

Mayor's corner: Downey stays busy this fall

By **Fernando Vasquez**
Mayor of Downey

Hello Downey!

Fall is here again. Cooler weather and shorter days serve as a reminder that the year is winding down and with this it pushes us, the City Council, to continue moving forward with our priorities and goals we set as a group at the beginning of the year. This has been an amazing year for the City but even more so this summer, full of excitement with all the events that took place.

One event that stands out is the celebration of Dr. Mary Stauffer's 100th birthday. Over 200 people attended the celebration at the Columbia Memorial Space Center. Guests included past Los Angeles Supervisor Don Knabe, Congresswoman Lucille Roybal-Allard, Senator Tony Mendoza, several past City of Downey mayors, members of the Downey Unified School District and past recipients of the Mary R. Stauffer Foundation scholarships. Dr. Stauffer has impacted the lives of so many in our community and celebrating her milestone birthday was an honor to all those who were present with her.

With school back in session, City Hall has once again received phone calls with regards to speeding issues and traffic congestion during drop off and pickup times at our local schools. As residents and responsible adults, it is our responsibility to slow down and obey all traffic laws. Not only because it is the law, but for our children's safety. We are setting the example for our future drivers, so please let's all drive safer and keep our children's safety in mind.

Recently the City installed a "Safe Exchange Zone" in front of the Downey Police Station and City Hall. This will provide a place for online buyers and sellers to meet and exchange goods in a safe area. There have

been numerous reports from all over the country about robberies where the victim made arrangements to meet someone to see an item for sale and even though the location is in a public place such as a convenience store parking lot, they still end up getting robbed. Having a place close to our law enforcement helps lessen this chance.

The Safe Exchange Zone will also serve as a safe, neutral exchange area for people to conduct custody exchanges. The safe area will help to reduce the potential trauma for children who may otherwise be exchanged inside a police station.

This summer we were informed by the Institute for Local Government that the City was chosen as recipient of not one but two Beacon Spotlight Awards. For more than 10 years, the Beacon Program has encouraged, supported and recognized voluntary action by local governments throughout California to address climate change, promote energy innovation and create more sustainable communities.

For our achievements, we were presented with the Gold Level Award for 13% Energy Savings and a second Gold Level Award for Sustainability Best Practices. I would like to thank our Public Works Department for their commitment to our city and their efforts to help reduce greenhouse gas emissions and save energy.

This has been a busy year and our City is filled with innovations and accomplishments. I welcome you to view our City Accomplishments Book for Fiscal Year 2016-17 located on our City website. If you would like a hard copy, please come to City Hall and our Council secretary can provide a copy for you.

On Saturday, Oct., 14 at 9 a.m., Mayor Pro Tem Sean Ashton will be hosting his "Coffee with the Mayor Pro Tem" event. Join him at Vazza Cafe for a cup of coffee and an opportunity to discuss any ideas or concerns you may have about your city. Your voice and opinions are important so please come out and be heard.

CalMet Services, Inc., the City's waste hauler, will be providing Downey residents with free mulch on Saturday, Oct. 21, from 9 a.m. to noon. Residents may receive up to 32 gallons of mulch, but must bring their own containers.

October is Breast Cancer Awareness Month. It is estimated that more than 300,000 women in the United States will be diagnosed with breast



cancer this year alone. To help bring awareness, the Downey Police Department will be volunteering as servers at The Lazy Dog Café in support of the Pink Patch Project on Wednesday, Oct. 18, from 5 p.m. to 9 p.m.

The Pink Patch Project is a collaborative effort with more than 175 agencies nationwide and is designed to bring attention to the fight against breast cancer and to support cancer research organizations. Any tips the officers receive will be donated to a local cancer research organization. Shirts, a pink version of the police departments patch and challenge coins will also be available for purchase at the event.

For further information, please contact Lieutenant Loughner at sloughner@downeyca.org or (562) 904-2346. As we display pink ribbons and wear pink clothing to raise awareness, we also support those courageously fighting breast cancer and honor the lives lost to the disease.

As your Mayor, it is a privilege to serve and represent you. As always, I welcome your comments, concerns and questions. You can reach me at (562) 904-7274 or at fvasquez@downeyca.org.

Fernando Vasquez
Downey Mayor

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Alexander Henry Ambriz-Pacheco was born Sept. 25 at 8:21 a.m., weighing 5 lbs., 11 ounces and measuring 19 inches long.

His parents are Christine E. Ambriz and Alex Pacheco, who is currently serving our country in the U.S. Marines and stationed in Japan.



In honor of International Day of the Girl Child on Oct. 11, Soroptimist International of Downey made a donation to support girls education in Sierra Leone. The donation will be used to help eradicate female genital mutilation around the world.

Pictured with Soroptimist members is Dr. Nina Smart, founder of SWF International and a Downey Soroptimist member.



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Make Healthy Your Choice.

Join us to learn about new Medicare benefits for 2018

PIH Health is here to help you select the best Medicare Advantage plan that fits your needs. This event will include a lecture about benefit changes in 2018, as well as an opportunity to speak with representatives from the Medicare Advantage health plans accepted by PIH Health. We hope you can join us!

Saturday, November 4, 2017

Time: 9 am to 12 pm

PIH Health Hospital – Downey

11500 Brookshire Ave, Auditorium
Downey, CA 90241

Please RSVP by Wednesday, November 1, 2017

Call 1.888.365.4450, or visit
PIHHealth.org/Medicare

Space is limited and reservations are required.



An Environmental Reminder...

Finish the Job — Recycle Used Motor Oil and Filters

"Recycling motor oil and oil filters helps keep our beautiful earth clean."

Kai Kim Maude Price Elementary School Mrs. Anagnostou's Class

knowledge is power

When changing your car's motor oil, remember to finish the job right. Recycle used motor oil and filters in the City of Downey.

The student artwork above was selected from among 241 environmental artwork entries submitted to the City by local 5th grade students. A new student artwork winner will be featured each month.

The City of Downey and local 5th grade students remind you:
Help Keep Downey Beautiful! Recycle Used Motor Oil & Filters!

For more information, call the Public Works Department
562.904.7102

DowneyCA.ORG 888CleanLA.ORG

Penalties doom Vikings in overtime loss against Paramount



Photo courtesy Downey High cheerleading Instagram

DOWNEY – The Downey High School football team was defeated by Paramount at Downey last Friday night, in overtime, 21-20.

With the loss, the Vikings fell to 4-2 overall and 0-1 in S.G.V.L. play. With the win, the Pirates are now 5-1 overall and 1-0 in league play.

Downey will travel to Dominguez (2-4, 0-1) Friday and Paramount will travel to Warren (5-1, 1-0) to face the Bears. Dominguez was defeated by Gahr (5-1, 1-0) last Friday 24-8 and Warren defeated Lynwood (3-3, 0-1) 41-20.

In the Downey/Paramount game, neither team scored in the first quarter. Paramount scored the first touchdown of the game in the second quarter and took a 7-0 lead into the locker room at halftime.

Downey answered back in the third quarter and tied the game at 7. The Vikings took the lead in the fourth quarter and led 14-7 as the clock was winding down.

Quarterback **Kijon Fouts** threw his only interception of the night in the fourth quarter and Paramount capitalized on the mistake when they scored a touchdown a few plays later. The extra point was good and the Pirates tied the score at 14. The score remained tied at 14 as regulation ended.

Downey had possession first in overtime and scored a touchdown. The extra point was wide left and Downey led, 20-14.

The Pirates answered back with a touchdown of their own after converting on a 4th and 12 a few plays earlier. The Pirates converted the extra point and claimed the hard fought, 21-20 win.

In the game, Downey committed 17 penalties for 132 yards. I am certain Coach Williams and his staff will address that this week.

Fouts completed 10/19 pass attempts for 93 yards and had one interception. Fouts also ran the ball nine times for 54 yards.

The Downey ground game was led by **Baraq Ross**' 30 carries for 204 yards and three touchdowns.

The Viking receiving corps were led by **Jack Chapman**'s three catches for 18 yards, **Baraq Ross**' two catches for 27 yards and **Christopher Atkins**' two catches for 24 yards.

WARREN FOOTBALL: The Warren High School football team defeated Lynwood at Warren last Friday night, 41-20, improving to 5-1 overall and

1-0 in SGVL play.

Warren will host Paramount (5-1, 1-0) Friday and Lynwood will host Gahr (5-1, 1-0). Paramount defeated Downey at Downey last Friday night, 21-20, in overtime and Gahr defeated Dominguez (2-4, 0-1) at Dominguez, 24-8.

In the Warren/Lynwood game, Warren scored the first touchdown and led 14-7 as the first quarter came to an end. Both teams scored touchdowns and converted on extra points in the second quarter and the Bears led, 21-14, going into the locker room at halftime.

The Bears picked up in the second half where they left off. Warren scored 13 unanswered points in the third quarter and took a commanding 34-14 lead as the quarter came to an end.

Warren scored another touchdown in the fourth quarter and came away with the 41-20 win.

Bear quarterback **Chris Venegas** completed 6/7 pass attempts for 101 yards and a touchdown and Warren back-up quarterback **Jared Gonzalez** completed 6/9 pass attempts for 121 yards.

The Warren ground game was led by **Nikko Fierro-Tuala**'s eight carries for 116 yards and one touchdown and **Justin Mendoza**'s 13 carries for 77 yards and two touchdowns. The Bear receiving corps were led by **Desmond Carnes**' four catches for 78 yards and one touchdown, **Nikko Fierro-Tuala**'s three catches for 58 yards and **Robbie Colenzo**'s three catches for 25 yards.

Coach Lara, his staff and players are all looking forward to the Paramount game later today. The winner of this game will have the inside track to the San Gabriel Valley League title.

Warren will host cross-town rival Downey on Oct. 27. That game will certainly play a big role in determining not only who the league champion is but who will qualify for postseason play.

GIRLS TENNIS: The Downey/Warren girls' tennis rivalry continued at Downey High School last Thursday afternoon as Downey came away with the 12-6 win.

The two teams played to a 9-9 tie at Warren on Sept. 22. Matches have been close each meeting and several have been decided on tiebreaker criteria.

Warren has been playing well. The Bears are currently 7-3-1 overall and 5-1-1 in San Gabriel Valley League play.

Downey has also been playing well, compiling a 4-3-2 overall record and 3-1-2 in league play.

The two teams are scheduled to meet again at Warren on Oct. 17. This matchup will most likely determine the league champion. I am certain there will be an "expect the unexpected" feel to the match as so many of the Downey/Warren rivalries do.

In recent San Gabriel Valley League action Warren defeated Paramount 12-6 on 9/19, defeated Gahr 12-6 on 9/21, defeated Lynwood 11-7 on 9/28, defeated Paramount 9-9 (criteria) on 9/29 and defeated Gahr 10-8 on 10/3.

Downey defeated Lynwood 11-7 on 9/21, tied Gahr on 9/26 and defeated Paramount 12-6 on 9/28. Coach Starksen of Warren and Coach Diego of Downey and all of their players are looking forward to the third and final match at Warren later this month.

The league title is up for grabs and whoever plays better that day will claim league champion honors.

GIRLS VOLLEYBALL: The Downey and Warren girls' volleyball teams squared off on Oct. 3 at Warren and the Lady Vikings came away with the hard-fought 3-1 win.

Downey lost the first set 22-25 but rallied to win the next three sets 25-22, 25-19 and 26-24 to claim the victory.

With the win, Downey is now 11-9 overall and 5-0 in San Gabriel Valley League play and has the inside track to the S.G.V.L. title. With the loss, Warren is now 6-4 overall and 3-2 in league play.

The cross-town rivals will meet again Oct. 19 at Downey.

MIDDLE SCHOOL: The first rotation of middle school sports concluded last Wednesday and six city championships were claimed.

In 8th grade football, Doty and Stauffer were city co-champions with records of 4-2, Griffiths was third with a record of 3-3 and Sussman was fourth with a record of 1-5.

In 7th grade football, Stauffer was the city champion with a record of 6-0, Sussman was second with a record of 3-3, Doty was third with a record of 2-4 and Griffiths was fourth with a record of 1-5. In 6th grade football, Stauffer was the city champion with a record of 6-0, Doty and Griffiths tied for second with records of 3-3 and Sussman was fourth with a record of 0-6.

In 8th grade girls' volleyball, Doty was the city champion with a record of 6-0, Griffiths was second with a record of 3-3, Sussman was third with a record of 2-4 and Stauffer was fourth with a record of 1-5. In 7th grade girls' volleyball, Griffiths was the city champion with a record of 6-0, Doty and Sussman tied for second with records of 3-3 and Stauffer was fourth with a record of 0-6. In 6th grade girls' volleyball, Doty was the city champion with a record of 6-0, Griffiths was second with a record of 4-2 and Stauffer and Sussman tied for third with records of 1-5.

The next rotation will feature boys' volleyball for each of the three grade levels and girls' varsity (8th grade) and junior varsity (6th and 7th grade) soccer.

Mark Fetter, contributor

CORRECTION: An article in last week's newspaper about an upcoming Downey Symphony concert incorrectly identified a symphony board member as Joyce Osborn. The correct name is Joyce Sherwin.

KEEP DOWNEY CLEAN

REPORT

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<p>DOWNEY Coco's 7900 Florence Ave. Oct. 25 at 11 a.m.</p>	<p>DOWNEY Healthcare Partners 8311 Florence Ave. Oct. 24 at 10 a.m. Nov. 14 at 10 a.m.</p>	<p>DOWNEY IHOP 11414 Paramount Blvd. Oct. 25 at 2 p.m. Nov. 15 at 2 p.m.</p>
<p>DOWNEY Marie Callender's 7860 E. Florence Ave. Oct. 19 at 10 a.m.</p>	<p>DOWNEY PIH Hospital 11500 Brookshire Ave. Oct. 17 at 2:30 p.m. Nov. 10 at 9:30 a.m. Dec. 13 at 9:00 a.m.</p>	

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Rancho named an 'innovation center' by governor

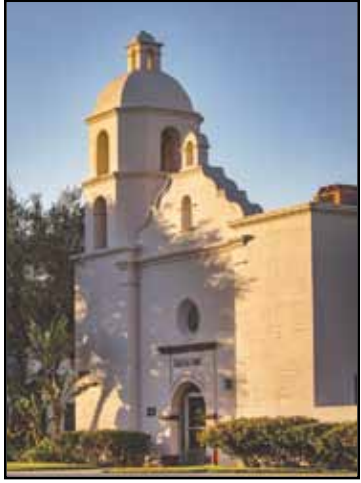


Photo by Pam Lane DowneyDailyPhotos.com

DOWNEY – A bill that would designate Rancho Los Amigos National Rehabilitation Center as a 'rehabilitation innovation center' has been signed by the Governor.

Authored by Assemblywoman Cristina Garcia (D-Bell Gardens), AB 1411 originated from constituents

through her yearly 'There Ought to Be a Law' contest.

Assembly Bill 1411 designates the Rancho Los Amigos National Rehabilitation Center as a 'rehabilitation innovation center'.

The designation recognizes an inpatient rehabilitation research center that has particular expertise in treating patients with the most complex rehabilitation needs.

"Rancho Los Amigos is one of the most premiere facilities in the country, provides care to approximately 4,000 inpatients and 71,000 outpatients annually, making it one of the largest rehabilitation centers in the nation," said Garcia.

"At a time when healthcare for working Americans is in a perilous position, 85% of this center's patients are on MediCal and it's the only public rehabilitation facility in Southern California."

As the only rehabilitation

hospital in Los Angeles County's Department of Health Services, the center serves a unique and vital role in patient recovery, rehabilitation and reintegration.

The hospital specializes in brain, neurology, orthopedic, pediatric, spine injury, and stroke rehabilitation. Each year, the hospital provides care to approximately 4,000 inpatients and 71,000 outpatients, making it one of the largest rehabilitation centers in the nation.

"This designation will help ensure that Rancho continues to provide the highest level of care to the residents of Southern California," said Jorge Orozco, CEO of Rancho Los Amigos.

"It also ensures that the cutting edge research that Rancho conducts will continue to benefit patients in need regardless of ability to pay, and will ultimately help shape the future of rehabilitation in this country."

A video of just one of the innovative treatment's the center has created can be found online. In it, nodes connected directly to a paraplegic man's brain control a robotic arm enabling him to drink a beer for the first time by himself since his accident.

"Their innovative care and ability to heal thousands of people every year not only provide a beacon of hope for patients in need but they're also a fantastic example of the services and advancements burgeoning in this region," added Garcia.

"The work Rancho Los Amigos does is amazing—just watch the video! The potential partnerships to advance care and innovation in rehabilitation treatments are endless and I'm excited about the opportunity their innovation brings to the community."

Date announced for Healthy Downey 5K

DOWNEY – The sixth annual Healthy Downey 5K for TLC will take place Saturday, Feb. 24, at Apollo Park, organizers announced.

Proceeds from the run/walk benefit the TLC Family Resource Center, which provides free health and human services to students and their families.

"TLC exists heavily on charitable contributions, grants and fundraisers," said Luz Perez, the program's coordinator. "Your tax deductible donation will help us support students facing challenging times."

Sponsorship opportunities are available, ranging from \$50-\$1,000. Sponsor forms are available online at dusd.net/tlc.

For questions or more information, call TLC at (562) 904-3577 or email lperez@dusd.net.

Stay Gallery hosts exhibit by Ozzie Salvador Juarez

DOWNEY – An exhibit by Los Angeles-based artist Ozzie Salvador Juarez opens Friday night at Downey's Stay Gallery.

Juarez's work is described as a critique of the visual language of American cartoons and their dark relationship with sex. His painting process involves careful observation of and insight into these cartoons.

Manipulating, abstracting, and collaging select elements enables him to expose hidden sexualized forms and innuendos, and the physical translation from digital source material to a painted canvas, results in a dynamic composition that is at once completely familiar yet inscrutable and grotesque.

The opening night reception begins at 7 p.m. and includes music and drinks. The public is invited.

'Quartermania' fundraiser for Job's Daughters

DOWNEY – Job's Daughters of Downey Bethel No. 244 will host a "quartermania" fundraiser Saturday, Nov. 4, from 12-4 p.m. at the Downey Masonic Lodge.

Admission is \$10 and includes an auction paddle, lunch and one opportunity drawing ticket. Bring quarters for bidding.

Quartermania is a cross between an auction, raffle and bingo. All bids are just 1-4 quarters.

There will also be vendors from Tupperware, Thirty-One Gifts, Origami Owl, Young Living Essential Oils, Lina's Likables, Park Lane Jewelry, Gold Canyon Candles, and more.

For more information, email LauraPhillipsFundraising@gmail.com.

Prescription drug take-back event Oct. 28

DOWNEY – The Downey Police Department will be accepting expired or unwanted prescription medications Saturday, Oct. 28, from 10 a.m. to 2 p.m. in the police department's west parking lot.

Over-the-counter medicine can also be discarded. Liquids must be in fully sealed, unopened plastic containers. Needles, sharps and glass containers can not be accepted.

Downey High jazz concert

DOWNEY – Downey High School's Music Department will present its annual Fall Concert on Wednesday, Oct. 18, starting at 7 p.m. in the campus theater.

Under the direction of Cory Olariu and Eric Patterson, the concert will feature the jazz choir, combo, jazz band and jazz ensemble.

The concert is open to the public.

Leonard Feiereisen dies at 101

DOWNEY – Longtime Downey resident Leonard Charles Feiereisen, 101, died Sept. 9 from complications of pneumonia. He was born in Cedar Rapids, Linn County, Iowa on July 17, 1916.

Leonard's grandparents emigrated from Luxembourg in the 1880s and settled in Chicago. His father, Michael, later moved to Cedar Rapids where he married Leonard's mother, Mary.



Leonard married Dorothy May Tiffany on Dec. 27, 1935. Their daughter, Barbara, was born the next year and they soon moved to Downey and became long-time residents.

After his retirement, he and his wife traveled extensively and eventually celebrated 69 years of marriage.

Leonard is survived by a first cousin, Susan Tiffany, of Oregon, and a third cousin, Rita Mangler, of Iowa. He was predeceased by his parents, Michael and Mary (Stastny) Feiereisen, his wife, Dorothy (Tiffany) Feiereisen, his daughter, Barbara Feiereisen, and his sister, Jeanette Dvorak.

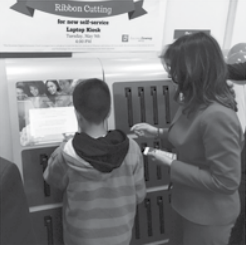
Funeral services were held Sept. 18 at Our Lady of Perpetual Help Church in Whittier. Burial followed at Rose Hills Memorial Park where he was laid to rest next to his wife, Dorothy, and his other family members.

Razorbacks fundraiser at Ruby's


DOWNEY – Ruby's Diner in Downey is hosting a fundraiser Monday, Oct. 16, to benefit Downey Razorbacks' cheer and flag squads.

Between 2-9 p.m., diners who show an event flyer will have 20% of their bill donated to the Razorbacks. Flyers are posted on the Razorbacks' Facebook page.

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The Downey Digital Inclusion Grant is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.



Congratulations, Michelle!



Downey Federal Credit Union and our great members, would like to congratulate Michelle Frase for earning our **2017 Spirit of Service Award**. Michelle serves our members and community with passion and dedication. Thanks, Michelle!

DFCU

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downeyfcu.org
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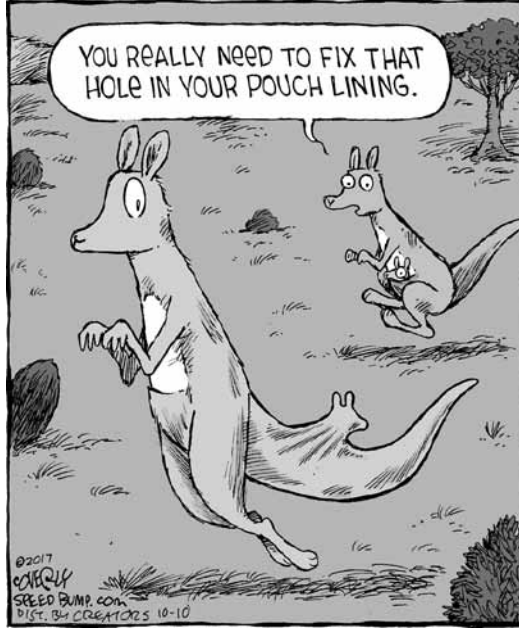
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SPEED BUMP

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 Alex Lopez 441-7947.
 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 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., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.
 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...

Oct. 12, 1810: The German festival Oktoberfest was first held in Munich to celebrate the wedding of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen.

1998: Matthew Shepard, a gay student at University of Wyoming, died five days after he was beaten, robbed and left tied to a wooden fence post outside of Laramie.

2000: The Navy destroyer Cole was attacked in an al-Qaeda suicide bombing while in port in Aden, Yemen, killing 17 sailors and injuring dozens more.

2007: Former Vice President Al Gore and the U.N.'s Intergovernmental Panel on Climate Change won the Nobel Peace Prize for sounding the alarm over global warming.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
BOOKENDS: Ending as they start, in reverse
 by S.N.

ACROSS

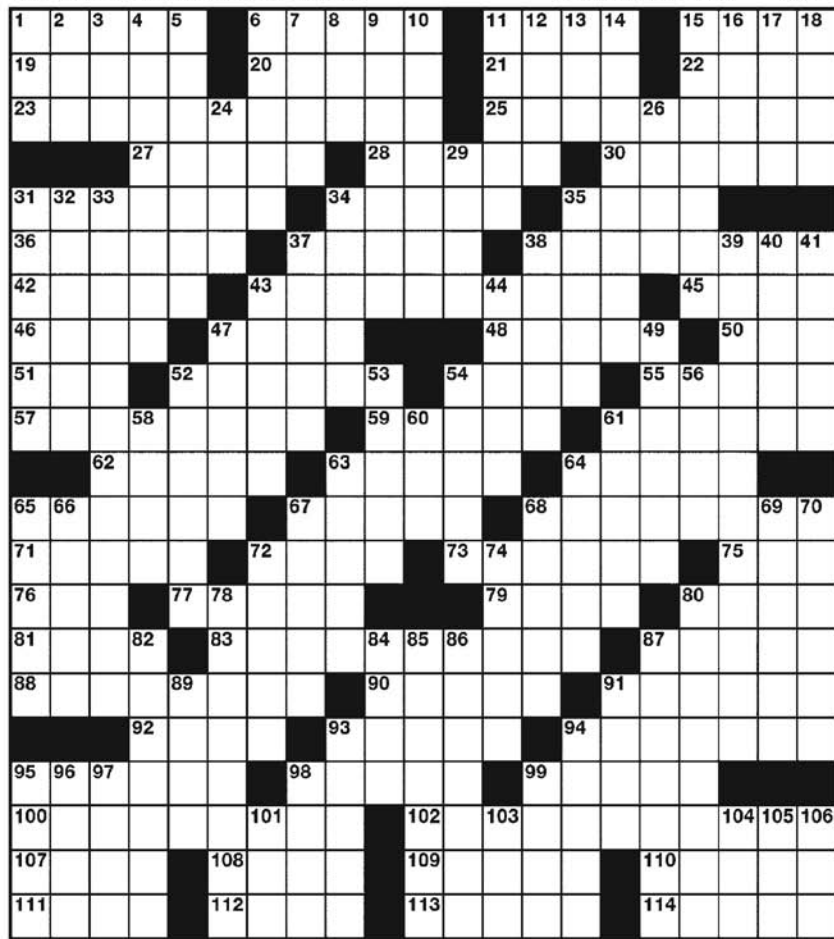
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Paging Dr. Frischer: Colon cancer screenings

When my patients turn 50, I routinely recommend that they have a colonoscopy to screen for colorectal cancer. Not surprisingly, my generous offer is sometimes rejected. Patients express concern over drinking the prep, having general anesthesia, or undergoing the procedure itself.

This fact has not escaped the medical field, and new recommendations have been issued. Various highly respected organizations, including the American Cancer Society and the US Multi-Society Task Force, currently issue guidelines on colorectal cancer screening. All recommend routine screening for colorectal cancer and polyps, usually starting at age 50 and continuing until about the age of 75.



What is colorectal cancer? It's a disease in which abnormal cells in the colon or rectum divide uncontrollably, forming a malignant tumor. Most begin as a polyp, a growth in the tissue that lines the inner surface of the colon or rectum. Polyps are common in those over 50, and the vast majority of them are not cancerous.

However, the type of polyp known as an adenoma has a higher risk of becoming a cancer. Aside from skin cancer, which is the most common but rarely fatal form of cancer, colorectal cancer is the third most common cancer (following prostate and lung in men, and breast and lung in women).

Death rates are declining due to more screening and to a reduction in risk factors, such as a decrease in cigarette smoking. Other risk factors include a family history of colorectal cancer or a familial polyposis condition, inherited Lynch syndrome, older age, excessive alcohol use, obesity, lack of physical activity, inflammatory bowel diseases like ulcerative colitis and Crohn's disease, and possibly diet.

There are several screening tests developed to help detect colorectal cancer early, when it may be more treatable. In fact, screening can act as a form of cancer prevention as well: some tests detect precancerous polyps, which can

be removed.

The standard test continues to be the colonoscopy. The rectum and entire colon are examined with a colonoscope, a flexible lighted tube with a lens for viewing and a tool for removing any abnormal growths. A thorough cleansing of the entire colon is necessary before this test, which is done by drinking large amounts of a laxative prep solution. Sedation is necessary.

An alternative visualization test is the sigmoidoscopy. This uses a shorter scope that can only view the rectum and the sigmoid colon, which is about one-third of the entire colon. It takes less time, and sedation is usually not necessary, but any cancers beyond the sigmoid colon may be missed.

There are a few other methods used for visualizing the colon, including computed tomographic (CT) colonography and double contrast barium enemas. The colonography is rarely done because it is expensive and still requires follow up with a regular colonoscopy if polyps are found. The barium enema is also seldom used, as it is less sensitive in detecting small polyps and cancers.

Other tests mainly detect cancer (but not polyps) and are less invasive, using stool samples to detect the presence of blood. Two of these tests are approved by the FDA: the FOBT (Fecal Occult Blood Test), and the FIT (Fecal Immunochemical Test). Note, however, that there are other reasons why blood might be in the stool, so this is by no means a definitive test for cancer. If positive, it still needs to be followed by colonoscopy and possibly endoscopy.

Cologuard is a new stool DNA test, approved by the FDA. It detects tiny amounts of blood in stool, similar to the FIT test, as well as nine DNA biomarkers that have been found in colorectal cancer and precancerous advanced adenomas. So, this test can detect some forms of precancerous growths. Of course, any positive test will yet again lead to a colonoscopy.

An increasing number of insurance companies, including Medicare, are now covering this test.

Which test is right for you? The standard colonoscopy is still the gold standard. It allows the doctor to view the rectum and the entire colon, and a biopsy can be taken during the test. The disadvantages are that it can still miss some small polyps, flat or depressed growths, and even cancers.

The quality of the results depends on a thorough cleansing of the colon, as well as the skill and patience of the gastroenterologist. A liquid diet, prep, and sedation are necessary. Someone needs to accompany the patient to and from the procedure, and the patient may need to miss a day of work.

In June of 2017 the US Multi-Society Task Force on Colorectal Cancer issued updated screening recommendations. The most effective choices are:

- Colonoscopy every ten years, or
- Annual FIT / FOBT

Less effective choices, but better than doing nothing, are:

- CT colonography every five years, or
- FIT or fecal DNA every three years, or
- Flexible sigmoidoscopy every five-ten years

My bottom line? It is absolutely critical that we all select a screening test, and be re-tested on a regular basis. I urge everyone between 50 and 75 to be screened for colorectal cancer, because this is a common cancer and one that can often be treated or prevented.

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.

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'Young Frankenstein' opens next week in Cerritos

CERRITOS – The Cerritos Center for the Performing Arts (CCPA) kicks off the 2017-18 Broadway Performance Partner Series with the award-winning 3-D Theatricals' "Young Frankenstein."

Tickets, which start at \$40, are available at the CCPA Ticket Office and cerritoscenter.com or by calling (562) 916-8500.

"Young Frankenstein" will run at the CCPA on Friday, Oct. 20 and 27 at p.m.; Saturday, Oct. 21 and 28 at 2 and 8 p.m.; Sunday, Oct. 22 and 29 at 2 p.m.; and Thursday, Oct. 26, at 7:30 p.m.

Based on Mel Brooks' and Gene Wilder's 1974 re-imagining of the Mary Shelley classic, the stage version of "Young Frankenstein" features director David Lamoureux, musical director Corey Hirsch, and choreographer Daniel Smith.

The film received two Academy Award nominations, including one for the script. It was also nominated for a Writer's Guild of America Award for "Best Adapted Screenplay."

"Young Frankenstein" won The Hugo Award for "Best Dramatic Presentation" and The Nebula Award, given by The Science Fiction &

Fantasy Writers of America, for "Best Dramatic Writing." It was chosen for preservation in the Library of Congress National Film Registry. The stage version has been nominated for the Tony Award, Drama League Award, Drama Desk Award, and Grammy Award. It won the Outer Critics Award for "Best Musical."

The tale focuses on young Dr. Frankenstein's (that's Frankenstein) attempts to complete his grandfather's masterwork and bring a corpse to life. With his oddly shaped and endearing helper Igor (that's Eye-gor), his curvaceous lab assistant Inga, and in spite of his incredibly self-involved madcap fiancée Elizabeth, Frankenstein succeeds in creating a monster – but not without scary and quite often hysterical – complications.

The show's raucous score includes "The Transylvania Mania," "He Vas My Boyfriend," and Irving Berlin's "Putting on the Ritz."

For the 2017-18 CCPA Season, 3-D Theatricals will also present Broadway classics "Million Dollar Quartet," "Parade" and "Mamma Mia."

For tickets or more information, call (562) 916-8500 or go to cerritoscenter.com.



Bon Jovi is among the 2018 nominees for the Rock & Roll Hall of Fame. Winners will be announced in December.

Tickets on sale to hear Vin Scully speak in Pasadena

PASADENA – Vin Scully, the beloved Hall of Fame Los Angeles Dodgers' announcer, is making a rare live public appearance at the Pasadena Civic Auditorium on Saturday, Nov. 4.

Vin Scully is widely regarded as not just one of the greatest baseball announcers of all time, but perhaps the greatest voice in all of sport. Arguably the most popular figure in Southern California, Scully came west with the Dodgers in 1958 and has broadcast their games on radio and

television ever since.

His unparalleled storytelling ability, timing, and mellifluous tones have been a uniting force in a geographically massive region. Scully was inducted in the National Baseball Hall of Fame in 1982 and was named "baseball's all-time best broadcaster."

He retired last fall after completing his 67th consecutive season as the "Voice of the Dodgers." Scully holds the distinction for the longest tenure in his field.

Scully's talk will begin at 6 pm and include a question and answer session. Tickets range in price from \$40 to \$250 VIP packages and are available at TicketMaster.com or by calling (800) 745-3000.

Downey Theatre hosts Elvis show

DOWNEY – Cody Ray Slaughter, star of the Tony Award-winning Broadway musical "Million Dollar Quartet," will perform Elvis Presley's earliest hits in a stage show that pays tribute to the beginning roots of rock 'n' roll.

The show will also feature David Fontana, son of Elvis' drummer DJ Fontana, as part of a period-appropriate four-piece band.

Elvis 56 will take place at the Downey Civic Theatre for one night only, Friday, Oct. 13 at 8 p.m.

Rock & Roll Hall of Fame announces 2018 nominees

The nominees for induction into the Rock & Roll Hall of Fame in 2018 were announced Thursday.

This year's group includes 19 nominees from all different musical genres.

They are: Bon Jovi, Kate Bush, The Cars, Depeche Mode, Dire Straits, Eurythmics, J. Geils Band, Judas Priest, LL Cool J, MC5, The Meters, Moody Blues, Radiohead, Rage Against the Machine, Rufus featuring Chaka Khan, Nina Simone, Sister Rosetta Tharpe, Link Wray and The Zombies.

To be eligible for nomination, an individual artist or band must have released its first commercial recording at least 25 years prior to the year of induction which means the 2018 nominees had to release their first official recording no later than 1992.

They are Nina Simone, the Eurythmics, Dire Straits, Judas Priest, Kate Bush, Moody Blues, Radiohead, Rage Against the Machine and Sister Rosetta Tharpe.

An international voting body of more than 900 artists, historians and members of the music industry will receive ballots and this year fans will once again have the opportunity to participate.

Beginning October 5 and continuing through 11:59 p.m. EST on December 5, 2017, fans can visit rockhall.com/vote to cast votes for who they believe to be most deserving of induction.

The top five artists selected will comprise a "fans' ballot" that will be tallied along with the other ballots to choose the 2018 inductees.

The list of 2018 inductees will be announced in December, and the Rock and Roll Hall of Fame 2018 Inductions ceremony will be held in Cleveland on April 14.

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Downey Theatre presents:

Vicki Lawrence and Mama: A Two-Woman Show

Sunday, October 15th, 2017
7:00 PM

In her seventh season as part of legendary cast of the "Carol Burnett Show," Emmy Award winning comedienne Vicki Lawrence created her most endearing character, Thelma Harper, or "Mama" as she is better known to her fans.

Now the time is right to take Mama out of the closet, dust off her sensible shoes and hit the road with her new touring production, **Vicki Lawrence and Mama: A Two-Woman Show.**

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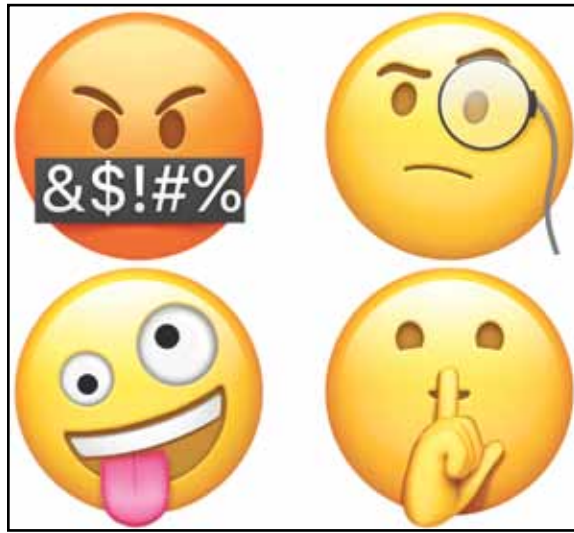
Hundreds of new emojis included in Apple's latest iOS update

Hundreds of new emoji, including more emotive smiley faces, gender-neutral characters, clothing options, food types, animals, mythical creatures and more, are coming to iPhone and iPad with iOS 11.1.

The new emoji are designed to reveal every detail and adapted from approved characters in Unicode 10. iOS 11.1 will also include characters announced on World Emoji Day like Woman with Headscarf, Bearded Person, Breastfeeding, Zombie, Person in Lotus Position and new food items such as Sandwich and Coconut. Also included in the update is the Love-You Gesture, designed after the "I love you" hand sign in American Sign Language.

The new emoji debuted in this week's developer and public beta previews of iOS 11.1, and will be available in upcoming software updates for iOS, macOS and watchOS.

In addition to new emoji, iOS 11.1 also includes new features such as updated animations and a slightly modified transition between apps when tapping a notification.



DJ DIARIES: On our way to break a record

By Amber Cavazos

You're probably no stranger to remixed songs, but do you know the first song to have been given the honor? Well, neither do we.

One of the first remixed songs to blow up and go mainstream though is "Rockit" by Herbie Hancock. Grand Mixer D.ST remixed the 1983 jazz single. It was so popular that they actually performed it at the Grammy's, complete with the freaky robo-humans from the music video. If you haven't seen it yet, it's definitely worth a watch.



DJ Arch Jnr

Since DJing is artistic, DJs strive to create their own sound with whatever they can find. This often comes in the form of sampling or mixing other music. The art of mixing has many aspects. Every DJ has their own special way to mix.

The uniqueness of mixing is so important that a band of DJs came together to show off their talent and relayed back to back. Each of them had to seamlessly mix their own set for about an hour after another DJ "tossed" it to them.

A whopping 151 DJs came to perform at Dubai Mall's Ice Rink. Skaters and music enthusiasts were witnesses for this record shattering event in 2015.

He wasn't able to take part in that record, but Oratilwe AJ Hlongwane is definitely on his way to doing huge things in the music world too.

Oratilwe, who also goes by the name of DJ Arch Jnr when he's spinning mad beats, recently became a Guinness Record holder as the world's youngest club DJ. This little prodigy is just over five years old.

He just broke the record in 2017, but his determination ignited when he won South Africa's Got Talent in 2015, putting him at around three years old.

Though a bit older, Polish DJ Norberto Loco was able to beat the record for longest marathon club DJing despite having the power cut. This feat took place in a bar in Dublin, Ireland in 2014.

The record? An amazing 200 hours of nonstop beats. Before you ask, the rules state that no song can be played twice within four hours of its first play.

This marathon king was technically dethroned in 2016 though. DJ Obi of Nigeria broke the Polish DJ's record by 40 hours. Guinness Records hasn't officially claimed him as the new title holder, but DJ Obi was careful to follow the rules.

He was so determined to win the crown that he even suffered hallucinations during his ten-day long set. He called his quick five seconds of eye rest "disco naps" since actual sleep would have disqualified him.

Thankfully, we haven't had to go through any crazy hallucinations yet despite our DJs getting minimal sleep some nights. Even though our DJs aren't record holders yet, they're definitely something to brag about. Make sure you keep up with us on our social media for opportunities to live it up with us.

Researchers working to create new varieties of avocado

The University of California, Riverside is planning to develop the next generation of avocado varieties.

The university will expand its avocado varietal breeding program by seeking partnerships with the private sector and launching the Avocado Variety Improvement Program (AVIP). Under the consortium, the program will advance new varieties of avocados that will meet the diverse global growing area requirements, exhibit better post-harvest characteristics, increase yields and expand consumer market diversity.

"Worldwide consumption of avocados has increased exponentially within the last decade, with no end in sight," said Mary Lu Arpaia, head of the avocado varietal breeding program at UC Riverside. "It is the true global superfood of the future."

Currently, there are only a few types of avocado grown for food, such as the venerable Hass variety. Researchers at UCR hope to breed the next generation of avocados, especially as the fruit continues to gain popularity across the globe.

The nearly 70-year-old avocado breeding program at UC Riverside houses one of the most elite collections of advanced breeding materials in the world.

Downey restaurant health grades

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Grade: **C**

Hollywood Smoothie
12074 Lakewood Blvd.
Date Inspected: 10/3/17
Grade: **B**

American Legion Post 723
11269 Garfield Ave.
Date Inspected: 10/5/17
Grade: **B**

Downey Grocery Outlet
8320 Firestone Blvd.
Date Inspected: 10/3/17
Grade: **A**

Tutti Frutti
251 Stonewood St.
Date Inspected: 10/3/17
Grade: **A**

El Sushi Loco
11837 Downey Ave.
Date Inspected: 10/3/17
Grade: **A**

Little Caesars
12555 Lakewood Blvd.
Date Inspected: 10/4/17
Grade: **A**

Panda Express
8510 Firestone Blvd.
Date Inspected: 10/5/17
Grade: **A**

Chipotle Mexican Grill
8500 Firestone Blvd.
Date Inspected: 10/5/17
Grade: **A**

Starfish Sushi
8244 Firestone Blvd.
Date Inspected: 10/5/17
Grade: **A**

Creamistry
11146 Downey Ave.
Date Inspected: 10/5/17
Grade: **A**

Burger City Grill
8260 Firestone Blvd.
Date Inspected: 10/5/17
Grade: **A**

Veracruz
9085 Imperial Hwy.
Date Inspected: 10/10/17
Grade: **A**

SSA Kitchen
7601 Imperial Hwy.
Date Inspected: 10/10/17
Grade: **A**

OCT. 12 BIRTHDAYS

Darcy Lynne Farmer, the ventriloquist and most recent winner of "America's Got Talent," turns 13



Hugh Jackman
actor
49



Kirk Cameron
actor
47



Marion Jones
Olympic runner
42



Bode Miller
Olympic skier
40

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Shared Stories: A Brother Bill Remembers

Mervin Chantland was the ninth of 11 children born to his parents. The following is Mervin's recording of what an older brother told him of family stories and life in the Midwest farmland. Ballpoint pens were treasured Christmas gifts, but the boys also played some dangerous games. 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 Mervin Chantland

When Dad and Uncle Bert lived on a farm near Battle Lake, Minnesota, they had all of their friends over for a party. They had purchased a keg of

beer and were having fun.

There was a gang of boys at Battle Lake that decided that they were tough enough to bust the beer party. They possibly had been drinking too and decided to bust Dad and Bert's party. They came to the party and started trouble.

I was told a guy named Geo Anderson was the leader. Dad got into it with him. After the fight they washed Anderson off in the stock tank and the water turned red from all of the blood. Dad was left-handed and very fast with his fists.

The others at the party told my dad that he had better not go to Battle Lake as they were sure that Anderson and his brothers would be waiting to get even. Dad said he decided he was going to town and get it settled, as this was his home. He met Anderson in town, they talked and became good friends.

He told my dad, "You hit where you don't look." That was because Dad was left-handed and very fast.

Mom's brother, who we always called Uncle Carl, had a tavern and store at Mahatowa, Minnesota, in the late 1930's. I can remember at Christmas time that we would get a large box of candy from Uncle Carl. He would go in his store and fill a box with candy bars and send it to us. We were very thankful as we got very few treats, especially candy bars.

Cousin Alfred Chantland built a seed-cleaning plant in Badger. Al had Dad dynamite a stump right in town, not half a block from the Co-op gas station. Boy, that shook them up. Al never forgot that and had many good laughs over it.

While we lived on the Bradley place, I remember we had an old bike. I would ride on the cross bar and Lawrence on the back, and Kermit would peddle. One time they had just graded the big hill by our school. The school was on top of the hill, so it was downhill right out of the school yard.

That hill doesn't seem so steep today, but from the handle bars of a bike, it looked pretty steep. We were heading down that hill. I was sitting on the front, Kermit was peddling, and Lawrence was on the back. It had just rained and the newly-graded hill was slick as grease. We didn't get hurt, but I remember sliding head first down that hill on my stomach. Kermit and Lawrence were right behind.

We used to walk across a field to school, barefooted. There was a big briar patch, and I would tip toe through them and try not to get stuck. Lawrence said just run through real fast, and I did. We made it. I can't remember if it hurt or not, but I never did it again.

By 1938 sister Kay worked in Fort Dodge and sister Florence worked somewhere also. One year they got us all boxing gloves for Christmas. We would go out to the barn and have it out. Somehow we kept it friendly. We never became fighters, but had a lot of fun. I can remember having

them gloves on for years.

One year they got us ice skates, and boy was that fun. As one of us grew out of one pair, we grew into the next pair. I think Kay gave us about four pair that Christmas. We would go to Larson Lake and go skating. The lake was about a half mile west of our school. One time Grodon Frette and others went to the lake with us and we would play hockey and have a great time.

In 1941 we got a new H Farmall tractor. Boy, that was something. I can remember drawing pictures of it. It was red and new; it even had rubber tires, a starter, and lights. Wow, that was a jewel to us kids!

In the fall of 1946, when I attended junior high school at Fort Dodge, the first ballpoint pen came on the market. It was called the Reynolds Rocket. It came in different colored aluminum and had a tip cover that would slide down and cover the point.

A lot of kids in junior high had these pens and I wanted one for Christmas. Dad did get me a Reynolds Rocket. Can you imagine your child today wanting a ballpoint pen for Christmas? That pen was all I got that year but it was what I wanted and I was very happy to get it.

One time, about 1948, Eldon Hovey had a big old barn rope about 30 feet long. We had the back section from an old horse-drawn bob sled, about five feet wide and made of heavy wood and metal runners (aka sledge). We put a board across it and sat on it while Eldon pulled us down the snow-packed gravel road. We would steer it with our feet and had a good time, but the rope kept breaking and finally was too short to use.

We went to our house to find something else to pull the sled with. What we found was a large spring about four feet long and two inches across – like a garage-door spring but much heavier. We put that spring between the pick-up truck and sledge in place of the rope.

Boy, this was great fun. The sledge would hit a snowdrift and stop, and when the spring stretched a bit, the sledge would break loose from the snow and give us quite a ride.

The day we were doing this, the weather was not cold and the snow was heavy and wet. Eldon was pulling Lawrence and I down the lane at our place when the sledge went into a wet snowdrift. I can still see the spring stretching out. Eldon didn't see it and kept on going. I yelled at Lawrence to jump off. I jumped off and he didn't.

The spring stretched out until it was a straight piece of wire. The sledge went out of that snowbank like a bullet. Lawrence went flying, but as usual, didn't get hurt.

It was 1949 when Eldon Hovey discovered that he could weld a cap on the end of a pipe and drill a hole for the fuse. He would put black powder in it and tamp paper and a slug of some kind in it to make a cannon. At that time farmers could buy black powder at the hardware store for farm use. We had a lot of fun with that cannon, shootings into the air.

POETRY MATTERS

Prayer

Let my words
be bright with animals,
images the flash of a gull's wing.
If we pretend
that we are at the center,
that moles and kingfishers,
eels and coyotes
are at the edge of grace,
then we circle, dead moons
about a cold sun.
This morning I ask only
the blessing of the crayfish,
the beatitude of the birds;
to wear the skin of the bear
in my songs;
to work like a man with my hands.

- Joseph Bruchac

Columbus Day, the second Monday in October, has also been designated as Indigenous Peoples Day as a reminder of the displacement of Native Americans from their lands. Bruchac, whose work reflects his Abenaki and Iroquois ancestry, shows that deep connection. "One of the oldest traditions among my native people" he says, "is the thanksgiving address, the formal opening to most gatherings, in which one acknowledges, greets, and thanks all of the aspects of creation, from the Mother Earth and her waters to the winds and the distant stars." Poetry Matters is curated by Lorine Parks, who once lived on Agawam Road in Waban, Massachusetts.

'Spooky Science Night' at Downey space center

DOWNEY – The Columbia Memorial Space Center will host its annual "Spooky Science Night" on Saturday, Oct. 28, from 5-9 p.m.

This year's event will be held in conjunction with International Observe the Moon Night.

Spooky Science Night features interactive activities, such as robotics, slime-making and telescope viewings. There will also be cupcakes and a costume parade.

Admission is \$5.


Bicycle Club Casino hosts Bike Beer Fest

BELL GARDENS – The Bicycle Hotel & Casino will host a Bike Beer Fest on Saturday, Oct. 21, from 5-11 p.m.

Hosted by KROQ's Beermug, the festival will include food trucks, blackjack tables, a hookah and cigar lounge, beer samples from 15 breweries, and an exclusive tasting of vintage bourbon county beer.

There will also be live tribute acts for U2, Caifanes, and Morrissey and the Smiths.

Tickets are \$22 and can be purchased online.



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Lin-Manuel Miranda's 'In the Heights' coming to Long Beach

LONG BEACH – Lin-Manuel Miranda's cutting edge musical, "In the Heights", opens at the Musical Theatre West in Long Beach on Oct. 20 for a limited two-week engagement.

"In the Heights" won the 2008 Tony Awards for Best Musical, Best Score, Best Choreography and Best Orchestrations.

The story is set over the course of three days in the vibrant New York community of Washington Heights -- a place where the coffee from the corner bodega is light and sweet, the windows are always open and the breeze carries the rhythm of three generations of music.

"In the Heights" runs through Nov. 5. Tickets start at \$20 or can be purchased as part of a season subscription for all five shows for \$80-\$260.

Other shows include "White Christmas" (Dec. 1-10); "Guys & Dolls" (Feb. 16-March 4); "Nice Work If You Can Get It" (April 6-22); and "Yankee Doodle" (July 6-22).

Lin-Manuel Miranda wrote 'In the Heights' before penning the mega-hit "Hamilton."



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Lunch Buffet PROMPTLY served at 1:00 P.M.

Game begins at 2:00 P.M. SHARP

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Wednesday, October 25, 2017

9:00am - 12:00pm

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Presented by the "Diane Manarino Memorial Fund"

Presentations by:

Dr. Adrian Burgos, MD
Blood Pressure: The #1 Cause of Stroke
Chief Resident of Neurology
KECK Medical Center of USC

Dr. Wengui Yu, MD, PhD
How Severe Strokes are Treated
Director, Comprehensive Stroke Center
UC Irvine Health

Dr. David Lombardi, MD, Neurologist
Stroke Prevention and Awareness
Chapman Global Medical Center, St. Joseph's Hospital, OC Global Med Center
90241, LA COUNTY

Dr. Radoslav Raychev, MD
New Advanced Treatment of Strokes
Medical Director, Stroke Program
Saddleback Memorial Medical Center

Dr. Ann Vasile, MD, Physiatrist
Rehabilitation After a Stroke
Medical Director, Health South Tustin
Rehabilitation, Paradigm Director

Events of the Day:

- Local Vendors
- Raffle Drawings
- Prizes

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Keck Medical Center of USC

Orange County Global Medical Center

SADDLEBACK MEMORIAL HEALTH SYSTEM

UC Irvine Health HEALTHSOUTH Tustin Rehabilitation Hospital

Courtesy of the Roxanna Todd Hodges Stroke Foundation, a nonprofit 501(c)(3) Corporation. Dates & Speakers subject to change.

LEGAL NOTICES

CIVIL

SUMMONS (CITACION JUDICIAL): NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): ALFREDO AVILES, an individual; MARIBEL LOPEZ, an individual; ANA CONCHA, an individual; ERIC CONCHA, an individual; SYLVESTER MAYA, an individual; SHAWN McDONALD, an individual; RENATO NUNEZ, an individual; PROPERTY EX, INC, a California corporation; ALL OTHER PERSONS UNKNOWN, CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL PROPERTY DESCRIBED IN THE COMPLAINT, ADVERSE TO PLAINTIFFS' OWNERSHIP INTEREST OR ANY CLOUD ON PLAINTIFFS' RIGHT THEREOF, and DOES 1 through 100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): BANK OF AMERICA, N.A. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. ¡AVISO! Lo han demandado. Si no

responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación. Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagarla cuota de presentación, pida al secretario de la corte que le de un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desahar el caso. Case Number (Número del Caso): BC650331. The name and address of the court is: (El nombre y dirección de la corte es): LOS ANGELES SUPERIOR COURT STANLEY MOSK COURTHOUSE 111 N. HILL STREET LOS ANGELES CA 90012 The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): J. WALTER GUSNER (SBN 86013) 213-438-7213 213-438-4417 FIDELITY NATIONAL LAW GROUP 915 WILSHIRE BOULEVARD LOS ANGELES, CA 90017 DATE (Fecha): FEBRUARY 10, 2017. SHERRI R. CARTER (Secretario), by

JUDI LARA Deputy (Adjunto) A-4635006 10/12/2017, 10/19/2017, 10/26/2017, 11/02/2017

The Downey Patriot 10/12/17, 10/19/17, 10/26/17, 11/2/17

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2017289390
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) JESSICA L VAZQUEZ, 5623 SHULL ST., BELL GARDENS CA 90201, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) JESSICA L VAZQUEZ, 5623 SHULL ST., BELL GARDENS CA 90201
State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: an individual
I declare that the registrant started to transact business under the fictitious business name or names listed above: 10/2017
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/ JESSICA L VAZQUEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 5, 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 10/12/17, 10/19/17, 10/26/17, 11/2/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017245391
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) APPLIANCE WORKS (2) HOME APPLIANCE WORKS (3) APPLIANCE WORKS, LLC, 11602 DOWNEY AVE UNIT A, DOWNEY CA 90241, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) APPLIANCE WORKS, LLC, 11602 DOWNEY AVE UNIT A, DOWNEY CA 90241
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: 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/ APPLIANCE WORKS, LLC, MANAGING MEMBER, JUAN RODRIGUEZ
This statement was filed with the County Clerk of Los Angeles on AUGUST 31, 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 9/21/17, 9/28/17, 10/5/17, 10/12/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017275256
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SEW IT SEAMS, 803 SAN MARINO AVE., MONTEBELLO CA 90640, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) YOLANDA

The Downey Patriot 10/5/17, 10/12/17, 10/19/17, 10/26/17

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2017277466
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) TACOS CABRONES, 6868 SUVA ST, BELL GARDENS CA 90201, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) SO CAL CATER TRUCK INC, 6868 SUVA ST, BELL GARDENS CA 90201
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: 08/2017
I declare that all the information in this

The Downey Patriot 9/28/17, 10/5/17, 10/12/17, 10/19/17

Kaiser employees giving makeovers to inner-city housing

DOWNEY – Dozens of employees and physicians from Kaiser Permanente and the Housing Authority of Los Angeles (HACLA) will trade their smartphones and stethoscopes for shovels and gardening tools to beautify Imperial Courts and Nickerson Garden Housing Developments in Watts on Saturday, October 14 from 7 a.m. – 2 p.m.

Imperial Courts and Nickerson Gardens public housing communities are essential to the Watts community, providing over 1,500 units of affordable housing to 4,680 individuals. "We are pleased to welcome Kaiser Permanente volunteers to our communities for this rejuvenation project," said HACLA President and CEO Douglas Guthrie. "Nearly 40% of our residents are between the ages of 0-18 and that's why projects such as this one to help beautify our communities take on a deeper meaning. As HACLA strives to provide safe and affordable housing for our families, this effort will help instill pride and a sense of community to the residents of these housing developments."

Renovation work at the Imperial Courts and Nickerson Garden Housing Developments is funded by Kaiser Permanente's National Facilities Services (NFS) department, who selected Watts as the 2017 site for their annual Community Volunteer Day.

"The National Facilities Services team is proud to partner with local communities and donate our time and resources to support programs that create healthy communities," said Ronald Smith, vice president, Kaiser Permanente National Facilities Services. "This project is an investment that includes more than 150 volunteers, and countless hours of preparation, including building of fences, planter boxes, pathways, and shade structures. I am grateful for the work our volunteers have already completed to prepare for Saturday's event."

"Community service is in our DNA at Kaiser Permanente and I'm inspired by the time our employees and physicians are donating today to spruce up Imperial Courts and Nickerson Gardens," said Jim Branchick, senior vice president and area manager, Kaiser Permanente Downey Medical Center. "With the Kaiser Permanente Watts Counseling and Learning Center, we've been part of the community for 50 years and this volunteer event is an extension of that commitment."

This project is part of Kaiser Permanente's employee community volunteer day events. Both housing developments will get new planters boxes for community gardens and refreshed outdoor community spaces with picnic tables for residents to enjoy. Also donating to this project are: LandPro, Inc., Santa Ana; Great Western Recreation; and Greenfields Outdoor Fitness Inc.



Photos courtesy Marie Durlinger

Fifth annual CROP Walk raises thousands of dollars to benefit hungry families

DOWNEY – The streets of Downey were filled with 191 walkers as they participated in the 5th Annual Downey CROP Hunger Walk last Sunday.

Six churches and two local schools raised funds and brought canned goods for the canned food drive that benefited local and glob-

al food programs. "Hunger strikes people of all races and genders, all ages and faiths," Pastor Daphne Gascot Arias of Downey Memorial Christian Church. "Let it be known that on Sunday the community in Downey came together from all back-

grounds to demonstrate we're willing to strike back." Mayor Pro Tem Sean Ashton, Councilman Rick Rodriguez, and CROP Walk committee chairperson Beth Gendreau thanked everyone for their participation to help three local food programs (PTA H.E.L.P.S. Food Helps, and St. Vincent de Paul Food Programs) and Church World

Service for feeding the hungry around the world.

The walk started and ended at Downey Memorial Christian Church. The walkers, volunteers and sponsors raised \$6,443.

Donations may still be received on-line at crophungerwalk/downeyca

Participants in the Walk were: Downey Memorial Christian Church, Downey First Christian Church, Downey United Methodist Church, Boy Scout Troop 2, Our Lady of Perpetual Help Catholic Church and School, Key Club/Kiwanis of Downey High School, Temple Ner Tamid. PTA H.E.L.P.S., St. Vincent de Paul, St. Raymond's Catholic Church, Downey PD Explorers and Girl Scout Troop 1045.

Sponsors were: In-N-Out Burger, Downey Federal Credit Union, Esperanza Dental Inc., two Coffee Bean locations, Farmers and Merchants Bank, Chick-Fil-A, Hometown Buffet, Grocery Outlet.

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ALEXIS SAAB
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I've changed my mind about selling my home. Can I back out of the sale contract?

I signed a contract to sell my home and immediately realized I had made a mistake. I don't want to sell. What are my options to get out of this?

— Elvenia

Dear Elvenia,

This is surprisingly common, particularly for sellers who have lived in one place for a long time and have strong emotional attachment to a home. But it's also problematic. Signing a contract to sell a home is a legally binding pact between you and the homebuyer.

Obviously, you would be in default and leave yourself in a legally vulnerable position. That doesn't mean, however, you can't handle this the old-fashioned way: Buy yourself out

of it.

That is, if you really, really want to. Maybe it is time to shop around for a new home and mortgage.

But before you put the kibosh on the sale, I suggest you revisit all the reasons — the physical or mental list of pros and cons — you compiled for putting up your home for sale in the first place. People who re-examine these motivators will often realize, albeit grudgingly, that selling was actually the right decision given changes in life circumstances and needs.

Ask yourself this question: Where do I see myself in five years?

And in case you're wondering, there's no such thing as a "right of rescission" cooling-off period

that would allow sellers to cancel certain types of real estate sales and loans within a set amount of business days, as there is for buyers in some cases.

If you're staying put, the good news is that backpedaling sellers, such as you, are rarely forced to sell, though they can pay through the nose if the jilted buyer is hugely inconvenienced — read: "damaged" — by the decision. Not only would you be required to return the earnest money, you may have to also reimburse the buyer for such things as:

- Temporary housing rental.
- Lost deposits.
- Storage costs.
- Inspection and survey fees.

If you balk, a court could award these, plus legal costs, to

the buyer.

Realize, too, that the buyer may have had a devil of a time coordinating the sale and move-out of a previous home with the anticipated purchase of your place and may not be in good humor about your change of heart. Moreover, your own listing agent could sue for lost marketing expenses and commission, since he or she apparently worked hard to bring you a ready and able buyer under what was probably an "exclusive right to sell" contract.

Of course, the words "may" and "could" are key here. Most of the time, brokers and buyers will simply shrug their shoulders and move on, as long as their expenses are reimbursed.

Before you notify the buyer, check to see if your contract affords you a contractual out such as a stipulation stating that you first must find an adequate replacement home (and darn, you just couldn't find one), or gaining required sales approval from family members. Any such exception would have had to be clearly specified in your sales contract.

While buyer's remorse is more common, seller's remorse

does happen, and for a variety of reasons:

- Some owners simply feel they should have gotten a better price and were taken advantage of.
- Others don't want to sell at a reduced price after a surprisingly low appraisal.
- Some have a practical reason: A new job didn't materialize or work out.

More often, though, the

overwhelming emotions of letting go of the beloved family homestead tend to reign in such cases.

If you're still intent on canceling the deal and staying put, make sure everyone involved gets paid what's due. Otherwise, buy yourself a warm blanket for those cold feet, start looking for a great rate on a mortgage and get ready to make new memories in your next home.

Good luck!

Contributed by BankRate.com

Decoding credit card terms and conditions

Credit card offers arrive all the time, offering a dizzying array of perks and promises. From balance transfers and cash back to low introductory rates and travel rewards, it's easy to get lost in the perks — and miss the fine print.

Take Charge America, a national nonprofit credit counseling and debt management counseling agency, decodes seven common terms and conditions to help consumers better understand credit card offers:

Annual Percentage Rate: The APR is the annual interest rate consumers are charged on top of their balance. If your credit card has a 10 percent rate, you'll pay \$10 in interest per \$100 you borrow annually. APRs can be fixed or variable, and largely depend on your credit score. The worse your credit, the higher your APR.

Low Introductory Rate: The key word here is "introductory." While some cards' introductory rates are good for 12 months or more, it's far more common for a low rate to jump up after a few short months. Make sure you understand how long the promotional rate will last before applying for a card.

Penalty Rates: Low interest rates are fickle — they will skyrocket the first time you're late on a payment or if you fail to pay the minimum amount due. Most cards will also charge a fee in these instances, usually \$25 or higher. Read the fine print to ensure you understand the penalties.

Variable Rates: If your card carries a variable rate, it's subject to increase without notice if the prime rate goes up. Even if your card is advertised as fixed rate, the fine print usually states it's only fixed for 12 months.

Balance Transfers: With balance transfer offers, consumers can transfer their debt from high-

rate cards to a low or zero-interest cards. On the surface, this makes perfect sense because you'll save on interest right away. However, you may be charged a transaction fee and have a variable or introductory interest rate, so do the math before signing up.

Cash Advances: Just like balance transfers, the cash advance can carry hefty transaction fees and an introductory rate that will

soon expire. It's an enticing offer — especially if you're low on cash — but it's probably worse for you in the long run.

Rewards: Consumers love buying gas or booking airfare on their credit cards knowing that they are earning rewards. Some rewards programs are better than others, so read up before you start making purchases.

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