Rezaian was sentenced to prison in Iran, U.S. Senator Marco Rubio (R-FL), a member of the Senate Foreign Relations Committee, issued the following statement condemning the move and criticizing the Obama Administration's inaction regarding the cases of several Americans detained in Iran:

"It's sickening that the Washington Post's Jason Rezaian has been sentenced to prison after a sham trial in Iran based on made-up charges. Jason is the longest held international journalist by Iran, and he deserves to be free. Instead, the kangaroo courts in Iran's justice system have already forced Jason to languish in their jails for over 16 months, with details of his new prison sentence still unknown.

"It is unacceptable that the Obama Administration missed an opportunity

to make the freedom of Jason – as well as Amir Hekmati and Pastor Saeed Abedini, and obtaining information about missing Floridian Robert Levinson – a priority in its negotiations with Iran. Jason should not be behind bars for his profession as a journalist, and he should be released unconditionally. Today, my thoughts and prayers are with the Rezaian family as the Iranian regime continues to use Jason as a pawn."

As the Committee to Protect Journalists has highlighted, the Iranian regime uses mass and arbitrary detention as a means of silencing dissent and forcing journalists into exile, and it became the world's leading jailer of journalists in 2009 and has continued to rank among the world's worst jailers of the press every year since. As of December 2014, Iran had the second-largest number of incarcerated journalists in the world, after China.

## No refugees from terrorist countries

U.S. Sen. Ted Cruz (R-Texas) has introduced the Terrorist Refugee Infiltration Prevention Act of 2015, which will immediately bar refugees to the United States from any country, such as Iraq or Syria, that contains territory substantially controlled by a foreign terrorist organization.

The bill sunsets after three years so that Congress can reevaluate the global situation and either let the bill expire or reauthorize it with necessary modifications in light of changed circumstances.

Upon introduction of the bill, Sen. Cruz stated, "After watching the horrific scenes play out in Paris, we have to take basic steps to protect ourselves from the growing threat of radical Islamic terrorism. This legislation will do just that."

"As the American people are now painfully aware, ISIS has emerged as the new face of the radical terror that has bedeviled the West in recent decades. Unlike some regional jihadists, ISIS represents a direct and growing threat to our citizens, and increasingly to our homeland itself. Unfortunately, the Obama Administration has clearly lacked focus on national security interests. I believe we must do everything we can to prevent even a very few jihadis from slipping into our nation and urge my colleagues to join me in this effort to protect the American people."

The full text of Sen. Cruz's legislation is available online. Find more information on this measure below:

-The Terrorist Refugee Infiltration Prevention Act of 2015 immediately bars any refugee who is "a national of, has habitually resided in, or is claiming refugee status due to events in" any country that contains territory controlled in substantial part by a Foreign Terrorist Organization, as designated by the State Department. The bill specifically names Iraq, Libya, Somalia, Syria, and Yemen, and the State Department is empowered to identify and designate additional countries.

## How the government made me a dissident

By John Kiriakou

I sometimes say the government turned me into a dissident — after I spent 14 years at the CIA and two more at the Senate Foreign Relations Committee.

I only say it half-jokingly. While I'm proud of winning this year's PEN Center's First Amendment award, I never intended to make a career out of being at odds with the government.

Sometimes, though — like when I spent two years in prison for blowing the whistle on the CIA's torture program — it's felt like the government's gone out of its way to be at odds with me.

And it's clear that our government demonizes people who disagree with the official line. Things got bad for anyone who disagrees with the official line right after 9/11.

We slid down the rabbit hole with the passage of the so-called PATRIOT Act. Enacted six weeks after the terrorist attacks, the law legalized actions against American citizens — including widespread Internet surveillance and phone taps — that had previously been unthinkable.

When the government hired me in 1988, it was widely understood that if the National Security Agency intercepted the communications of an American citizen — even accidentally — heads would roll. Congress had to be informed, an investigation would be launched, and the intercept had to be purged from the system.

### In defense of teen mothers

Dear Editor:

I strongly disagree with the discussions over the last few weeks about breastfeeding mothers who attend high school. The statements that have been made reveal that the writers of these letters are uninformed in many ways. There are several factors which, when understood, may incite more compassion in these individuals.

First, you should know that around 60% of pregnant teens became pregnant as a result of sexual assault and abuse. They do not deserve to be characterized as irresponsible or promiscuous. Many of them are victims. Victims, by the way, who have chosen to not abort their babies but instead to raise them despite great obstacles. I personally admire this courageous decision. And since some of the previous commenters have spoken out against abortion in the past, I would think that they would also commend such a decision.

Second, these teen moms are doing the absolute best they can. They know that they will have to be supporting their children as a single mother, and that in order to give their babies a better life that the parent needs at least a high school diploma.

Lastly, they also know that breastmilk is vital not only for the present health of their baby, but also for their long-term health and well-being. They choose to again take the more difficult road of pumping breastmilk for their baby to be fed by a caregiver. This takes considerably more work than the alternative. Mothers have to take the time and work to pump their milk, store it properly, maintain a supply both in their freezer and in their bodies, as well as keep themselves healthy and sober. Being a pumping mother is not for the faint-hearted.

I should also add that if a mother does not express her milk as often as her baby eats, she can become engorged and is at risk for infection. So if she is not given time out of class to pump, she can literally become sick. She may miss up to a week or more of school if this happens.

We have laws protecting such situations in the workplace, and they same should be followed in schools. Pumping mothers are going above-and-beyond, juggling an immense amount of responsibilities that are difficult for even adults to handle. If we want to build a society of healthy and responsible people, we need to support breastfeeding mothers. If we want to reduce abortions and reduce the spread of disease, reduce the amount of childhood obesity and other related illnesses, we need to show our support for those who have the power to directly influence such issues.

To all the teen mothers out there, thank you for breastfeeding! Nurse on!  
**Lana Joy Wahlquist**  
Downey

-The bill sunsets after three years so that Congress can reevaluate the global situation and either let the bill expire or reauthorize it with necessary modifications in light of changed circumstances.

-The bill includes one narrow exception to this ban: A refugee from one of the identified high-risk countries can be admitted, but only if the prospective refugee proves "clearly and beyond doubt" that he or she satisfies the requirements for refugee status and is a member of a group that has been designated as a victim of genocide by the State Department or by Act of Congress. This exception is for the severest cases of persecution, and a refugee who cannot prove membership in the group cannot be admitted. Also, the Secretary of State may refuse to designate a group for this exception if the Secretary finds that the group may pose a substantial security threat to the United States.

-Even then, a refugee who qualifies for this narrow exception can only be admitted if he or she has undergone the highest available level of security screening, including assessments by the FBI Terrorist Screening Center and the National Counterterrorism Center; the refugee has been subjected to full multi-modal biometrics; and perhaps most importantly, the Secretary of State, Secretary of Defense, Secretary of Homeland Security, Director of the FBI, and Director of National Intelligence all certify that the refugee is not a national security threat.

-The bill also mandates that the Secretary of Homeland Security may not admit any refugee based solely on the assertions of the refugee. DHS cannot simply take the refugee's word for it. Instead, the bill requires DHS to coordinate with the Secretary of State, Secretary of Defense, the Director of the Federal Bureau of Investigation, and the Director of National Intelligence to ensure that the refugee's story is corroborated.

Today, the NSA has an enormous facility in Utah big enough to save copies of every email, text message, and phone conversation made by every American for the next 500 years. You can bet they intend to.

I don't know about you, but I don't want my government trampling my civil liberties like this.

Still, people sometimes ask me why they should care if the authorities read their email or listen to their phone calls. "I have nothing to hide," they say, "so why should I worry about it?"

This question sends chills up my spine.

As anybody who's worked in the intelligence community will tell you, the government can learn a lot more about you than you realize.

Metadata — the raw information about who you talk to on the phone, or what websites you visit — is incredibly revealing. Analysts don't need the actual content of your calls or emails to know what you're up to.

Are you calling an abortion provider? A divorce lawyer? A secret girlfriend or boyfriend? A substance abuse counselor? The feds can find out, even though it's none of their business.

What kind of porn do you like? What websites do you visit? What church, club, or political group do you belong to? They can figure that out, too.

Most of us don't want anyone poking around our lives, even if we're perfectly innocent. (Though with a little manipulation, anybody can be made to look like a troublemaker.)

Believe it or not, our founders saw this coming.

James Madison, the Constitution's primary author, wrote the First Amendment to protect everyone — especially people who disagree with the government's policies. We all have a constitutionally guaranteed right to freedom of speech, press, religion, assembly, and petition.

The Bill of Rights is the only thing standing between us and fascism. Monitoring the things we say is the first step toward prosecuting them.

So am I a dissident? I don't know. I don't care.

The important thing is that I've become passionate in my defense of our constitutional rights. I have an inalienable right to freedom of speech, and I'll continue to exercise it — even at the risk of getting locked up again.

As more of us tough it out in prison, the government will lose its power to take our rights away. As more of us write and speak about government overreach, our chances of preserving our freedoms will grow.

It's worth the risk.

*OtherWords columnist John Kiriakou is an associate fellow at the Institute for Policy Studies and the winner of the 2015 PEN Center USA First Amendment award.*

### Paris attacks

Dear Editor:

People of Paris, our hearts and prayers are with you in the aftermath of the cowardly attack of terrorists perpetrating heinous acts of cruelty, evil and murder on people unable to defend themselves.

Families of those who needlessly died are devastated and will carry the scars of hurt in their hearts their entire lifetimes. Those who were seriously injured will most likely be handicapped, temporarily or permanently. Many of those physically unscathed will bear emotional scars for the rest of their lives. God help them all.

For your great city we pray that you will not only recover but become even stronger and more courageous than ever.

**Harold Houglard**  
Downey

## The Downey Patriot

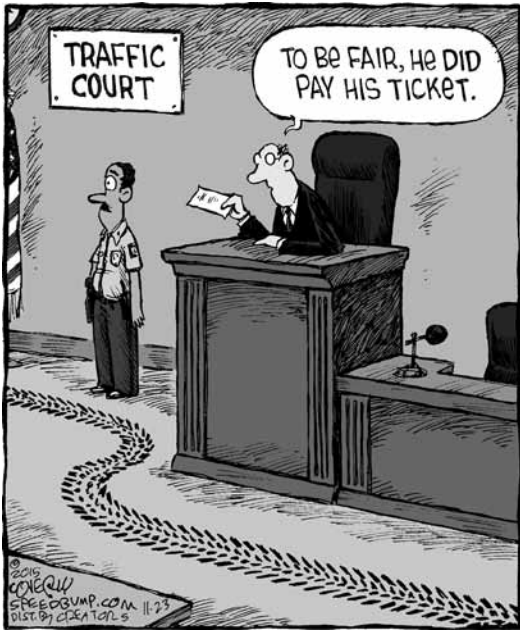
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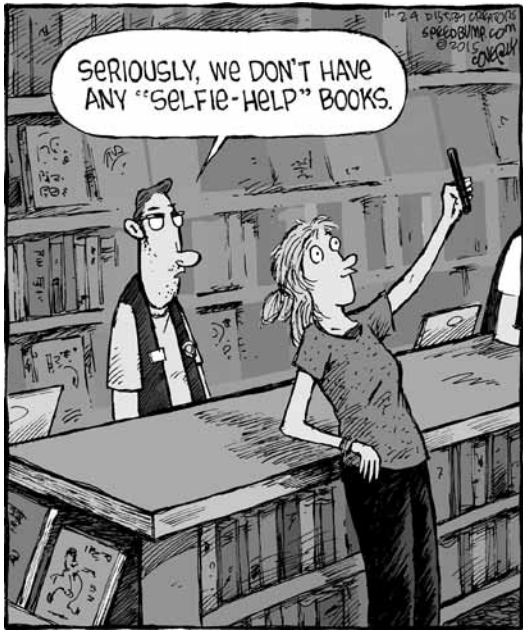
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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### EVENTS FOR NOVEMBER

Saturday, Nov. 28: Parking lot sale, Ralph's parking lot at Firestone Boulevard, 8 a.m.

### CITY MEETINGS

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

### Regularly Scheduled Meetings

#### MONDAYS

- 7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
- 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 304-3439
- 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

#### TUESDAYS

- 9:30 am: Downey Seniors Club, at Apollo Park, call Paul Sheets at 714-618-1142.
- 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
- 12 pm: Rotary Club, at Rio Hondo Events Center, call William Medina 413-3477.
- 6 pm: Toastmasters Club 587, at First Baptist Church, call Karika Austin 260-3856.
- 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
- 7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.
- 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
- 2nd Tues., 3:30 pm: Keep Downey Beautiful, at City Hall, call 905-7103.
- 2nd and 4th Tues., 6 pm: Sertoma Club, at Cafe 'N Stuff, call 927-6438.
- 2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.
- 3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
- 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.
- Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

#### WEDNESDAYS

- 7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
- 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
- 7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.
- 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
- 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Cindy 803-4048.
- 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
- 2nd Wed., 11:30 am: Christian Women's Club, at Los Amigos Country Club, call Anita 861-3414.
- 2nd Wed., 7:30 pm: Downey Model A Club, at Gallatin School Cafeteria, call 928-4132.
- 3rd Wed.,: Downey Dog Obedience Club, at Apollo Park, call Gina 869-5213 or Valerie 420-2972.
- 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call (310) 604-0725.
- 3rd Wed., 10 am: OLPH Women's Guild, at OLPH School Auditorium, contact Armida Lugo, (562) 715-6142.
- 3rd Wed., 6 pm: American Business Women's Association, Rio Hondo Country Club, call Barbara 863-2192.
- 4th Wed., 12:00 pm: Retired Federal Employees, at Barbara J Riley Center, call 943-5513.
- 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
- Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

#### THURSDAYS

- 7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
- 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.
- 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
- 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
- 7 pm: Troop 351, Boy Scouts of America, at First Baptist Church, call 776-3388.
- 1st Thurs., 12:00 pm: Downey Christian & Professional Luncheon, Sizzler's Restaurant, call James 310-1335.
- 1st Thurs., 7:30 pm.: The Downey Amateur Radio Club, at First Baptist Church room 120.
- 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
- 2nd & 4th Thurs., 6 pm: Lions Club, at Coco's, call Lenora (310) 283-9825.
- 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
- 3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.
- 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
- 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

#### FRIDAYS

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

#### SATURDAYS

- 9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.
- 4th Sat., 12:00 pm: Downey Arts Coalition, email [contact@downeyarts.org](mailto:contact@downeyarts.org).

### On This Day...

**Nov. 26, 1789:** A day of thanksgiving was set aside by President George Washington to observe the adoption of the U.S. Constitution.

**1942:** President Franklin D. Roosevelt ordered nationwide gasoline rationing.

**2000:** Florida Secretary of State Katherine Harris certified Republican George W. Bush the winner over Democrat Al Gore in the state's presidential balloting by 537 votes.

**BIRTHDAYS:** R&B singer Tina Turner (76), rapper DJ Khaled (40), pop singer Natasha Bedingfield (34) and pop singer Rita Ora (25).

### THE NEWSDAY CROSSWORD

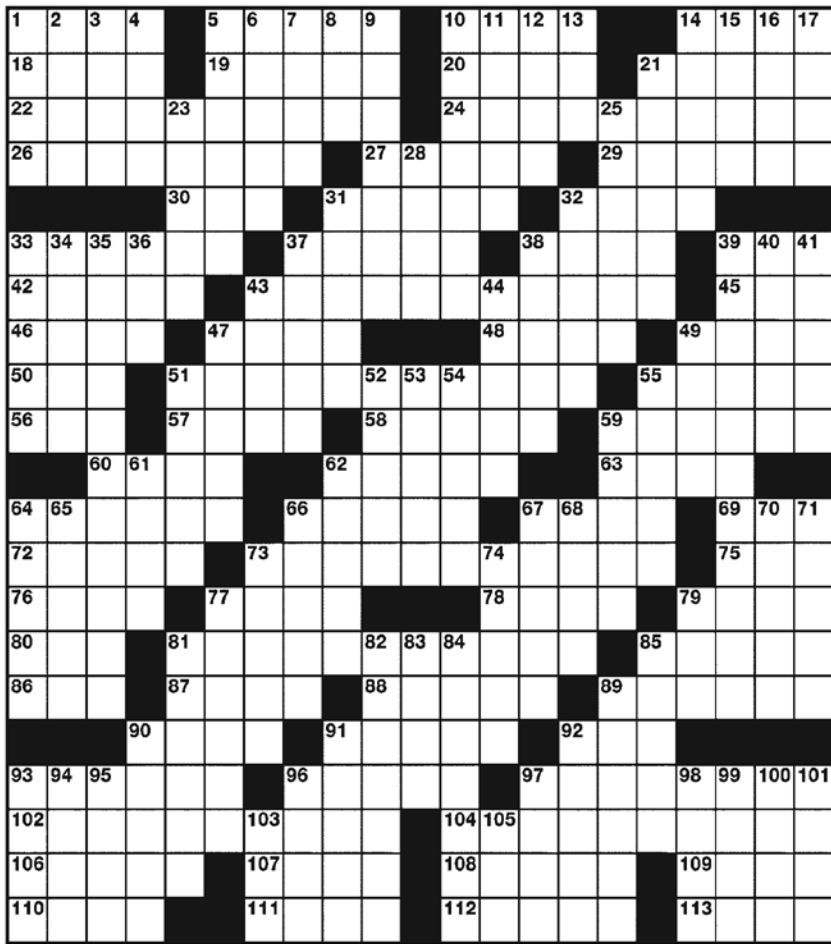
Edited by Stanley Newman (www.StanXwords.com)

**IN THE FORECAST: Weather or not**  
by Fred Piscop

- |                             |                                      |                              |
|-----------------------------|--------------------------------------|------------------------------|
| <b>ACROSS</b>               | 66 Glove material                    | 6 Sir __ John                |
| 1 Dutch cheese              | 67 Modicum                           | 7 Writer Wiesel              |
| 5 Tavern servings           | 68 Plus more, for short              | 8 Harry Potter pal           |
| 10 Help in a heist          | 72 More vigorous                     | 9 Allowance                  |
| 14 Snide remark             | 73 Eggs order                        | 10 Fishing (for)             |
| 18 Probe-launching org.     | 75 Narcs' org.                       | 11 Special Forces topper     |
| 19 Parcel out               | 76 Ideal for cacti                   | 12 Significant stretches     |
| 20 Claudius successor       | 77 Small racer                       | 13 Tinker (with) border      |
| 21 Copier powder            | 78 Part of the Poland/Germany border | 14 Starred one's day         |
| 22 James Bond beverage      | 79 Real-estate abbr.                 | 15 Worldwide: Abbr.          |
| 24 Brain, so to speak       | 80 Zodiac symbol                     | 16 Sugar source              |
| 26 Work-boot feature        | 81 State Department, informally      | 17 Miscalculates             |
| 27 Ends of the earth        | 82 Zodiac symbol                     | 21 Prepared for takeoff      |
| 29 Jumps for joy            | 83 Apathetic                         | 23 Backstreet                |
| 30 Spy-fi author            | 84 Poetic nightfall                  | 25 Large fruits              |
| 31 Deserve to receive       | 87 Try to convince                   | 28 Best-selling cookie       |
| 32 Hair holder              | 88 Spa on Lake Geneva                | 31 Bishop's topper           |
| 33 Zodiac symbol            | 89 Small evergreen                   | 32 Navigator's reference     |
| 37 Dish-towel fabric        | 90 Mice, to owls                     | 33 Anxious feeling           |
| 38 Footwear                 | 91 Yorkshire city                    | 34 Rodeo contestant          |
| 39 Comfy footwear           | 92 Camera type, for short            | 35 Big bucks                 |
| 42 Oversentimental          | 93 Gazelle cousin                    | 36 Gents                     |
| 43 Carnival eatery          | 96 Beef about                        | 37 Miller salesman           |
| 45 "I think," in a chatroom | 97 Entrance accessories              | 38 Tarnish                   |
| 46 NYSE debuts              | 102 "That's reasonable"              | 39 Possible casserole topper |
| 47 A few                    | 104 White-plumed bird                | 40 Sorority letter           |
| 48 Dinghy movers            | 106 More than full                   | 41 Systems of signals        |
| 49 Ran in the wash          | 107 Friend of Francois               | 43 Gardener, at times        |
| 50 10-digit no.             | 108 Not married                      | 44 Soft seats                |
| 51 Earnings after expenses  | 109 "A __ formality!"                | 47 Alfred P. __ Foundation   |
| 55 Be a moocher             | 111 "Saturated" stuff                | 49 Petting-zoo sounds        |
| 56 Something up your sleeve | 112 Patches up                       | 51 Rallying cry              |
| 57 Antler                   | 113 Pack (down)                      | 52 Monopolize the mirror     |
| 58 A daughter of Lear       | <b>DOWN</b>                          | 53 Sounding like an oboe     |
| 59 Uproar                   | 1 Leftovers                          | 54 Gawks at                  |
| 60 Creative suggestion      | 2 Move suddenly                      | 55 Constrain                 |
| 62 Fishing gear             | 3 " __ sow, so shall . . ."          | 59 Miller's product          |
| 63 Secure with a rope       | 4 Broadway Auntie                    | 61 Achievement               |
| 64 Ill temper               | 5 Cashless deal                      |                              |

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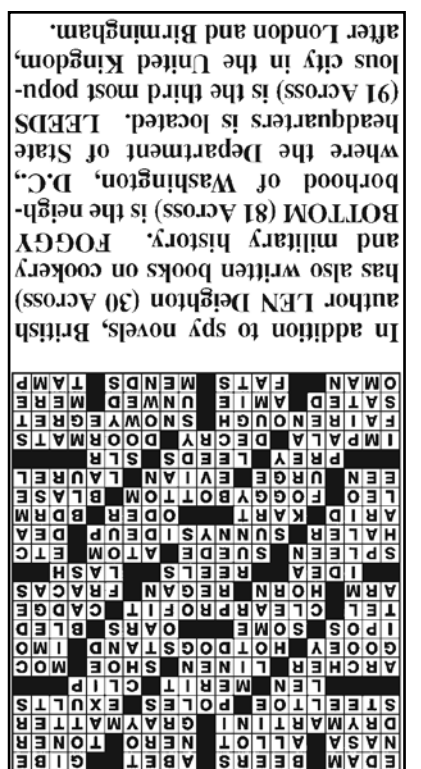
- |                       |                     |                          |
|-----------------------|---------------------|--------------------------|
| 62 On the small side  | 79 __-ray Disc      | 94 Address to a queen    |
| 64 Oil source         | 81 Rolled up        | 95 Thin bread            |
| 65 "Gay" city         | 82 Shade trees      | 96 Russian legislature   |
| 66 Sharp increase     | 83 [see other side] | 97 Quilt filling         |
| 67 Extra charge       | 84 Big bucks        | 98 Grp. in charge        |
| 68 Be crawling (with) | 85 Ballet rail      | 99 Domain                |
| 70 Sparing of words   | 89 Insurance giant  | 100 Contract period      |
| 71 Caravan beast      | 90 Printer's arc    | 101 Instructions segment |
| 73 Tending to droop   | 91 On the up and up | 103 Bungler              |
| 74 Tiny bits          | 92 Scattered seed   | 105 Compass reading      |
| 77 East Asian cuisine | 93 In that case     |                          |

Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at [www.StanXwords.com](http://www.StanXwords.com)

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**You can contact puzzle editor Stanley Newman at his e-mail address: [StanXwords@aol.com](mailto: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.**



## Paging Dr. Frischer...

By Dr. Alan Frischer

Most of us have known someone who took his or her own life. Often, we had no idea that they were so despondent. Who is at risk? What are the clues? What actions can we take?



Suicide is a tragic and potentially preventable public health problem, and it has become more prevalent over time. It does not discriminate; people of all genders, ages, and ethnicities are at risk. There are roughly 40,000 suicide deaths each year in our country. It is the tenth leading cause of death overall, the second leading cause of death for those aged 10 to 24, and the fifth leading cause of death for those aged 45 to 59.

Men are four times more likely than women to die from suicide, but women are three times more likely to attempt suicide. The three most common methods used are firearms (51%), suffocation by hanging (25%), and poisoning (17%). Note that 90% of suicide victims had a diagnosed psychiatric illness at the time of death.

The most common risk factors for suicide are:

- \*A history of depression, alcohol or other substance abuse, or other mental disorders
- \*A major physical illness
- \*A prior suicide attempt
- \*Obvious hopelessness and helplessness
- \*Impulsive and/or aggressive tendencies
- \*Lack of social support and a sense of isolation
- \*Lack of health care, especially mental health and substance treatment

\*Family history of mental disorders or substance abuse, suicide, or violence (including physical, emotional, or sexual abuse)

\*The presence of guns in the home, or access to other lethal means

\*Incarceration in prison or jail

\*Certain cultural and religious beliefs, such as the belief that suicide is a noble solution

\*Experiencing stressful life events, such as a death; divorce; or financial or job loss.

People who intend to kill themselves typically exhibit one or more warning signs, either through words or actions. The more warning signs, the greater the risk. Verbal red flags include talk about killing themselves, having no reason to live, being a burden to others, feeling trapped, or being in unbearable pain (either physical or emotional). Behavioral red flags include increased use of alcohol or drugs, looking for ways to kill themselves, acting recklessly, withdrawing from activities, isolating from family and friends, changes in sleep patterns, visiting or calling people to say goodbye, and giving away prized possessions.

Improving the recognition and treatment of mental disorders and other suicide risk factors by

primary care doctors is important, because adults who die by suicide are likely to have seen a primary care provider during the prior year. One particular at-risk group is those elderly who recently lost their primary caregiver or spouse.

There is no definitive measure to predict suicidal behavior. Those who are at high risk need appropriate intervention and support. Of course, many people have risk factors but do not attempt suicide, and, likewise, those with no apparent risk factors do commit suicide.

What action should we take if we do know someone who is contemplating suicide? Suicidal behavior is not a normal response to stress, or a harmless bid for attention, but a sign of extreme distress. I urge you to take their distress seriously, listen nonjudgmentally, and to not leave them alone. Remove any access to firearms, pills, knives, etc. Get them immediate medical attention by taking them to their doctor or to an emergency room. If that isn't possible, call 911.

The phone number for the National Suicide Prevention Lifeline is 1-800-273-TALK (8255).

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.

## Report: Not enough people know about HIV prevention pill

A new Vital Signs report published Tuesday estimates that 25 percent of sexually active gay and bisexual adult men, nearly 20 percent of adults who inject drugs, and less than 1 percent of heterosexually active adults are at substantial risk for HIV infection and should be counseled about PrEP, a daily pill for HIV prevention.

PrEP for HIV prevention was approved by the Food and Drug Administration in 2012. When taken daily, it can reduce the risk of sexually acquired HIV by more than 90 percent. Daily PrEP can also reduce the risk of HIV infection among people who inject drugs by more than 70 percent. However, according to recent studies, some primary health care providers have never heard of PrEP. Increasing awareness of PrEP and counseling for those at substantial risk for HIV infection is critical to realizing the full prevention potential of PrEP.

"PrEP isn't reaching many people who could benefit from it, and many providers remain unaware of its promise," said CDC Director Tom Frieden, M.D., M.P.H. "With about 40,000 HIV infections newly diagnosed each year in the U.S., we need to use all available prevention strategies."

While PrEP can fill a critical gap in America's prevention efforts, all available HIV prevention strategies must be used to have the greatest impact on the epidemic. These include treatment to suppress the virus among people living with HIV; correct and consistent use of condoms; reducing risk behaviors; and ensuring people who inject drugs have access to sterile injection

equipment from a reliable source.

"PrEP has the potential to dramatically reduce new HIV infections in the nation," says Jonathan Mermin, M.D., M.P.H., director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. "However, PrEP only works if patients know about it, have access to it, and take it as prescribed."

A separate analysis published today in Vital Signs suggests that focused efforts can significantly expand the reach of PrEP. Researchers from the New York State Department of Health report that PrEP use among New Yorkers covered by Medicaid increased from 303 prescriptions filled from July 1, 2013, through June 30, 2014, to 1,330 prescriptions filled from July 1, 2014, through June 30, 2015 in the year following the launch of a statewide effort to increase PrEP knowledge among potential prescribers and candidates.

PrEP is one of four focus areas in the July 2015 Update to the National HIV/AIDS Prevention Strategy. Other key elements of the Strategy and CDC's high-impact prevention approach are:

Widespread HIV testing and

linkage to care that enables early treatment;

Broad support for people living with HIV to remain engaged in comprehensive care, including support for treatment adherence;

And universal viral suppression.

"Today's prevention landscape is complex and with the wide range of strategies now available, no single tool addresses every prevention need. Reducing the toll of HIV in this nation will require matching the right tools to the right people," said Eugene McCray, M.D., director of CDC's Division of HIV/AIDS Prevention. "Providers must work with patients to assess which tools best meet their needs. PrEP can benefit many who have high risk. Other risk reduction strategies, such as condoms and access to sterile injection equipment, also offer substantial protection when used consistently and correctly."

In March, CDC announced it is awarding up to \$125 million in HIV prevention funding over three years to state and local health departments, in part to expand the use of PrEP for men who have sex with men.

Contributed by the CDC.

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### Christmas Parade dedicated to fallen officer

DOWNEY – The Downey Christmas Parade will be dedicated to the memory of Downey police officer Ricky Galvez, who was shot and killed outside the police station last week.

The parade is put on by the Downey Chamber of Commerce and is Sunday, Dec. 6. It starts at 1:30 p.m. on Downey Avenue, just south of Florence Avenue.

“Like everyone in the city, after hearing the tragic news that Officer Galvez was shot, I was in shock,” said John Zander, who is helping organize the parade for the Chamber. “Something like that makes you want to do something. I thought dedicating this year’s Downey Christmas Parade to him may be a way to honor Officer Galvez while we were all joined together in the same place.

“With the blessing of the Downey Police Department the Downey Chamber of Commerce will be dedicating the Christmas Parade to Officer Ricardo Galvez.

“We will be asking for a moment of silence before the DPD leads the Parade down Downey Avenue.”

More information about the parade will be available in the *Downey Patriot* next week.



Downey Adult School students Jessica Clark, Luis Hernandez, and Amelia Barraza qualified recently to take the California Shorthand Reporters Examination to be held on Friday, November 20th, 2015 in Sacramento, California.

The examination is given three times a year and is the equivalent to a bar exam. It is a two-day test, with academic subjects tested on one day and machine dictation a different day.

To be eligible to take the state test, students must have completed 660 hours of academic training in English, legal studies, medical terminology, court procedures, California codes, and computer training.

Students also must pass all speed tests up to and including a 200 word per minute Qualifier test with four live readers.

## Professor: Zombie popularity reflects cultural, historical attitudes

WHITTIER – Fascination with zombies may be at all time high – “The Walking Dead” dominates TV ratings, “World War Z” scored big at the theaters and Halloween saw plenty of zombie costumes – but an expert on zombie literary symbolism says the creatures may say more about flaws in our culture than our taste in entertainment.

Zombies, from their first appearance in English literature through modern movie and comic book renderings, reflect cultural values on racism, sexism and the ability of dominant ethnicities to objectify those they deem less human, according to Dr. Steven Pokornowski of Whittier’s Rio Hondo College.

“A love of campy horror brought me to zombies,” said Pokornowski, a literature professor with a Ph.D. from UC Santa Barbara. “But I learned that the zombies in our literary and

cinematic universes closely parallel today’s growing visibility of racism.”

Pokornowski delivered a paper on zombie symbolism and cultural attitudes during a workshop earlier this month at the American Studies Association’s annual gathering in Toronto, Canada.

The paper, “Biopolitics, Race, and the Sanction of Violence,” discusses zombie imagery in “The Magic Island” (1929) and “Tell My Horse” (1938) – foundational texts for much of today’s genre – as well as in iconic horror films such as 1968’s “Night of the Living Dead.”

Zombies, first encountered as an element of the Haitian religion Vodou, were introduced to English audiences in the books as symbols of colonial, racial and sexual fears.

“The zombies themselves are described in clinical terms, with blank faces, dead eyes, as being animalistic – robbed of their

humanity as objects acceptable to slay without repercussion,” Pokornowski said.

“The sheer prevalence of zombies in the media today is making us more aware than ever of these issues – and we need to be thinking about how they connect to the real world,” Pokornowski said.

Historical zombie narratives that focus on violence against women often indirectly allude to the violence or show its outcome without being explicit. In these stories, even a justification of violence can’t legitimize the attacks, he said. And there is an eerie echo of this in the contemporary dearth of coverage for female victims of police brutality, highlighted by #sayhername.

Pokornowski’s research – started as part of his Ph.D. dissertation – included a close examination of the popular AMC show, “The Walking Dead.” In addition to watching the

TV version, he studied more than 20 of the trade paperback compilations of the comic book published by Image Comics.

“White supremacist, imperialist structures seem to keep reproducing and re-legitimizing themselves, and doing so quite intricately in the ever-ubiquitous zombie narrative,” Pokornowski said. “Perhaps that is the real allure of zombie narratives: they serve to legitimate racial anxieties.”

His findings about the popular TV show were captured in his essay, “Burying the Living with the Dead,” published in “We’re All Infected”: Essays on AMC’s The Walking Dead and the Fate of the Human.

Dr. Pokornowski is available for commentary at [spokornowski@riohondo.edu](mailto:spokornowski@riohondo.edu).

### MEMORIES: Stories about old Downey

Continued from page 4

limitations for these offenses right?

Here is an oddball story. Anybody remember Bob Curtis? Played basketball, class of 57 I believe. He eventually became a Downey Police officer. Unfortunately Bob died of cancer a few short years ago.

Bob had a great sense of humor and was just a great all round guy, good looking and popular. He was a motorcycle cop and this is the story. He stops this woman for a citation one day and walks up to her car in his tight uniform pants. He gets her I.D. and then she looks out the window and says, “How do you get into those tight pants?” Bob says, “Well, we could start with a couple of bottles of wine and see what happens from there.” I guess the woman reported him to the department for that one.

Said too much and spent too much time. Hope I did not offend anyone.



Downey city clerk Adria Jimenez was guest speaker at the Downey Los Amigos Kiwanis Club meeting last week.

Jimenez was joined by officials with the Los Angeles County Registrar-Recorder’s office, who debuted new touchscreen voting devices that could replace traditional voting methods within the next several years.

Downey Los Amigos Kiwanis meets Wednesdays at 7 a.m. at the Rio Hondo Event Center.

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But your worst enemy isn't an unscrupulous buyer looking to plunder your precious investment. No, your worst enemy could be yourself. How? By not arming yourself with all the facts and information you need in today's complex housing market, you could be cheating yourself out of hundreds, even thousands of dollars.

**Can You Protect Yourself?**  
Pure and simple, your best defense is to arm yourself with information—as much as you can gather, and as accurately as you can gather it. The key to surviving, and more importantly, the best way to be a successful home seller is to be knowledgeable.

**Dale Jervis Can Help**  
Dale Jervis is too aware of the dangers lying in wait for unwary home sellers.

Day in and day out, he helps many homesellers like yourself safely and successfully get the most from their home sale. In fact, he is so passionate about his quest to help home sellers, that he has put together a special report entitled “How To Sell Your Home For The Highest Price Possible”. It's packed with vital information. It's powerful knowledge that could possibly save you up to thousands of dollars. It's also free!!

With the right information, you become a stronger home seller, clear-headed, free from emotional distractions. This is knowledge that will help you to protect precious equity and help you begin to maximize your return on investment.

**The Professional You Can Trust**  
Dale's mission is to help you successfully navigate the current real estate market. Whether he simply provides you with information like this special report, or rolls up his sleeves and goes to work to meet your real estate needs, the same genuine commitment to your success is foremost in his mind.

Are you selling a home? The first order of business is to get your free copy of the special report, “How To Sell Your Home For The Highest Price Possible”. Whether you choose to become his client or not, Dale would feel better if you armed yourself with this valuable information.  
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Rio Hondo College computer science professor Shin Liu held a coding camp last year for students at Gahr High in the ABC Unified School District.

## College science club teaching coding to elementary students

**WHITTIER** – Rio Hondo College's Computer Science Club guided 210 students at Scott Avenue Elementary School in creating the magic of a "Frozen" wonderland during a recent coding camp held for seven fourth- and fifth-grade classes at the East Whittier City School District campus.

The camp was part of an ongoing outreach effort led by Rio Hondo College computer science professor Dr. Shin Liu. It included eight students from the 30-member club as well as club adviser, Microsoft's Sam Stokes.

Team members worked with groups of two and three students, using code.org to help them design snowflakes and patterns for a winter scene based on the Disney movie "Frozen." The game-based approach and familiar movie setting help encourage students to tackle what might otherwise appear to be tough tasks, Liu said.

"Professor Liu and her team are helping to communicate the joy of creation through their coding camps while teaching students critical skills," said Superintendent/President Teresa Dreyfuss. "It's a great example of the support Rio Hondo College provides throughout the community."

Liu has held camps at Montebello, Artesia and Cerritos schools to showcase science, technology, engineering and math (STEM) topics critical to preparation for college and careers.

"Rio Hondo College works hard to encourage students in our community to envision the possibilities for their careers – a process best started well before they begin their higher-education journeys," said Board of Trustees President Madeline Shapiro.

The club held its next coding camp Nov. 17 at Mill Elementary School in Whittier.

## SHARED STORIES: THE TIES THAT BIND

### My Friend

*Helen Hampton's story of a deep friendship and love later in life is a lesson for all of us to stay young at heart and remain open to new experiences. 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 Helen Hampton

In 1974 when I went to work for Lever Brothers, a soap factory in the city of commerce, I had a most wonderful boss. His name was Bob, and he was the plant controller. He had fifteen employees under him. He was always a gentleman, and most kind to me.

Over the years I came to know Bob's darling wife Dottie, first through plant functions and later at dinners with Bob after work. Dottie and I became good friends. Sadly, she died of cancer in 1989.

Bob was such a gentleman that he waited one year before asking me out for a date. We dated for thirteen years, and we had the most wonderful times together.

He and I had a lot in common, as we were both musically inclined. He played the piano beautifully, and I sang. We went to many musicals together, and we had season tickets to the Downey Civic Light Opera and the Cerritos Center for the Performing Arts.

Bob and I used to drive all the way up to Ojai to the country club just to have lunch in their beautiful dining area on the golf course. On one of our trips with my daughter Jan and son-in-law Paul we stopped by a roadside vegetable stand. When it was time to leave, Bob, not realizing that all of us were not in the car, started to drive off without me!

Jan and Paul cried, "Bob, stop the car! Mama is still at the vegetable stand!" For years we laughed about him driving off without me. When I would say some of my silly remarks or act up, he would say, "I should have left you at the vegetable stand."

He loved the beach so much that every summer we would picnic at Laguna Beach. I'd take the fixings for sandwiches, and he would bring a cooler with the wine. We would

get a table only a few yards from the ocean, and I would spread a tablecloth with napkins, put out my beautiful wine glasses, and make a setting fit for a queen.

Passersby would stop and talk to us and admire our lovely setting. We would ask them to take a picture of us, and they willingly obliged.

Bob and I found many other ways to spend time together. We drove to Solvang several times for day trips. We spent many enjoyable afternoons at lovely restaurants on or near the beach.

Bob loved playing the piano, so we would drive down to Laguna Niguel for lunch at the Ritz-Carlton, where he would play the beautiful grand piano in the hotel lobby.

Bob had a lot of health problems during the course of our long-term friendship. He was hospitalized several times. He was such a proud man that he never wanted me to see him while he was in the hospital.

At first I felt badly, thinking that he didn't love me anymore. When I told my daughters that he would not let me see him, they said, "Mama, put yourself in Bob's place. Would you want him to see you with no make-up on, your hair a mess, and in one of those hospital gowns?" Then I understood the reason. So I called him every day and we talked.

Bob passed away in 2002. I miss him very much, and it was quite hard for me the first year and a half without him. Since we had talked on the phone every day up until his death, it was hard to believe that he was gone from my life. I went to a bereavement class at Cerritos Center, which helped me greatly.

Now I live with the wonderful memories of our years together, and that gives me great comfort. I haven't dated anyone yet, as my memories of Bob are still so vivid and no one seems to come up to his standards. I think of him every day.

## Space Center hosting winter camps

**DOWNEY** – The Columbia Memorial Space Center will be hosting a variety of fun and educational winter camps Dec. 21-23 and Dec. 28-30.

Campers will focus on a particular theme: robotics or aerospace. Camps are held from 9 a.m. to 3 p.m.

The fee for each themed camp is \$95 or \$75 for space center members. Camps are for kids entering grades 4-8.

To sign up, or for more information, call (562) 231-1200 or go to columbiaspacecenter.org.



Patricia Lobato recently celebrated her 100th birthday with all her children, grandchildren and great grandchildren at her son David and his wife Suong's home in Downey.

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★ **THE GOOD DINOSAUR** PG **Fri to Sun:** (11:10, 12:10, 1:40, 2:40, 4:10, 5:10), 6:40, 7:40, 9:10, 10:10

**VICTOR FRANKENSTEIN** PG-13 **Fri to Sun:** (10:50, 1:40, 4:30), 7:20, 10:00

★ **THE HUNGER GAMES: MOCKINGJAY - PART 2** PG-13 **Fri to Sun:** (10:00, 12:00, 1:10, 3:10, 4:20), 6:20, 7:30, 9:30, 10:40

**THE NIGHT BEFORE** PG **Fri to Sun:** (11:50, 2:25, 4:55), 7:40, 10:15

**SECRET IN THEIR EYES** PG-13 **Fri to Sun:** (11:20, 2:05, 4:50), 7:35, 10:20

**THE PEANUTS MOVIE** G **Fri to Sun:** (11:40, 2:00, 4:20), 7:00, 9:20

**SPECTRE** PG-13 **Fri to Sun:** (12:20, 4:00), 7:10, 10:25

Times for Friday-Thursday, November 27-December 3, 2015  
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# DINING OUT

## Business Spotlight:



A calm oasis of vibrant colors, fresh food, and afternoon wine tastings. Welcome to 323 Bistro, the recently unveiled California fresh bistro, perfectly situated within the Crowne Plaza Los Angeles-Commerce Casino. Not only is this refreshing bistro situated within the hotel, but it's adjacent to the world famous Commerce Casino, which attracts thousands of guests each year. 323 Bistro is the perfect place for a quick, nourishing meal after a little card play at the casino, a long business meeting, or some refueling after shopping.

Northwest of Anaheim and Disneyland, Southeast of downtown Los Angeles, and due East of the spectacular Pacific Ocean, 323 Bistro is strategically centered near all the action of Southern California. As more

and more businesses are moving into the Commerce area, quick, yet healthy, dining options are in demand and the Bistro is answering.

Until now, the Commerce area had little in the way of California fresh cuisine. Cuisine that is fresh, raw, and locally-sourced. Clean eating is the way of the future, and the Bistro is behind that concept 100%. Featuring items such as fresh sandwiches, simple salads, and braised short ribs, there's something for everyone at the Bistro. Complementing the food, the dining experience is fresh, clean, and quick. No lengthy wait times, just friendly, helpful staff, and delicious food. Oh, and complimentary valet parking, or self parking, something completely unheard of in the Los Angeles area!

Eggs Benedict



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Advertising Supplement

### SEAACA drops adoption prices

DOWNNEY – SEAACA is dropping the price of animal adoptions during the holiday season.

Between Dec. 15 and Jan. 2, the price to adopt a dog age 5 or older will be \$37.50. Dogs ages 1-5 will cost \$55, and puppies can be adopted for \$135.

Cats and kittens will be priced at \$5.

All fees include spay and neutering, first set of vaccinations, microchip, deworming and flea treatment.

### Bingo at St. Raymond

DOWNNEY – Bingo will be played in the St. Raymond Church Gibson Hall this Sunday, Nov. 29, starting at 12:30 p.m.

Cost is \$15, which includes an Italian lunch. There will also be raffles and prizes.

For more information, call Perry Shurko at (562) 804-0230 or Darlene Drobeck at (562) 928-1937.

### History Center closed Friday

DOWNNEY – The Downey History Center at Apollo Park will be closed Nov. 25-26 for Thanksgiving and Dec. 23-24.

The center will host its annual Christmas open house Dec. 19 from 10 a.m. to 2 p.m., and guests will be able to tour the historical Dismukes House.

### Santa Claus is calling Downey kids

DOWNNEY – The City of Downey Parks and Recreation Department is offering an opportunity for children ages 4-8 who live in Downey to have a special holiday by having Santa make a phone call to them through a program entitled "North Pole is Calling You."

This free program is offered for Downey residents. Parents or guardians are to fill-out a registration card they are located at the Parks and Recreation office located at 7850 Quill Drive, the office hours are 8:30 am to 5:30pm Monday through Friday.

The adult is to fill out the card at the Parks and Recreation Office with the information on each child; name, pronunciation of name, the parents or guardians name, boy or girl, address, hobbies/interests, school, and holiday "wish list."

The cards will be available at the Parks and Recreation Office and at other park locations on Tuesday, December 1 through Monday, December 7, and to be submitted to the Parks and Recreation Department on or before Monday, December 7 by 5:00 p.m.

Santa will make his holiday calls to the children on Dec. 8 or Dec. 9 between 6-7 p.m. He will have a brief chat with each child and "check with Santa's Workshop to see what he can do."

Those who are filling-out cards for several children in the same family please fill-out one card for each child and staple the cards together.

For more information, contact the City of Downey Parks and Recreation Department at (562) 904-7238 from 8:30 am to 5:30 pm Monday thru Friday.

## IRS announces campaign against identity theft

The Internal Revenue Service, state tax administrators and the private-sector tax industry last week announced a new campaign aimed at encouraging more people to protect their personal and financial data online and at home.

The "Taxes. Security. Together." campaign is designed to raise public awareness that even routine actions on the Internet and their personal devices can affect the safety of their financial and tax data. The education campaign will complement the expanded series of protections the IRS, states and tax industry are putting in place for the start of the 2016 filing season to address tax-related identity theft.

"Identity thieves are evolving, and so must we. Everyone has a part to play," said IRS Commissioner John Koskinen. "The IRS, the states and the tax industry are putting in place even tougher safeguards for 2016. But, we need the public's help. We need people to join with us and take an active role in protecting their personal and financial data from thieves."

The campaign -- which will continue through the April tax deadline -- was announced today at an event hosted by the Federation of Tax Administrators, comprised of state revenue departments across the nation. The effort is part of the Security Summit, a collaborative effort started in March between the states, the IRS and the tax industry.

The joint consumer campaign includes several components, including YouTube videos, consumer-friendly Tax Tips each week and local events across the country. Several IRS publications have been added or updated to help taxpayers and tax professionals. The information will also be shared across IRS.gov, state web sites and platforms used by the tax software

community and others in the tax community.

"The governments and industry are taking new steps to protect taxpayers. To build on this even further, we are joining forces to share important information across our websites - whether it's at the state level, in the tax industry or at the IRS. This is an unprecedented collaborative effort for tax administration," said David Sullivan, Tax Administrator for the Rhode Island Division of Taxation and immediate past president of the Federation of Tax Administrators.

It is clear that increasingly sophisticated identity thieves have access to excessive amounts of personal and financial data, which they buy and sell on the black market, and use this data to file fraudulent tax returns using victims' names and Social Security numbers. While the IRS, states and tax industry are taking new steps to toughen their systems to protect taxpayers, there are also things people can do as well.

"People handle some of their most sensitive personal and financial information when they prepare their taxes on their home computer. But when they sit down, we want to help make sure they are preparing their taxes on a device that is secure. Tax time is two months away, but it's not too early for people to make sure they are doing the right things to protect themselves," said Bernie McKay, an executive vice president at Intuit, one of more than 20 members of the tax industry participating in the Summit process.

The IRS, states and tax industry are urging the public to take active steps to protect themselves. The partners are encouraging people to:

- Use security software to protect computers. This includes a firewall and anti-virus protection. If tax returns or sensitive data are stored on the computers, encrypt the files. Use strong passwords.

- Beware of phishing emails and phone scams. A common way for identity thieves to steal names and

Social Security numbers, passwords, credit card numbers, bank account information is to simply ask for it. Clever criminals pose as trusted organizations that you recognize and send spam emails, calls or texts. Their email may ask you to update a bank account or tax software account and provide a link that to a fake website that is designed solely to steal your logon information. They may call posing as the IRS threatening you with jail or lawsuits unless you make an immediate payment. They may provide an attachment which, if you download, will infect your machine and enable the thief to access sensitive files or track your key strokes.

- Protect personal information. Do not routinely carry your Social Security number. Properly dispose of old tax returns and other sensitive documents by shredding before trashing. Check your credit reports and Social Security Administration accounts at least annually to ensure no one is using your good credit or using your SSN for employment. Oversharing on social media also gives identity thieves even more personal details.

"These are all basic, common sense steps that you no doubt have heard many times if you are a regular Internet user. But there are 150 million households that file taxes, and problems still happen. Security software still gets turned off. And there are still, on a regular basis, victims who are tricked by these clever phishing schemes. Not only can this harm the individuals attacked, this can have a direct impact on tax administration," Koskinen said.

The partners are asking all tax preparers and businesses to share information with employees, clients and customers. See [www.irs.gov/taxessecuritytogether](http://www.irs.gov/taxessecuritytogether) for more information. There also is IRS Publication 4524, Security Awareness for Taxpayers, which provides a brief overview of steps people can take.

In March, Koskinen convened an unprecedented meeting of IRS, state tax officials and the tax industry to determine what additional steps could be taken. On October 20, the Security Summit participants provided an update to the public.

For the 2016 filing season, there will be new standards for logging onto all tax software products such as minimum password requirements, new security questions and standard lockout features. The software industry will provide more than 20 additional data elements from the tax return submission to the IRS and, in turn, to the states to help identify fraudulent returns. All parties agreed to information sharing on a weekly basis to help quickly identify and adjust to new and emerging tax-related fraud schemes.

The IRS also continues to work to help victims of identity theft and pursue criminals using identity information to file fraudulent tax returns. IRS Criminal Investigation has worked on thousands of identity theft cases. Since 2013, nearly 2,000 identity thieves have been convicted, with the average sentence running well over three years.

### Mendoza hosting open house

CERRITOS – State Sen. Tony Mendoza will hold an open house at his new district office, located at 17315 Studebaker Rd., Suite 332, in Cerritos.

Visitors can meet Mendoza's staff and learn about current state and legislative issues for the coming year.

Guests are invited to bring a new, unwrapped toy for children up to age 16 for Mendoza's holiday toy drive in partnership with the LEAD Foundation.

To RSVP, call Mendoza's district office at (562) 860-3202.

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## Downey Family YMCA

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## ANNUAL APPEAL CAMPAIGN

Today, we kick off The Arc's 2015 Annual Appeal Campaign

The Arc's Annual Campaign is underway and we are asking you to support people with intellectual & developmental disabilities with a donation. Our rich history is marked by numerous accomplishments as we have grown and adapted to the changes and desires of what people with intellectual and developmental disabilities need. Our services and advocacy must continue and thus we reach out to you during this season of giving.

*The Arc counts on your support*

It is with gratitude to the community that I am entrusted with the leadership role as The Arc's CEO. I promise to uphold the mission and values of this respected agency. But, I need your help. The Arc continues to face one fact...program reimbursement costs from the State of California have been frozen for more than a decade! And, we have been informed that there will be no increase in reimbursements in the near future!

*Every donation is appreciated – Every dollar matters*

Your donation will help The Arc continue its position as a leader in services and protection of rights for the people we serve. Your contribution today will validate our deeply rooted history toward excellence in our many programs like employment, culinary arts, community services, advocacy, and much more. Your contribution is important to every participant and every family that depends on The Arc for a brighter future.

*Give today ... Give to make a difference  
Make this the best gift you give this holiday season!*

Thank you for making the decision to support The Arc today. Thank you for playing an important part in changing the lives of people we serve here at The Arc. By giving to The Arc's Annual Appeal campaign you make an impact on the life of someone with a developmental disability. You can either donate online at [www.arlaoc.org](http://www.arlaoc.org), or mail your check to 12049 Woodruff Ave., Downey, CA 90241

The Arc's motto is "When you give help...You Give Hope."

Most gratefully,  
*Donna Lindley*  
Chief Executive Officer

Evelyn working at Permaswage

Most gratefully,  
*Steve Roberson*  
President

Exploring the Community

Victor and counselor discussing advocacy

Your donation is tax deductible to the full extent allowed by law.

# SPORTS RECAP: Lady Bears advance to state

By Mark Fetter Contributor

DOWNEY – The Warren High School girls' cross country team finished third last Saturday at C.I.F. Finals at Mt. SAC and have advanced to the state meet.

The Lady Bears finished behind Great Oak and Vista Murrieta. Great Oak finished with 37 points and Vista Murrieta finished with 161 points. The Warren Lady Bears narrowly missed second place by finishing with 163 points.

Long Beach Poly finished fourth with 171 points, Ventura finished fifth with 176 points, Yucaipa finished sixth with 176 points (on criteria) and Arcadia finished seventh with 183 points, respectively. The top seven team finishers all qualified for the state meet this Saturday.

Warren's top five scoring runners finished 12th, 13th, 36th, 39th and 63rd. The Lady Bears were led by senior Gwendolyn Hurtado (18:37), senior Samantha Tabares (18:46), senior Janeane Hernandez (19:31), junior Trinity Gomez (19:33) and junior Carlota Conant (20:13). The sixth Lady Bear to cross the finish line was junior Blanca Robles (20:15) and the seventh Lady Bear to finish was junior Jessica Egizii (21:47).

The 2015 C.I.F. State Cross Country championships will be held tomorrow at Woodward Park in Fresno. The Division One race will start at 12:50 p.m. Coach Waldron, his staff and Lady Bear runners are looking forward to the opportunity of competing at the highest level in the state and bringing home some hardware in the process.

The future looks bright for the Lady Bear cross country program because four of their top seven runners are underclassmen and will return next season.

\*\*\*

The Downey High School football team saw their season come to an end last Friday night at home to Cathedral, 22-20.

The Vikings finished their season

with an overall record of 7-5 and a S.G.V.L. record of 4-1. Downey was a league tri-champion, with Dominguez and Warren, and advanced to the second round of the C.I.F. Southeast Division playoffs.

In the Downey/Cathedral game, the Vikings jumped out to a 7-0 lead and led 7-3 at the end of the first quarter. Cathedral took a 9-7 lead with two minutes remaining in the second quarter on a 68 yard punt return by Jamire Calvin. The two point conversion failed but the Phantoms took that 9-7 lead into the locker room at halftime.

Cathedral extended their lead to 16-7 in the first minute of the third quarter on a 37 yard pass play from Phantom quarterback Andrew Tovar to Calvin and successful PAT attempt. Downey answered back with five minutes remaining in the third quarter on an 11 yard touchdown run by Daevon Vigilant. The PAT was good and the Vikings pulled to within 16-14.

Cathedral scored their third touchdown of the game with one minute left to play in the third quarter on a Tovar to Arex Flemings 2 yard touchdown pass. The PAT was missed and the third quarter ended with Cathedral leading 22-14.

Downey scored their third touchdown of the game two minutes into the fourth quarter on an Asfunso Elam 13 yard touchdown run. The two point conversion was unsuccessful and Cathedral led 22-20. The two teams exchanged the ball and field position for the next four minutes when Downey took over with six minutes to play.

The Vikings started a final drive on their own 26 yard line. Downey moved the ball down to the Phantom 12 yard line. The Vikings lined up for a 29-yard field goal with two seconds remaining.

Just before the snap, Phantom head coach Kevin Pearson called a timeout to freeze Downey freshman kicker Noah Skobis. Skobis made the kick but the Phantom timeout preceded the snap. A second field goal attempt was blocked and Cathedral

stormed the field.

Cathedral will now play La Mirada in the semifinal round. The Matadores defeated Dominguez 38-13 in their second round game to advance.

\*\*\*

The Downey High School girls' basketball team will kick off their 2015-16 basketball season in the 38th annual Downey Varsity Classic against Hawthorne later Friday.

The winner of that game will play the winner of the Lakewood vs. El Segundo game. South Torrance, JSerra, Cantwell, Westchester and Kennedy will all be in attendance.

Coach Harris is excited about this season. He believes the strength of his team will be his guard play. The Lady Vikings are returning eight players from last season, including all of their guards. Last year's captain, Lynette Garcia, returns as do four year starters seniors Isabel Coss and Ayla Pruneda. Center Dalia Makhlof will be a defensive presence inside with her shot blocking ability.

Incoming freshmen Surie Camacho will be the starting point guard. According to Harris, "Camacho is easily the best freshmen we have had in the 12 years I have been at Downey including the seven that I have been head coach." Harris went on to say that "Surie is an exceptional leader with extremely advanced ball handling skills and court sense. With Camacho running the point, Lynette can return to her natural shooting guard position."

Coach Harris believes that Danise Herrington will also be a breakout performer this year. Herrington was a defensive role player last year but is now asserting herself as a primary player who can score.

After the Downey Tournament, the Lady Vikings will play in the Arroyo Tournament and the Maxpreps Holiday Classic in Palm Desert. Other non-league preseason games include Garfield on December 8, La Serna on December 22, Mater Dei on January 5 and Schurr on January 7.

The S.G.V.L. will be tough once again with Lynwood and cross-town

rival Warren returning strong teams. The Lady Vikings will play Lynwood at home on Jan. 15 and will play Warren at Warren on Jan. 20 and will host the Lady Bears on Feb. 5. All league games will start at 5:15 p.m. and should be exciting to watch.

\*\*\*

The Warren High School boys' basketball team kicks off their 2015-16 season on Nov. 30 against Cerritos at the Cerritos/Gahr Varsity Tip-Off Tournament.

The Bears will follow that up with games against Long Beach Millikan on Dec. 2 and Bell on Dec. 4. The Bears will play in one additional game at the Cerritos/Gahr Tournament on Dec. 5 depending on how well they play in the tournament.

Warren will be competing in two more tournaments in December. The Bears will be playing in the Fairmont Prep Tournament Dec. 8-12 and in the MaxPreps Holiday Classic Tournament Dec. 26-30.

In the Fairmont Prep Tournament, the Bears will play Fairmont Prep of Anaheim and Aquinas of San Bernardino. In the MaxPreps Tournament, the Bears will play Rancho Cucamonga in Rancho Mirage on December 26 in the Ford Dealers Division.

Warren will also be playing in the 2nd Annual Ron Massey Tip-Off Classic January 2 against Cabrillo and Jan. 4 against Wilson of Long Beach. Other non-league preseason games include La Salle of Pasadena at La Salle on January 6 and Renaissance Academy of Altadena on Jan. 9.

The S.G.V.L. season will begin on Jan. 13 when the Bears host Paramount. The first Downey/Warren game will be at Warren on January 20 and the rematch of the cross-town rivalry will be held Feb. 5 at Downey.

Warren finished last season with an overall record of 6-17 and a S.G.V.L. record of 2-8. Coach Chris Morrison, his staff and players are looking forward to the start of the 2015-16 basketball season.

## POETRY MATTERS

### The Thanksgiving

from a traditional Iroquois prayer of gratitude

We who are here present thank the Great Spirit that we are here to praise Him.

We thank Him that He has created men and women, and ordered that these beings shall always be living to multiply the earth.

We thank Him for making the earth and giving these beings its products to live on.

We thank Him for the water that comes out of the earth and runs for our lands.

We thank Him for all the animals on the earth.

We thank Him for certain timbers that grow and have fluids coming from them for us all.

We thank Him for the branches of the trees that grow shadows for our shelter.

We thank Him for the beings that come from the west, the thunder and lightning that water the earth.

We thank Him for the light which we call our oldest brother, the sun that works for our good.

We thank Him for all the fruits that grow on the trees and vines.

We thank Him for his goodness in making the forests, and thank all its trees.

We thank Him for the darkness that gives us rest, and for the kind Being of the darkness that gives us light, the moon.

We thank Him for the bright spots in the skies that give us signs, the stars.

We give Him thanks for our supporters, who had charge of our harvests.

We give thanks that the voice of the Great Spirit can still be heard through the words of Ga-ne-o-di-o.

We thank the Great Spirit that we have the privilege of this pleasant occasion.

We give thanks for the persons who can sing the Great Spirit's music, and hope they will be privileged to continue in his faith.

We thank the Great Spirit for all the persons who perform the ceremonies on this occasion.

Translated by Harriet Maxwell Converse

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The collage displays several pages from The Downey Patriot. The top page shows the masthead and a table of contents with articles like 'Downey Doodle-icious', 'Butter vs. margarine', and 'Local passings'. Below this, there are several news snippets: '3 dead in apparent murder-suicide', 'School district warns of phony solicitors', 'Former Downey High teacher sued for sexual relationship with student', and 'Fresh & Easy closing all its stores'. On the right side, there's a 'Weekend at a Glance' weather forecast for Friday, Saturday, and Sunday, and a 'THINGS TO DO' section listing events like 'Don Lanikin Exhibit' and 'Symphony Concert'. At the bottom, there's a 'CRIME REPORT' section with a 'FBI: OCT. 9' headline regarding a shooting in Ontario.







# Study: Americans spend nearly \$3,000 on lunch every year

By Nathaniel Sillin

If you want to uncover new ways to save money, start by thinking about what you spend on lunch every day.

A new Visa survey shows that American consumers are spending nearly \$3,000 on midday meals each year. But don't lose your appetite – this is actually a great opportunity to budget and save.

Visa's 2015 survey, intended to call consumers' attention to opportunities to save and budget in their discretionary spending, reports that the average American consumer spends roughly \$53 a week or \$2,746 per year on lunch. For meals out, that's an average of \$20 per week or \$1,043 per year. Additionally, Americans eat lunch out an average of nearly twice a week and spend

more than \$11 per outing compared with only \$6.30 a day preparing their own.

Who are the biggest spenders on average in the lunch-out crowd? The survey shows that men outspend women by a whopping 60 percent. Men pay an average of \$24.93 each week on meals out, while women dole out \$15.56 by comparison. As for the biggest spenders, the survey found that 1 percent of diners spend \$50 or more lunching out for an average of more than \$9,000 spent a year. Meanwhile, 32 percent of respondents reported they don't buy lunch out at all.

Additionally, students eat out most often and spend the most with a weekly average of \$27.47; retirees spend the least at \$13.92. One worrisome number is that

unemployed Americans purchase lunch out more than once a week on average, spending over \$15 weekly.

The most popular spot to eat lunch in America is at home, according to the Visa survey. Forty-two percent of American consumers report that they typically eat lunch at home. The second most popular location to eat lunch? Work. While 53 percent of office workers report they eat lunch at work, 26 percent say they do so right at their desks.

As for regional preference, Southerners lead the nation in frequency of lunches out and overall amount spent on lunch. The average southern resident spends \$1,240 a year on lunches out and an overall \$2,953 between lunches out and those made at home. Northeasterners came in second with highest amount

spent on lunching out – \$1,001. Midwesterners followed at \$896 and Americans in the western states at \$866 spend on meals out.

To help Americans monitor their spending on the midday meal, Visa Inc. has developed a new free Lunch Tracker iOS app that calculates monthly and annual spend and helps you adjust your spending habits to save money. Users can take the 30-Day Challenge to start saving, learn cost-cutting tips and share photos of meals with family and friends.

Paying attention to lunchtime spending habits – whether making lunch at home or eating out – can greatly impact your annual finances. Though lunch is a healthy expense, at least some of the close to \$3,000 could be reallocated for other money-smart funds. For example, it could be a great start for an emergency fund, rent or mortgage, education funds or maybe an affordable holiday.

**Bottom line:** Small choices can have a big impact on your wallet. Adjusting and tracking your lunch spending habits can be a surprisingly large source of savings.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney).



Dr. Clara Nguyen, DDS, was the winner of a \$50 Hometown Hardware and Garden gift card in a promotional drawing sponsored by Jim Derry, a Century 21 My Real Estate agent.

## Floats announced for 2016 Rose Parade

The Pasadena Tournament of Roses has announced the 44 float entries that will participate in the 127th Rose Parade presented by Honda, themed "Find Your Adventure."

The floats, listed with the builder are (alphabetically by participating company or organization):

AIDS Healthcare Foundation, Fiesta Parade Floats

American Armenian Rose Float Association, Inc., Phoenix Decorating Company

American Honda, Phoenix Decorating Company

The Bachelor, Fiesta Parade Floats

Burbank Tournament of Roses Association, Self Built

Cal Poly Universities, Self Built

Cal-Nev-Ha District of Kiwanis International, Phoenix Decorating Company

California Milk Advisory Board, Fiesta Parade Floats

China Airlines, Artistic Entertainment Services

City of Alhambra, Phoenix Decorating Company

City of Glendale, Phoenix Decorating Company

City of Hope, Phoenix Decorating Company

City of Los Angeles, Phoenix Decorating Company

City of Torrance, Fiesta Parade Floats

Destination Irvine – Irvine Chamber

of Commerce, Phoenix Decorating Company

Disneyland Resort, Artistic Entertainment Services

Dole Packaged Foods, LLC, Fiesta Parade Floats

Donate Life, Paradiso Parade Floats

Downey Rose Float Association, Self Built

Farmers Insurance Group, Phoenix Decorating Company

Kaiser Permanente, Fiesta Parade Floats

Kiehl's Since 1851, Fiesta Parade Floats

La Cañada Flintridge Tournament of Roses Association, Self Built

Lions Clubs International, Phoenix Decorating Company

Los Angeles Lakers, Paradiso Parade Floats

Lutheran Laymen's League/ Lutheran Hour Ministries, Phoenix Decorating Company

Miracle-Gro, Fiesta Parade Floats

Northwestern Mutual, Fiesta Parade Floats

Odd Fellows and Rebekahs Rose

Float, Phoenix Decorating Company

Public Broadcasting Service, Paradiso Parade Floats

Rotary Rose Float Committee, Inc., Phoenix Decorating Company

Shriners Hospitals for Children, Phoenix Decorating Company

Sierra Madre Rose Float Association, Self Built

Singpoli Group, Paradiso Parade Floats

South Dakota Department of Tourism, Phoenix Decorating Company

South Pasadena Tournament of Roses Association, Self Built

Tournament of Roses 2016 Royal Court Float, Fiesta Parade Floats

Trader Joe's, Phoenix Decorating Company

Union Bank and the American Heart Association, Western States Affiliate, Phoenix Decorating Company

United Sikh Mission, Phoenix Decorating Company

Western Asset Management Company, Phoenix Decorating Company

WVU Medicine Children's, Phoenix Decorating Company

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**FEATURED PROPERTY**

**Move Right In!!!**  
This home is move-in condition. Great floor plan - cozy fireplace in living room. Tile floors, newer carpet, remodeled bathroom, covered patio in private yard. Detached garage with extra storage building attached. Wall window air condition, security system. **Call Today!!!**

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This 11,000 sqft. custom Downey home sits on over an acre of land. The property features 7 bedrooms, 13 bathrooms, pool house, workout room, sports court, study/library, tree house, game room, 6 car garage and a movie theater that seats approximately 10 people. **Call Today For Info!!!**

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**Turnkey!!!**  
Remodeled home! Newer paint, floors, appliances & cabinets. This is move-in condition. The original square footage was 1295 but seller added additional. A side lot being added to this property. Fireplace in living room & RV Parking. **Call Today For Info!!!**

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This beautiful 2 level townhome features 3 bedrooms and 3 bathrooms. The top level features the kitchen, living room, a bedroom, bathroom and a deck. As soon as you walk in you see the reflection of Alamitos Bay in the mirrored walls. The bottom level features the laundry area, 2 bedrooms including the master. **Call Today!!!**

**Splish Splash!**  
Beautiful remodeled pool home! Seller has spent a ton in upgrades. This beauty offers remodeled kitchen with newer maple cabinets and granite counters. Spacious bedrooms with newer ceilings fans. Newer doors, newer windows. **Call Today For Info!!!**

**Terrific Downey Home!!!**  
Very nice house you must see have to see the inside. 3 bedrooms 3 baths large family room. Back yard has parking for 6+ cars with electric gate. Spa. Close to freeway, stores & schools. **Call Today!!!**

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**Recent Activity**

- 9804 Wiley Burke, Downey 3BD, 2 BA, 2,104 sq. ft. **JUST LISTED!**
- 10330 Downey Ave #30, Dow 3BD, 2 BA, 1540 sq. ft. **JUST LISTED!**
- 9270 Pomeroy, Downey 3BD, 2 BA, 1,824 sq. ft. **JUST LISTED!**
- 8058 Albia Downey 3BD, 2 BA, 1,487 sq. ft. **IN ESCROW!**
- 1031 Marlboro St, La Habra 3BD, 1BA, 1,156 sq. ft. **SOLD!**
- 5732 Hayter Ave, Lakewood 2BD, 1BA, 1,124 sq. ft. **SOLD!**
- 950 S. Country Glen Way Anaheim Hills 3BD, 2 BA, 1,220 sq. ft. **SOLD!**
- 11431 Norlain Ave, Downey 3BD, 2 BA, 1,606 sq. ft. **SOLD!**
- 7718 Ciro St., Downey 3BD, 2 BA, 1,254 sq. ft. **SOLD!**
- 10404 Rives Ave, Downey 3BD, 3 BA, 1,925 sq. ft. **SOLD!**

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LIST PRICE: \$540,000

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