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Nursing home workers share explicit photos of residents on Snapchat

By Charles Ornstein
ProPublica

Nursing home workers across the country are posting embarrassing and dehumanizing photos of elderly residents on social media networks such as Snapchat, violating their privacy, dignity and, sometimes, the law.

ProPublica has identified 35 instances since 2012 in which workers at nursing homes and assisted-living centers have surreptitiously shared photos or videos of residents, some of whom were partially or completely naked. At least 16 cases involved Snapchat, a social media service in which photos appear for a few seconds and then disappear with no lasting record.

Some have led to criminal charges, including a case filed earlier this month in California against a nursing assistant. Most have not, even though posting patients' photos without their permission may violate the Health Insurance Portability and Accountability Act, the federal patient privacy law that carries civil and criminal penalties.

The incidents illustrate the emerging threat that social media poses to patient privacy and, at the same time, its powerful potential for capturing transgressions that previously might have gone unrecorded. Abusive treatment is not new at nursing homes. Workers have been accused of sexually assaulting residents, sedating them with antipsychotic drugs and failing to change urine-soaked bed sheets. But the posting of explicit photos is a new type of mistreatment — one that sometimes leaves its own digital trail.

In February 2014, a nursing assistant at Prestige Post-Acute and Rehab Center in Centralia, Wash., sent a co-worker a Snapchat video of a resident sitting on a bedside portable toilet with her pants below her knees while laughing and singing.

The following month, one nursing home assistant at Rosewood Care Center in St. Charles, Ill., recorded another using a nylon strap to lightly slap the face of a 97-year-old woman with dementia. On the video, the woman could be heard crying out, "Don't! Don't!" as she was being struck. The employees laughed.

And this February at Autumn Care Center in Newark, Ohio, a nursing assistant recorded a video of residents lying in bed as they were coached to say, "I'm in love with the coco," the lyrics of a gangster rap song ("coco" is slang for cocaine). Across a female resident's chest was a banner that read, "Got these hoers trained." It was shared on Snapchat.

The woman's son told government inspectors that his mother, who had worked as a church secretary for 30 years, would have been mortified by the video. Days after the incident, the home changed hands and is now known as Price Road Health and Rehabilitation Center. Greystone Healthcare Management, its new owner, said it "provides extensive, on-going training, support and oversight to insure that we provide patient centered care." (The prior owner, Steve Hitchens, said the incident happened days before the home was sold and he does not recall details.)

In a statement, PrestigeCare said it fired the employee, alerted authorities and instituted new, stricter cellphone and social media policies. "We take these situations very seriously and are thankful that our own internal procedures alerted

1 dead in possible drug-related shooting

DOWNEY – One person was killed and another wounded in a possible drug-related shooting Wednesday afternoon.

911 dispatchers received 911 calls at around 5:24 p.m. reporting gun shots being fired in the 12000 block of Downey Avenue. Not long after, witnesses reported a traffic collision at Stewart and Gray and Patton roads.

When officers arrived at the site

of the shooting, they discovered one person dead in a parking lot.

Witnesses described a vehicle fleeing the shooting as a Gray Toyota Yaris, the same vehicle that was involved in the traffic collision. After the collision, three people fled from the car, witnesses told police.

Downey police officers quickly found two suspects, one of whom was suffering from a gunshot wound. He

was transported to a local hospital and is expected to survive, police said.

The second male suspect was taken to the police station for questioning. The third suspect is still outstanding.

"It appears at this time that this crime is possibly drug-related and the subjects knew one another," police officials said in a statement. "This is an on-going investigation and there will

be no further information released at this time."

The identity of the victim had not been released as of Thursday morning.

Anyone with additional information is asked to call Detective Paul Hernandez at (562) 904-2368. Tips can be provided anonymously at (800) 222-TIPS or by texting the letters TIPLA, plus the tip, to 274637.

15 teachers awarded credit union grants



DOWNEY – Downey Federal Credit Union awarded \$8,750 in grants to 15 Downey educators on Dec. 8, part of their 2015 Student Enrichment Grant Program.

DFCU has provided almost \$100,000 in grants to educators over the past 13 years.

The grants cover the cost of programs, supplies, and training to improve the educational experience, in and out of the classroom, for students.

This year's winning submissions included a girls' empowerment club, transitional kindergarten and kindergarten reading programs, a nationwide robotics competition,

international food cooking supplies to enhance world history and world geography classes, supplies for a tile mural for the school, and much more.

"We continue to be impressed with the creative and innovative grant submissions we receive each year," said Sheila Tetangco, DFCU's director of marketing and communications. "It's exciting to provide grants that will enhance the learning experience of Downey students. We know that it is the dedication and drive of these teachers that make the schools in the City of Downey one of the best in the state."

Originally founded by a group of teachers, our partnership with

Downey Unified School District has been a long-term relationship. DFCU supports, and will continue to support, Downey educators.

"Our Student Enrichment Grants are just another way DFCU gives back to the community we serve."

Grants were awarded in amounts ranging from \$250 to \$1,000 to:

- Annabel Guerrero – district office
- Alan Jamka – Downey HS
- Ana Godinez – Lynn Pace Elementary
- Charlotte Rippel – EW Ward Elementary
- Christina Carlson – Downey HS
- Erin Hanohano – Warren HS
- Anne Honeybourne (awarded two grants) – OLPH
- Jocelyn Reppert – Gallatin Elementary
- Nekane Erro – Sussman Middle School
- Nathan Harris – Downey HS
- Carrie Redfox – Doty Middle School
- Debbie Dominik – Our Lady of Perpetual Help
- Glenn Yamasaki – Downey HS
- Jason Redfox – Downey HS

"The DFCU Student Enrichment Grant will enable the DHS robotics team to compete in Las Vegas on the international stage against teams from countries like China, Brazil, and Germany, to name a few," said Glenn Yamasaki.

Carrie Redfox of Doty Middle School said the grant will allow her campus club to expand.

"The generous Student Enrichment Grant gifted to me from the DFCU, will allow my club, "Power Up," the opportunity to grow its numbers and continue empowering middle school girls with age appropriate curriculum, games, crafts and activities," Redfox said.

"The social world for our girls has become a more stressful and challenging environment than ever before. The rise in peer pressure, competitive conflicts, and unhealthy social media messages are all likely contributors to national increases in anxiety and low self-esteem in girls. "Power Up" offers middle school girls an educational approach to improving decision making, developing coping resources and increasing self-esteem."

Morris elected school board president for sixth time



DOWNEY – D. Mark Morris was elected by his colleagues president of the Downey Unified Board of Education at its meeting last Tuesday.

Other offices include Barbara (Bobbie) Samperi as vice president and Martha Sodetani as clerk.

Outgoing president Tod M. Corrin, a member of the board since 2003, will continue to serve as a representative of Trustee Area 2.

Assemblymember Cristina Garcia administered the oath of office to Morris, Corrin and Donald LaPlante, who were re-elected to the school board last month.

Also re-elected was Willie Gutierrez. His oath was administered

by his wife, Carol Gutierrez.

Tod Corrin

Corrin has been a Downey resident for more than 40 years. Throughout his presidency he had three main goals: raise the high school graduation rate, increased Advanced Placement (AP) enrollment and scores, and increase Downey Unified's Career Technical Education (CTE) program offerings.

All three goals were completed during his term. Downey Unified's graduation rate reached its highest rate of 94 percent for the 2014-15 school year; Downey Unified's high school AP Course enrollment and passage rate exceeded both the

California and U.S./Canada averages; and CTE programs received a Career Pathways Trust grant from the state of California worth \$6 million, which will directly lead to the expansion of CTE program offerings.

Most recently, Downey Unified also received a \$1 million apprenticeship grant from the state to further develop the apprenticeship opportunities for students within Downey Unified.

"It has truly been an honor to be president this last year," said Corrin. "We are all here for the same reason, to serve our students, and that makes it such a pleasure to be a part of such an amazing group."

D. Mark Morris

Morris, a graduate of Downey High School, has been a member of the Downey Unified Board of Education for 33 years, this being his sixth time serving as president. A lifelong Downey resident, Morris is also a member of the California School Board Association and Los Angeles County School Trustee Association.

Morris has served as a member on the City of Downey Community Services Commission, the Redevelopment Project Area Committee and the Cerritos College

Advisory Board.

Bobbie Samperi

Samperi, a Downey resident and Warren High School graduate, has served on the Board of Education since 1993. A member of the Downey Community Service Commission for 15 years, she has also been an active member of Downey Council PTA, Alameda Elementary, Ward Elementary, Sussman Middle and Downey High School's PTA.

She is currently a member of Downey Federal Credit Union's Supervisory Committee.

Martha Sodetani

Sodetani, has been a resident of Downey for many years and is actively involved in Downey Unified's PTA, receiving the PTA's highest honor, the Golden Oak Award. Sodetani volunteers numerous hours every week for many organizations and is also an advocate for foster youth, teaching classes at Cerritos, Long Beach and LA City Colleges for foster parents.

Serving on the Board of Education for 10 years, she has also received Woman of the Year nominations from the State Legislature, Los Angeles County, City of Downey, Assistance League and the Downey City Library.



The Rotary Club of Downey made Christmas a little brighter for more than 60 Downey second graders last week.



Weekend at a Glance

Friday 61°

Saturday 62°

Sunday 63°

THINGS TO DO



Gabriel Iglesias

Saturday - Microsoft Theatre, 8 p.m.

The popular comic performs at the Microsoft Theatre (formerly the Nokia) downtown. \$55



Opening Day

Saturday - Santa Anita Park, 12 p.m.

Living racing returns to Santa Anita Park with an 8-race program. Giveaways, family fun zone, and more.



Curling Lessons

Saturday - Pershing Square, 8:30 a.m.

Curious about curling? Learn how to play from the experts at Hollywood Curling Club. \$5



Battle of Boy Bands

Saturday - Club 90s in Los Angeles, 10 p.m.

NSYNC or Backstreet Boys? Listen to their music and vote on who's best. \$10

FROM OUR FACEBOOK

Alex Saab becomes mayor of Downey

Patricia De Anda Salgado: Congratulations Alex Saab! Great choice Downey

Luis Chavez: Great job Alex

Jennifer Alvarez: Downey is blessed to have this man as our mayor! I hope someday he runs for a senate seat.

Michael Circo: Best man for the job!

Kristine Valetcetera: who

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TWEET OF THE WEEK

@DJQuicknut: Cinnabon closed in stonewood I have nothing else to live for

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NURSING HOMES: Workers exploiting patients' privacy

Continued from page 1

us so promptly to the issue."

Rosewood Care Center did not respond to repeated requests for comment.

"Something hasn't happened now unless there's a selfie or Facebook posting about it," said Marian Ryan, the district attorney of Middlesex County, Mass., whose office is pursuing elder abuse charges against two women who posted numerous videos of nursing home residents on Snapchat. "The use of social media is just pervasive across every aspect of society."

ProPublica identified incidents

by searching government inspection reports, court cases and media reports. Ryan said she suspects such incidents are underreported, in part because many of the victims have dementia and do not realize what has happened.

Nursing homes rarely found problematic social media postings themselves - most came to light based on tips from other staffers or members of the community, records show. Indeed, some of the Snapchat posts were not shared publicly but only with a select group of "friends," one of whom alerted home officials or authorities.

The federal agency charged with

enforcing the privacy law, the Office for Civil Rights in the Department of Health and Human Services, has not penalized any nursing homes for violations involving social media or issued any recommendations to health providers on the topic.

Deven McGraw, the office's deputy director for health information privacy, expressed outrage when told about the incidents. "If we don't have pending investigations on any of these cases ... they would be candidates for further inquiry from our end," she said, adding that the office also should issue guidance on social media and the privacy law.

The U.S. Centers for Medicare and Medicaid Services, which regulates nursing homes, has cited individual facilities for deficiencies related to privacy and is seeking to more explicitly address the issue as it writes new definitions of "abuse," "neglect," "exploitation" and "sexual abuse" in updated rules governing the homes.

"Nursing home residents must be free from abuse or exploitation," CMS spokeswoman Lauren Shaham said in an email.

While it is impossible to know whether these incidents are increasing, ProPublica's analysis identified 22 cases in the past two years, but only 13 in the two years before that. That could partly reflect the explosive growth of social media, and Snapchat in particular.

The incidents represent a tiny fraction of the content created by Snapchat's more than 100 million daily active users, who view more than 6 billion videos each day. Snapchat has a Safety Advisory Board to guide its policies and products.

"This type of behavior is cruel and violates the Terms of Service promise Snapchatters make to respect other people's rights," the company said in a statement. "We believe that elderly people should be celebrated and cared for with respect and compassion. We have a dedicated Trust & Safety team that reviews abuse reports and takes action when they become aware of a violation, and we comply with valid legal requests from law enforcement."

Greg Crist, a spokesman for the American Health Care Association, the nursing home industry trade group, said in an email that unauthorized photos and videos of residents are "disturbing."

Some homes, he noted,

particularly those in rural areas, do not use social media themselves so they may not realize that "many of their employees do, so they need to be vigilant and aware." The group hosts training sessions on social media and expects to hold more in the coming year.

Joe Small's great-grandmother, Annie Mae Martin, was videotaped without her permission at St. Ann's Home, a Rochester, N.Y., nursing home.

A former nurse's aide posted a video on Facebook in October 2012 showing a hand briefly tugging at the back of the woman's hair and recording unseen staffers taunting her with insults. "The boss lady said that if you don't wash the dishes, she will slap the black off you ... and she called you a bitch," one says. The aide, Ericha Brown, who worked at the home for less than a month in 2011, tagged other employees and added the caption: "I miss these mornings."

Brown was arrested and charged with three counts of willful violation of health laws; she pleaded guilty to one count. In a handwritten confession, she wrote, "I deeply regret my actions and will never do anything like this again." She did not return phone calls seeking comment.

Martin remained a resident of the home and died earlier this year at age 94.

"It was very distressing," said Small, who held Martin's power of attorney. "We are all going to get old one day and need assistance to help us in our day-to-day activities, and this is the way you have to be treated when you go into these establishments?"

Susan Murty, administrator of St. Ann's Community, said the home began an investigation immediately after an employee discovered the posting and officials worked with authorities to determine its scope. "Most of the people who work in nursing homes are really wonderful people, and it's a shame that this is what people talk about. That's always our frustration."

New York Attorney General Eric Schneiderman's office prosecuted the case and also secured a guilty plea earlier this year in another case involving an aide at a nursing home in Erie County.

"We will not tolerate medical professionals who abuse and exploit the trust of nursing residents by broadcasting private and sensitive medical issues on social media," Schneiderman said through a

spokesman.

Taylor Waller, a former nursing assistant in Indiana, pleaded guilty in September to one count of voyeurism for sharing a photo of a resident's back side and buttocks on Snapchat. She served three days in jail, she said, and is currently on probation.

In an interview, Waller acknowledged that she made a mistake but said she did not take the picture for malicious reasons and the resident didn't even know it happened. "They just blew everything out of proportion," she said. "It was just a picture of her butt. How many people take a picture of people's butts?... I worked in health care for five years. Everybody takes pictures of the residents all the time. I'm not the only one."

Waller also said that people searching for nursing homes for relatives have bigger issues to worry about than privacy violations involving social media.

"There is so much abuse that goes on," she said. "Nursing homes are so short staffed. Every facility I worked in, every time I went in, residents would be soaked from head to toe in pee and they sat in it for hours. They were treated like animals. I understand taking pictures is bad but there are so many worse things that need to be taken care of, too."

At Gridley Healthcare and Wellness Centre in California, a nursing assistant reported a co-worker in April 2014 for using Snapchat to send pictures of residents who were "inappropriately exposed" or who appeared to be deceased. The assistant told state health inspectors that "she was absolutely disgusted by the lack of respect this showed for human life and for a person who had passed.... It was amazing to her that a person could be so uncaring for a laugh."

Five workers ultimately pleaded guilty to state charges of elder abuse or failure to report elder abuse. The home's current administrator, Diana Haines, said she could not comment because she wasn't the administrator at the time and that the home changed operators this year. A representative of the home's operator at the time of the incident said in a statement to the Gridley Herald newspaper that the home was cooperating with authorities, took corrective action, and that its highest priority was to "ensure the best quality of care and treatment for our patients."

Many nursing homes ban the use of cellphones on the job but have had trouble enforcing those rules.

This fall, an employee at LifeHOUSE Vista Healthcare Center near San Diego took video of a partially nude woman getting into the shower and shared it on Snapchat. A second employee is seen standing behind the resident laughing. Both were suspended, then fired. The California Attorney General's Office on Dec. 9

charged one of the assistants with misdemeanor counts of elder abuse and invasion of privacy.

"Let's face it, if this were my mother, I would just be furious with this. I'd be inconsolable," said Tom Allen, a lawyer for the home. "There's no reason for anybody at LifeHOUSE to do or condone this type of thing."

Allen said social media poses many challenges for homes. "We're feeling our way through this. There's no ground rules here."

Some homes have allowed employees to keep working after warning them about using cellphones on the job.

At Newaygo County Medical Care Facility in Michigan, a nursing assistant was written up twice for using her cellphone at work, including once for taking pictures, before she was accused of taking a picture of Mindy Mench's grandmother-in-law, Janet Hartranft, on the toilet there in September 2013. Hartranft died in March 2014 at age 79.

The nursing assistant pleaded no contest to a charge of using a computer to commit a crime.

At the aide's sentencing hearing, Mench said she read a letter to the court asking the caregiver to explain her actions. "I just said, 'Why? Why did you take this picture?'" Mench recalled. "She never addressed anything that I said in my letter. She never even looked at me."

Mench, who had power of attorney for Hartranft, said she has two sisters who work in nursing homes and they couldn't explain it either.

"These people, our older generation, have served, whether they were a vet or not, they have served in our communities and in our society," Mench said. "Look what you're doing to them, look how you're treating them. It's taking advantage of the weak and it's sick."

In an interview, the woman who was convicted, Reida Osterman, denied taking or posting the video and said she believes another employee picked up her phone and did it. She said she pleaded no contest because "I was going through a very stressful time in my life, probably the worst time in my life ever."

"If I could answer to the family, I would, but I can't tell them why because I did not post no pictures of anybody," she said. "I know for a fact I would never ever do anything to hurt anyone."

Michigan lawyer Tatiana Melnik has written and spoken about the need for health care organizations to pay attention to their employees' use of social media. Facilities need to enforce their rules, not just have them, she said.

"If there are no sanctions for misbehavior because no one is actually watching what's happening," she said, "staff members have no reason to actually respect the rule."



Rev. Sunshine Day has been named minister of Downey's Center for Spiritual Living, effective Jan. 1.

Downey church welcomes new minister

DOWNEY - Rev. Sunshine Daye has been named minister of the Center for Spiritual Living in Downey.

The church's board of directors approved the appointment in November. "Rev. Sunshine is fit for her name," the church said in a statement. "She is a breath of fresh air and lights up a room with her presence. Her energy is inescapable."

An ordained minister with the Centers for Spiritual Living, Daye serves on the Ministers' Council. She recently completed a tenure at Seaside Center for Spiritual Living in Encinitas, where she was the senior minister for the Wednesday night service.

She is author of the book "Begin Within -- A Playbook for Living Your Genuine Life." She also has a YouTube channel and hosts a meditation podcast.

Daye will begin her ministry in Downey on Jan. 1. She will lead Sunday services at 10:30 a.m.

The church is located at 10000 Paramount Blvd.

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Santa brings Christmas cheer to Lynwood

LYNWOOD – St. Francis Medical Center joined La Huasteca Mexican Restaurant for its very first “Breakfast With Santa.”

The breakfast, which was held Dec. 19 at the restaurant, was hosted for children in Lynwood and the surrounding South LA community whose families lack the resources to purchase toys for Christmas. It included a hot morning meal of bacon, eggs, sausage, and toast for the approximately 100 children and family members in attendance, followed by games and activities, and the presentation of toys and gifts by Santa and his helpers.

The children represented students from elementary schools in the Lynwood Unified School District, as well as students from

three Daughters of Charity schools in the Los Angeles area. Students were identified by teachers and counselors, and their families were extended an invitation to the breakfast and toy give-away.

All of the new toys and gifts were provided by St. Francis Medical Center (SFMC). The toys were collected by the St. Francis Medical Center Foundation through its annual Toy Drive for the patients and families the hospital serves.

The toy donations were made by the employees, physicians and friends and supporters of the SFMC Foundation. Gift items included age-appropriate toys, games, puzzles, sports equipment, and beauty accessories.

This was not the first joint

venture between the hospital and La Huasteca. In October, the dining establishment was recognized as the first Choose Health LA Restaurant in Lynwood, in collaboration with St. Francis Medical Center.

SFMC is a community partner with LA County’s Choose Health LA Kids and works with restaurants throughout South Los Angeles to help them modify their menus to make it easier for customers and families to select healthier options.

“Breakfast With Santa” received wide support from the community. During a short program, local leaders were on hand to express their shared commitment to making this a season of good will for all families and to wish them a Merry Christmas.

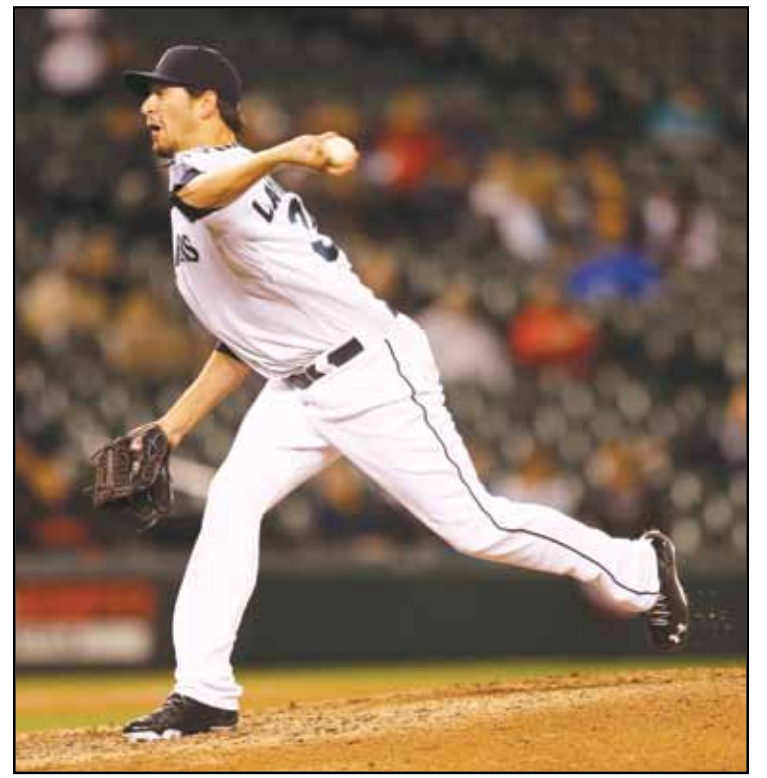
Among the representatives was Eloisa Gonzalez, MD, MPH, director, Cardiovascular and School Health, Los Angeles County Department of Public Health; Christine Manson, coordinator, Student Services, Lynwood Unified School District; and Gilda Gonzalez, director, Healthy Community Initiatives, St. Francis Medical Center.

Gonzalez was quick to acknowledge the spirit of giving this

event sparked.

“Look around and you see a meal lovingly prepared by the restaurant and joyfully served by volunteers from St. Francis, Lynwood Unified School District, and LA County Department of Public Health,” she said. “You see students from Firebaugh High School who painted holiday backdrops and created fun games for the kids. You see an abundance of toys donated by hospital staff and partner organizations. And you see children giving smiles and thanks to Santa and all of us here today. It’s truly wonderful.”

Pamela Carmona, MPH, LCCE, project manager, Choose Health LA Kids-Healthy Community Initiatives, St. Francis Medical Center, stated, “We couldn’t have been more excited to partner again with La Huasteca and Juan Carlos Flores, the restaurant’s general manager. We love this community, and what better way to promote health and wellness than to share the blessings of the season with the children and families who make up our community home. Merry Christmas, everyone!”



Downey’s Bobby LaFromboise was claimed by the Anaheim Angels on Wednesday.

LaFromboise, a left-handed reliever and Warren High grad, spent last season with the Pirates organization, posting a 1.13 ERA in 11 major league games.



Downey High School hosted its second annual Mentor Breakfast last Thursday, where more than 80 local business professionals met with students to help prepare them for life after graduation.


More than 200 students attended the breakfast, where they were arranged to sit with people in professions such as real estate, finance, interior design, marketing, law enforcement, nursing, fire and safety, animation, physical fitness, and entrepreneurship.

Students interacted one-on-one with professionals, asking questions and receiving detailed guidance on their specific occupation.

“We are very proud to be hosting this second annual event,” said Downey High principal Tom Houts. “Our goal is to have more events like this annually that will assist students with these significant life decisions.”

“The district’s vision is to prepare all students, upon graduation, to be college and career ready, globally competitive and citizens of strong character,” added school board president D. Mark Morris. “Events such as this one, put on by Downey High, significantly contribute to moving us forward toward our vision.”

If you're looking to **buy or sell** a home in **Downey**, and want a real estate agent that is *honest, hard-working* and *you can trust*, call **ERIC PIERCE**, the newest member of **Century 21 My Real Estate**.



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Would like to wish all the residents of the city of Downey A Wonderful and Safe Holiday Season

Betty Miller was former hospital volunteer

DOWNEY – Betty Carrel Miller, 87, of Henderson, Nev., formerly of Downey, passed away on Nov. 13 in Henderson.

She was born in Salt Lake City on Feb. 14, 1928 to Alice and Elton Carrel, and was the youngest of six children, all of whom preceded her in death.



Betty grew up in Salt Lake City and graduated from West High School in 1946. A few years later she moved to Southern California with her mother, where she met and married Arland "Pete" Miller on Sept. 14, 1950. They had three children, all of whom were raised in Downey.

During this time, Betty spent many years volunteering at Downey Community Hospital, and also served in various callings in the Downey 3rd Ward of the local LDS Church.

When Pete passed away in 1980, Betty moved briefly to Salt Lake City, then back to Southern California again, and finally settled in Henderson where her daughter Nancy and her family were able care for her in the last decade of her life.

Betty is survived by her three children, Craig (Ann), Nancy (Frank), and David (Kimber); her eight grandchildren, and six great-grandchildren.

Services were held Nov. 23 at the Church of Jesus Christ of Latter-day Saints in Whittier, with burial at Rose Hills Cemetery.

Dan Backus was Navy veteran

BELLFLOWER – Irving Daniel 'Dan' Backus of Bellflower, 85, passed away Dec. 2 in Escondido.

He was the son of Clyde Clifford Backus and Lillian Lucille Lester. He was born in Grapeville, Pa., on March 30, 1930 and raised in nearby Jeannette, Pa. After graduating from Jeannette High School in 1948, he joined in the Navy.

After 30 years of service, he retired from the Navy, CWO4, as the Director of the Machinery Repairman's School. For the first year after his retirement from the Navy, he worked for Northrup Services writing a course of instruction in Basic Machine Shop Practices.

In March 1980, he went to work for the San Diego Community College District, working at the 32nd St. Naval Base, San Diego, as a Military Associate Dean until his retirement in 1996.

He lived a full life after his retirement with his longtime fiance, Darla Ann Fuess, who preceded him in death in 2007. They were members of the local American Legion's in Norwalk and Lakewood, along with other affiliations that included the local Moose, Eagle, Elk and VFW's.

Dan is survived by his five children, Ricky Ray Backus of Pryor, Oklahoma; Karen Lanell Meyer of Gooding, Idaho; Andra Gail Backus of Borrego Springs, CA; Sandra Renee Saraceni of Carmel, NY and Alisa (Gary) Rose of Escondido, CA. He is also survived by 11 grandchildren, 24 great-grandchildren, three great-great grandchildren; and by his sister, Margaret 'Ellen' Snyder of Kansas.

In accordance with Dan's wishes, no formal services will be held.

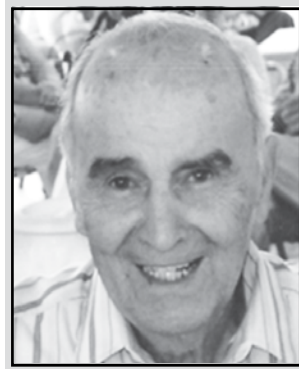
Downey helps pack 8,600 shoeboxes

DOWNEY – Downey residents helped collect more than 8,600 shoebox gifts for Operation Christmas Child, a program that ships shoeboxes stuffed with gifts to needy children across the world.

Shoeboxes are usually filled with small toys, school supplies, and hygiene items. The boxes are distributed by Samaritan's Purse, an international Christian relief and evangelism organization.

Since 1993, Operation Christmas Child has delivered gift-filled shoeboxes to more than 124 million children in more than 150 countries and territories.

In Memory of
Patsy Gregorio
September 10, 1916 to December 16, 2015



Pat Gregorio, age 99, passed away peacefully at home in Downey on December 16.

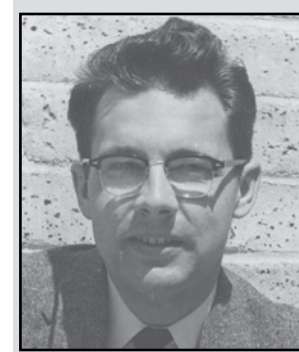
The proud son of Italian immigrants, Pat was born and raised in Pennsylvania and moved to California in 1948. In 1951, Pat and his wife, Prinnie, settled in Downey, where they raised their children, Paul and Patricia. In partnership with his brothers, Pat owned and operated successful grocery stores. He was active in the First Presbyterian Church of Downey, the Southland Italian Cultural Foundation, the Keep Downey Beautiful Committee, and the Downey Bocce Club.

Prinnie, his wife of 63 years, preceded Pat in death in 2006. He is survived by his children Paul and Patricia, his brother John, and grandchildren Thomas and Mary.

Services will be held on Saturday, December 26: Viewing at Miller-Mies Mortuary from 9:30-11am, Memorial service at 12:00 at First Presbyterian Church of Downey followed by Graveside service at Rose Hills at 2pm.

Memorial contributions may be made in his honor to First Presbyterian Church of Downey.

In Memory of
Richard Tonkovich
May 4, 1931 to December 15, 2015



Longtime Downey resident Richard Louis Tonkovich died in Orange County on December 15 after many months of gentle and generous hospice care. Thank you, Hospice Care of the West and Heart of Shadowlands board and care! Tonkovich, born to Susan and Louis Tonkovich in Great Falls, Montana in 1931, was preceded in

death by his wife Dagmar Tonkovich nee Gozdziwicz, a European war refugee. The couple courted and wed in Lynwood at St. Paul's Lutheran Church, bought a home in Downey, later attended Messiah Lutheran Church, raised two sons, participated in public school activities and youth sports leagues and lived together in the same Dalen Street address for nearly 50 years. Richard worked as a Certified Public Accountant, maintaining his license until only recently. He worked for four decades as an auditor with a federal governmental oversight agency, inspecting Apollo program facilities and other Southland defense and aerospace contractor sites. Proud of his years of civil service, Richard enjoyed a busy retirement full of volunteering, travel and maintaining weekend homes at both the beach and in the local mountains. He is survived by sons John Tonkovich of Los Angeles and Andrew Tonkovich of Orange County, grandson Louis and daughter-in-law Lisa Alvarez as well as brothers Kenneth and Paul and beloved nieces and nephews. He was interred with Dagmar, whom he loved dearly, at Forest Lawn, Cypress.

Maxine Baker was musician, real estate broker

DOWNEY – Maxine Baker passed away peacefully on Nov. 29 surrounded by her family.

Maxine was born in Esmond, North Dakota on Feb. 26, 1917 to Hilbert A. Howe and Bernice La Grave Howe.

Music was the centerpiece of Howe family life. Maxine's dad and all the children played various instruments in the family orchestra. Maxine was an accomplished pianist, violinist and vocalist. She sang and played piano with her own traveling band.

Maxine met her husband, Harry Baker, also a musician, in Big Bear. They were married in 1940. Maxine gave up her music career to raise three daughters in Downey.

Though Maxine graduated from high school in Longview, Washington, she spent most of her adult years in California, where she was a musician, a mother and a real estate broker.

The family had a private Celebration of Life on the Oregon Coast. Donations in her memory may be made to Cascade Health Foundation's hospice program.



The Downey Kiwanis Foundation was honored at last week's school board meeting. The foundation awards 25 scholarships annually, and it recent years has given more than \$60,000.

Since its inception in 1985, the foundation has given approximately \$1.6 million to benefit Downey children. Most recently it donated \$24,000 to support Downey Unified's middle school music programs.

"It is our pleasure to give," said foundation president Jerry Wetzstein. "We take pride in the city of Downey and we want to give to the Downey community. We focus not only on the children but the community as a whole."

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Opinion

Better grocery stores

Dear Editor:

Downey has been my home for the past 11 years. Back in 2003, my would-be groom and myself handpicked Downey to be our home and bought a condo. In 2008 we bought a house in the northwest area and we can't imagine living somewhere else.

But...Why, oh why, can Whittier have Sprouts and Trader Joe's and Downey cannot? Please bring in Sprouts and we will love Downey even more!

We love you guys!

**Maita Go
Downey**

Litter problem

Dear Editor:

Trash is not just a problem on Paramount Blvd., and it is a sign of lack of maturity by way too many people of Downey, despite all the wonderful things this paper reports about Downey. ("Trash on Paramount Blvd.," Letter to the Editor, 12/17/15)

Likewise, on the small street of Quinn between Wiley Burke and Old River School Road there is daily litter mostly from fast food items. The storm drain at the corner of Quinn and Wiley Burke is constantly full of very large items of trash. Furthermore, has no one else noticed all the gum smashed into the sidewalks at the entry of all our stores and restaurants?

Old River School Road (between Muller and Irvingrove) has a broken beer bottle every week -- plus litter, trash and constant noisy speeding. This is all indicative of a lot of people in Downey who are simply uncaring, irresponsible, and immature; but yet, we the people, and our leaders will not sufficiently in concert with this paper openly talk about it. We don't address it, we ignore it (just like the the trauma and litter from fireworks) until the less evolved people simply think it is okay to do these things, which in turn continuously lessens the quality of our community.

I agree there are nice things that go on in Downey, (and also lots of nice people) but there is still room for lots of education, consideration, and improvement! Throughout my life I have heard it said several times that; "if people don't litter someone won't have a job going around and cleaning up after them." They then think they have an actual duty to litter, and this is why I say they are very immature, and therefore, all of us mature people need to in concert speak out and educate them.

In other words: if you are not willing to invite and allow others to trash your yard, your house, or your bedroom so that someone can have a job cleaning up your space, then you shouldn't be trashing our community/public space and property.

One editorial won't stop it or fix it. Just like this paper has a crime report, we need a litter report until our city has the state of cleanliness that we mature people desire.

So, thank you Fred for also noticing and speaking out in your editorial.

**Jim Beaming
Downey**

Open borders

Dear Editor:

Have any of you gone to anyone's home, invited or not, and once inside decided to rearrange the furniture then changed the rules of the house and demanded they support you and decided they could work for less wages?

You could go on unemployment insurance and food stamps along with them. Now you are supposed to support them and if they have a baby, you must pay the medical bills. In fact, pay all their medical bills, and of course, you must pay for their children to be educated -- also receive free lunches and breakfasts.

Not only that, their children take precedence over yours because they have been disadvantaged educationally. Then it has become so much a habit that those who were elected to represent you find it more beneficial to represent them (votes for the Democrats, you know, or cheap labor for the Chamber of Commerce for the Republicans). And some want to change our laws and High Court.

However, now we have the Little Dictator who is in sympathy with them and wants to bring hundreds of thousands from Syria in. Never mind many of his top advisors and military telling him it's dangerous (not learning from the Sept. 11 disaster) would lead us to believe we are safe, costing us trillions. Now we have cut back on our military while Russia, China, North Korea and Iran are feverishly improving theirs, but we don't have the money to upgrade ours.

All this while more have crossed our borders than last year (90,000) for us to support. All this while Congresswoman Lucille Roybal-Allard, Zoe Lofgren, Luis Gutierrez, Del Bene, Grace Meng, Norma Torres, Linda Sanchez, Dena Titus and Judy Chu lament that families have been separated, saying women and children have sacrificed so much to escape violence and abuses and want swift processing.

Once processed where will they go and who will support them? Congressmen, who separated the families? Did we? Was it our decision to bring children in on box cars and break up families? Strange, no mention is ever made of fathers and their responsibility. One would think that being elected to U.S. government positions, the Congressmen would know how deeply in debt the U.S. is and sinking further every day. Guess it doesn't matter, we can't pay it anyway.

Some schools are Muslim (we're paying for them) and have special rooms for prayer, while Christians can't pray at school or even at football games. No Christmas carols or Christmas parties. Why? Because Christians don't have the guts to demand equality and remain amazingly silent in our own country.

So Americans have sat by while our language, our culture, our laws and our country has and is being given away without raising a whimper. Anyone wonder why Donald Trump is leading? We're sick of the establishments doing nothing for the citizens of the United States.

**Elsa Van Leuven
Downey**

In dark times, poetry can enlighten us

By **Shatha Almutawa**

Following the Paris terrorist attacks, the colors of the French flag appeared on American computer screens, in the icons of apps and the faces of friends on Facebook.

As this solidarity with the people of France surged, Americans with connections to the Middle East lamented the absence of sympathy for the people of Lebanon, who were targeted only one day earlier, and the people of Syria, Palestine, and Iraq, who suffer every day. The disparity is stark, undeniable, and expressive.

For many Muslims and Arabs, this disparity means what many other western actions have meant: Arab and Muslim lives are cheaper than white, Christian lives. And when politicians immediately called it terrorism when Muslims perpetrated a mass shooting in San Bernardino — but not when a Christian did in Colorado Springs — people of my background were reminded again that we're often seen as terrorists.

At moments like this I'm grateful to have found the Al Mutanabbi Street Starts Here project.

Started by Beau Beausoleil after the 2007 bombing of the booksellers' street in Baghdad, this effort brought together artists and poets to stand in solidarity with the people of Iraq, celebrating and remembering Iraq's history with the written word — from the cuneiform epic of Gilgamesh to the beautiful poetry of Fadhil Al Azzawi and Amal Al Jubouri.

Since that bombing, artists and poets in the United States and abroad have been creating original work that connects audiences to the vibrant literary traditions of Iraq and the Middle East. Because if there's anything that can heal hate, it's art and poetry.

This year, I'll be coordinating the festival. From January through March, creators will gather in Washington for the ninth time to commemorate the bombing and celebrate Arab sounds, voices, imagery, and thought.

Galleries, universities, and libraries in and around the nation's capital will display prints made by people from around the world — Arab and non-Arab, Muslim and non-Muslim, young and not so young, intimately familiar and

A green and dirty gift

By **Emily Schwartz Greco**

As lawmakers scurried to keep the government open and head home for the holidays, they wrapped spending and tax deals into a costly measure that highlighted our nation's mismatched energy policies.

Specifically, this monster bill extended and restored tax incentives for wind and solar power while lifting a ban on crude oil exports that began during Jimmy Carter's presidency.

On the one hand, the private sector can keep generating a growing share of the nation's electricity from renewable, free, and non-polluting resources. On the other hand, some oil that might have stayed in the ground just became more likely to be extracted and burned.

But the deal's contradictory compromises won't cancel each other out. Ultimately, the Republican-led Congress — which largely pledges its allegiance to Big Oil — wasted no time in helping the United States adhere to its commitments under the global accord sealed in Paris.

As more homeowners, drivers, industries, and utilities draw their power from the sun and the wind, catastrophic climate change will become less likely. And the long-term climate benefits of boosting wind and solar power for five more years will outweigh the potential climate pollution from allowing crude exports, Council on Foreign Relations energy expert Michael Levi predicts.

Currently, oil prices are so depressed due to a global glut that there's little demand elsewhere for U.S. crude. If oil markets bounce back, the long-term climate consequences of this largely symbolic victory for Big Oil will probably be small.

Stretching renewable-energy credits out for another five years, however, will deliver major relief to the wind industry. The Production Tax Credit, its primary source of federal support, had been in limbo for most of the past two years.

Then there's the solar energy Investment Tax Credit. Without the new tax deal, it would have expired at the end of 2016. Now it's assured through 2022.

Wait. Many Republican lawmakers scoff at the notion of climate action and are trying to sabotage President Barack Obama's Clean Power Plan. Why would they buttress renewable energy right after the Paris deal?

Make America great, like it was -- when?

By **Jill Richardson**

The holiday season is a time for nostalgia. We watch It's a Wonderful Life and A Christmas Story, engage in time-honored traditions, and even sing songs about sleighs and sleigh bells.

Honestly, when was the last time you rode in a sleigh?

I've eaten a roasted chestnut (purchased on the streets of Chicago, so I don't know if there was an open fire involved in the roasting process), but I haven't gone for a single sleigh ride in my whole life.

Donald Trump's campaign slogan — "Make America Great Again" — plays on this idea of some imagined time in the past when things were better, simpler, than they are now. But The Donald isn't the only one who evokes this mythical past.

On the other side of the aisle, Democrats often wax poetic about the strong middle class of the era that followed World War II, or about the social safety net President Franklin Delano Roosevelt put in place before that.

And it's true: America did accomplish great things in the past. But I fundamentally disagree that our better days are behind us.

This notion of a lost Norman Rockwell America is an illusion.

It's easy to buy into this trope if you're an older white man, because perhaps those really were your good old days. The post-war years in which America had a "strong middle class" were the days of a strong white middle class.

If you're African American, looking back to the 1950s means looking back to the days of lynching, Jim Crow, and legalized discrimination. How can that inspire nostalgia?

In the South before the Civil Rights movement, it was open season on African Americans, with white terrorists lynching whomever they chose with impunity. And to secure the white racist vote for his New Deal programs, FDR excluded farm workers and domestic workers from basic wage and work

Linda Sanchez supports federal spending plan

Congresswoman Linda Sánchez, chairwoman of the Congressional Hispanic Caucus and a member of the Ways and Means Committee, issued the following statement on her support for the Omnibus bill which funds the government for fiscal year 2016:

"I voted to support this Omnibus bill because it responsibly ensures vital government programs are funded for the rest of this fiscal year and takes the possibility of a government shutdown off the table. This legislation is a model of legislative compromise. There are a number of items I pushed for which were not included in the final agreement. Specifically, I am profoundly disappointed that debt restructuring authority for Puerto Rico was not included in the Omnibus. The 3.5 million people in Puerto Rico face a dire economic crisis and we have a responsibility to help our fellow Americans. I look forward to working with my colleagues to ensure Puerto Rico's debt issues are resolved in a fair and responsible manner.

"I would also like to thank Leader Pelosi and the members of the Appropriations Committee, including Ranking Member Nita Lowey and Homeland Security Subcommittee Ranking Member Lucille Roybal-Allard, for their leadership in these tough negotiations. Their hard work kept out of the final bill the worst policy riders which would harm working families and our nation's immigrant community. It's because of their commitment to protecting middle class families I am able to support the Omnibus bill."

new to the traditions of Al Mutanabbi.

Americans have much to distract them from the violent realities happening elsewhere, so these artists are working tirelessly to show the connections between the bombing of a street in Baghdad and the injustices in America's own cities and streets.

And yet this project isn't about the politics of injustice. It's about the women and men who prevail — who think, dream, listen, and create despite the blood and bombs. It's about life, whether in war or in peace, in everyday moments and extraordinary moments.

It's about a world of imagination, playful and serious at once. When poet Dunya Mikhail writes:

*He watches TV
while she holds a novel.
On the novel's cover
there's a man watching TV
and a woman holding a novel.*

We recognize the scene, whether we're Arab or American or both. And that's the point of the project.

It shows that the people of Iraq are familiar to people in America: They love and write and read and sing, even when the circumstances of their lives may be unfamiliar. Ours is one of many projects that seek to create bridges.

If many people around the world have forgotten or ignored the humanity of the people in the Middle East, others still are refusing to forget.

Shatha Almutawa is an Emirati working with Split This Rock, a non-profit in Washington, DC that calls poets to a greater role in public life and fosters a network of socially engaged poets. An earlier version of this op-ed appeared in The National. SplitThisRock.org.

There are plenty of reasons.

Take job creation. The solar industry alone already employs 200,000 workers and anticipates bringing another 140,000 on board because of the tax credit's extension. It also goes out of its way to hire veterans and plans on hiring 50,000 of them by 2020.

"These jobs are stable, well-paying, and cannot be exported overseas," observed Solar Energy Industries Association CEO and President Rhone Resch.

There's also the shockingly good results of government support for these industries through the tax code, which in recent years has coincided with technological breakthroughs that are now slashing costs for turbines and solar panels.

Over the first three quarters of 2015, wind and solar energy constituted more than 60 percent of the nation's new energy capacity. The United States is undergoing a renewable energy boom that's leaving coal and nuclear power in the dust and overshadowing what until recently appeared to be unstoppable growth for natural gas-fired power stations.

Then, there's vigorous public support for wind and solar energy, which is nearly as strong among Republicans as Democrats.

While letting solar tax credits lapse wouldn't have short-circuited that part of the renewable boom outright, Rhone's solar trade group predicted that it would have slowed things down, including the pace of job and investment growth.

Likewise, the wind industry — despite boasting about \$20 billion worth of wind farms now under construction — feared falling off an "economic cliff" had Congress failed to restore the Production Tax Credit for multiple years.

Now the forecast for renewable energy looks sunny and bright, thanks to this green and dirty gift from Congress.

Columnist Emily Schwartz Greco is the managing editor of OtherWords, a non-profit national editorial service run by the Institute for Policy Studies. OtherWords.org.

protections. Back then, those segments of the labor force were largely black.

There were problems in the North too. Housing discrimination against blacks was federal policy — not just a simple, organic process of "white flight." Policies like redlining systematically denied African Americans wealth, which still harms their families and communities today.

Nor was life peachy for women in this time.

This was the era that spurred the feminist Betty Friedan to write about "the problem that has no name." She torpedoed the presumption that all American women ought to rejoice that their roles as cooks, house cleaners, and baby machines were now made easier with modern conveniences.

No doubt modern women are grateful they're no longer expected to greet their husbands with a warm meal, a cocktail, and a come-hither look when they come home from a long day of work.

Trump's "Make America Great Again" sloganeering — combined with his anti-Muslim, anti-black, and anti-Mexican rhetoric — makes it apparent that he and his followers don't see the ugly parts of our nation's past as problematic. But it's wrong to whitewash history.

Surely, America isn't perfect today. We haven't solved our problems with racism (Donald Trump is Exhibit A) and women still earn less than men. We've also got the specters of mass shootings, terrorism, and the climate crisis to boot.

Yet the answer to our troubles isn't returning to an imagined, better past. It's finding our way to a more perfect future. As Bill Clinton said two decades ago, "There is nothing wrong with America that cannot be cured by what is right with America."

OtherWords columnist Jill Richardson is the author of Recipe for America: Why Our Food System Is Broken and What We Can Do to Fix It. OtherWords.org.

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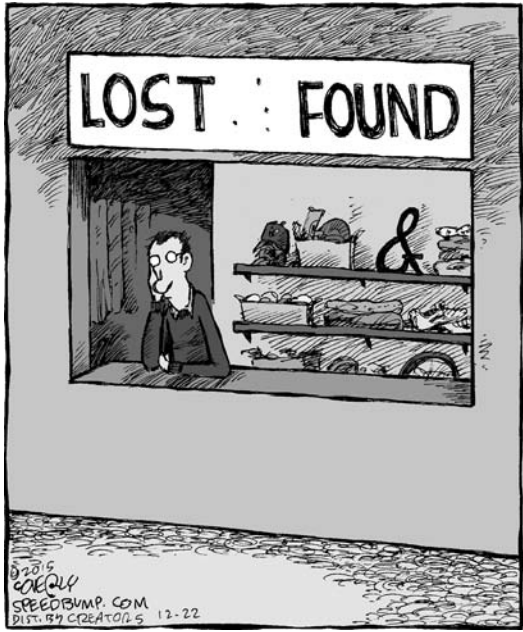
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

EVENTS FOR DECEMBER

Monday, Dec. 28: Green Task Force meeting, City Hall (2nd floor training room), 5 p.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.

On This Day...

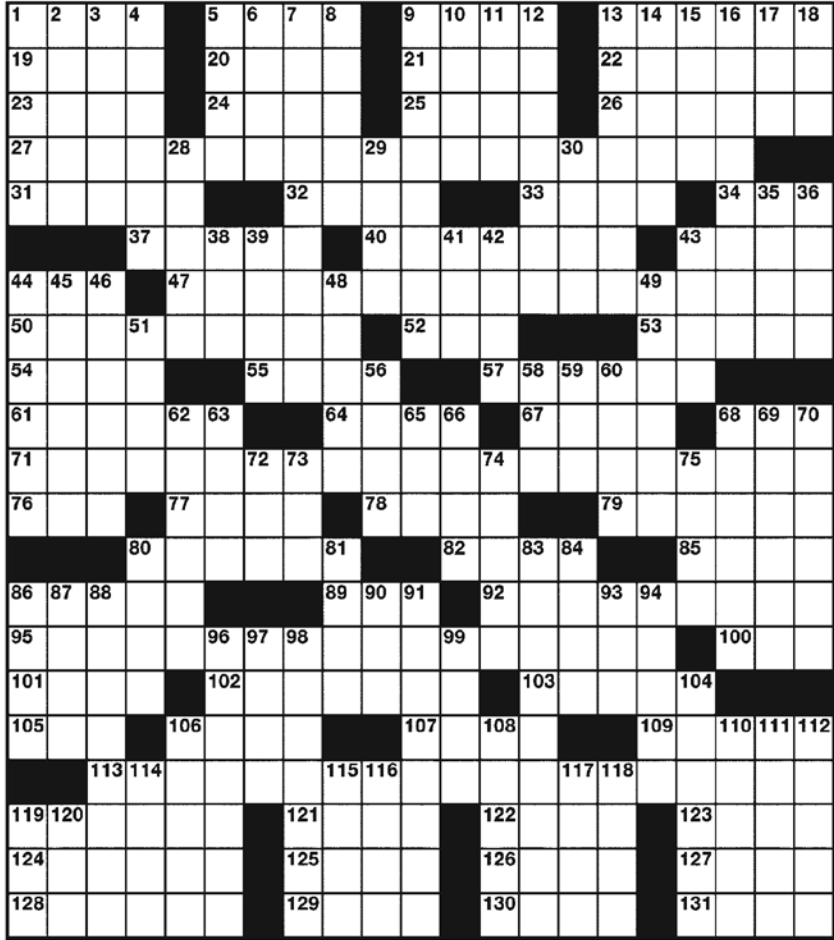
- Dec. 24, 1851:** Fire devastated the Library of Congress in Washington, D.C., destroying about 35,000 volumes.
- 1865:** The Ku Klux Klan was founded as a private social club by several Confederate Army veterans in Pulaski, Tenn.
- 2009:** A woman jumped barriers in St. Peter's Basilica and knocked down Pope Benedict XVI as he was walking down the main aisle to begin Christmas Eve Mass; the pope was unhurt.
- BIRTHDAYS:** Fashion designer Kate Spade (53), ESPN college basketball analyst Jay Bilas (52), pop singer Ricky Martin (44), and TV and radio host Ryan Seacrest (41).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
PRESENTS OF MIND: Some related gift suggestions
 by Matthew Sewell

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

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Paging Dr. Frischer...

By Dr. Alan Frischer



to get to bed at the same time every night. Our body's 24-hour wake/sleep cycle is affected by our circadian rhythms. The more stable and consistent these rhythms are, the better our sleep. A consistent schedule helps to set the body's internal circadian clock to optimize our sleep. Note that this means avoiding staying up late on the weekends! Even a two hour difference is disruptive. Taking naps may help to catch up on missed sleep, but they make it harder to fall asleep later.

Control light exposure. When daytime hours are spent away from natural light, inside of an office, store, or classroom, it can be more difficult to stay awake. Try to spend more time outside during the daylight hours, and let as much natural light into your home and workplace as possible.

Expose yourself to bright sunlight in the morning, shortly after rising. Have coffee outdoors, or eat breakfast by a sunny window. Conversely, at bedtime, any light can interfere with sleep. Use heavy shades, blackout curtains, or a sleep mask. Cover up or move any electronics that emit light, including the numbers on a digital clock. The blue light emitted by smart phones, computers, and TVs is especially disruptive; it can fool the body into thinking that it's time to wake up, making it difficult to fall asleep. Record a favorite show and watch it during the day instead.

A good night's sleep: we all know that we need it. The average adult requires at least seven hours, and The Centers for Disease Control and Prevention (CDC) has recognized we have a national sleep epidemic. Nearly eight in every ten Americans admit they do not get enough sleep, and would feel better and more prepared for the day if they had an extra hour of it.

We can do something about it. We can get a better night's sleep, feel refreshed when we awake, and remain alert throughout the day. It's called "sleep hygiene": those practices, habits, and environmental factors that can truly make a difference in the quantity and quality of our sleep.

How many of these suggestions might be of help to you?

Make sleep a priority. Make a plan

For bedtime reading on an electronic reader, note that they differ. Those that are backlit are more disruptive than those illuminated from the front. Try to avoid any bright screen within two hours of bedtime. Try music or audio books, or even an old-fashioned hard-copy book! If you must make a bathroom trip during the night, avoid turning on the lights. As long as it is safe to do so, install a dim nightlight or use a small flashlight.

Aging plays a role in sleep. As we age our sleep patterns change, and we have many more nocturnal awakenings. These awakenings directly affect the quality of our sleep, and they also magnify any other condition that disrupts our sleep, like drinking alcohol, bladder issues that cause repeated bathroom trips, or chronic pain. Consider drinking less alcohol, consuming fewer fluids before bedtime, taking medication for pain, and managing bowel and bladder issues with your doctor.

Clear your head before bedtime, in order to wind down into a sleep state. Bringing stress, anger, and worries to bed prevents us from falling asleep. It takes time to turn off the emotional noise from the day, and when we review the day's events and tomorrow's plans at bedtime, it makes it difficult to then flip a switch and enter into a blissful night's sleep. If you wake up with a stressful thought or a great idea, write it down, and promise yourself that you will deal with it on the next day. If your wakeful period lasts longer than 15 minutes, try getting up and doing a quiet, non-stimulating activity. If worries keep you awake, especially about those things that are out of your control, consider the Serenity Prayer. It may help you to evaluate your worries to see if they are realistic, and to replace irrational fears with more productive thoughts. Consider professional counseling. There are many effective strategies for relaxation, including deep breathing, progressive muscle relaxation, visualization, meditation, taking a warm bath, easy stretches, listening to soft music, or even winding down with a favorite hobby.

Social or recreational drugs like caffeine, nicotine, and alcohol may have a bigger impact on your sleep than you realize. Are you aware that caffeine can stay in the system for as long as 12-14 hours? The effects of nicotine can be similar to those of caffeine. At low doses, nicotine tends to act as a sedative, but at high doses it causes sleep arousals. Alcohol may help you relax and fall asleep faster, but it interferes with sleep cycles and worsens sleep quality. Smoking, caffeine and alcohol can interact for even more exaggerated effects. The effects of these substances may be most obvious upon awakening: feeling un-

refreshed, groggy, or hung-over.

Nutrition makes a difference, particularly the foods we consume in the hours leading up to bedtime. Avoid eating large meals at night. Eat dinner early; avoid heavy drinking and rich foods within two hours of bed. Spicy and acidic foods can upset the stomach, and fatty foods take longer to digest. Drinking too much of any liquid will cause added bathroom trips, and remember that caffeine and alcohol are diuretics. For nighttime snacks, try focusing on foods rich in tryptophan such as turkey; or carbohydrates like a small bowl of whole-grain cereal or granola, with milk, yogurt, or banana. For gentle and natural sleep aids, try melatonin, magnesium, chamomile tea, valerian root, lavender, or, of course, a glass of warm milk.

Get regular exercise. Exercise has been shown to decrease insomnia and sleep apnea, and to increase the amount of time we spend in the deep, restorative sleep stages. The more vigorous the exercise, the more benefits for sleep. However, since exercise speeds up the metabolism, elevates body temperature, and stimulates activating hormones like cortisol, finish the workout at least three hours before bedtime.

Create a sleep sanctuary. Make your environment conducive for sleeping. Keep the room as quiet as possible. If noise from barking dogs, neighbors, traffic, or other people in your household can't be eliminated, try masking it with a fan, recordings of soothing sounds, or other white noise. White noise can be created by setting your radio (softly) between stations. Try earplugs. Keep the room cool; the best temperature for sleep is around 65 degrees. Make sure that the bed is comfortable, and that it allows you to stretch out completely. If you are waking up with neck or body pain, consider changing your mattress or pillow. Experiment with different levels of mattress firmness, foam or egg crate toppers, and different pillows. Reserve your bed for sleeping (and sex). If you associate the bed with work or other activities, it becomes more difficult to associate it with sleep. Consider keeping your beloved pets off the bed!

Remember that it is normal to wake briefly in the night; in fact, most of us don't even remember doing so. The less you stress over not sleeping, the easier it will be to return to a sleep state. If you're still having trouble sleeping, speak with your doctor or find a sleep professional.

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.

Is marijuana the Holy Grail of pain medication?

By Dr. Lynn R. Webster

Is marijuana the Holy Grail for pain medication? You might think so by reading the popular press.

An ideal drug therapy is one that is highly effective for a multitude of pain disorders and has low to no toxicity regardless of duration of exposure. Marijuana flirts with this profile—but it is a Trojan horse.

Depending on where you live, it may be legal for you to get a prescription for marijuana. But before you rush to your doctor's office with your request, remember that all drugs have risks. It is a clinician's responsibility to evaluate the potential benefit, relative to the potential risk, of each drug option. Marijuana products have fewer risks than opioids. Still, marijuana should be used judiciously and with awareness that it could be harmful.

Here are five things to think about:

- Marijuana is a plant, not a drug, and it has many active chemicals. We need to know which of the chemicals are therapeutic, and for which specific pain diseases, and at what doses.
- Some people get addicted. A small percentage of people who use marijuana get hooked on it. The younger you start, the more likely you are to become addicted. Children or adolescents who use marijuana are more likely than most adults to develop an addiction.
- Tetrahydrocannabinol (THC) alters brain function. There was once a lot of hype, fed by Hollywood, about how marijuana can drive a person insane. Most of that was exaggeration and even false. It's true, however, that tetrahydrocannabinol can override your ability to feel sensation, reduce your access to memories, restrict your ability to move, and even trigger psychosis. Marijuana users today are at greater risk of side effects than those in the past because of the increased potency of THC in recent years.
- Long-term use can be problematic. Using marijuana over time can cause mental health problems for many. Even those who do not become addicted can experience hallucinations and paranoia. Some users can experience anxiety, depression, and even suicidal tendencies. Also, teens' use of marijuana can interfere with the healthy development of their brain. And for pregnant women, marijuana use could affect the brain of their fetus.
- Marijuana increases heart and breathing problems. TCH, the same chemical in marijuana that affects your brain, can also adversely affect your heart. It has been linked to heart attacks in adults. Smoking marijuana can lead to many of the same breathing problems, including lung infections and coughing, as smoking cigarettes.

The point to remember is that all drugs used to treat disease, including chronic pain, come with risks. That means our approach to drug therapy should be thoughtful and wide eyed, not blind. I am not making an argument against marijuana but rather am encouraging greater understanding of marijuana's potential risks.

Considering the current opioid crisis, marijuana may be a safer alternative in some clinical situations. But we must be aware of the potential harm if it is used. Although marijuana may offer a solution to some people with pain, it is not the Holy Grail of analgesics.

Dr. Lynn R. Webster, MD, is the Past President of the American Academy of Pain Medicine, Vice President of Scientific Affairs at PRA Health Sciences, and author of a book, The Painful Truth, and producer of a PBS TV documentary by the same name.

Fatal drug overdoses hit record number in 2014

From 2000 to 2014 nearly half a million Americans died from drug overdoses. Opioid overdose deaths, including both opioid pain relievers and heroin, hit record levels in 2014, with a 14 percent increase in just one year, according to new data published Dec. 18 in CDC's Morbidity and Mortality Weekly Report.

The most commonly prescribed opioid pain relievers, those classified as natural or semi-synthetic opioids such as oxycodone and hydrocodone, continue to be involved in more overdose deaths than any other opioid type. These deaths increased by 9 percent (813 more deaths in 2014 than 2013).

Increases in prescription opioid pain reliever and heroin deaths are the biggest driver of the drug overdose epidemic. Deaths from heroin increased in 2014, continuing a sharp rise that has seen heroin overdoses triple since 2010. Deaths involving illicitly made fentanyl, a potent opioid often added to or sold as heroin, also are on the upswing.

"The increasing number of deaths from opioid overdose is alarming," said CDC Director Tom Frieden, M.D., M.P.H. "The opioid epidemic is devastating American families and communities. To curb these trends and save lives, we must help prevent addiction and provide support and treatment to those who suffer from opioid use disorders. This report also shows how important it is that law enforcement intensify efforts to reduce the availability of heroin, illegal fentanyl, and other illegal opioids."

Drug overdose deaths are up in both men and women, in non-Hispanic whites and blacks, and in adults of nearly all ages. Rates of drug overdose deaths were highest among five states: West Virginia, New Mexico, New Hampshire, Kentucky, and Ohio.

The findings show that two distinct but intertwined trends are driving America's overdose epidemic: a 15-year increase in deaths from prescription opioid pain reliever overdoses as a result of misuse and abuse, and a recent surge in illicit drug overdoses driven mainly by heroin. Both of these trends worsened in 2014.

More than six out of 10 drug overdose deaths in 2014 involved opioids, including opioid pain relievers and heroin. The largest increase in opioid overdose deaths involved synthetic opioids (not including methadone), which were involved in 5,500 deaths in 2014, nearly twice as many as the year before. Many of these overdoses are believed to involve illicitly-made fentanyl, a short-acting opioid.

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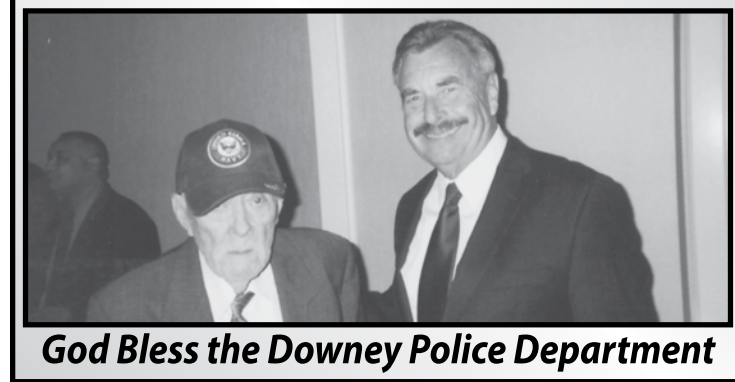
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SPORTS BRIEFS: Warren High wrestlers finish in top 8

By Mark Fetter
Contributor

DOWNEY - The Warren High School wrestling team competed in the 2015 Edison Beach Bash December 11-12 and finished in eighth place.

The Bears had four wrestlers place in the top eight of their respective weight classes. Matthew Lopez finished fifth at 113, Gabriel Rodriguez finished first at 170, Kenneth Gonzalez finished third at 195 and Alexis Galvan finished fourth at 220.

The Bears also competed in the 2015 Ed Spring Holiday Wrestling Tournament at Brea-Olinda High School December 18-19. The Bears finished in second place behind first place finisher Cypress. Cypress finished with 186 points and Warren finished second with 155.5 points, respectively. There were 24 teams who competed at the Ed Spring Tournament.

Warren had six wrestlers place in the top eight of their respective weight classes. Matthew Lopez (113) finished third after he defeated Ryan Esparza of Sonora 1-0. Gabriel Cabrera (145) finished seventh after he defeated Paul Sigurdson of Dos Pueblos 4-0 and Aaron Perez (152) finished seventh after he was defeated by Abraham Smith of Rim of the World.

Gabriel Rodriguez (170) finished second after he was defeated by Kyle Marshall of San Clemente, Kenneth

Gonzalez (195) finished second after he was defeated by Drew Dobbs of Newport Harbor and Alexis Galvan (220) finished fourth after he was defeated by Ryan Nelinger of Thousand Oaks.

Downey will once again be the team to beat in the San Gabriel Valley League. Downey defeated San Marino last season 33-32 to win the C.I.F. Western Division title. Coach Brogden, his staff and wrestlers are looking forward to the start of the league dual season.

The Warren High School girls' basketball team currently has an overall record of 4-5 and have not started S.G.V.L. play. The Lady Bears competed in the Ocean View Tournament from 12/8-12 and finished with a record of 2-2.

The Lady Bears were defeated by North (Torrance) 67-50 on 12/8, were defeated by Orangewood Academy 64-37 on 12/10, defeated the California Academy of Math and Science (CAMS) 80-42 on 12/11 and defeated Ocean View 52-44 on 12/12.

Warren defeated San Clemente at Warren 62-12 on 12/14. The Lady Bears then competed in the Nike Tournament of Champions in Arizona from 12/18-22 and finished with a record of 1-3. Warren was defeated by Horizon 47-44 on 12/18, was defeated by Serra Catholic 56-55 on 12/19, was defeated by Chandler 60-49 on 12/21 and defeated Indio 70-22 on 12/22.

Warren will compete in the Larry Doyle/Dan Wiley Tournament of Champions beginning 12/26. The Lady Bears will play Valencia at 12:00 p.m. on 12/26 in their tournament opener. Warren will then host Orange Lutheran on 1/6 and will travel to El Rancho on 1/8 before they begin S.G.V.L. play against Paramount at Warren on 1/13. The Lady Bears will then travel to Gahr on 1/15 before they host cross-town rival Downey on 1/20.

The Lady Bears (17-11, 8-2) finished last season in second place behind Lynwood (17-9, 10-0). Coach Palmer, her staff and players are looking forward to the start of San Gabriel Valley League play. The Lady Knights will once again be the marked team to beat.

The Downey High School boys' soccer team currently has a record of 3-4 and have not started S.G.V.L. play.

The Vikings were defeated by Alta Loma at Alta Loma 2-1 on 12/2, defeated Northwood at Downey 3-1 on 12/4 and were defeated by Aliso Niguel at Aliso Niguel 4-0 on 12/5.

Downey defeated Lakewood at Downey 3-0 on 12/9, were defeated by Cathedral at Downey 2-1 on 12/10 and were defeated by Jordan at Downey 1-0 on 12/16.

Downey traveled to Edison High School of Huntington Beach and defeated the Chargers 3-1 on 12/18. Downey is scheduled to play Palos

Verdes at Palos Verdes on January 8 in their final preseason game before they begin S.G.V.L. play on 1/12 against Dominguez at Dominguez.

Downey finished last season with an overall record of 14-10-2 and were 4-5-1 in S.G.V.L. play. The Vikings defeated St. John Bosco at St. John Bosco 2-1 in the first round of the C.I.F. Division I playoffs before being defeated by El Toro 1-1 (8-7 PK's) at Downey in the second round.

Coach Mires, his staff and players are looking forward to the start of San Gabriel Valley League play. Downey, Paramount and Warren will once again compete for the top league spot. Warren (23-3-2, 9-0-1) was the San Gabriel Valley League champion last year, Paramount was second (16-7-2, 7-1-2) and Downey was third.

The Downey High School basketball team traveled to Staples Center in Los Angeles on Monday to play the Cerritos Dons.

The Vikings came away with a 49-41 win and improved to 9-2 on the season. Cerritos fell to 6-5 after the loss.

The Downey varsity team played first at 12:15 p.m. followed by the junior varsity and freshman teams. It was a great experience for all players from both schools to play at a professional venue. The Clippers lost to the Oklahoma City Thunder 100-99 later Monday night.

Downey led this game from beginning to end. The Vikings led 10-8 at the end of the first quarter and were ahead 21-17 at halftime. Downey extended their lead to 38-28 at the end of the third quarter and won 49-41.

Downey will next compete in the MaxPreps Holiday Classic December 26-29. The Vikings will play King of Riverside (6-3) in Cathedral City on 12/26 at 10:00 a.m., will play Rincon/University (9-3) in Indio on 12/28 at 10:30 a.m. and will play Simi Valley (5-2) in Cathedral City on 12/29 at 4:00 p.m.

Downey will host California (1-7) on 1/5 at 7:00 p.m. and will travel to Sunny Hills (4-5) on 1/8 to play the Lancers at 6:30 p.m. in their final preseason game. The Vikings will begin S.G.V.L. play when they travel to Dominguez on 1/13 and will then host Lynwood on 1/15.

Downey will travel to cross-town rival Warren on 1/20.



Downey resident Fariba Hafezizadeh traveled to Orlando this month to represent her company at a leadership Christmas event. During the trip, she was able to meet Fred Joyal of 1-800-DENTIST.

"During my visit my hometown was always on my mind and my Downey Patriot at my side.

"I think it was so cool to take my newspaper with me. Once I explained what our town does when residents take along the hometown newspaper on a trip, everyone was envious of me."



Downey resident James Scott with his local tour guide carrying the Downey Patriot at Angkor Wat temple, where the Angelina Jolie movie "Lara Croft: Tomb Raider" was shot in Siem Reap, Cambodia.

Rio Hondo Men's Club president Dennis Pagenkopp presents Club Championship trophy for the 2015-2016 year to member Raymundo Manriquez at the clubs November meeting.



Raymundo is a repeat winner and will represent Rio Hondo in the Southern Calif. Golf Association's December Tournament of Champions being held in San Diego.

The RHMC is accepting new members for the coming year. Additional information and applications are available in the Pro-Shop.

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As yet another year draws to close, I want to thank you for your continued business, trust, and support. Having known some of you as clients and friends for over 30 years now, I really enjoyed being able to again represent so many of you, as well as your family and friends, this past year - these are always my favorite transactions! I am honored, once more, this year to be in the top 100 Century 21 agents in Southern California, having worked over 40 transactions, which represents a sale every 9 days!! For 2016, the housing forecast is continued improvement, with the biggest challenge being a shortage of available homes.

The 30-year mortgage interest rate is anticipated to rise slightly, making next year still a great year to move, refinance, or invest. I would love to discuss your real estate plans, so please let me know if you are considering a real estate sale or purchase.
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Best Wishes for a Healthy and Happy New Year!

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Featured reader at Poetry Matters Trista Dominqu (second from right) with fellow poets. Lorine Parks (center) curates the regular poetry event held at Stay Gallery. Also shown (l-r) are Patti Scruggs, Margarita Ezcurrea, and Kimberly Cobian. Photos by Carol Kearns



Downey poet Trista Dominqu reads from her new book, "So Cali," at Poetry Matters. Dominqu describes her work as influenced by her mixed ancestry, her working class roots, and memories of growing up amid the mix of cultures that serve to define Southern California.

The Santa in My Life

SHARED STORIES: THE TIES THAT BIND

Yolanda Adele shares a special memory of an uncle who eased the pain of a difficult time in her family's life. Wanting to show him her love, she concocts a scheme shaped by wishful thinking. 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 Yolanda Adele

The Christmas of 1959 could have been the worst holiday of my life when my dad left us, yet again. But, like Cinderella, I had an exceptional godparent. Our family called him Uncle Brown.

He was married to my grandmother's younger sister, Aunt Adelina. She always addressed him formally, calling him Mr. Brown. The exception was when she penned a letter or signed a photo of herself to give him. Then she used tender words of endearment. He, on the other hand always called her Honey, Sweetheart, or Darling.

Uncle Brown and my aunt never

had children, but when my mother went to work after another of my parents' separations, they unofficially adopted my younger half-sister. My uncle's home was a beautiful, spacious, Spanish-style house with a manicured lawn in Boyle Heights, East Los Angeles, at the bottom of a hill. It was a few miles from the rented house I shared with my mother; who was my aunt's caregiver when my aunt fell seriously ill.

Uncle Brown was a rugged looking man about six feet tall. He had snowy white hair, large calloused hands, a twinkle in his eyes, and a jolly smile. He liked to say in his Popeye the Sailor Man voice, "My name is Joe Brown. If you ask me again, I will knock you down." He was as corny as he was good natured. I'd often wished he were my dad.

When Aunt Adelina died, Uncle Brown invited my mother and me to move in with him in time for Christmas. Although I knew that my father was absent, I was caught up in my uncle's jolly spirit.

Uncle Brown let my mother pick out a Christmas tree, which was a hideous silver aluminum tree that came with a rotating color wheel. The wheel plugged into an outlet, lighting and reflecting, as it turned, the colors of the cellophane paper onto the tree. That was the contemporary look of 1959.

Uncle Brown soon piled gifts for us around the base of the tree. I was 14 years old and broke. I hand-made a calendar for his office, and I wanted to give him so much more.

One day while my sister and I were playing jacks in his office, I got the idea that maybe he had so much stuff that he would not miss some of it. I quickly searched his closet. I found gift wrap along with silver rulers, a new pencil sharpener, and an unopened box from Sears. I did not know what was in it, but I was sure he'd like it since he had picked it out and paid for it.

In my mind it was not really stealing because I intended to give it all back. Feeling happy and conscience-free, I took great care in wrapping the packages that were sure to surprise Uncle Brown at Christmas.

At the back of his closet I was shocked to find a Santa's suit. I did not let my sister see it, as I was sure who Santa was now! It certainly would ruin Christmas for her. She was just 9 years old.

The very next day Uncle Brown started asking us if we had seen the articles he was missing from his room. I felt myself become flushed. I held myself still. I could hear the blood pumping-factory in my body. I had only one hope, to convince him on Christmas Day that I had bought all the items to replace what he had lost.

My only problem was that I could not count on my sister to keep my plan secret without sufficient

bribery. I let her borrow, play, and destroy anything of mine until Christmas Day.

Long after everyone had gone to bed, I got out all of the boxes I had hidden. I made my way down the hall, careful not to step on the floor boards that I knew squeaked.

There, by the glow of the Christmas tree lights, I sat and arranged Uncle's presents around the tree. I had what I wanted most for Christmas, extra gifts for a very deserving Santa whom I loved.

I was startled when I heard the floor board squeak, but before I could hide I was face to face with Santa. He had a familiar twinkle in his eyes and a jolly smile. He knelt on one knee, put his finger to his lips and softly told me to whisper. He then asked, "Have you been a good girl?"

"I only know I try, Santa," I answered holding back tears.

"Wonderful! That's what everyone should try to do every day!" Hearing his words opened the floodgate of tears I had been choking back. With his calloused hand he wiped my tears away.

"Are you crying because you are excited about seeing Santa?" he asked. I nodded Yes. Then he kissed me on the forehead.

"You better get back to bed. You don't want to make me late to the North Pole, do you?"

"Oh, no, Santa!" With that I ran to my room. When I got in bed it felt warmer and cozier than ever before.

On Christmas morning Uncle Brown had proved my plan worked. He was very surprised to have all his lost items replaced. And he said he especially liked the calendar I decorated with my school picture and tons of glitter.

My mother was not as happy as we were. She probably missed dad; but not even that could spoil my very special Christmas surprise for the Santa in our lives.

POETRY MATTERS

The Shortest Day

And so the Shortest Day came and the year died
And everywhere down the centuries of the snow-white world
Came people singing, dancing,
To drive the dark away.

They lighted candles in the winter trees;
They hung their homes with evergreen;
They burned beseeching fires all night long
To keep the year alive.

And when the new year's sunshine blazed awake
They shouted, revelling.

Through all the frosty ages you can hear them
Echoing behind us - listen!

All the long echoes, sing the same delight,
This Shortest Day,

As promise wakens in the sleeping land:
They carol, feast, give thanks,
And dearly love their friends,
And hope for peace.

And now so do we, here, now,
This year and every year.

Welcome Yule!

By Susan Cooper

Cooper evokes our need to mark the passage of time and the turning of the seasons with song, and ceremony, and celebration. Winter Solstice (Yule) rituals were intended to coax the sun to return to the northern hemisphere. Cooper, who wrote the novel "The Dark is Rising," lives in Marshfield MA. Poetry Matters is curated by Lorine Parks

Travel Guide: North Pole

The North Pole, also known as the Geographic North Pole or Terrestrial North Pole, is the point in the Northern Hemisphere where the Earth's axis of rotation meets its surface. It should not be confused with the North Magnetic Pole.

While the South Pole lies on a continental land mass, the North Pole is located in the middle of the Arctic Ocean amid waters that are almost permanently covered with constantly shifting sea ice. This makes it impractical to construct a permanent station at the North Pole (unlike the South Pole).

However, the Soviet Union, and later Russia, constructed a number of manned drifting stations on a generally annual basis since 1937, some of which have passed over or very close to the Pole. Since 2002, the Russians have also annually established a base, Barneo, close to the Pole. This operates for a few weeks during early spring.

Studies in the 2000s predicted that the North Pole may become seasonally ice-free because of Arctic ice shrinkage,

with timescales varying from 2016 to the late 21st century or later.

Things to see: Polar bears are believed rarely to travel beyond about 82° North owing to the scarcity of food, though tracks have been seen in the vicinity of the North Pole, and a 2006 expedition reported sighting a polar bear just 1 mile from the Pole. The ringed seal has also been seen at the Pole, and Arctic foxes have been observed.

Birds seen at or very near the Pole include the snow bunting, northern fulmar and black-legged kittiwake, though some bird sightings may be distorted by the tendency of birds to follow ships and expeditions.

Fish have been seen in the waters at the North Pole, but these are probably few in number. A member of the Russian team that descended to the North Pole seabed in August 2007 reported seeing no sea creatures living there. However, it was later reported that a sea anemone had been scooped up from the seabed mud by the Russian team and that video footage from the

dive showed unidentified shrimps and amphipods

Economy: A toy shop employs several hundred elves, though the factory remains closed to the public.

Things to do: Making snow angels is a popular hobby among the locals.

Things to eat: The North Pole is renowned for its wide variety of ice: shaved, cubed, crushed, slush, etc.

When to travel: July is the most ideal time to travel to the North Pole, when the average temperature is a balmy 2 degrees.

How to get there: Russia sends expeditions to the North Pole on a regular basis. One-way transportation may also be available via sled on Dec. 25.

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DADDY'S HOME **Fri to Sun: (9:20, 11:45, 2:15, 4:45), 7:15, 9:50; Mon to Wed: (11:45, 2:15, 4:45), 7:15, 9:50**
JOY **Fri to Wed: (11:10, 2:00, 4:40), 7:30, 10:20**
POINT BREAK **Fri to Wed: (11:30, 2:15, 5:05), 7:50, 10:30**
ALVIN AND THE CHIPMUNKS: THE ROAD CHIP **Fri to Tue: (10:00, 12:20, 2:40, 5:05), 7:25, 9:45; Wed: (10:00, 12:20, 2:40, 4:50), 10:20**
SISTERS **Fri to Wed: (11:20, 2:05, 4:55), 7:45, 10:35**
★ STAR WARS: THE FORCE AWAKENS **Fri to Sun: (9:15, 9:45, 11:45, 12:30, 1:00, 3:00, 3:45), 6:15, 7:00, 7:30, 9:30, 10:15; Mon to Thu: (9:45, 11:45, 12:30, 1:00, 3:00, 3:45), 6:15, 7:00, 7:30, 9:30, 10:15**
★ STAR WARS: THE FORCE AWAKENS **Fri to Sat: (10:15, 1:30, 4:45), 8:00, 11:15; Sun to Thu: (10:15, 1:30, 4:45), 8:00**
★ STAR WARS: THE FORCE AWAKENS 3D **Fri to Sat: (4:15), 10:45**
Times for Friday - Thursday, December 25-31, 2015
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is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/ RICHARD LICERO, OWNER
 This statement was filed with the County Clerk of Los Angeles on DECEMBER 21, 2015
 NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
 12/24/15, 12/31/15, 1/7/16, 1/14/16

FICTITIOUS BUSINESS NAME STATEMENT
 File Number **2015305817**
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) VARGAS FLOORING INSTALLATIONS, 117 N 3RD ST APT A, MONTEBELLO CA 90640, LA COUNTY**

Articles of Incorporation or Organization Number (if applicable): A/ #ON: N/A REGISTERED OWNERS(S): (1) MIGUEL VARGAS CARDENAS, 117 N 3RD ST APT A, MONTEBELLO CA 90640 (1) N/A This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/MIGUEL VARGAS CARDENAS, OWNER
 This statement was filed with the County Clerk of Los Angeles on DECEMBER 03, 2015

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
 12/17/15, 12/24/15, 12/31/15, 1/7/16

FICTITIOUS BUSINESS NAME STATEMENT
 File Number **2015301359**
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) CTR LOGISTICS, 7718 BOTANY ST, DOWNEY CA 90240, LA COUNTY**

Articles of Incorporation or Organization Number (if applicable): A/ #ON: N/A REGISTERED OWNERS(S): (1) PAUL CUESSY, 7718 BOTANY ST, DOWNEY CA 90240 (2) ADRIANA CUESSY, 7718 BOTANY ST, DOWNEY CA 90240 State of Incorporation: (1) N/A This business is conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/ ADRIANA CUESSY, WIFE
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 30, 2015

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
 12/10/15, 12/17/15, 12/24/15, 12/31/15

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES SOUTHEAST DISTRICT ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: VS029126
 TO ALL INTERESTED PERSONS: Petitioner ASHLEY NICOLE SEAMONS filed a petition with this court for a decree changing names as follows: Present name (1) ASHLEY NICOLE SEAMONS to Proposed name (1) ASHLEY NICOLE BROWN THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: February 3, 2016, **Time:** 1:30, **Department C, Room 316**
The address of the court is 12720 Norwalk Blvd., Norwalk, California 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT, 8301 E. FLORENCE AVENUE, SUITE 100, DOWNEY, CALIFORNIA 90240.**
 December 07, 2015
 Margate Miller Bernal
 Judge Of The Superior Court
 Petitioner or Attorney, In Pro Per
Justine A. Dell, CFLS SBN: 255818
LAW OFFICE OF JUSTINE A. DELL, APC 30 Corporate Park, Suite 300 Irvine, California 92606 (949) 428-1530

The Downey Patriot
 12/24/15, 12/31/15, 1/7/16, 1/14/16

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: VS028085
 TO ALL INTERESTED PERSONS: Petitioner JUAN CARLOS RODRIGUEZ filed a petition with this court for a decree changing names as follows: Present name (1) JUAN CARLOS RODRIGUEZ to Proposed name (1) JOHN MONTROYA THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show

cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: January 20, 2016, **Time:** 1:30am, **Department F**
The address of the court is 12720 Norwalk Boulevard, Norwalk, California 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT.**
 November 25, 2015
 Margate M. Bernal
 Judge Of The Superior Court
 Petitioner or Attorney, In Pro Per
Juan Carlos Rodriguez
8937 Southcourt Ave
South Gate CA, 90280
(323) 841-4148

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF SHIRLEY M. WINNINGHAM Case No. BP168728
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of SHIRLEY M. WINNINGHAM A PETITION FOR PROBATE has been filed by Christopher J. Langley in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Christopher J. Langley be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on Dec. 29, 2015 at 8:30 AM in Dept. No. 79 located at 111 N. Hill St., Los Angeles, CA 90012. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The Downey Patriot
 12/3/15, 12/10/15, 12/17/15, 12/24/15

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF SHIRLEY M. WINNINGHAM Case No. BP168728
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of SHIRLEY M. WINNINGHAM A PETITION FOR PROBATE has been filed by Christopher J. Langley in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Christopher J. Langley be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on Dec. 29, 2015 at 8:30 AM in Dept. No. 79 located at 111 N. Hill St., Los Angeles, CA 90012. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner: **JEFFREY T. VAN DERVEEN, ESQ SBN 110064 LAW OFFICES OF JEFFREY T. VAN DERVEEN 380 S MELROSE DR STE 202 VISTA CA 92081**
CN918545
The Downey Patriot
 12/10/15, 12/17/15, 12/24/15

TRUSTEE SALES

Trustee Sale No.: 20120187407765 Title Order No.: 1269204 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/20/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 02/10/2006 as Instrument No. 06 0316205 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: SAUL C. CARRILLO. WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/11/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 12330 ORIZABA AVENUE, DOWNEY, CALIFORNIA 90242 APN#: 6259-017-025 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$1,032,374.17. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property. Use the file number assigned to this case, T.S.# 9551-3508. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0266754 To: THE DOWNEY PATRIOT 12/24/2015, 12/31/2015, 01/07/2016

The Downey Patriot
 12/10/15, 12/17/15, 12/24/15

TRUSTEE SALES

Trustee Sale No.: 20120187407765 Title Order No.: 1269204 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/20/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 02/10/2006 as Instrument No. 06 0316205 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: SAUL C. CARRILLO. WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/11/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 12330 ORIZABA AVENUE, DOWNEY, CALIFORNIA 90242 APN#: 6259-017-025 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$1,032,374.17. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY

The Downey Patriot
 12/24/15, 12/31/15, 1/7/16

TRUSTEE SALES

Trustee Sale No.: 00000005407986 Title Order No.: 150192189 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/12/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/22/2007 as Instrument No. 20071238082 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: SUPAT SANGKARAT AND KHUNAKORN TASANO AND MONRADA PHANBUNKOET, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/13/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 2159 HARVEST AVENUE, NORWALK, CALIFORNIA 90650 APN#: 8022-029-005 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$366,770.53. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY

OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case 20120187407765. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE INSURANCE COMPANY 1180 IRON POINT ROAD, SUITE 100 FOLSOM, CA 95630 916-939-0772 www.nationwideposting.com BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP as Trustee Dated: 12/02/2015 NPP0266545 To: THE DOWNEY PATRIOT 12/17/2015, 12/24/2015, 12/31/2015

The Downey Patriot
 12/17/15, 12/24/15, 12/31/15

T.S. No.: 9551-3508 TSG Order No.: 15023957-CA-VOL A.P.N.: 6259-012-041 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/21/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 06/28/2006 as Document No.: 06 1424144, of Official Records in the office of the Recorder of Los Angeles County, California, executed by: HERIBERTO POLANCO, AN UNMARRIED MAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 01/13/2016 at 10:00 AM Sale Location: Behind the fountain, located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA The street address and other common designation, if any, of the real property described above is purported to be: 12024 GURLEY AVE, DOWNEY, CA 90242 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$515,775.37 (Estimated) as of 04/20/2016, Accrued interest and additional advances, if any, that have accrued to this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property. Use the file number assigned to this case, T.S.# 9551-3508. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0266754 To: THE DOWNEY PATRIOT 12/24/2015, 12/31/2015, 01/07/2016

The Downey Patriot
 12/10/15, 12/17/15, 12/24/15

Trustee Sale No.: 00000005407986 Title Order No.: 150192189 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/12/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/22/2007 as Instrument No. 20071238082 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: SUPAT SANGKARAT AND KHUNAKORN TASANO AND MONRADA PHANBUNKOET, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/13/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 2159 HARVEST AVENUE, NORWALK, CALIFORNIA 90650 APN#: 8022-029-005 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$366,770.53. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property. Use the file number assigned to this case, T.S.# 9551-3508. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0266754 To: THE DOWNEY PATRIOT 12/24/2015, 12/31/2015, 01/07/2016

The Downey Patriot
 12/24/15, 12/31/15, 1/7/16

Trustee Sale No.: 00000005379697 Title Order No.: 730-1504081-70 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 10/25/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 10/30/2006 as Instrument No. 06 2396839 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: JESS A ENRIQUEZ MARRISA P ENRIQUEZ, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/13/2016 TIME OF SALE: 11:00 AM PLACE OF SALE: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 8801 CHEYENNE STREET, DOWNEY, CALIFORNIA 90242 APN#: 6263-011-019 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$539,176.25. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused

ANIMALS
PUPPIES & KITTENS!
 Maltipoos, Shitzu, Yorkies, etc. Also kittens 8 weeks & up
(562) 544-3392

AUTOS
1991 CADILLAC DEVILLE
 Runs great! Looks great!
 \$2,900
(562) 861-5958

FOR SALE
FULL SIZE REFRIGERATOR
 Works great \$150
(614) 465-7763

MISCELLANEOUS
BASEBALL CARDS FOR SALE
 Over 14,000 baseball cards. 1960's & up. \$250
(562) 861-5958

ROOM FOR RENT
MASTER BEDROOM
 with bonus room utilities & cable incl. \$750 + dep
(562) 715-3284

2 MASTER BEDROOMS
 1 senior person each. No drugs any kind.
 \$750/mo each + sec dep each
(562) 923-9158

SERVICES
THE ELECTRIC CO.
 Commercial Lighting and Electrical
(562) 922-0461

COMPUTER 1 SOLUTION
 Desktop & Notebook Repair. Senior computer help & printer setup. Virus Removal
Call Larry Latimer (562) 714-9876

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 Lic 965519 & Bonded, Jobs start at \$35, free estimate
Call Erik (323) 228-4500

SERVICES
HANDY CRAFTSMAN SERVICE
 for all your home improvements & repairs. All labor and material guaranteed.
(562) 331-0976

PLANS, PERMITS CONSTRUCTION
 Project Design, New Construction, Remodeling & Additions
Lic. #936419 Call Jeff (562) 869-1421


FINE ROOFING, INC.
 Roof Repair & Leaks
 Free Estimate•Quality Service Senior Discount. Lic 976823
(562) 879-4987

SERVICES
FULL SERVICE PLUMBING
 Licensed, bonded & insured, 24/7, senior discount
McKinnon & Sons Plumbing of Downey (562) 904-3616

ANNA'S PET GROOMING
 Since 1975. Professional dog & cat grooming. Open 7 days. No appt. needed before 3pm.
Norwalk (562) 868-1200

YARD SALE
DEC. 26TH & 27TH
 8am - 2pm. Washer/dryer, futon, computer table, hshld items, jewelry.
7829 Coolgrove, Dwy

Just a Phone Call Away to include your ad in **The Downey Patriot**



Classified Section
 Deadline is Wednesday at 11:00 am
(562) 904-3668

SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED: 本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다. NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACION DE ESTE DOCUMENTO TALA: MAYROUNG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP LUU Y: KEM THEO DAY LA BAN TRINH BAY TOM LUOC VE THONG TIN TRONG TAI LIEU NAY PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/1/2008, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: JAVIER BARAJAS, AND, BLANCA V BARAJAS, HUSBAND AND WIFE AS JOINT TENANTS Duty Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 2/12/2008 as Instrument No. 20080252918 of Official Records in the office of the Recorder of Los Angeles County, California, Street Address or other common designation of real property: 10051 MATTOCK AVE DOWNEY, CA 90240 A.P.N.: 6391-015-012 Date of Sale: 1/21/2016 at 9:00 AM Place of Sale: At the Vineyard Ballroom, Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650 Amount of unpaid balance and other charges: \$496,881.27, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$509,471.48. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you

and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 15-0645-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/15/2015 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (800) 280-2832 Auction.com Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE WOLF FIRM MAY BE ACTING AS A DEBT COLLECTOR, ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION YOU PROVIDE WILL BE USED FOR THAT PURPOSE. NPP0267240 To: THE DOWNEY PATRIOT 12/24/2015, 12/31/2015, 01/07/2016

The Downey Patriot 12/24/15, 12/31/15, 1/7/16

Trustee Sale No.: 00000004943247 Title Order No.: 730-1408306-70 FHA/VA/PMI No.: 3878390831 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/17/2007, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 09/20/2007 as Instrument No. 20072168151 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: MARCO TULLIO MEZA, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/06/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 12303 ZEUS AVENUE, NORWALK, CALIFORNIA 90650 APN#: 8024-023-014 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$509,471.48. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that

may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 00000004943247. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE INSURANCE COMPANY 1180 IRON POINT ROAD, SUITE 100 FOLSOM, CA 95630 916-939-0772 www.nationwideposting.com BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP as Trustee Dated: 12/02/2015 NPP0265641 To: THE DOWNEY PATRIOT 12/17/2015, 12/24/2015, 12/31/2015

The Downey Patriot 12/17/15, 12/24/15, 12/31/15

NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST LOAN: 04-1710 OTHER: 8579955 FILE: 7860 JLP A.P. NUMBER 8080-019-022 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED August 7, 2007, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE is hereby given that LENDERS T.D. SERVICE, INC., as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by JOSE SANTIAGO, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY Recorded on 08/17/2007 as Instrument No. 20071934337 in Book Page of Official records in the office of the County Recorder of LOS ANGELES County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 08/19/2015 in Book , Page , as Instrument No. 2015-1017026 of said Official Records, WILL SELL ON 01/08/2016 at BY THE FOUNTAIN LOCATED AT 400 CIVIC CENTER PLAZA, POMONA, CA 91766 at 11:00 A.M. AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described: As more fully described on said Deed of Trust. The property address and other common designation, if any, of the real property described above is purported to be: 11955 MOLETTE STREET, NORWALK, CA 90650 The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$43,321.25 In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank,

a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 877-375-8174 for information regarding the trustee's sale or visit this Internet Web site: www.lpasap.com for information regarding the sale of this property, using the file number assigned to

this case. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 12/15/2015 LENDERS T.D. SERVICE, INC., as said Trustee 24422 AVENIDA DE LA CARLOTA, #280 LAGUNA HILLS, CA 92653 (949) 855-1945 By: JEFFREY L. PRATHER PRESIDENT A-4555189 12/17/2015, 12/24/2015, 12/31/2015

The Downey Patriot 12/17/15, 12/24/15, 12/31/15

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A Visit from St. Nicholas

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds;
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap,

When out on the lawn there arose such a clatter,
I sprang from my bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow,
Gave a lustre of midday to objects below,
When what to my wondering eyes did appear,
But a miniature sleigh and eight tiny rein-deer,

With a little old driver so lively and quick,
I knew in a moment he must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name:

"Now, Dasher! now, Dancer! now Prancer and Vixen!
On, Comet! on, Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the housetop the coursers they flew
With the sleigh full of toys, and St. Nicholas too—

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a pedler just opening his pack.
His eyes—how they twinkled! his dimples, how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard on his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke, it encircled his head like a wreath;
He had a broad face and a little round belly
That shook when he laughed, like a bowl full of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight—
"Happy Christmas to all, and to all a good night!"

The magic of Christmas movies

By Mina Anne Chudilowsky

Movies and television have been a part of my Christmas holidays traditions forever. I'd view these with my family, and then friends, and then on my own.

"Auntie Mame" gets you in the mood when Mame (Rosalind Russell) works at the department store at Christmas time, gets fired, and then goes home and sings, "We need a little Christmas right this very minute..."

Or remember Judy Garland singing, "Have yourself a merry little Christmas" to a young Margaret O'Brien in "Meet Me in St. Louis"? And how about little Natalie Wood who didn't believe in Santa Claus in "Miracle on 34th Street"?

To me, the traditional old movies are the best. Of course "It's a Wonderful Life" is a perennial favorite. By now though, some of the scenes bore me and I can't wait for Clarence Oddbody A.S.C. to show up. I enjoy seeing the marquee on the theater in Bedford Falls that says "Bells of St. Mary's" on it. I also like that Clarence is reading "Tom Sawyer" and leaves the book for

Jimmy Stewart's character - George Bailey. I also like the origin of Bert and Ernie.

I love "The Bishop's Wife" starring Cary Grant, Loretta Young and David Niven. I have seen the more recent remake starring Whitney Houston and Denzel Washington, and while they are both delightful to watch, I prefer the Carey Grant black and white version.

"The Bells of St. Mary's" used to always appear on TV at Christmas and we'd watch it faithfully. Sometimes, even "Going My Way" would be shown and tears would well up when "Tura Lura Lura" was sung to Barry Fitzgerald's character.

We grew up singing along to Bing Crosby's Christmas carols on 78 rpm records, especially when decorating the Christmas tree.

"Holiday Inn" was shown during the holidays and you'd see and hear Bing Crosby sing "White Christmas" for the first time as this movie introduced that song to us. Then there is the movie "White Christmas" which was in color and starred Bing Crosby, Rosemary Clooney, Danny Kaye and Vera Ellen. You'd sing "Sisters," "Snow,"

and "White Christmas" along with the cast.

"A Christmas Carol" is always shown on some channel with Marley's ghost dragging his chains and Ebenezer Scrooge saying, "Bah humbug." There are many version of this story including the animated one starring Mickey Mouse, and a favorite is the one starring the Muppets.

There are movies and stage productions of "The Nutcracker Ballet" and the best one, in my opinion, stars Mikhail Baryshnikov with his gravity-defying leaps as the nutcracker/prince.

Sometimes you can see a "Sing Along Messiah" and it's fun to sing along, but it is so much more fun to go to an actual "Sing Along Messiah" and be a part of the audience who sings the chorus.

Music and variety shows used to put on Christmas-themed programs like Mitch Miller, Andy Williams, Bing Crosby, Perry Como, etc. Now, if a pop singer or country singer sings Christmas songs, he or she will stylize them and they are hardly recognizable.

There are more recent movies shown at Christmas like "Elf," "The

Santa Claus," "Home Alone," Chevy Chase's Christmas movie, Jamie Lee Curtis' movie about a last minute Christmas celebration, etc. but none of them compare to the older movies.

PBS will show Peter, Paul and Mary Christmas and Hanukkah programs, and they're wonderful.

There are many cartoon and claymation Christmas programs shown each year. I find most of them insipid, amateurish and boring. The two that I will watch every year are "How the Grinch Stole Christmas" and "A Charlie Brown Christmas." The Grinch's heart grows three sizes and he rushes down to Whoville to celebrate Christmas, and Linus tells Charlie Brown - and us - the real reason we celebrate Christmas.

To me, nothing compares to these two animated stories and the old black and white Christmas movies although the movie version of "How the Grinch Stole Christmas" starring Jim Carrey is also fun to watch.

MERRY CHRISTMAS FROM M.R. & ASSOCIATES

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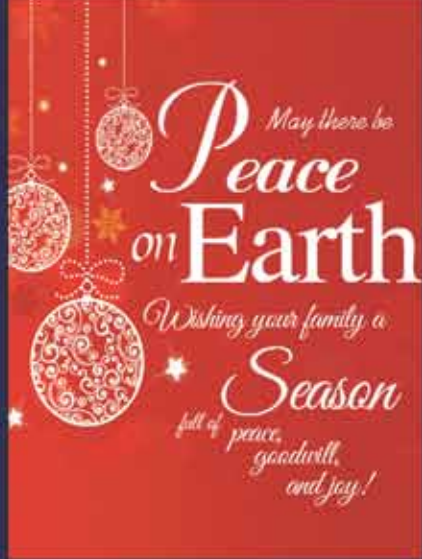
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Special Thanks to all our Clients this year!

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May every room hold laughter and
Every window open to great possibilities!"*
-Mary Anne Radmacher
Merry Christmas!
From Michael Berdelis & Family