



NEWS
Downey man killed

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NEWS
Property values jump

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HEALTH
Multivitamins: are they needed?

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ENTERTAINMENT
What's new on Netflix

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JULY 28

Film Screening: The Karate Kid
DATE: Friday, July 28
TIME: 1 pm
LOCATION: Downey Library

JULY 30

Dance is Life
DATE: Sunday, July 30
TIME: 6:30 pm
LOCATION: Downey Theatre

AUGUST 3

Let's Do Lunch networking
DATE: Thursday, Aug. 3
TIME: 12 pm
LOCATION: Gaucho Grill

AUGUST 4

"Loitering Encouraged" art show
DATE: Friday, Aug. 4
TIME: 6 pm
LOCATION: Stay Gallery

AUGUST 5

Concerts in the Park: A Salute to Santana
DATE: Saturday, Aug. 5
TIME: 5 pm
LOCATION: Golden Park

Hot Havana Nights

DATE: Saturday, Aug. 5
TIME: 6:30 pm
LOCATION: Elks Lodge

AUGUST 9

Valvoline ribbon cutting
DATE: Wednesday, Aug. 9
TIME: 4 pm
LOCATION: Valvoline (Rives & Firestone)

AUGUST 12

Smart Gardening workshop
DATE: Saturday, Aug. 12
TIME: 9:30 am
LOCATION: Wilderness Park

AUGUST 17

Coffee with Council Member Blanca Pacheco
DATE: Thursday, Aug. 17
TIME: 6 pm
LOCATION: Green Olive (Promenade)

AUGUST 19

Rocket Fever
DATE: Saturday, Aug. 19
TIME: 10 am
LOCATION: Columbia Memorial Space Center

SEPTEMBER 16

International Food & Music Festival
DATE: Saturday, Sept. 16
TIME: 4-11 pm
LOCATION: Downtown Downey

OCTOBER 11

Downey Chamber of Commerce Golf Tournament
DATE: Wednesday, Oct. 11
TIME: 10:30 am
LOCATION: Rio Hondo Golf Club

OCTOBER 13

Elvis Tribute
DATE: Friday, Oct. 13
TIME: 8 pm
LOCATION: Downey Theatre

OCTOBER 29

Dia de los Muertos
DATE: Sunday, Oct. 29
TIME: 11 am
LOCATION: Downey Theatre

NOVEMBER 1

Voyage to the Red Planet
DATE: Wednesday, Nov. 1
TIME: 9 am
LOCATION: Columbia Memorial Space Center



John Tesh



Sara Evans



Vicki Lawrence



Mariachi Divas



Blood Sweat & Tears

John Tesh, Sara Evans headline Downey Theatre's 2017-18 season

DOWNEY – The Downey Civic Theatre has released its 2017-18 season schedule, headlined by performances by Grammy-nominated pianist John Tesh and country music artist Sara Evans.

Season tickets are now on sale at the Downey Theatre box office. Individual tickets can be purchased beginning Aug. 29.

Below is the full schedule:

Sunday, Oct. 15:

Vicki Lawrence & Mama: Emmy Award-winning comedienne Vicki Lawrence is one of the most beloved television personalities of her generation. Plucked out of total obscurity as a high school senior, Vicki went on to become part of the now-legendary cast of the "Carol Burnett Show."

In the seventh season, at the ripe old age of 24, Vicki created her most endearing character to date, Thelma Harper, or "Mama" as she is better known to her fans.

After the Burnett Show, Vicki went on to star in "Mama's Family," which consistently topped the ratings for its entire six-year run of original shows.

Nov. 11-12

Rudolph the Red-Nosed Reindeer, the Musical: The beloved TV classic soars off the screen and onto the stage this holiday season. Come see all of your favorite characters from the special, including Santa and Mrs. Claus, Hermey the Elf, Bumble the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life.

Saturday, Dec. 2

Mariachi Divas: Founded in 1999 by trumpet player Cindy Shea, the two-time Grammy Award winning Mariachi Divas is a multicultural, all-female ensemble that continues to push and expand the scope of mariachi music. Since 2003, Mariachi Divas has been the official mariachi of the Disneyland Resort where they entertain audiences of all ages and backgrounds on a year-round basis.

In addition to performing regularly at the Disneyland Resort and when they are not busy recording albums, Mariachi Divas and their music can be found in films, music videos, Hallmark greeting cards, and movie soundtracks as well as touring across the United States and Mexico.

Saturday, Jan. 27

Blood Sweat & Tears featuring Bo Bice: Blood Sweat & Tears has set the high water mark for the worlds greatest musicians which is still true in the latest version of BS&T. It has now been 50 years since founding member Bobby Colomby with an amazing Jazz background had a vision of fusing Jazz, Rock and Blues into one band.

Colomby hand picked the greatest players and Vocalist of which many have gone on to be legends themselves, Randy Brecker, Mike Stern, Jaco Pastorius Lew Soloff, and so many more.

Throughout the years fans have come to love their favorite version of BS&T. Every version of the band has left it's mark on the music world. The most commercially successful version was the second generation Band.

The Downey City Council on Tuesday recognized its 2017 National Parents of the Year.

Honorees included Holly and Roberto Martinez; Cecilia Goñez; and Don and Stacy Brabant.

Parents received official proclamations from Mayor Fernando Vasquez on behalf of the city of Downey.

From left: Dorothy Pemberton, Katrine McCarthy, Holly and Roberto Martinez, Cecilia Goñez, Don and Stacy Brabant, Susan Janey and Martha Sodemani.

The current line up with Bo Bice at the helm on vocals is the most popular in recent years.

Saturday, Feb. 3

John Tesh: Six music Emmys, two Grammy nominations, three gold records, seven Public Television specials and 8 million records sold. After more than three decades as an international entertainer, John Tesh's recording and live concert career continues to thrive today.

Whether at the solo piano, with a 12-piece 'big band' or an 80 piece orchestra, Tesh's ability to create a unique journey for concert fans with music and storytelling has taken him from the Red Rocks Amphitheater and the Coliseum in Rome to Carnegie Hall and The Kennedy Center. John's live television concerts, including the seminal 'Live at Red Rocks,' have raised more than \$20 million for public television.

A self-proclaimed school "band geek" playing trumpet in marching and jazz bands in junior high and high school, Tesh was proficient on the trumpet and piano from the age of six. He studied privately with teachers from The Julliard School, and was named to the New York State Symphonic Orchestra in high school while also playing Hammond B3 in 3 Long Island rock bands.

Sunday, March 18

Treasure Island: Set in the eighteenth century, the original Treasure Island spins a heady tale of piracy, a mysterious treasure map, and a host of sinister characters charged with diabolical intentions.

The action-packed adventure tells of a perilous sea journey across the Spanish Main, a mutiny led by the infamous Long John Silver, and a lethal scramble for buried treasure on an exotic isle.

Friday, March 30

Animaniacs: Animaniacs, a mix of old-fashioned wit, slapstick, pop culture and music, fueled the animation renaissance of the late 1990s, with iconic voices, characters, an original score for every cartoon and an Emmy Award-winning theme song.

Now the hilarious '90s animated series starring the wacky Warner Brothers (and the Warner Sister, Dot) is back in live form.

The group will perform songs from the beloved show, in addition to several numbers that didn't make the cut the first time around.

Sunday, April 22

Sara Evans: She's had five No. 1 singles, sold millions of records, won the Academy of Country Music's Top Female Vocalist Award and claimed a Country Music Association trophy for her signature song, "Born To Fly." It's tough to imagine many accomplishments Sara Evans hasn't already checked off her bucket list.

And yet, with the release of her eighth studio album, Words demonstrates that she's still willing to leap into the unknown, taking greater control of her career and calling the shots in a way that's unusual in country music – particularly unusual for a woman in the genre.

Words is the first project on Evans' own label: Born To Fly Records, appropriately named after that CMA-winning signature song, which celebrated risk and adventure.

Weekend at a Glance

Friday 86°

Saturday 84°

Sunday 83°

THINGS TO DO



Whittier Art Exhibit

Saturday - Whittier Historical Society & Museum, 5-8 pm

Closing reception for "A Phone Call to the Past," an art exhibit by Whittier artist Dennis McGonagle.



UFC 214

Saturday - Honda Center, 3 pm

The highly-anticipated rematch between light heavyweights Daniel Cormier and Jon Jones.



Poncho Sanchez

Saturday - Fords Theatre, 8 pm

Poncho Sanchez and his Latin jazz band perform live, with proceeds benefiting MEND.



Los Lonely Boys

Sunday - The Canyon Club, 6 pm

The Chicano rock power trio plays at The Canyon Club in Agoura Hills.

FROM OUR FACEBOOK

Lights to be installed at Furman, Apollo park walking trails

Martha Saenz: Hopefully the baseball fields can get some lighting too. Even without having late games, during the first few games of the spring season, games have to be stopped and rescheduled because it's too dark, and sometimes it's only 6:30.

Laura Ocegueda: That's great news for runners. I have ran in the dark and it's doesn't make me feel safe.

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

TWEET OF THE WEEK

@CityofDowney: Our new online story series, "Diving Into Downey" launches this week. Be on the lookout for our first addition. [sic]

Follow us! @DowneyPatriot



Dani Moreno added to USA's long distance running team

By Mark Fetter
Contributor

DOWNEY – In last week's Patriot there was a piece written on former Warren standout cross country and track and field runner Daniella Moreno. This is the follow-up piece on Daniella Moreno and her journey to the Women's U.S.A. Long Distance Mountain Team.

Moreno studied political science (comparative politics) at U.C. Santa Barbara and graduated with a 3.6 G.P.A. Moreno competed in both cross country and track and field during her five years as a Lady Gaucho.

Moreno was injured her first year for cross country but had a great performance in her first Big West Conference Meet where she scored in the 10k for her team by placing sixth. In her second year, Moreno ran cross country and scored by placing sixth overall and was the second scorer for the

Lady Gauchos. In track, Moreno placed fourth in the 10k and third in the 5k. In her third year, Moreno finished sixth in cross country and for track she finished second in the 10k and second in the 5k.

In her fourth year, Moreno finished third in cross country and redshirted track. In her fifth and final year, Moreno finished fourth in cross country and finished first in the 10k and second in the 5k. As her career came to an end at U.C. Santa Barbara, Moreno had ended with three all-time marks in the 3k, 5k and 10k runs.

While at Warren, Moreno was given several words of wisdom. According to Moreno, the best advice she was given was "to capitalize on your resources you do have and go out and seek those you don't have." Moreno mentioned that coming from a city with no hills, they would always drive as a team a few times a week to get practice for courses like

Mt. SAC. By doing this Moreno maintained, "it really taught me that when you really want to obtain a goal you can have no excuses."

Since this time, Moreno believes that "I always make sure that if I don't have something for my training I go out and find it or find a way to get it." Moreno continued by saying, "especially in a sport like trail running where no course is the same, you constantly have to be reconfiguring training routes to simulate the amount of vert there may be in these bigger races."

After dealing with numerous challenges, injuries and setbacks, Moreno will be representing the United States on August 6th in the World Long Distance Mountain Championships in Premana, Italy. Best of luck to you, Dani.

■ The 2017 fall sports competitions at Downey High School will begin next month. Teams have been busy practicing, scrimmaging and running their summer programs while working around the C.I.F. mandated "dead period."

The "dead period" is three weeks of no scheduled or organized, face to face contact between coaches and players.

Each respective sport must observe the "dead period" but may take the three weeks off at a time of their choosing. Many teams take the three weeks off as school gets out while others take the three weeks off before fall classes begin.

Fall sports include boys' and girls' cross country, football, girls' golf, girls' tennis, girls' volleyball and boys' water polo. The seasons start in late August and end in November. Seasons can go longer if athletes or teams, in their respective sports, qualify for postseason competition(s).

The Downey boys' and girls' cross country coach is Robert Gleason. The head football coach

is Jack Williams and he has many assistant coaches on his staff. The girls' golf coach is Jason Bean and the girls' tennis coach is Denise Diego. The girls' volleyball coach is Bob McCarthy and the boys' water polo coach is Uriel Villa. The Athletic Director at Downey High School is Mark Rand.

The Warren boys' cross country coach is Ramon Miranda and the girls' cross country coach is Jay Waldron. The head football coach is Raul Lara and he has many assistant coaches on his staff. The girls' golf coach is Tina Schmid and the girls' tennis coach is Mary Starksen. The girls' volleyball coach is Scott Lane and the boys' water polo coach is Jarrett Powers. The Athletic Director at Warren High School is Russ Heicke.



Warren High grad Dani Moreno will represent the United States at the World Long Distance Mountain Championships Aug. 6 in Italy.

Photo by Nick Presniakov

on Nov. 3.

■ The St. Pius X- St. Matthias Academy football program has 12 games scheduled this fall. The Warriors compete in the Academy League against Crean Lutheran, Orange Vista and St. Margaret's.

There are a total of four teams and it is C.I.F. Division 13 competition.

The Warriors will open-up against the Webb Schools of Claremont at home on Aug. 25. The Warriors will then play Montclair at Montclair on Sept. 1, followed by Sherman Indian of Riverside at Sherman Indian on Sept. 8. The Warriors will then play Cantwell Sacred-Heart of Montebello at Cantwell Sacred-Heart on Sept. 15 and then Crean Lutheran of Irvine at home on Sept. 22.

The Warriors will then play Sotomayor of Los Angeles at home on September 28, followed by St. Margaret's of San Juan Capistrano at home on September 29. St. Pius X- St. Matthias Academy will travel to Firebaugh of Lynwood on Oct. 6 and will then face Silver Valley of Yermo at home on Oct. 13.

St. Pius X- St. Matthias Academy will then play Village Christian of Sun Valley at home on Oct. 27 followed by Orange Vista of Perris at home as well on Oct. 27. The Warriors will conclude their regular season schedule when they travel to Bosco Tech of Rosemead

something in your way and it may be hard to get through but it will always be possible. Best of luck to you this fall at King University, Robert.

■ Former Downey High School standout wrestler Robert Chism has been busy working towards his college degree since graduating high school and currently has one year left of athletic eligibility.

Since graduating from Downey High School, Robert has attended Cerritos College, Lindenwood University and King University. Chism is studying criminal justice and has a 2.8 G.P.A.

Chism originally chose Lindenwood University in Missouri because he thought it was a great school and that it would be a good place to study. Chism had to leave Lindenwood due to some medical issues which have since been resolved and will now be attending King University in Tennessee where he will wrestle for one season and finish college.

Chism maintains that the best advice that was given to him in high school was to "never quit and keep moving forward." Chism sees himself as a police officer in five years "helping all the people he can by making the streets safer for everyone."

Chism also offered up some advice to young kids. Chism said, "never quit moving forward because there will always be

■ Former Warren High School standout cross country, basketball and track and field athlete Danielle Rodriguez, "DRod," has been in Iceland playing professional basketball. Rodriguez was back at Warren last week visiting her former coaches and sharing her experiences.

Head girls' basketball coach Rachel Palmer and head girls' cross country and track and field coach Jay Waldron are extremely proud of Danielle and all that she has accomplished in her young career. The Warren saying of "once a Bear, always a Bear" certainly is true here. It is nice to see Danielle come back to where it all started for her.

After Warren, Rodriguez attended and graduated the University of Utah. She has also traveled around the world to play basketball and has served as a mentor and role model for girls of all ages and ability levels.

Rodriguez played in China a few years ago and most recently was playing professionally in Iceland. As of last week, Rodriguez planned on returning to Reykjavik to play again this year. Danielle said that she enjoyed last season and that Iceland was great. When asked about the weather there she said that "Utah was cold too." Rodriguez concluded by saying that while she is having a great time playing there "I wouldn't want to live there full time."

Rodriguez still hopes to play basketball in Europe someday. Right now, she is happy doing what she is doing and hopes to continue.

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Average sales price for Downey home reaches \$590,072

DOWNEY – Downey property values continue to climb, according to data released by the Downey Association of Realtors.

Downey had 69 new real estate listings in June 2017, up 13% from 2016. The average sales price was \$590,072, up 5% from a year ago.

A shortage in inventory is contributing to the rising prices. In Downey, there are currently 138 homes for sale.

Meanwhile, L.A. County property values increased 6.04%, the seventh consecutive year of growth for local real estate, according to statistics released by the L.A. County Assessor.

The gross value of all taxable property in L.A. County reached a record \$1.474 trillion.

The increase in value "reflects the continuing strength of the real estate market and high demand for new multi-family residential properties in the Los Angeles County area," said L.A. County Assessor Jeff Prang.

The 2017 Assessment Roll contains the details of over 2,300,000 taxable real estate parcels, 170,000 business/personal property assessments, 26,000 boats, and 3,000 aircraft.

As a means of providing tax relief to small business owners, Prang initiated a change to the Low-Value Ordinance by increasing the threshold from \$2,000 to \$5,000. The change provides property tax relief to more than 50,000 small businesses by relieving them of

property tax obligation for equipment, machinery, office furnishings, and even some boats and aircraft that have an assessed value below \$5,000.

Transfers of ownership, such as real estate sales, caused the greatest increase in the growth of the Assessment Roll at 3.13%. Additional factors of growth include decline-in-value restorations (0.38%) and new construction (0.55%). Decline-in-Value restorations include properties in areas still recovering from the property value downfall of the economic recession.

The annual inflation-adjusted trend, which is responsible for the increase in property taxes for properties that did not experience any form of changes in ownership or construction, added an additional 1.77% to the value of the Roll. This is consistent with Proposition 13 requirements, which limit increases to a property's base value to 2% a year – or less if the California CPI is less than 2%.

From 2007 through 2010, the economic recession caused a decline in real estate values resulting in diminishing assessment roll values. However, between 2011 and 2016, an improving economy and a thriving real estate market in the County of Los Angeles resulted in consecutive increases in the Assessment Roll of 1.36%, 2.20%, 4.66%, 5.47%, 6.13%, and 5.58%, respectively.

With a growth of 6.04%, the 2017 Assessment Roll continues on this upward trend and illustrates strong market recovery, Prang said.



Property values in Downey and all of L.A. County are rising. Pictured is Downey's Rives Mansion.

Photo by Joan Anderson, DowneyDailyPhotos.com.

Lighting to be installed at park walking trails

DOWNEY – Although the walking trails at Apollo and Furman parks have been open for about two years, one thing has remained missing: lights.

That will change as the City Council on Tuesday night approved a \$240,000 project to illuminate the trails.

To reduce costs, parts of the trails will be lighted using decorative light poles removed from Lakewood Boulevard. The blue poles will be repainted and converted to energy-efficient 30-watt LED fixtures, officials said.

The walking trails were completed in 2014 and 2015, but lighting is required under the terms of a grant the city of Downey received in 2013 from the County of Los Angeles Regional Park and Open Space District.

Light installation is expected to begin in September and should take about three months to complete.

■ The City Council terminated a contract with Ultimate Maintenance Services for janitorial services, citing dissatisfaction with their performance.

UMS received the contract March 28 of this year and began servicing 22 city facilities on May 1.

However, "since the inception of the contract, staff has received

numerous service-related concerns related to the...janitorial services provided by Ultimate which despite repeated requests for correction continue to date..." city officials wrote in a staff report.

Ultimate's contract will be terminated effective Aug. 2.

ABM Industry Groups, the second lowest bidder that competed for the contract in March, will take over janitorial services. The company has provided janitorial services for the city on special request and on short notice, officials said.

■ The City Council approved professional service agreements with TRC Engineers Inc., Moore Iacofano Goltsman Inc., and Arellano Associates LLC for on-call public outreach services associated with capital improvements and other city projects.

The firms will serve as on-call consultants on an as-needed basis, helping reach out to residents and stakeholders by distributing bilingual flyers and notices, and holding town hall and community meetings

■ Three residents were appointed to the city's Board of Building Appeals: Jeff Worthy, Brian Heyman and Robert Kiefer.

Worthy was appointed by Councilman Alex Saab, representing District 5; Heyman was appointed by Councilman Rick Rodriguez, representing District 3; and Keifer was appointed by Mayor Pro Tem



The walking trails at Furman and Apollo parks will be illuminated, in part, using light poles removed from Lakewood Boulevard.

Photo by Alex Dominguez

Sean Ashton, representing District 2.





PIH Health Medical Offices Now Open in Downey

New Physicians in Your Neighborhood

PIH Health Women's Center and Otolaryngology (ear, nose and throat/ENT) offices are now available to help you with your health needs. Our board certified obstetricians/gynecologists and ENT specialists are highly trained and available to see you or your family members in our newly opened clinical offices located in the heart of Downey.

A new Family Medicine office will open at the same location in September.

Call today to learn more about our PIH Health services or visit PIHHealth.org.

PIH Health Brookshire Medical Office Building
 11411 Brookshire Ave., Downey, CA 90241
Women's Center, Suite 207, T: 562.904.5151
Otolaryngology (ENT), Suite 302, T: 562.789.5456

Man found dead in Downey backyard

DOWNEY – A 31-year-old man was arrested Monday on charges that he killed a neighbor whose body was discovered by his girlfriend.

A homicide was discovered at a home in the 12200 block of Horley Avenue in the early evening hours on Monday.

At around 5:30 p.m., a woman who lives in the front house of the property returned home and found her boyfriend deceased in the backyard of the home.

The victim, whose identity has been withheld by officials in order to give the family of the deceased time to notify other family members, appears to have been stabbed and possibly shot.

No further specifics into the victim's injuries have been released due to the pending investigation.

The property where the body was discovered is residential with a front and back house. The back house is occupied by a woman and her boyfriend. This woman is the sister of the woman who resides in the front house.

Based on evidence at the scene and witness statements detectives believe that the boyfriend who resides in the rear house, identified as 31 year-old Robert Joseph Benitez, is responsible for the homicide.

The motive for killing is still being investigated.

Benitez was located outside his girlfriend's parent's home in Whittier and was arrested without incident. He was booked for murder.

Anyone with information relating to this crime is encouraged to contact Detective Ron Gee at (562) 904-2331, or may call "Crime Stoppers" by dialing (800) 222-TIPS (8447) to provide information anonymously.

Fundraisers for injured Downey police officer

DOWNEY – Friends, co-workers and family members of injured Downey police officer Ed Hano are holding fundraisers to help the canine officer in his recovery.

Hano was critically injured in an electrical explosion last week during a training exercise in South Gate.

South Gate police officer Carlos Corella also was injured. Both men remain hospitalized.

"During one of the exercises, Officers Hano and Corella were severely injured when an explosion occurred from within the building," friends posted on a GoFundMe page. "Both Ed and Carlos suffered injuries that left them hospitalized. Our friends now face a long and challenging journey to recovery."

Donations can be made online by going to GoFundMe.com/EdAndCarlosFund.

Meanwhile, Downey and South Gate police officers will host a Crossfit workout Saturday, Sept. 9, at South Gate Crossfit. Registration is \$30 with proceeds benefiting the families of both officers.

To sign-up, email South Gate field training officer Byron Austin at baustin@sogate.org.

In Memory of Pedro Chavez

June 29, 1948 - July 18, 2017



Pedro Chavez resident of Downey since 1994 passed away from complications due to Amyotrophic Lateral Sclerosis (ALS) at home surrounded by his family.

He leaves behind his wife Silvia of 45 years, two sons (Agustin and Daniel), two daughters (Anna and Susana), six grandchildren (Danny, Antonio, Aryana, Emma, Eric, and Adrian), best friend (Raul), Mother (Elodia) and 9 siblings.

He was an exemplary son, brother, uncle, husband, and father. He enjoyed photography, jogging, camping, and off road dirt biking. He also enjoyed reading, cooking, and spending time with his grandkids sports activities.

Memorial services taking place in Downey on Friday July 28th and Saturday July 29th.

He will be deeply missed by ALL.

Donate blood this Sunday

DOWNEY – Thousands of people have responded to the emergency call for blood and platelet donations issued by the American Red Cross in early July, but there continues to be a critical summer blood shortage. Eligible donors of all types are urgently needed.

There is an upcoming blood donation opportunity in Downey at the Downey Grocery Outlet at 8320 Firestone Boulevard on July 30 from 10 a.m. to 4 p.m.

To schedule an appointment to donate, use the Blood Donor App, visit redcrossblood.org or call 1-800-REDCROSS (1-800-733-2767).

SEAACA extends \$5 cat adoptions

DOWNEY – SEAACA's \$5 feline "Cat-tastic" Adoptions promotion has been extended to Saturday, August 26.

The \$5 adoption fee includes spay/neuter, micro-chip ID, first set of vaccines, and flea treatment.

Animal viewing is from Tuesday through Friday from 11 a.m. to 6 p.m., and Saturday from 10 a.m. to 5 p.m.

Free BBQ for kids

DOWNEY – Good Shepherd Lutheran Church is hosting a free barbecue for kids Sunday, Aug. 13, from 4-6 p.m.

There will also be a bounce house for kids ages 12 and under. The church is located at 13200 Columbia Way.

In Memory of Shirley A. Hershkovitz

January 15, 1924 - July 22, 2017

Shirley A. Hershkovitz, 93, died on July 22, 2017 in La Mirada, California following a short illness during which she showed great courage and spunk. She is survived by her loving son Eric Hershkovitz, and his wife Fran, and daughters Joan Fraley, Diane Hershkovitz, and Lisa Levin and her husband Steve, along with her cherished grandchildren Madeleine, Shaina and Brian Levin.

Shirley was born on January 15, 1924 in Southampton, England during the great European migration, to parents David and Florence Arons of Lithuania. At the age of two, she sailed with her family to the U.S. on the White Star Lines' ship, the Majestic. Shirley, her parents, her brothers George and Harry, and sister Josephine, all now deceased, lived in Newark, New Jersey. She became a U.S. citizen in 1944 and married Bernard Hillard Hershkovitz in 1945. Bernie was a navigator in the U.S. Army Air Corps and served bravely in WWII. He worked as an engineer for North American Rockwell and died in 1987.

Shirley and family lived in Downey, California since 1956, where she was a member of Temple Ner Tamid, and was active as a volunteer at Downey Community Hospital, a Friend of the Downey City Library and a member of the Stonewood Mall Walkers. Shirley loved music of all styles and she had the greenest of thumbs. She never left the house without looking like a million bucks and was quick to endeavor herself to others with a wry quip or a sweet compliment. Shirley will be dearly missed by her family and friends.

Downey YMCA offering free back-to-school haircuts

DOWNEY – The Downey YMCA, in partnership with Villains Barber Shop, is giving away free back-to-school haircuts to boys ages 6-14.

The hair cuts will be provided Tuesday, Aug. 8, from 5-8 p.m. at the Downey Y.

Children must be accompanied by a parent or guardian 18 years old or older.

Barbers from Villains Barber Shop will provide regular haircuts, fades and tapers.

Hair cuts will be given on a first-come, first-served basis.

For questions or more information, call the Downey YMCA at (562) 862-4201. The Y is located at 11531 Downey Ave., south of Firestone Boulevard.

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Loneliness damages the health of our seniors: It can & should be treated

By Dr. Zubin Eapen

Loneliness, that feeling of disconnect from society, community and family, pervades the lives of more than 40 percent of seniors, at least according to one recent University of California, San Francisco study. This feeling impacts not just emotional, but also physical health, at a tremendous toll on individual patients, families, and society.

Loneliness is a complex problem, rarely diagnosed or even discussed. At CareMore we're making an effort to find ways to meet the needs of patients who experience loneliness. As a health delivery system that focuses on better managing the needs of seniors and others with complex medical problems, we are committed to go beyond traditional care solutions. [But there's no reason our approach has to be exclusive.]

Research shows that a lack of social connection and the feeling of loneliness and isolation is as damaging to one's health as smoking 15 cigarettes a day. It is also a risk factor for many other conditions, including cognitive decline, the potential progression of Alzheimer's disease, stroke, and obesity. It even impacts the common cold: A recent study in Health Psychology showed people who were lonely complained of 38.5 percent more severe symptoms than those who were identified as less lonely.

The human toll is more important, but loneliness can also be expensive. An AARP study showed those who are very socially isolated influence about \$130 per month more in Medicare spending than their non- or less-isolated counterparts.

At CareMore, we believe we should be asking the types of questions that can help spot a lonely patient, and determine what the medical, psychological and personal health implications. Listening and understanding a patient's needs—as well as paying close attention for signs of social isolation—is at the core of providing the best care.

The warning signs could be very obvious if we have real conversations with our patients in order to help them. For example, talking with a patient who has lost his or her spouse could be a step towards avoiding the development of full-blown depression, getting resources and treatment to them at just the right time.

At CareMore, we've just launched the Togetherness Program, a first-of-its-kind clinical program designed to ensure loneliness is addressed in the clinical setting. Led by the industry's first Chief Togetherness Officer, Robin Caruso, our program will focus initially on regular phone conversations with patients that we have identified as at-risk for loneliness. The purpose of these calls is to build connections, provide consistent and positive engagement and support a patient's individual health care needs.

These calls can give us information that helps us address loneliness from a holistic and direct patient care standpoint—whether that is connecting patients with community-based social programs operated out of our Care Centers and our Nifty After Fifty fitness gyms; providing hearing aid support, since it may be hearing loss that's driving the feeling of isolation; or something entirely different. Loneliness has many causes—and our job is to identify modifiable risk factors and address them.

Just the simple phone call often yields a rewarding shift in tone of voice. Our goals are even bigger than that, as rewarding as it is, though. We want to see improved quality of life and clinical outcomes (such as increased socialization and decreased depression), as well as reduced hospital admission rates.

While that recent University of California, San Francisco study I mentioned earlier found that people 60 years and older who reported feeling lonely faced a 45 percent increased risk of mortality, we believe there's promise that real results can happen.

In addition to the clinical benefit, programs like this are responding to demands from seniors who want to receive more than just medicine from their health care providers. According to a recent survey we conducted of seniors nationwide, 27 percent of respondents said they would like their provider to offer programs to connect them to people or activities in their community to help them stay healthy.

If health care professionals just keep their eyes and ears open, we can help make sure seniors who may suffer from loneliness can get the attention and care they need. This is a solvable problem, and addressing it can make a world of difference for the health of millions of patients.

Dr. Zubin Eapen is chief medical officer of CareMore.

On electric cars, U.S. is stuck in the slow lane

By Oscar Reyes

The French government recently announced a plan to ban sales of new gas-powered cars by 2040. Not to be outdone, the UK government is now rolling out a similar plan of its own.

These plans sound shockingly radical, but in fact many analysts think those transitions will happen anyway.

For instance, the Dutch bank ING recently predicted that all the cars sold in Europe will be electric by 2030. More conservative estimates put it at 2050. Either way, most experts now see this change on the horizon.

Electric vehicles — or EVs — are already more efficient than their gas-powered counterparts, and could soon become cheaper too. High-end models already outperform conventional engines for speed and acceleration.

Yet potential buyers will continue to be wary as long as the range of batteries remains small, and the network of charging points — think gas stations for electric cars — remains patchy.

Rapidly developing technologies could help overcome this “range anxiety,” as the distance between charges could rise from around 100 miles to over 400 in the next decade. But it's public policy, rather than technology, that's the real driver of the EV revolution.

Take Norway, where EVs already account for more than 40 percent of new cars sold.

There, a publicly funded network of free charging stations is driving the surge. The government also offered a range of other perks and incentives: scrapping sales and registration taxes for EVs, exempting them from parking charges and road tolls, and allowing them to dodge heavy traffic by using bus and taxi lanes.

As sales of EVs come to overtake gas-powered cars, the subsidies are being phased out. Yet the benefits continue: A growing fleet of clean vehicles will massively reduce air and climate pollution, and Norway is now well placed to develop and export technologies in a fast growing new industry.

As other European governments get more serious about supporting EVs, some conventional automakers are already embracing an electric future. The Swedish company Volvo recently announced that all of its new cars will be electric or hybrids from 2019 onwards.

U.S. manufacturers, on the other hand, could scarcely be more different.

Oil companies and automakers have successfully lobbied the Trump administration to consider reversing Obama-era fuel-economy standards, which could have supported a shift to hybrids and EVs, as well as cutting pollution that leads to thousands of premature deaths every year.

No wonder the big three U.S. automakers — Ford, GM, and Chrysler — lag way behind their global competitors in developing new EVs. Even stock markets are questioning the wisdom of that bet, as Tesla's value starts to rival its Detroit competitors.

Fortunately, states and cities can still lead where the federal government is failing.

California is sticking with its fuel-economy standards — the nation's toughest — and mandating automakers to sell “zero emission vehicles” alongside conventional cars.

California's cities are also leading the way with public charging points, but they're not alone. Cities from Seattle to Atlanta are embracing EVs through incentives ranging from tax incentives to carpool lane access.

Of course, promoting EVs alone won't solve our air pollution problem, or help the U.S. meet its share of global action on climate change — especially where electricity is still produced from coal and other fossil fuels.

We'll also need better public transportation and changes in how cities are planned, to bring homes closer to shops and workplaces. But electric vehicles will be an important part of getting air pollution and climate change under control.

Local politicians need to step up where the Trump administration is failing, or we risk getting left in the slow lane.

Oscar Reyes is an associate fellow of the Climate Policy Program at the Institute for Policy Studies.

What I learned at a pride parade

By Jill Richardson

Like many cities, San Diego holds its Pride Parade every summer. As a straight woman who hates traffic and crowds, I'd never gone before. This summer I decided to go.

It wasn't until I began telling friends about my plans to go that I heard the varying misconceptions many had about the parade. Many straight people who'd never been assumed it was some combination of a strip club and Burning Man (not that there's anything wrong with those things).

It's not that — or not for everyone, anyway.

Not long ago, LGBT Americans were told to be ashamed of who they were. Well into the 1980s, same-sex attraction was considered a mental illness, and therapists tried to “cure” patients of being gay.

For too many people that's still true today. But we've come a long way since then.

In 2003, the Supreme Court ruled that states could not criminalize sex between same-sex partners. More recently, the military dropped its “Don't Ask Don't Tell” policy so that gay, lesbian, and bisexual members

of the armed services can openly serve.

And, of course, same sex marriage became legal at long last in 2015.

The 1969 Stonewall Riots were a watershed because, even though they were still scorned and denied rights, it was the start of LGBTQ people demanding equality — without any apology for who they were. They no longer accepted that they should be ashamed of themselves.

At their core, that's what pride parades are about. They're a celebration of a group of long oppressed people loving and accepting who they are and demonstrating that acceptance to the world.

Because, while the majority of Americans now support gay rights, a significant minority still does not. And trans acceptance, though growing, still lags behind.

And sometimes LGBTQ children are raised in families who don't accept them. For them, seeing that others in society do accept them must be a lifeline.

I didn't see why I should go to the pride parade as a straight woman. But I am so glad I went.

The parade featured two members of Congress (both Democrats) and San Diego's Republican mayor, all branches of the armed forces, and many churches and businesses.

Just a decade or two ago, politicians would have lost votes and businesses would have lost customers if they announced support for

gay people. Now they were literally marching in the parade.

The members of the military who marched would have been kicked out of the armed forces under Don't Ask, Don't Tell. I was so moved when I saw them marching, I began to cry. I have gay and lesbian friends who had to remain in the closet while they served our country.

The parade featured a large number of children, often marching with same-sex parents. Just as gays and lesbians themselves should not feel ashamed of who they are, their children should be proud of their families.

Sure, some folks at the parade wore little more than a Speedo. But the parade wasn't obscene. I'm told the risqué parts of pride weekend are appropriately saved for adult spaces.

Now, some people in the LGBTQ community worry that pride parades have been turned into events for straight people. Others have protested the presence of the military and of corporate sponsors, or the tamping down of more open celebrations of sexuality.

But regardless, it's plain to me now that pride parades are about far more than sex. They're about community.

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

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ADJUDICATION #BS124251

The Downey Patriot is published weekly by The Downey Patriot, Inc.
Controlled Distribution, 25,000 copies are printed.
Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

The President and the media

Dear Editor:

New York's liberal press and the political press in Washington D.C. have treated President Trump very unfairly by pointing out the discrepancies between his tweets and the comments given by his employees, close advisors and family.

To add insult to injury the press has forgotten one of the main tenets of American capitalism that Nepotism is good for the family.

It is time for the press to make amends to the President so that the government can get back to the business of governing. I suggest that the press do not mention the President's name in their writings. Rather than saying President Trump said, simply state "The President said."

Also, in addition of not mentioning his name, don't show his picture in any news story in print or TV. By doing this the press can now truthfully claim that they are not picking on the President.

The country will thank them for this service.

**Jorge Montero
Downey**

Lack of female firefighters

Dear Editor:

Isn't it amazing? That big zero is the same exact number of women NFL and NBA players in competition today. Probably the same for professional wrestling, ice hockey and Major League Baseball. ("Lack of Female Firefighters Troubles Janice Hahn," 7/20/17)

The requirements are stacked against women. This is a very easily-solved problem. If 20 firefighters are needed, then simply let it be understood from the start that the top 10 women and the top 10 men will be hired.

As to the problem with the firehouses not being suitable for women, that's easy too. Give the women one firehouse and the men another. Then rotate the firehouses so that no partiality is possible.

I am sure that the wives and girlfriends (or boyfriends) of the firefighters are not going to want their loved ones bunked within five feet of one of these tall, good-looking hunks (male or female).

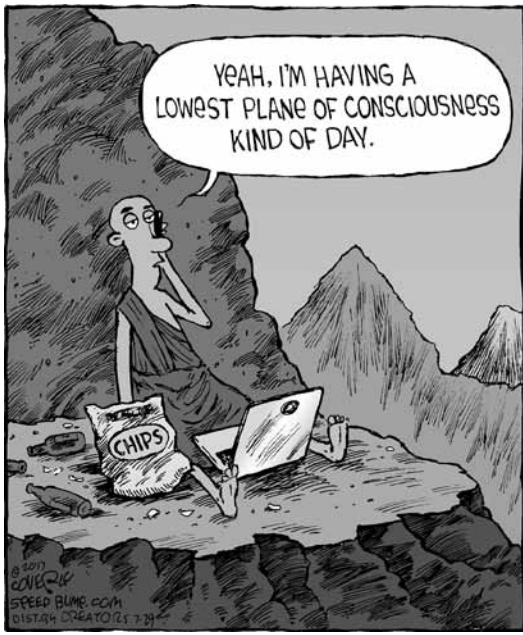
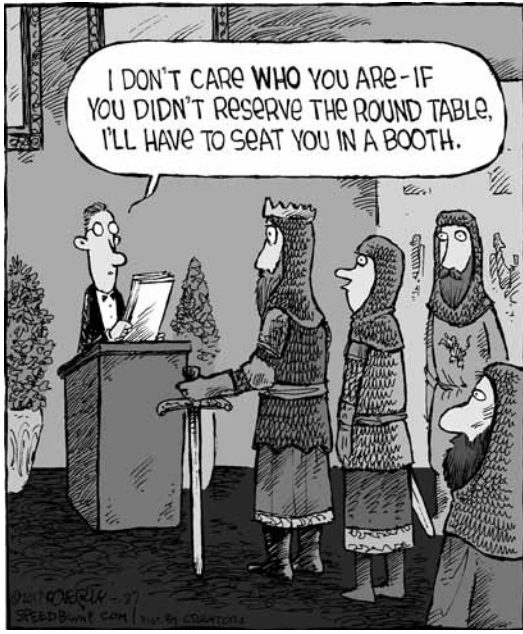
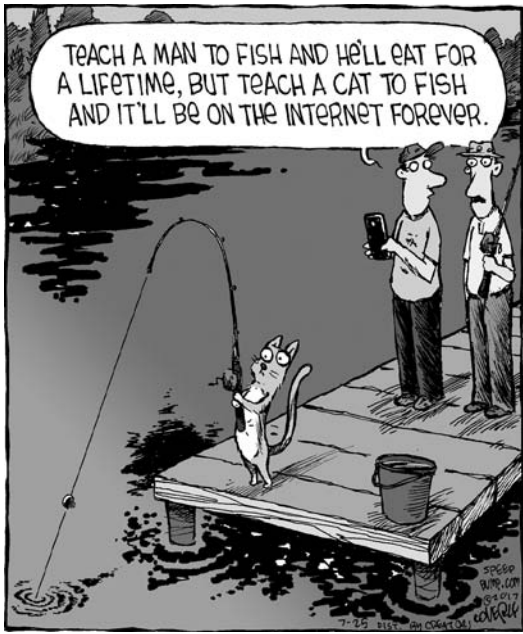
Janice Hahn should be more worried about those women drinking tequila with their tacos in the middle of the day.

**Ken Stallcup
Downey**

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

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.
 3rd Mon., 11:30 am: Downey Newcomers Club, call Barbara 869-1044.
 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.
 9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.
 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 Russell Skersick 929-3710.
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.
 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.
 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.
 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 Rio Hondo Event Center, 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 Bobbi Bruce 440-5416.
 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 Helen 864-7319.
 2nd Wed., 7:30 pm: Downey Model A Club, at Gallatin School Cafeteria, call 928-4132.
 3rd Wed.: Downey Dog Obedience Club, for information please 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 Paula Mayfield, (562) 923-3518.
 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 am: Crafters group, at Good Shepherd Lutheran Church, call 803-4459.
 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...

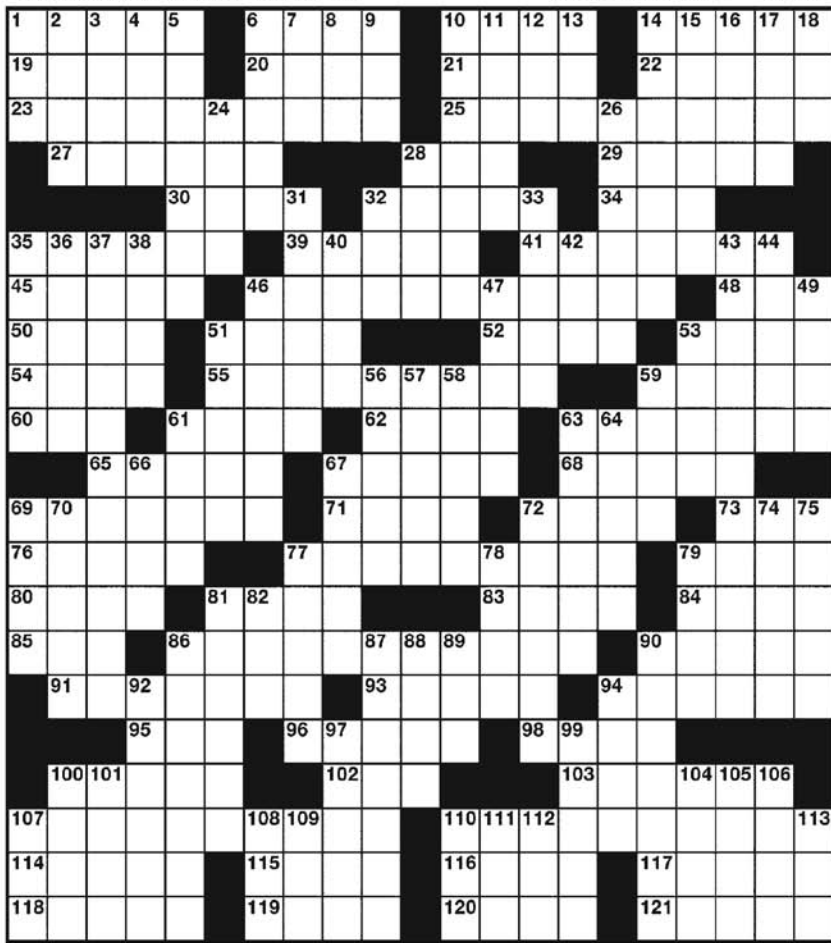
- July 27, 1940:** Bugs Bunny made his debut in the Warner Bros. animated cartoon "A Wild Hare."
- 1960:** Richard M. Nixon was nominated for president at the Republican National Convention in Chicago.
- 1996:** A pipe bomb exploded at a public park during the Olympic games in Atlanta, killing one person and injuring more than 100.
- 2003:** Comedian Bob Hope died at age 100.
- 2003:** Lance Armstrong won a record-tying fifth straight Tour de France title.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
COUNTRY CLUB: With something in common
 by Fred Piscop

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Paging Dr. Frischer...

By Dr. Alan Frischer

Chances are you take a multivitamin. Over 50% of Americans view them as insurance against dietary gaps, and this statistic agrees with my own (now small) household. My wife conscientiously takes vitamins, and I have just never bothered. Does the scientific evidence show that a daily multivitamin helps to fill those gaps in the diet, and prevents disease?



What are the advantages of taking a multivitamin?

- They are safe. Multivitamins that do not contain mega doses pose no risk to health, although some high-dose supplements might.
- Multivitamins are affordable; most cost about 10-30 cents a day. (Some vitamins can cost much more, but lack much evidence that they are better than their cheaper counterparts.)
- While the ideal diet would contain sufficient amounts of fruit, vegetables, and whole grains every day, most of us fall short of that

goal. Taking a multivitamin can bring us closer to recommended intakes of essential vitamins and minerals. They may also allow fussy or inconsistent eaters (whether adults or children) more regular levels of essential vitamins.

■ Studies suggest that long-term use of multivitamins *may* reduce the risk of coronary vascular disease, cancer and cataracts, and slow the rate of cognitive decline. Research is ongoing.

What are the disadvantages?

■ Multivitamins may be unnecessary and a waste of money. If your diet is already filled with fruits, vegetables, and whole grains, then they are not likely to help significantly. For many nutritional experts, multivitamins are nothing more than a multibillion-dollar industry that offers little in the way of health benefits.

■ Taking a multivitamin may tempt some of us to skip nutritionally dense foods, thinking that we already have it covered. However, there are many natural compounds found in foods that do not appear in a multivitamin. A pill should never be a substitute for eating good foods; a multivitamin simply does not contain everything we need.

■ Be cautious about excess! There may be a risk of toxicity from taking large doses. Many water-soluble vitamins are simply excreted by the body if we consume more than necessary. However,

fat-soluble vitamins (including A, D, E and K) can be stored in the body and may cause toxicity when taken in high amounts. (Taken in excess, even water-soluble vitamins

B-6 and C can lead to toxicity.) Toxicity symptoms range from mild, such as itching, headache, flushed skin and upset stomach, to severe, such as kidney stones, heart rhythm issues and confusion.

■ Multivitamins interact with some medications and conditions; always check with your doctor. For example, those who take blood thinners should avoid supplemental vitamins E and K. Certain antioxidant vitamins like beta-carotene can increase health risks for smokers. Pregnant women should avoid excessive amounts of vitamin A, as this may increase the risk of birth defects.

■ The size of some multivitamins makes them difficult to easily swallow. This is especially true for the elderly. Liquid multivitamins are available but can be much more expensive.

■ Bioavailability (how easily nutrients are available for use) may be an issue. Not all vitamins are the same. A United States Pharmacopeial (USP) marking on vitamins indicates (among other things) that they have met the standards for dissolvability, one indication of bioavailability.

Who appears to benefit the most from multivitamins? Pregnant women, those who consume fewer than 1,200 calories per day, strict vegetarians and vegans, those deficient in vitamin D, and people who have conditions that decrease how much is absorbed from food (including smokers, the elderly, and those with gastric bypass surgery).

Further research into supplemental vitamins and minerals continues. However, this is certain, and we've all heard it before: the very best things we can do for our health are to eat a nutrient-dense, vitamin rich-diet, to be active, and to avoid obviously harmful lifestyle choices.

There is just no substitute for a healthful lifestyle.

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.

More than 100 million Americans now have diabetes or prediabetes

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new report released last week by the Centers for Disease Control and Prevention (CDC).

The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh leading cause of death in the U.S. in 2015.

The report also includes county-level data for the first time, and shows that some areas of the country bear a heavier diabetes burden than others.

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels. People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

The report finds that:

In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among people ages 18 and older.

Nearly 1 in 4 adults living with diabetes – 7.2 million Americans – didn't know they had the condition. Only 11.6 percent of adults with prediabetes knew they had it.

Rates of diagnosed diabetes increased with age. Among adults ages 18-44, 4 percent

had diabetes. Among those ages 45-64 years, 17 percent had diabetes. And among those ages 65 years and older, 25 percent had diabetes.

Rates of diagnosed diabetes were higher among American Indians/Alaska Natives (15.1 percent), non-Hispanic blacks (12.7 percent), and Hispanics (12.1 percent), compared to Asians (8.0 percent) and non-Hispanic whites (7.4 percent).

Other differences include:

Diabetes prevalence varied significantly by education. Among U.S. adults with less than a high school education, 12.6 percent had diabetes. Among those with a high school education, 9.5 percent had diabetes; and among those with more than a high school education, 7.2 percent had diabetes.

More men (36.6 percent) had prediabetes than women (29.3 percent). Rates were similar among women and men across racial/ethnic groups or educational levels.

The southern and Appalachian areas of the United States had the highest rates of diagnosed diabetes and of new diabetes cases.

"Consistent with previous trends, our research shows that diabetes cases are still increasing, although not as quickly as in previous years," said Ann Albright, Ph.D., director of CDC's Division of Diabetes Translation. "Diabetes is a contributing factor to so many other serious health conditions. By addressing diabetes, we limit other health problems such as heart disease, stroke, nerve and kidney diseases, and vision loss."

"Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans

with diabetes and prediabetes," added CDC Director Brenda Fitzgerald, M.D. "More than a third of U.S. adults have prediabetes, and the majority don't know it.

Now, more than ever, we must step up our efforts to reduce the burden of this serious disease."

To reduce the impact of prediabetes and type 2 diabetes, CDC established the National Diabetes Prevention Program (National DPP), which provides the framework for type 2 diabetes prevention efforts in the U.S.

Based on the landmark Diabetes Prevention Program research findings funded by the National Institutes of Health

(NIH), the National DPP includes an evidence-based, year-long, behavior change program to improve eating habits and increase physical activity to lose a modest amount of weight and significantly reduce the risk of type 2 diabetes.

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Shared Stories: My First Set of Wheels

Being the good grandmother, Yolanda Adele digs out her decades-old, special childhood gift so she can help her young grandson learn to roller skate at the local rink. 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

On my 11th Christmas, my godfather, Uncle Brown, gave me my first pair of official roller-rink skates nestled in a bright blue and silver metal suitcase. On the side panels of the case was a graphic design of a smiling boy and girl holding hands, "couple skating." In the mind of this pre-teen girl that design spelled out many potential possibilities.

The white, smooth leather boot skates have a round rubber tip at the toe for stopping on the rink floor. The boots are high tops with silver laces.

At eleven years old, I imagined the strobe lights from the roller rink ceiling bouncing off the shimmering, silver-color laces, spotlighting my every gliding move.

I stood several inches taller on wheels, and I felt regal when I laced up my new boot skates. These skates were nothing like my first set of wheels, street skates that had to be fastened to my shoes and adjusted to size with a special skate-key that I wore around my neck like an Olympic Medal.

Braking was left to the skater's imagination. In my case, that meant maneuvering myself to a nearby tree, bush, or a playmate's extended hand to stop my momentum.

The rink skate boots are my favorite childhood gift. It's hard to believe that I was married just six years after receiving those skates.

When my grandson, Moises (Mosey) was about six years old, my daughter Tina called me at home from the Skate Depot, a roller-skating rink in Norwalk. She said that Moises was there with her along with his first grade class. She added that he was having trouble balancing himself out on the rink floor.

She could not help him because she had the baby, my granddaughter Hannah, with her. She asked if I could come there to assist Mosey. I quickly remembered exactly where my skates were. I told Tina I'd be there soon.

When I arrived at the rink, it was apparent that my skates were at best, archaic. I saw the skaters blur by with their state-of-the-art, in-line roller stakes.

"Whoa!" I knew I was in trouble then. Maybe I could skate and hold Mosey up on the rink floor for a time but - who would hold me up? Mosey spotted me and ran up to me in his stocking feet. He was excited.

"Nana, Mommy said that if you don't skate with me we have to go home!"

"Honey, first I have to ask the skate attendant if my kind of skates are permitted on the rink floor. If he says my skates are O.K., I will skate with you." He took my hand and hurriedly led me to the counter.

I took a skate out of the case and showed it to the attendant who proceeded to hold up my skate as he stared at it, like an archaeologist examining a find.

With his index finger he gave the wooden wheel a spin and said, "Yeah, lady, I guess so, but when was the last time you skated in these things?"

I told him that I thought Dwight Eisenhower was president at the time. Actually, I had skated in them when Mosey was still an infant. A roller rink had a Mommy and Baby Day when the rink was open only to The Moms' Club, to which my daughter Tina belonged.

At that time, babies in their strollers were allowed on the rink floor with their mommies and grandmas who supported themselves by the handle on the strollers, simultaneously skating and pushing the strollers to slow tempo music.

"Nana, does it fit?" My darling grandson asked while jumping up and down. Why hadn't I thought to try on my skates before I got here!

I loosened the now lack-luster laces and leather shoe tongue before trying to slip in my foot. The experience was reminiscent of the ugly step-sister forcing her foot in the ill-fitting glass slipper like the Cinderella story. My leather boot was no longer pliable, the lining was breaking down.

The fit was stiff and uncomfortable. But what could I say, except...? "Of course they fit!" Tina whispered in a concerned tone. "Mom, are you sure?"

I answered with bravado, "Absolutely!" Mosey and I soon booted up, he in his new in-line skates and I in my relic skates. We headed for the rink floor.

I had one hand on him and the other on the railing. Suddenly my ankles wobbled. It took Mosey and I a long time to go around the rink. I skated within range of the railing. A few times I let go and ended up skating in an undesirable direction like a loose cannon. I fell once and hurt my - pride.

Finally, the music stopped. An announcement was made to clear the rink floor. My reprieve did not last long. The next announcement was that the rink would be opened for skating in the opposite direction. Try as I did, I could not skate slanting in a different direction without at least a stroller handle for holding on.

To my relief Mosey started skating less wobbly now, so I let go of his hand setting him free on his own first set of wheels.

I can't help wondering what kind of skates Mosey's children will have when in line-skates become archaic. And will Mosey reminisce about his first set of wheels?

POETRY MATTERS

Black Cherries

Late in May as the light lengthens toward summer the young goldfinches flutter down through the day for the first time to find themselves among fallen petals cradling their day's colors in the day's shadows of the garden beside the old house after a cold spring with no rain not a sound comes from the empty village as I stand eating the black cherries from the loaded branches above me saying to myself Remember this

- W. S. Merwyn

Memory is Merwyn's major theme here: how we store the past, those moments of clarity and understanding, and carry them forward. Merwyn was born in New York City and lived there and in New Jersey until he was nine, when his family moved to Scranton, Pennsylvania. Appointed Poet Laureat in 2010, he lives in Maui, where at 89 he continues to improve and produce prolifically. Poetry Matters is curated by Lorine Parks.

The Nevarez family traveled to Rome and Florence, Italy and took the Downey Patriot with them. Pictured from left to right are Andrew, Alyssa, Robert (dad) and Lisa (mom), overlooking the ruins of the ancient Roman Forum.



The family also visited the Vatican, the Colosseum, and the Pantheon while in Rome, as well as the Uffizi Gallery, Palazzo Vecchio, the Duomo, the Academia Galleria, and more while in Florence. This was the family's first Italian vacation.

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JULY 2017
JOINING FRISCHER
MEDICAL GROUP

Dr. Laura Frischer will be joining Frischer Medical Group in Downey this July.

Dr. Frischer earned her medical degree from the University of Vermont College of Medicine and completed her residency at Kaiser Permanente, Los Angeles Medical Center. She has been honored for her work in Neuroscience, and as a medical student won scholarships and awards for commitment to patient care.

Fluent in Spanish, Dr. Frischer traveled to Buenos Aires, Argentina where she provided volunteer medical services. She is the daughter of Dr. Alan Frischer.

**DR. LAURA FRISCHER
INTERNAL MEDICINE**

Here's what's coming to Netflix in August



August 1
A Cinderella Story
Bad Santa
Cloud Atlas
Crematorium: Season 1
Everyone's Hero
Funny Games (US)
Innerspace
Jackie Brown
Lord of War
Maz Jobrani: Immigrant — NETFLIX ORIGINAL
Nola Circus
Opening Night

Practical Magic
Sleepy Hollow
Small Soldiers
Surviving Escobar — Alias JJ: Season 1 — NETFLIX ORIGINAL
The Addams Family
The Astronaut's Wife
The Bomb
The Hollywood Masters: Season 1
The Last Mimzy
The Matrix
The Matrix Reloaded
The Matrix Revolutions
The Number 23

The Royal House of Windsor: Season 1
The Truth About Alcohol
The Wedding Party
Tie The Knot
Who Gets the Dog?
Wild Wild West

August 2
Jab We Met
The Founder

August 3
Sing
The Invisible Guardian

August 4
Icarus — NETFLIX ORIGINAL
Voltron: Legendary Defender: Season 3 — NETFLIX ORIGINAL
Wet Hot American Summer: Ten Years Later: Season 1 — NETFLIX ORIGINAL

August 5
Holes

August 8
My Little Pony: Friendship Is Magic: Season 7 Episodes 1-13

August 9
Black Site Delta

August 10
Diary of an Exorcist - Zero

August 11
Atypical: Season 1 — NETFLIX ORIGINAL
Home: Adventures with Tip & Oh: Season 3 — NETFLIX ORIGINAL
Naked — NETFLIX ORIGINAL FILM
True and The Rainbow Kingdom: Season 1 — NETFLIX ORIGINAL
White Gold — NETFLIX ORIGINAL

August 13
Arthur and the Invisibles
Hot Property
Mission Control: The Unsung Heroes of Apollo

August 14
The Outcasts

Urban Hymn

August 15
Barbeque
Brad Paisley's Comedy Rodeo — NETFLIX ORIGINAL
21
A New Economy
All These Sleepless Nights
Donald Cried
Murderous Affair: Season 1
My Ex-Ex
The Sweet Life

August 16
Gold

August 18
Dinotux: Season 5 — NETFLIX ORIGINAL
Glitter Force Doki Doki: Season 1 — NETFLIX ORIGINAL
I Am Sam
Marvel's The Defenders: Season 1 — NETFLIX ORIGINAL
What Happened to Monday — NETFLIX ORIGINAL FILM

August 19
Hide and Seek

August 20
Camera Store

August 21
AWOL
Bad Rap
Beautiful Creatures
Gomorrah: Season 2
Unacknowledged

August 22
Lynne Koplitz: Hormonal Beast — NETFLIX ORIGINAL
Sadie's Last Days on Earth

August 23
Feel Rich

August 25
Disjointed: Part 1 — NETFLIX ORIGINAL
Death Note — NETFLIX ORIGINAL FILM
DreamWorks Dragons: Race to the Edge: Season 5 — NETFLIX ORIGINAL
Once Upon a Time: Season 6

August 29
Bring It On: Worldwide #Cheersmack
Ryan Hamilton: Happy Face — NETFLIX ORIGINAL
The Good Place: Season 1

August 31
Be Afraid

Next week's national holidays

Friday, July 28

National Milk Chocolate Day
National Get Gnarly Day
National Talk in an Elevator Day
National System Administrator Appreciation Day

Saturday, July 29

National Lasagna Day
National Lipstick Day
National Chicken Wing Day
National Dance Day

Sunday, July 30

National Whistleblower Day
National Cheesecake Day
National Father-in-Law Day

Monday, July 31

National Avocado Day
National Raspberry Cake Day
National Mutt Day

Tuesday, Aug. 1

National Raspberry Cream Pie Day
National Girlfriends Day
National Minority Donor Awareness Day
National Respect for Parents Day
National Night Out

Wednesday, Aug. 2

National Coloring Book Day
National Ice Cream Sandwich Day

Thursday, Aug. 3

National Chocolate Chip Cookie Day
National Coast Guard Day

Results from Downey restaurant inspections

Wendy's
14305 Lakewood Blvd.
Date Inspected: 7/21/17
Grade: **A**

Doc Popcorn
251 Stonewood St.
Date Inspected: 7/21/17
Grade: **B**

Burger King
10014 Paramount Blvd.
Date Inspected: 7/19/17
Grade: **A**

Boba Loca
10033 Paramount Blvd.
Date Inspected: 7/19/17
Grade: **A**

Starbucks
12016 Lakewood Blvd.
Date Inspected: 7/18/17
Grade: **A**

Shakey's Pizza
12030 Paramount Blvd.
Date Inspected: 7/13/17
Grade: **A**

Tokyo Garden
11946 Paramount Blvd.
Date Inspected: 7/13/17
Grade: **A**

IHOP
11414 Paramount Blvd.
Date Inspected: 7/13/17
Grade: **A**

Gloria's Country Butcher
12161 Paramount Blvd.
Date Inspected: 7/12/17
Grade: **A**

Alberto's Mexican Food
12620 Paramount Blvd.
Date Inspected: 7/12/17
Grade: **A**

JULY 27 BIRTHDAYS



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Alex Rodriguez baseball player 42



Triple H wrestler 48



Jordan Spieth golfer 24

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Free or low-cost meals available at DUSD schools

DOWNEY – At the beginning of July, Downey Unified announced that it is again participating in the policy to serve nutritious meals every school day under the National School Lunch Program, School Breakfast Program and Afterschool Snack Program.

Effective July 1, 2017 through June 30, 2018, children are eligible for free or reduced-price meals if the household income is less than or equal to the federal guidelines.

Households who receive benefits through CalFresh, CalWORKs, or FDIPIR will receive a notification letter in the mail saying that all children automatically qualify for free meals and they do not need to turn in an application for approval. Children who meet the definition of foster, homeless, migrant, or runaway are eligible for free meals.

Contact the Food Services Department if any child in the household is not on the notification letter. The household must let Food Services know if they do not want to receive free or reduced-price meals.

If your child/children participated in the free and reduced-price meal program last school year, a letter with information about the program and how to apply will be sent to the household. Households that want to apply for meal benefits must fill out one application for all children in the household and give it to the Food Services Department located at the Downey Unified School District.

Applications are available in the main office at each Downey

Unified school as well as online applications can be submitted through www.schoolunchapp.com. For help filling out this application, please contact Monica Stebok, (562) 469-6672, or Christine Whitwam, (562) 469-6674. You will be notified by mail if your application is approved or denied for this program.

Households may turn in an application at any time during the school year. If you are not eligible now, but your household income goes down, household size goes up, or a household member starts receiving CalFresh, CalWORKs, or FDIPIR, you may turn in an application at that time. Information given on the application will be used to determine eligibility and may be verified at any time during the school year by school officials.

The last four digits of the Social Security number from any adult household member or marking that you do not have a Social Security number is required if you include income on the application.

Households that receive Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits may be eligible for free or reduced-price meals by filling out an application.

Foster children are eligible for free and reduced-price meals and may be included as a household member if the foster family chooses to also apply for the non-foster children on the same application. Including foster children as a household member may help the non-

foster children qualify for free or reduced-price meals. If the non-foster children are not eligible, this does not keep foster children from receiving free meals.

Your child's eligibility status from last school year will continue into the new school year for up to 30 school days or until the Food Services Department processes your new application or your child is otherwise certified for free or reduced-price meals.

Temporary eligibility will expire on September 27, 2017. After the 30 school days, your child will have to pay full price for meals, unless the household receives a notification letter for free or reduced-price meals. Downey Unified's Food Services Department is not required to send reminders or expired eligibility notices.

If you do not agree with the decision or results of verification, you may discuss it with officials from Downey Unified's Food Services Department. One also has the right to a fair hearing, which may be requested by calling or writing the hearing official: Christine Woods, Director, Food Services, 11627 Brookshire Ave., Downey, 90241, (562) 469-6671.

Please contact Downey Unified's Food Services Department at (562) 469-6672 for more information.

LEGAL NOTICES

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017188007
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) YAY BOUTIQUE, 7615 STATE ST, HUNTINGTON PARK CA 90255, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) MARIA E HERNANDEZ HUERTA, 7615 STATE ST, HUNTINGTON PARK CA 90255 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an Individual

The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ MARIA E HERNANDEZ HUERTA, OWNER
This statement was filed with the County Clerk of Los Angeles on JULY 18, 2017

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 and Professions Code).

The Downey Patriot

7/27/17, 8/3/17, 8/10/17, 8/17/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017190837
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) A-PRIME AID, 12631 E IMPERIAL HWY SUITE F 122, SANTA FE SPRINGS CA 90670, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: 3943061 REGISTERED OWNERS(S): (1) JAGUAR AMNITECH INTERNATIONAL INC., 12631 E IMPERIAL HWY SUITE F 122, SANTA FE SPRINGS CA 90670 State of Incorporation: CA

THIS BUSINESS IS CONDUCTED BY: a Corporation
The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ JAGUAR AMNITECH INTERNATIONAL INC., PRESIDENT, PERFECTO D BRAGA
This statement was filed with the County Clerk of Los Angeles on JULY 20, 2017

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 and Professions Code).

The Downey Patriot

7/27/17, 8/3/17, 8/10/17, 8/17/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017168121
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ETTS (2) ENVIRONMENTAL TRAINING AND TECHNICAL SERVICES, 16347 ALPINE PL, LA MIRADA CA 90638, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) STEPHEN E. KATNIK, 16347 ALPINE PL, LA MIRADA CA 90638 State of Incorporation: N/A

THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ STEPHEN E. KATNIK, OWNER
This statement was filed with the County Clerk of Los Angeles on JUNE 29, 2017
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 and Professions Code).

The Downey Patriot

7/13/17, 7/20/17, 7/27/17, 8/3/17

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

2017186451

FILE NO: 2015169861 DATE FILED: JUNE 26, 2015

NAME OF BUSINESS(ES): DR. MIKE'S VAPORS
STREET ADDRESS, CITY, STATE, ZIP CODE: 92860 ½ HALL ROAD, DOWNEY, CA, 90241

REGISTERED OWNERS(S): (1) BRIAN MICHAEL GAUTHIER, 9260 ½ HALL ROAD, DOWNEY CA 90241 (2) MICHAEL KENT GAUTHIER, 9260 ½ HALL ROAD, DOWNEY CA 90241
If Corporation or LLC - Print State of Incorporation/Organization: N/A
Business was conducted by: a General Partnership
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/ MICHAEL KENT GAUTHIER, PARTNER
This statement was filed with the County Clerk of LOS ANGELES on JULY 17, 2017

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017190533
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXOTIKKINIS, 10043 SIDEVIEW DRIVE, DOWNEY CA 90240, LA COUNTY, 10043 SIDEVIEW DRIVE, DOWNEY CA 90240

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) BARBARA MANZANARES, 10043 SIDEVIEW DRIVE, DOWNEY CA 90240

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 07/2017

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ BARBARA MANZANARES, OWNER
This statement was filed with the County Clerk of Los Angeles on JULY 20, 2017

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 and Professions Code).

The Downey Patriot

7/27/17, 8/3/17, 8/10/17, 8/17/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017178523
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) LA MICHOACANA ICE CREAM VIP (2) LA MICHOACANA VIP, 3837 MARTIN LUTHER KING JR BLVD #104, LYNWOOD CA 90262, LA COUNTY, 4411 RAMONA WAY, NORCO CA 92860

Articles of Incorporation or Organization Number (if applicable): AI #ON: 201630610102 REGISTERED OWNERS(S): (1) LA MICHOACANA ICE CREAM SHOP LLC, 3837 MARTIN LUTHER KING JR BLVD 104, LYNWOOD CA 90260

State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name or names listed above: 07/2017

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ LA MICHOACANA ICE CREAM SHOP LLC, PRESIDENT, DAMIAN FLORES
This statement was filed with the County Clerk of Los Angeles on JULY 11, 2017

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 and Professions Code).

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017181885
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SUNSET PRINTER, 12207 PARAMOUNT BLVD, DOWNEY CA 90242, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) JOSE MANUEL CORREA, 12207 PARAMOUNT BLVD, DOWNEY CA 90242

State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 12/1985

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ JOSE MANUEL CORREA, OWNER
This statement was filed with the County Clerk of Los Angeles on JULY 12, 2017

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 and Professions Code).

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017191681
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PAPAYA MONKEY, 11111 NEWVILLE AVE #F, DOWNEY CA 90241, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) FRANCISCO J PELAYO JR, 11111 NEWVILLE AVE #F, DOWNEY CA 90241 (2) ERIKA A. RUEZGA, 11111 NEWVILLE AVE, DOWNEY CA 90241

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: Copartners
The date registrant started to transact business under the fictitious business name or names listed above: N/A

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017191681
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PAPAYA MONKEY, 11111 NEWVILLE AVE #F, DOWNEY CA 90241, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) FRANCISCO J PELAYO JR, 11111 NEWVILLE AVE #F, DOWNEY CA 90241 (2) ERIKA A. RUEZGA, 11111 NEWVILLE AVE, DOWNEY CA 90241

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: Copartners
The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ FRANCISCO J PELAYO JR, PARTNER
This statement was filed with the County Clerk of Los Angeles on JULY 20, 2017

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 and Professions Code).

The Downey Patriot

7/27/17, 8/3/17, 8/10/17, 8/17/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017174445
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PUPUSERIA LAS PALMAS (2) LAS PALMAS PUPUSERIA, 1165 EAST FLORENCE AVENUE, LOS ANGELES CA 90001, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) JOSE ORLANDO DURAN, 1165 EAST FLORENCE AVENUE, LOS ANGELES CA 90001

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ ANTONIO RAMIREZ, OWNER
This statement was filed with the County Clerk of Los Angeles on JULY 10, 2017

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 and Professions Code).

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017170072
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) T & C UNLIMITED TRANSPORT, 7343 ADAMS STREET, PARAMOUNT CA 90723, LA

COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) TOMMY LEE NEWMAN, 7343 ADAMS STREET, PARAMOUNT CA 90723

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 07/2017

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ TOMMY LEE NEWMAN, OWNER
This statement was filed with the County Clerk of Los Angeles on JULY 3, 2017

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 and Professions Code).

The Downey Patriot

7/20/17, 7/27/17, 8/3/17, 8/10/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017176885
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SOBER TRANSITIONAL GUEST HOUSE, 3001 WEST BEVERLY BLVD. UNIT 102, MONTEBELLO CA 90640, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: 3010882 REGISTERED OWNERS(S): (1) S.O.B.E.R., INTERNATIONAL, 3001 WEST BEVERLY BLVD. UNIT 102, MONTEBELLO CA 90640

State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Corporation
The date registrant started to transact business under the fictitious business name or names listed above: 07/2017

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ S.O.B.E.R., INTERNATIONAL, SECRETARY, CYNTHIA GARCIA
This statement was filed with the County Clerk of Los Angeles on JULY 10, 2017

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 and Professions Code).

The Downey Patriot

7/13/17, 7/20/17, 7/27/17, 8/3/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017177193
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) TONY'S CONTAINER TRANSPORT, 8307 HOWE ST, PARAMOUNT CA 90723, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) ANTONIO RAMIREZ, 8307 HOWE ST, PARAMOUNT CA 90723

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: N/A

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

S/ ANTONIO RAMIREZ, OWNER
This statement was filed with

CLASSIFIEDS

AUTOS

1995 BUICK REGAL
3.8L 6 Cyl Blue in Exl Cond.
101,000 miles \$2,300
(562) 502-0555

EMPLOYMENT

ARTHURS COFFEE SHOP
Food/Restaurant
Experienced servers preferred.
P/T 6am-2pm w/ good
business, regular customers,
good tips, prefer local resident
w/ good references. See Mgr
any day at 12pm. No phone
calls.
**8813 Lakewood Blvd at
Telegraph Rd., Downey**

EMPLOYMENT

**LOOKING FOR ROOFERS
AND APPRENTICES**
Must be bi-lingual (English &
Spanish) and have a valid CA
driver's license, need to start
ASAP. Pick up application at
**5901 Clara St., Bell Gardens
90201** btwn 8am-5pm.
Resumes can be sent to **lang.
roofing@verizon.net**
For questions call
(562) 923-8728

FOR RENT

**RENT ROOM IN
MOBILE HOME**
\$45/mo. Prefer senior lady.
Call 5pm - 11:30pm
(562) 965-4524

SERVICES

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

**APPLIANCE TECH
HAS ARRIVED**
House calls. Same day rapid
service all major brands.
Washers, dryers, ovens,
stoves, refrigerators, etc.
Senior citizen discount.
**(562) 866-4291
(310) 251-3018**

SERVICES

NICE-N-KLEAN
Residential & Commercial
Cleaning.
Call for a Free Estimate.
(562) 419-6577

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

NEED A PAINTER
Interior & exterior, ref.
Call Rick (562) 225-0540

SERVICES

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

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

SERVICES

**ALL ELECTRICAL,
PLUMBING AND
HEATING WORK**
Lic 965519 & Bonded
Jobs start at \$35, free estimate
Call Erik (323) 228-4500

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

YARD SALE

YARD SALE
Xmas & Caterers Delight
7634 Brookmill Rd., Downey

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

**The Downey Patriot
7/20/17, 7/27/17, 8/3/17, 8/10/17**

**FICTITIOUS BUSINESS
NAME STATEMENT**
File Number 2017163495
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) CAFE CON
LIBROS, 280 WEST 2ND STREET,
POMONA CA 91766, LA COUNTY
Articles of Incorporation or Organization
Number (if applicable): Al #ON: N/A
REGISTERED OWNERS(S): (1) NORMA
PATRICIA DEROBLES, 361 WEST 12TH
STREET, CLAREMONT CA 91711 (2)
ADELAIDA BAUTISTA, 7850 MELVA
STREET, DOWNEY CA 90242
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY:
Joint Venture
The date registrant started to transact
business under the fictitious business name
or names listed above: N/A
I declare that all the information in this
statement is true and correct. (A registrant
who declares as true any material matter
pursuant to Section 17913 of the Business
and Professions Code that the registrant
knows to be false is guilty of a misdemeanor
punishable by a fine not to exceed one
thousand dollars (\$1,000).)
S/ADELAIDA BAUTISTA, PARTNER
This statement was filed with the County
Clerk of Los Angeles on JUNE 23, 2017
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
and Professions Code).

**The Downey Patriot
7/6/17, 7/13/17, 7/20/17, 7/27/17**

**FICTITIOUS BUSINESS
NAME STATEMENT**
File Number 2017166478
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) SUNSHINE
PACKAGING, 12000 WOODRUFF AVE #A,
DOWNEY CA 90241, LA COUNTY
Articles of Incorporation or Organization
Number (if applicable): Al #ON: N/A
REGISTERED OWNERS(S): (1)
INTERCONTINENTAL HOLDINGS, INC.,
12000 WOODRUFF AVE #A, DOWNEY
CA 90241
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a
Corporation
The date registrant started to transact
business under the fictitious business name
or names listed above: 06/2017
I declare that all the information in this
statement is true and correct. (A registrant
who declares as true any material matter
pursuant to Section 17913 of the Business
and Professions Code that the registrant
knows to be false is guilty of a misdemeanor
punishable by a fine not to exceed one
thousand dollars (\$1,000).)
S/INTERCONTINENTAL HOLDINGS, INC.,
SECRETARY, BARBARA MOHAMMADI
This statement was filed with the County
Clerk of Los Angeles on JUNE 28, 2017
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
and Professions Code).

GOVERNMENT

PUBLIC NOTICE

Notice is hereby given that **LYNWOOD
UNIFIED SCHOOL DISTRICT (LUSD)**
Purchasing Department

**Invitation to make an OFFER to
Purchase:**

Various types of
**SURPLUS/OBsolete
INSTRUCTIONAL MATERIALS AND
TEXTBOOKS**

Mandatory Site Visit: July 31, 2017 at
10:00 a.m.

**NOTE: Only those who attend the Mandatory
Site Visit will be able to submit an OFFER
to Purchase.**

**Location: LUSD CENTRAL
WAREHOUSE,**
11300 Wright Rd Lynwood, CA 90262

The Written Offer to Purchase is Due:
August 2, 2017 at 10:00 am.

Information and questions regarding this
Public Notice must be sent by email to:
johnston@mylusc.org and cc: smclucas@

mylusc.org

**Phone calls for information concerning
this PUBLIC NOTICE will not be accepted.**

**The Downey Patriot
7/20/17, 7/27/17**

LIEN SALES

On 08/02/2017 at 6153 ADENMOOR AVE
LAKEWOOD, CA a Lien Sale will be held on
a 15 TOY VIN: 308167 at 10A
Civil Codes 3071-3076

**The Downey Patriot
7/27/17**

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that the
undersigned intends to sell the personal
property described below to enforce a
lien imposed on said property pursuant to
Sections 21700-21716 of the CA Business
and Professions Code, CA Commercial
Code Section 2328, Section 1812.600 -
1812.609 and Section 1988 of CA Civil Code,
353 of the Penal Code.

The undersigned will sell at public sale by
competitive bidding on **Wednesday the
16th day of August, 2017 at 10:00 A.M.**, on
the premises where said property including:
household goods, tools, electronics, and
personal effects, have been stored and which
are located at **Paramount Self Storage,
8160 E. Rosecrans Ave, Paramount,
County of Los Angeles, State of California,**
the following:

Customer Name

Unit#	
Mario Garcia	1249
Virginia Adame	1314
Jorge Clemente	1342
Martha Calderon	1414
Meliza Hernandez	1434
Virginia Soto Padilla	1586
Ana Pulido	2016
Drew Fishbein	2079
Benjamin Melendez	2124
Patricia Aguilar	2818
Jorge Middleton	2919
Wanda L. James	2948

Purchases must be paid for at the time of
purchase in cash only. All purchased
items sold as is, where is and must be
removed at the time of sale. **Sale subject
to cancellation in the event of settlement
between owner and obligated party.**

Dated this 27th Day of July, 2017 and 3rd
day of August, 2017,
Self Storage Management Co. Bond #: **WL1254152**

**The Downey Patriot
7/27/17, 8/3/17**

On 08/02/2017 at 307 W. 168TH ST
GARDENA, CA a Lien Sale will be held on
a 15 TOY VIN: 308167 at 10A
Civil Codes 3071-3076

**The Downey Patriot
7/27/17**

NOTICES

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**
CASE NUMBER: VS030427
TO ALL INTERESTED PERSONS: Petitioner
Kyle Christian Adiekweh filed a petition with
this court for a decree changing names as
follows:
Present name (1) Kyle Christian Adiekweh
Proposed name (1) Kyle Christian Benton-
Adiekweh
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: August 23, 2017, Time: 1:30 pm,
Date: August 23, 2017, Time: 1:30 pm,
Department: C, Room: 312
The address of the court is **NORWALK
SUPERIOR COURT SOUTHEAST
DISTRICT, 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**
July 12, 2017
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Kyle Christian Adiekweh
9420 Heiner St.
Bellflower, CA 90706
(562) 704-8295
kylebenton25@live.com

**The Downey Patriot
7/20/17, 7/27/17, 8/3/17, 8/10/17**

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**
CASE NUMBER: VS030566
TO ALL INTERESTED PERSONS: Petitioner
Veraphum Chaiyakam filed a petition with
this court for a decree changing names as
follows:
Present name (1) Veraphum Chaiyakam
Proposed name (1) Sunyalit Suwatluckul
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: September 6, 2017, Time: 1:30 pm,
Date: September 6, 2017, Time: 1:30 pm,
Department: C, Room: 312
The address of the court is **NORWALK
SUPERIOR COURT CLERKS OFFICE,
12720 NORWALK BLVD., RM. 101
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**
July 12, 2017
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Veraphum Chaiyakam
11550 Paramount Blvd Apt 10
Downey, CA 90241
(323) 449-4964

**The Downey Patriot
7/20/17, 7/27/17, 8/3/17, 8/10/17**

PROBATE

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF BETTE
LORRAINE ANDRIL aka BETTE L.
ANDRIL**
Case No. 17STPB06033
To all heirs, beneficiaries, creditors,
contingent creditors, and persons who may
otherwise be interested in the will or estate,
or both, of **BETTE LORRAINE ANDRIL aka
BETTE L. ANDRIL**
A PETITION FOR PROBATE has been filed
by Dana Michael Andril in the Superior Court
of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests
that Dana Michael Andril 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 August 7, 2017 at 8:30 AM in Dept. No.
99 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:
JAMES J MENTAS ESQ
SBN 207304
4665 LAMPSON AVE
SUITE 31
LOS ALAMITOS CA 90720
CN939572 ANDRIL
Jul 13,20,27, 2017**

**CN939572
The Downey Patriot
7/13/17, 7/20/17, 7/27/17**

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF ANA
PATRICIA FLETES**
Case No. 17STPB05334
To all heirs, beneficiaries, creditors,
contingent creditors, and persons who may
otherwise be interested in the will or estate,
or both, of **ANA PATRICIA FLETES**
A PETITION FOR PROBATE has been filed
by Blanca A. Spielberg in the Superior Court
of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests
that Blanca A. Spielberg be appointed as
personal representative to administer the
estate of the decedent.
THE PETITION requests the decedent's will
and codicils, if any, be admitted to probate.
The will and any codicils are available for
examination in the file kept by the court.
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
August 31, 2017 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.

**Petitioner: Blanca A Spielberg
BLANCA A SPIELBERG
3553 EMERALD ST #309
TORRANCE CA 90503
CN940188 FLETES
Jul 27, Aug 3,10, 2017**

**CN940188
The Downey Patriot
7/27/17, 8/3/17, 8/10/17**

TRUSTEE SALES

T.S. No. 038577-CA APN: 6363-008-
013 NOTICE OF TRUSTEE'S SALE
IMPORTANT NOTICE TO PROPERTY
OWNER: YOU ARE IN DEFAULT UNDER
A DEED OF TRUST, DATED 5/5/2008.
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 ON
8/31/2017 at 9:00 AM, CLEAR RECON
CORP., as duly appointed trustee under

and pursuant to Deed of Trust recorded
5/23/2008, as Instrument No. 20080917503,
of Official Records in the office of the
County Recorder of Los Angeles County,
State of CALIFORNIA executed by: MARIA
TERESA FRANCO WILL SELL AT PUBLIC
AUCTION TO HIGHEST BIDDER FOR
CASH, 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:
VINEYARD BALLROOM, DOUBLETREE
HOTEL LOS ANGELES - NORWALK, 13111
SYCAMORE DRIVE, NORWALK, CA 90650
all right, title and interest conveyed to and
now held by it under said Deed of Trust in the
property situated in said County and State
described as: MORE FULLY DESCRIBED
ON SAID DEED OF TRUST The street
address and other common designation, if
any, of the real property described above
is purported to be: 8606 CHARLOMA
DRIVE DOWNEY, CALIFORNIA 90240
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 held,
but without covenant or warranty, express
or implied, regarding title, possession,
condition, or encumbrances, including fees,
charges and expenses of the Trustee and
of the trusts created by said Deed of Trust,
to pay the remaining principal sums of the
note(s) secured 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:
\$1,321,655.96 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. 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 (800) 280-2832 or visit this Internet Web
site WWW.AUCTION.COM, using the file
number assigned to this case 038577-CA.
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 SALES
INFORMATION: (800) 280-2832 CLEAR
RECON CORP. 4375 Jutland Drive Suite
200 San Diego, California 92117**

**The Downey Patriot
7/20/17, 7/27/17, 8/3/17**

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\$15 to The Downey Patriot, or you
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drop off your subscription form.

Gerri Chester, former Downey High valedictorian, passes away



DOWNEY – Geraldene G. Chester, or Gerri to everyone she knew, died peacefully at home July 18, surrounded by family.

She was born in Longmont, Colorado on April 13, 1944. An only child, she grew up in Downey and was a majorette who twice led the Downey High School band in the Rose Parade.

Having skipped a grade, she was Downey High School's valedictorian at a recently-turned 17, and majored in International Relations at Stanford University. After a semester study-abroad program focusing on renaissance art in Italy, she completed a year at the London School of Economics.

She went on to graduate from Harvard Law School in 1968, one of the 5% quota of women students accepted there in those days. A notorious curmudgeon Harvard professor, W. Barton Leach, wrote her a letter, which in part said grudgingly: "I wish to congratulate you on a very fine paper in Property. Oddly enough, the Ladies usually do not do well in Property. But you have established the fact that it can be done..."

She was the third woman ever hired by the law firm Pillsbury, Madison & Sutro in San Francisco where she met George, her husband to be. She forewent a legal career to marry George in March 1970, and moved to Washington D.C. where George had accepted an appointment as a Foreign Service Officer at the State Department.

At his first posting to Durban, South Africa, Gerri moonlighted writing confidential cables to the State Department reporting on a

major terrorism trial, which she was not authorized to read after they were sent because she did not have the required security clearance.

Returning briefly to Washington before George's transfer to Hamburg, Germany, she had her first daughter, Cara, and due to a change in policy that spouses could both be in the service, she took the Foreign Service exam. She was soon offered an appointment and was assigned to the Legal Advisor's office to become one of the two lawyers on the US delegation to negotiate the Panama Canal Treaty. That became her passion until the Treaties were signed in September 1977, just three months after the birth of her second daughter, Serana.

She and George were assigned to Panama to assist in the implementation of the Treaties from 1978 to 1981 and were subsequently given a year at the University of Wisconsin in Madison to get their Masters degrees, where Gerri had her son, George III, in 1981.

In 1978, Gerri was awarded the AFSA Department of State Harriman prize. They were then sent to the US Embassy in Brussels for four years. In 1986, Gerri was assigned to Philippine Affairs in the State Department, where she played a key role in the base negotiations and the visit of Corey Aquino.

In 1990, she was selected to attend the prestigious National War College, and in 1991 she was assigned to Guatemala, first as Economic Counselor and then in 1995 as Deputy Chief of Mission until her retirement in 1997.

Guatemala went on to become one of Gerri's most cherished places, and she and George built a house in Antigua, the former capital of Spanish colonial Central America, where they spent some of their happiest times in retirement.

The Chesters lived briefly in St. Simons Island, Georgia for their son to finish high school, and moved to the Fernandina Beach Florida area to build their dream home and realize George's dream of sailing the Caribbean.

Gerri was active in Democratic politics in Florida. She was also active in a range of other areas, including teaching Economics at a local university, providing legal advice to refugees and other immigrants, and serving on several overseas electoral observation missions with the Organization for Security and Cooperation in Europe (OSCE) and the Carter Center.

But the Chesters had truly left their hearts in San Francisco, George's family home and where they had met and married, and with their daughter Serana and husband having settled there, they pulled up stakes and went west in 2014. George and Gerri's dream of grandchildren was met with the birth of Elizabeth Simona in January 2015.

After retirement, Gerri traveled with her adult children, including to Africa, Australia, China, Europe, India, Latin America and Southeast Asia, among others.

Downey Real Estate Market

In June, 2017 Downey had 69 new listings (up 13% from 2016) and 48 closed listings, (up 2% from 2016). The average sales price was \$590,072 which is up 5% from June of 2016. There is currently an inventory of 138 Downey homes for sale. Year to date, 231 homes averaging a selling price of \$591,928 have sold in the city of Downey. Report provided by the Greater Downey Association of REALTORS (DAOR)

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Did you know?
Pricing your home to sell can save you money over the long run. Property taxes, hazard insurance and mortgage interest are items you pay and never get back.

Below is a look at how much keeping your home on the market for 3, 6, 9 or 12 months will approximately cost you.

Asking Price - \$600,000

Time on Market	Interest	Insurance	Taxes	Total Cost
3 months	\$2,356			\$2,356
6 months	\$4,713			\$4,713
9 months	\$7,070			\$7,070
12 months	\$9,426			\$9,426

Additional money spent while still on the market uses the chosen interest rate, tax rate or amount entered and the default insurance rate of 0.35%. These numbers are meant to be viewed as estimates.

Eric Pierce
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pierceout@gmail.com

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"Flor Mendez did a fantastic job! Flor is very knowledgeable & went above & beyond." - **Elaine Canales**

"Craig Johnson did a great job! Everything was quick & smooth & I will recommend Craig to others." - **Rene Sandoval**

FEATURED PROPERTY

Turnkey!
Remodeled single family residence with 3 bedroom and 1 bathroom. Recessed lighting in kitchen and bedrooms. Tough light switch in kitchen. Energy efficient lighting and appliances. Newer A/C unit, artificial lawn in front yard. Call Today!!!

TOP PRODUCERS

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TOP PRODUCTION Mauricio Barajas
TOP SALES Eduardo Sandoval

Won't Last!
Built in 1993, 3 bed, 2 bath with 1,558 sqft. Tile floor spacious living room and dining area, long hallway leads to spacious bedrooms. Long driveway for extra parking, 2 car detached garage, inside laundry. Close to everything, school, shopping transportation park etc. Call Today!!!

Rare Opportunity!
Rarely on market! Lovely Aspen Meadows town home. Shows well, inviting living room with gas burning fireplace. Newer laminate floors throughout downstairs. Convenient inside laundry. Updated kitchen counters. Call Today!!!

Ready For You!
Beautiful family home and neighborhood, situated in the rolling hill of Phillips Ranch border of Diamond Bar area - Scenic walking and biking area. Features 4 bedrooms, 3 bathrooms, formal dining area and living room with fireplace, family room, wood floors. Call Today!!!

Investment Opportunity
Here is your opportunity to own income property in one of the most quickly emerging pockets of Los Angeles. Tons of potential for a development project or with a little TLC and new vision you could rent it out for passive income! The lot is in a fantastic central location close to everything and is surrounded by mature fruit trees for privacy. Call Today!!!

This Is The One!
Pride of ownership location. Fantastic home 3 bedroom 2 baths. Nice open floor plan. Huge family room open to kitchen with breakfast bar. Large covered patio with sliding door to private master bedroom central A/C and Heat. Sprinkler system, blocked fenced. Call Today!!!

Fantastic!
Stunning four bedrooms plus spacious bonus room, situated on large pie-shaped lot located on a premium cul-de-sac street! This upgraded home comes with a newer roof, windows, kitchen, rear deck, and paint. Great open space with large upstairs master suite. This home is close to transportation and shopping. Call Today!!!

A Must See!
This is a 3 bed 1 bath with a 2 car garage and storage room detached. Long driveway for extra parking. There is also a basement for extra storage space. Tile floor, a granite kitchen counter. This house has lot of potential. Call Today!!!

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Christina Davilas
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Christina24hrs@hotmail.com



Vicki Spearman
"I Care for Downey"
562-367-9520
icare4dow@aol.com



Mario Persico
"Mario DID IT AGAIN"
562-533-7433
Mario@MarioPersico.com



Home Sweet Home!
North Downey home featuring 3 bedrooms, 2 bathrooms with family room and lot's of extras! **\$649,900.**



Opportunity Knocks!
Duplex with 2 BD each! Plus buildable 18,000 lot with 2 additional homes! Located in Los Angeles. **Call for details!**



Excellent North East Downey Location!
Very nice condominium in gated complex. Open living room with fireplace, dining room, kitchen area. 2 large BD and 3 BA: 1 downstairs, 2 upstairs. Close to schools, frwys & shopping. 1,403 sq. ft. living space. **Call Christina for more info 562-761-6080**
Christina24hrs@hotmail.com



8558 11th St., Downey
Quiet North Downey Location: This home features 3 BD, 2 BA and a large yard. 2,200 sq. ft. living space, 8,069 sq. ft. lot size. **Priced at \$689,000.**
Call Vicki today! 562-367-9520.
icare4dow@aol.com



MARIO DID IT AGAIN! AGAIN! AGAIN!
SOLD: 10316 Morning Ave., Downey
3 BD | 3 BA | 1,545 sq. ft. | 8,807 lot
Sold for **FULL PRICE**
\$565,000 in 1 day



Ranch Style Home!
3 BD, 2 BA home. Built in 2004 in Palmdale on a 63,990 sq ft lot. **\$499,900.**
Call Carrie for more info! 562-382-1252.



Money Maker!
2 houses on a lot! Plus additional income! 3 bedrooms each! 9,102 lot in Bell Gardens! **Submit offers!**



Julio Garcia
Realtor
562-533-3359
JulioGarciaRealtor@gmail.com



Pam Lee
Realtor
562-537-1134
PamLeeRealtor@gmail.com

SOLD: 7403 3rd St., Downey
4 BD | 3 BA | 1,962 sq. ft. | 10,466 lot
Sold for \$21,000 above list price in 5 days

SOLD: 9547 Stamps Ave., Downey
4 BD | 3 BA | 2,176 sq. ft. | 9,214 lot

SOLD: 7816 7th St., Downey
2 BD | 2 BA | 1,049 sq. ft. | 5,101 lot
Sold for \$10,000 above list price in 4 days



Lot's For Your Money!
3 bedroom, 2 bath home in Downey with a lovely kitchen, 2 car garage and nice floor plan! **Priced at \$525,000.**



Downey Starter!
3 bedrooms, 2 bathrooms, hardwood floors on a Cul-de-sac! **\$514,900!**

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✓ Wills
Call Today to make Your Living Trust!!!

Call Carrie Today!
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Great Floor Plan!
5 BD, 5 BA plus Guest house! Great Downey Neighborhood! Huge master suite! **Reduced to \$984,000!**



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Sold Over List Price!
Renovated Riverside home. 3 bedrooms, 2 bathrooms. 1,250 sq. ft. on a 6,098 sq. ft. lot.
Julio can sell yours too!
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JulioGarciaRealtor@gmail.com



Back on the Market
2 BD, 2 BA spacious Downey Condo. Large master suite. Kitchen open to family area with fireplace. 1,700+ square feet of living space.
Call 562-537-1134 for more info.
PamLeeRealtor@gmail.com

COMING SOON:
Downey home
4 BD | 3 BA | 2,090 sq. ft.
Built in 1977

COMING SOON:
South Gate Townhome
2 BD | 3 BA | 1,336 sq. ft.
Downey Unified School District

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FOR SALE



Custom Built Pool Home!
4 BD, 3 BA pool home on a large 10k sq ft lot with new flooring, master bedroom, spacious living room & den overlooking backyard, & 2 car detached garage in a cul-de-sac location.
LIST PRICE: \$925,000



Orange Estates
5 BD, (4 up & 1 down), 4 BA, 3,140 sq. ft., kitchen was upgraded with new appliances and quartz counter tops, located near Furman Park!
LIST PRICE: \$914,950



Remodeled Like New!
Charming 3 BD, 2 BA home with almost 1,500 sq. ft. living space. This home features large family room with fireplace, a brand new kitchen, spacious yard and RV Parking.
LIST PRICE: \$549,900



So Much For So Little!
3 BD, 2 BA, living room and dining area, master BD, and family room with fireplace and vaulted ceilings, central air and heat, covered patio and large yard.
LIST PRICE: \$539,950



The Right House For You!
3 BD, 2 BA home centrally located in North Downey. Den with fireplace, bonus room could be 4th bedroom approx 1,800 sq. ft. Prestine Condition!
LIST PRICE: \$625,000



IN ESCROW
4 BD, 3 BA, living room & dining room master BD with remodeled BA 3 car attached Great floorplan in Charloma Estates.
\$825,000



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