



NEWS
Students take on water crisis
SEE PAGE 2



PAGING DR. FRISCHER
Pros & cons of caffeine
SEE PAGE 7



NEWS
Tribute to 9/11 victims
SEE PAGE 4



FEATURES
Halloween at the thrift shop
SEE PAGE 13

Kaiser goes on lockdown after reports of shooting

► **LOCKDOWN:** A man reportedly upset about a missed doctor's appointment threatened hospital staff with a gun, prompting a lockdown and massive police response at Kaiser Permanente Medical Center.

By Alex Dominguez
Staff Writer

DOWNEY — A man brandishing a gun at the Kaiser Permanente hospital in Downey sent the medical center into lockdown Tuesday, prompting a massive police response and spurring concerns of a possible active shooter on the hospital campus.

The suspect was taken into custody without incident. No shots were fired in the ordeal and there were no reports of injuries.

The incident began at around 11:34 a.m., when reports came in to the Downey Police Department of a disturbance at the hospital. The call was upgraded to a possible active shooter while officers were enroute.

"When our officers arrived on scene, they were directed to a building where the subject was believed to be located," said DPD Chief Carl Charles.

That building was the Orchard medical building, located east of the hospital proper.

Officers immediately confronted the suspect, who surrendered and was taken into custody without incident.

The suspect was identified as 34-year-old Jesus Chavez of Lynwood.

Chavez had hidden a gun and was unarmed at the time of arrest, authorities said. He was taken into custody just outside the Orchard building after being called out by police.

At a press conference outside the Columbia Memorial Space Center, authorities said Chavez was causing a disturbance when one of the hospital's security guards contacted him. At this point, Chavez reportedly threw a chair through a window and brandished a handgun.

Witnesses reported hearing 6-7 gunshots but investigators determined Chavez never fired his weapon.

Chavez was booked for making criminal threats and transported to Los Angeles County Jail.

Officials were later able to confirm that Chavez was at the hospital for an appointment, but weren't able to say why he was carrying a handgun or what initiated his outburst.

A witness, Amber Boughner, told reporters that Chavez was upset over a missed doctor's appointment.

"He started pounding on the door, saying, 'I had an appointment at 11 o'clock! I deserve my appointment, where is that B.I.T.C.H. Make her let me in!' And he just kept pounding, pounding and pounding," Boughner said.

She said she saw Chavez kick walls and throw furniture out of a window until security arrived.

After the security guard confronted Chavez, Boughner was told to run.

"The security guard came out and he said, 'He's got a gun, run,'" Boughner added.

Another witness, Betty Esquivel, said she was in a hospital room when she heard



Dozens of police officers swarmed Kaiser Permanente hospital in Downey on Tuesday after receiving reports of a possible active shooter. It was later determined that no shots were fired. KTLA

Chavez begin to make threats.

"We started hearing screaming and yelling outside... he was saying, 'I have a gun, people are going to die,'" she said.

Hospital staff, patients, and visitors were held under lockdown while police cleared the scene. Police cleared four buildings on the hospital campus.

Meanwhile, several local schools and businesses also went into lockdown mode, preventing anyone from entering or exiting.

Several law enforcement agencies responded to the hospital, including the Whittier Police Department and deputies from the Norwalk's Sheriff's Station.

The Sheriff's Department mobilized its Special Enforcement Bureau (SEB), also known as SWAT.

"We want to thank the Sheriff's Department, their SEB. They had assets here quickly from the surrounding police stations," said Downey Police Capt. Mark McDaniel. "It was just a great collaborative effort."

A press conference was held about 2-1/2 hours after the incident began, where it was officially announced that the hospital was secure and there were no injuries.

Questions remain as to how Chavez was able to get onto the property with a weapon in the first place.

That topic was left to be tackled and answered by Jim Branchick, a senior vice president with Kaiser Permanente.

"I couldn't answer that," said Branchick. "I'm not sure if he was a member, or a visitor with us. I don't have any information on that."

"I'm sure after this is over we will get together with our Downey Police and the Sheriff's Department to see if we could have done anything better and improve it that way," added Branchick.

Branchick confirmed there are no metal detectors at the hospital's entrances.

Still, Chief Charles said that "Kaiser is not any more dangerous than any other facility."

"Always be vigilant. You



Downey Police Capt. Mark McDaniel speaks to reporters at a news conference Tuesday outside the Columbia Memorial Space Center. Photo by Alex Dominguez

need to be aware of your surroundings," said Charles. "If something seems out of place, call the police immediately... we train for this. We would like to say, we hope that Downey is more secure than most cities, but you always have to be vigilant and this can happen anywhere."

The hospital had recently undergone active shooter training in April, which was initiated by Kaiser according to officials.

"Hospital staff was great," said McDaniel. "They had their roles blocking traffic, assisting from a perimeter type setting where the first responders can go in and do their job. It was a good team effort."

"They're good partners," added Charles. "They're aware of what's happening in today's world and they took steps to at least try and be prepared for it."

The city of Downey utilized its emergency alert system Tuesday to update subscribers on the unfolding situation via phone calls, texts and emails.

Rakdy Khlok, emergency manager for the city of Downey, said the city had not activated its emergency operations center but did open an incident command post.

Evacuees were interviewed by police at Independence Park and then allowed to return to the hospital.

In a statement, Kaiser said it was offering counseling to



Jesus Chavez, 34, was arrested in connection with Tuesday's lockdown at Kaiser Permanente Medical Center.

patients and staff affected by Tuesday's incident.

"The safety of our patients, employees and physicians are paramount," the hospital said. "We recognize the stress that can be brought on by a situation like this. We're offering behavioral health services and support to our patients, employees and physicians who were onsite. All appointments at the facility have been canceled for today."

"We are working closely with law enforcement and ask that all questions about this incident be directed to the Downey Police Department and L.A. County Sheriff's Department."

Kaiser and the surrounding streets reopened later Tuesday afternoon.

Eric Pierce contributed to this report.

Downey restaurant grades

Poke 2 Grill
9523 Lakewood Blvd.
Date Inspected: 9/6/18
Grade: **A**

Taco Bell
9551 Lakewood Blvd.
Date Inspected: 9/6/18
Grade: **A**

Golden Bakers
9444 Telegraph
Date Inspected: 9/5/18
Grade: **A**

Chris & Pitts BBQ
9243 Lakewood Blvd.
Date Inspected: 9/5/18
Grade: **A**

McDonalds
9250 Lakewood Blvd.
Date Inspected: 9/5/18
Grade: **A**

Embassy Suites
8425 Firestone Blvd.
Date Inspected: 9/4/18
Grade: **A**

Embassy Suites Food Market
8425 Firestone Blvd.
Date Inspected: 9/4/18
Grade: **A**

Mimi's Cafe
8455 Firestone Blvd.
Date Inspected: 9/4/18
Grade: **A**

Yoshinoya Beef Bowl
7910 E Florence Ave.
Date Inspected: 8/31/18
Grade: **A**

Auntie Anne's
344 Stonewood St.
Date Inspected: 8/31/18
Grade: **A**

Norms Restaurant
7955 Firestone Blvd.
Date Inspected: 8/30/18
Grade: **A**

Narai Thai Cuisine
7611 Firestone Blvd.
Date Inspected: 8/30/18
Grade: **A**

El Sushi Loco Express
102 Stonewood Street Spc 15
Date Inspected: 8/29/18
Grade: **A**

Portos Cafe
8233 Firestone Blvd.
Date Inspected: 8/29/18
Grade: **A**

Portos Bakery
8233 Firestone Blvd.
Date Inspected: 8/29/18
Grade: **A**

Mr Pete's Patio
7811 E Firestone Blvd.
Date Inspected: 8/29/18
Grade: **A**

Los Pollos
7940 E Florence Ave.
Date Inspected: 8/29/18
Grade: **A**

Bob's Big Boy
7447 Firestone Blvd.
Date Inspected: 8/28/18
Grade: **A**

Wetzel's Pretzels
132 Stonewood St.
Date Inspected: 8/28/18
Grade: **A**

Ta Carbon Mexican Taqueria
11219 Old River School Rd.
Date Inspected: 8/28/18
Grade: **A**

Ono Hawaiian BBQ
12028 Lakewood Blvd.
Date Inspected: 8/28/18
Grade: **A**

Weekend at a Glance

Friday 88° ☀

Saturday 85° ☀

Sunday 84° ☀

THINGS TO DO



Food & Music Festival
Saturday - Downtown Downey, 4-10 pm

Dozens of food options, live music on 3 stages, DJs, beer and wine garden, family activities, and more.



Classic Car Show

Saturday - Calvary Chapel Downey, 8 am

Hot rods, custom cars and vintage automobiles, plus food and music.



Pumpkin Patch

All Weekend - Irvine Park Railroad, 10 am to 6 pm

Thousands of pumpkins, train rides, hay rides, panning for gold, child-friendly haunted house, hay maze, carnival rides, food, and more. Free admission, \$5 to park.



Como la Flor Band

Saturday - Santa Fe Springs Swap Meet, 12-5 pm

Selena tribute band Como la Flor performs live.



VintageVibe Festival

Saturday - Santa Anita Park, 12 pm

A music and lifestyle festival featuring 21st Century bands with 20th Century sounds. Plus a vintage marketplace, food trucks, retro video games, and more. \$95 (use code vta20 for \$20 off)



Haunted by History

Sunday - Los Angeles Public Library, 2 pm

Separating the facts and legends of eight historic hotels and inns in Southern California.

Students raise awareness of global water crisis

► **CLEAN WATER EPIDEMIC:** Students from Downey and surrounding area raise \$4,000 to open clean water wells in remote parts of the world.

DOWNEY – The KIWIN'S of Diamond Division, led by Lt. Gov. Diana Mae Baliscao, a junior at Downey High School, hosted a successful "Walk for Water" event on Sept. 2 in Bellflower, bringing awareness to the scarcity of clean drinking water in many parts of the world.

These student leaders formed a partnership with the Thirst Project, a non-profit organization whose aim is to bring safe drinking water to communities around the world where it is not immediately available.

Participants included staff, faculty, community members, and more than 100 high school students from local high schools including Downey, Santa Fe, Southeast Academy, Lynwood, Firebaugh, Narbonne, Palos Verdes Peninsula, St. Paul, and Torrance.

Participants walked one mile

with large gallons of water or 44 pound jerry cans to demonstrate the trek that many women and children around the world make each day to collect clean water.

The Thirst Project Walk for Water was held to draw attention to the scarcity of safe drinking water around the world and raise funds to build wells all across the continent of Africa and countries like India and El Salvador where villages do not have immediate drinking water.

Before the walk, a powerful presentation was given by Thirst Project Vice President for Student Activation, Evan Wesley. Some shed tears as they watched a video of the suffering that so many families go through in countries affected by the water crisis. In the end, all attendees were educated and inspired to take action to end the water crisis.

Participants were impacted and learned the severity of the water crisis is in third world countries.

"We take water for granted here in the United States because

most of us are just steps away to the nearest source of clean drinking water and in many parts of the world women and children have to walk more than 3 miles on average to find water," said Michelle Alvarez, a student at Downey High School.

The event culminated with lunch sponsored by Downey Mayor Pro Tem Rick Rodriguez. After lunch, KIWIN'S Diamond Division Lt. Gov. Baliscao and her student leadership team presented a \$4,000 check to the Thirst Project.

Students raised the money themselves to help end the water crisis and save lives.

"We are thrilled to partner with the KIWIN'S of Diamond Division on this event and address the issue of the water crisis that exists in many countries around the world," said Evan Wesley, Thirst Project Vice President for Student Activation.

"We are so proud of the KIWIN'S for speaking up and for contributing their talent and energy to the Walk. As high school students, they are already making an impact by educating their own schools and communities about the water

crisis but most importantly they are doing something about it."

The Downey High School KIWIN'S have no plans of

stopping now as they plan to host a Walk for Water at Downey High School's Allen Layne Stadium on Saturday, Feb. 9, 2019 from 9 a.m. to 1 p.m.

Their goal is to get the city of Downey students and residents involved in helping to end the water crisis that exists in countries less fortunate than us.



Students carried 44-lb. jugs to symbolize the arduous journey people make daily around the world to secure clean water.

Photo by Mark Dejesus, Diamond Division Technology Chair

Pius-Matthias dedicating new stadium

DOWNEY – St. Pius X – St. Matthias Academy will dedicate its new athletic field and stadium at a ceremony Wednesday, Oct. 3, at 6 p.m.

Featuring an all-weather turf football and soccer field and rubberized track, the field is located on the 17-acre campus inside the new stadium, which broke ground in 2017 as part of an \$8 million campus master facility plan.

The stadium and field will be blessed by newly ordained Regional Bishop Marc Trudeau of the Archdiocese of Los Angeles, San Pedro Pastoral Region.

Named Shea Field at Smet Family Stadium, the complex honors the John H. & Cynthia Lee Smet Foundation, Shea Properties and Shea Family Charities, who provided support and funding for the project.

The facility will be used not only by high school students, but also by local youth and community sports programs, including the Catholic Youth Organization.

The private Downey school was previously home to the co-ed Pius X High School from 1953-95 before becoming the all-girls

St. Matthias High School from 1995-2013.

In 2014, the school became co-ed once again and rebranded as St. Pius X – St. Matthias Academy.

The school has produced several notable athletes, including former NFL quarterback Darrin Nelson (class of 1977) and Lamont Hollinquest (1988), a linebacker for the Washington Redskins and Green Bay Packers.

Last year, the school relaunched its football program

after a 25-year hiatus. The Warriors will play their first homecoming game at the new Shea Field at Smet Family Stadium on Oct. 5.

The school recently blessed its newly renovated baseball and softball field, which was part of the first phase of projects in the campus master facility plan.

Other projects included enhancements to the landscaping in front of the school, a new LED marquee sign, and renovation of a campus residence, which will be used by Loyola Marymount University.



Thanks to all who attended the 2nd Annual Gateway Cities Economic Forum! Because of you, it was a great success, and we are already looking forward to next year.

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Downey beats San Pedro despite being without starting quarterback

By Mark Fetter
Sportswriter

DOWNEY – The Downey High School football team traveled to San Pedro last Friday night and defeated the Pirates, 52-21.

The Vikings played without starting quarterback Kijon Fouts and still came away from the contest with a decisive 31-point win. Downey will travel to Alemany of Mission Hills later

today to face a 3-1 Warrior team.

The Vikings jumped out to a commanding 19-0 lead as the first quarter came to an end. Downey outscored the Pirates 8-7 in the second quarter and led 27-7 going into the locker room at halftime. It was more of the same in the third quarter as Downey outscored San Pedro 19-7 and took a commanding 46-14 lead into the fourth quarter. The Pirates outscored the Vikings

7-6 in the final quarter but Downey had already sealed the win.

Viking quarterback Pedro De and a completed 10/15 pass attempts for 82 yards. The Viking rushing attack accumulated 444 yards on 38 carries. Malcom Perry led that Viking ground game with 17 carries for 247 yards and three touchdowns.

Alex Cortez had 10 carries for 93 yards and three touchdowns, Isaiah Burton had one carry for 12 yards and a touchdown and freshman Antonio Ruiz had seven carries for 49 yards.

The Viking receiving corps were led by Lawrence Joseph's five catches for 43 yards, Danny Ruiz's four catches for 32 yards and Brenden Hodge's two catches for 35 yards.

The Viking defense was led by Anthony Lopez's ten solo and three assisted tackles, Danny Ruiz's five solo and three assisted tackles, Isaiah Burton's five solo and three assisted tackles, Justin Cardenas' three solo and five assisted tackles and Vincent Willis' three solo and three assisted tackles.

WARREN FOOTBALL: The Warren High School football team suffered their first defeat of the season last Friday night at Culver City, 34-28.

With the win, the Centaurs improved to 3-0 and with the loss the Bears fell to 2-1. Warren will travel to Mayfair later today to play the 3-1 Monsoons. Mayfair is coming off a 55-7 loss against Santa Margarita at Trabuco Hills last Friday night.

In the Warren/Culver City game the Centaurs led 7-6 at the end of the first quarter. The Bears answered right back in the second quarter and outscored Culver City, 14-7. Warren took that 20-14 lead into the locker room at halftime.

The Centaurs scored the only touchdown and extra point of the third quarter and took the

lead back at 21-20. Culver City outscored Warren 13-8 in the fourth quarter and held on for the hard fought, 34-28 win.

Warren quarterback Chris Venegas completed 20/34 pass attempts for 230 yards and three touchdowns. Venegas had an impressive quarterback rating of 108.7.

The Bear ground game accumulated 140 yards on 37 carries, an average of less than four yards per carry, with one touchdown while the Bear receiving corps had 20 receptions for 230 yards.

The Bear defense allowed 555 yards of total offense to the Centaurs. Culver City accumulated 332 yards on the ground and 223 yards through the air.

The Bears need to tighten up their run defense in order to defeat Mayfair tonight.

WARREN CROSS COUNTRY: The Warren High School boys' cross country team competed in the Laguna Hills Invitational last Saturday morning, finishing in seventh place overall with a team time of 1:22:34.5.

Santa Ana finished first in a team time of 1:20:43.1, J Serra finished second in a team time of 1:21:01.9, Murrieta Mesa finished third in a team time of 1:21:36.4, Aliso Niguel finished fourth in a team time of 1:21:56.9 and Mira Costa finished fifth in a team time of 1:22:11.6.

To round out the top ten team finishers, Capo Valley finished sixth in a team time of 1:22:29.3, Warren finished seventh in a team time of 1:22:34.5, San Clemente finished eighth in a team time of 1:23:04.0, Vista Murrieta finished ninth in a team time of 1:23:24.8 and Corona Del Mar finished tenth in a team time of 1:23:25.2. There were over

50 schools competing in Laguna Hills last Saturday.

Warren's Fabian Gomez finished 16th overall and was the first Bear to finish in a time of 16:10.8. Owen Franco finished second for the Bears and was 24th overall in a time of 16:21.0. Antonio Munoz finished third for the Bears and was 35th overall in a time of 16:32.7.

Warren's Alex Guardado finished fourth for the Bears and was 36th overall in a time of 16:33.2. Gerardo Rubio finished fifth for the Bears and was 88th overall in a time of 16:56.8 and Andres Serna finished sixth for the Bears and was 95th overall in a time of 17:00.5.

Warren has been working hard this summer in preparation for their fall cross country schedule. Head coach Ramon Miranda, assistant coach Eduardo Rodriguez and their Bear runners are looking forward to the cross-country running season and the San Gabriel Valley League cluster meet schedule.

MIDDLE SCHOOLS: The first rotation of middle school sports has begun. Football and girls' volleyball is currently in season and the first games of the 2018-19 school year were played on Monday.

There are six teams currently competing. Three grade level girls' volleyball teams and three grade level football teams. Griffiths traveled to Stauffer and

Doty traveled to Sussman.

At Stauffer, the Spartans 8th grade football team defeated the Indians 7-6, the Spartans 7th grade football team defeated the Indians 14-7 and the Spartans 6th grade football team defeated the Indians 8-0. In girls' volleyball, the Lady Indians 8th grade team defeated the Lady Spartans 25-11 and 25-9, the Lady Spartans 7th grade team defeated the Lady Indians 25-19 and 25-21 and the 6th grade Lady Indians defeated the Lady Spartans 25-19 and 25-15.

At Sussman, the Knights 8th grade football defeated the Pioneers 14-0, the Knights 7th grade football team defeated the Pioneers 6-0 and the Knights 6th grade football team defeated the Pioneers 7-0. In girls' volleyball, the Lady Knights 8th grade team defeated the Lady Pioneers 19-21, 21-16 and 15-7, the Lady Knights 7th grade team defeated the Lady Pioneers 21-10 and 21-11 and the Lady Pioneers 6th grade team defeated the Lady Knights 21-18, 14-21 and 15-11.

Wednesday games and matches saw Stauffer travel to Sussman and Griffiths travel to Doty (results unavailable at press time). Coaches and players are all looking forward to competitive games, matches and meets.

All schools are looking to claim the Champions Cup Trophy. Doty has held the Champions Cup Trophy for the last five years and look to defend it again this year.

Planet viewing party Saturday

DOWNEY – The Columbia Astronomers are using their general meeting Saturday, Sept. 15, at 7 p.m. to host a free planet viewing party at the Columbia Memorial Space Center.

Four planets will be available for viewing: Venus, Jupiter, Saturn and Mars.

"It will be many years before we have this many easily viewable planets in the sky end of summer," said John Unkovich, director of the Columbia Astronomers.



Downey High football

- 2-2 overall
- 8/16
Downey 21
Santa Margarita 59
- 8/24
Hart 21
Downey 33
- 8/31
Kapolei 23
Downey 14
- 9/7
Downey 52
San Pedro 21
- 9/14
Downey
Alemany
- 9/28
Downey
Paramount
- 10/5
Dominguez
Downey
- 10/12
Downey
Lynwood
- 10/19
Warren
Downey
- 10/25
Gahr
Downey



Warren High football

- 2-1 overall
- 8/24
St. Anthony 14
Warren 49
- 8/31
Huntington Park 0
Warren 59
- 9/7
Warren 28
Culver City 34
- 9/14
Mayfair
Warren
- 9/21
Warren
La Serna (at California High)
- 9/28
Warren
Lynwood
- 10/5
Warren
Paramount
- 10/12
Gahr
Warren
- 10/19
Warren
Downey
- 10/26
Dominguez
Warren

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Downey remembers Sept. 11 terror attacks

► **CEREMONY:** Solemn ceremony pays tribute to the thousands of lives lost 17 years ago.

By Alex Dominguez
Staff Writer

DOWNEY - Downey paid tribute to those lost 17 years ago with a September 11 memorial ceremony on Tuesday, held near City Hall.

Community members, various officials from local government, council members and the Downey Police and Fire Departments gathered to honor the memory of the thousands of lives lost on Sept. 11, 2001.

"Nearly 3,000 amazing lives were taken so cruelly that early September morning that none of us will ever forget," said Councilmember Alex Saab. "Today we gather and honor

the courage of those who put themselves in harm's way to save people that they didn't even know. We also come together in strength and gratitude, and offer our condolences to those who lost someone they loved."

"On September 11, great sorrow came to our country, and we learned as a country that from that sorrow came resolve... Downey, along with our nation, continues to remember so that that resolve that got us through that period in our history will never happen again. Those hijackers were instruments of evil who died in vain."

The event featured a performance of the National Anthem and God Bless America by international singer Chad Berlinghieri, as well as the performance of Taps and "Amazing Grace" by a Downey High School student trumpet player.

Mayor Pro Tem Rick Rodriguez described the celebration as "a solemn event and celebration."

"Our nation realized that we are truly one nation under God. We realized if we band together we can win, we can do things," said Rodriguez. "I really am proud of our city. I really am proud of our police and fire and the things that they do."

The event also featured brief comments from Councilwomen Blanca Pacheco and Courage Forward member Xavier Swenson.

Police and Fire Chiefs Carl Charles and Mark Gillespie presented a patriotic wreath during the ceremony before Gillespie tolled the bell before a moment of silence.

"On the morning of Tuesday, September 11, 2001 a series of four attacks against the United States occurred, ultimately killing 2,996

people," said Gillespie. "9/11 is the single deadliest incident for firefighters and law enforcement officers in the history of the United States; 343 firefighters and 55 law enforcement officers died at the World Trade Center and on the ground in New York City. Additionally, 55 military personnel died at the Pentagon. Over 1,400 9/11 rescue workers who responded to the scene have since died."

"The ringing of the bell is a public safety tradition dating back over two hundred years... today when a first responder dies in the line of duty, the mournful toll of the bell solemnly announces a comrade's passing. The ringing of the bell tradition is a symbol which reflects honor and respect on those that have given so much and those who have served so well."

Rodriguez closed the event, saying that he "prayed we can do



Downey firefighters pay their respects at a 9/11 ceremony Tuesday outside City Hall. Photo by Alex Dominguez

this every year."

"We should never forget," said Rodriguez. "Pass on this

story to the next generation of how appreciative we are to those who serve every single day."

The responsibility of those who lived through 9/11

By Alex Dominguez
Staff Writer

DOWNEY - Every year - even 17 years later - there is something about this day that I absolutely dread.

The date of Sept. 11 still weighs extremely heavy. I don't know whether it's the atmosphere, the memories, or just the general widespread, universal feeling of grief, but the day always feels like a slog through thick air.

It's a popular question to ask "Where were you when the Twin Towers were attacked?" Curious all these years later, I put out a feeler on one of Downey's community Facebook groups.

Jose Padilla had just wrapped up a 7 a.m. math class at Cerritos College and was heading to the computer lab when another student told him to look at what was happening in New York.

What he found left him sad, broken, and in disbelief.

Lupe Murillo saw the news on TV before going to work. She worked in a high rise by LACMA. Upon arriving she was turned away by the office manager, due to fear that their building might be targeted.

Coco Rubio says she had woken up early before school and was in an online chat room when people started talking about the attacks.

Those engaged in the chat got upset, thinking that an unfunny joke was being played on them. It wasn't until she logged off and got to school that she realized the legitimacy of what had been posted.

Elizabeth Aguirre saw it on TV that morning. Her oldest son was 8 at the time, and was traumatized enough that he refused to board a plane for years

after. Ken Cook went from being a reservist to active duty almost overnight.

My publisher, Jennifer DeKay, worked in an office that looked out over LAX at the time. All planes were mandatorily grounded after the attacks, and LAX took in a lot of that air traffic. She says it looked like a shopping mall on Black Friday.

A very good friend of mine, Brittany Murphy, was a young child at home getting ready for school. Her aunt had been visiting from Texas and was supposed to catch a flight out at 11 a.m.

Instead, she ended up staying an extra three weeks. Murphy's daughter, Emma, is not far from the same age that Murphy was during the attack.

I was an 8-year-old kid when

I woke up to my mother's and grandfather's eyes glued to the tv screen. I remember being annoyed that I couldn't watch my usual morning cartoons.

I didn't realize the severity of what we were witnessing until I got to school, where the somber feeling of each teacher and faculty member radiated and trickled down to the student population. When we were lined up that morning, we were addressed by our Principal Gary Hardy. I don't remember what was said, but a moment of silence followed.

September 11 attached everyone who witnessed and was affected by the attacks with a bond and a burden that we will all carry for the rest of our individual lives.

With that bond and burden comes a responsibility that a generation before us also carried.

For many if not most of those reading this, Pearl Harbor was just something we read about in our school textbooks. We could read about the build-up, the attack itself, and the war that followed, but could lose the vital human element of history unless we had someone available to us that could relate the pain, anger, and resulting sense of duty that welled up inside what would become "The Greatest Generation."

Folks, it's our turn; September 11 was our Pearl Harbor.

For those of us that were older, it was a strike on our own turf, something that seemed unimaginable and unprecedented. For those of us who were younger, it was our first real experience with war.

There is an entire generation now who were not there to witness what happened in New York.

Teach them. Speak with them. Explain why and how this has created the world that they were born into.

Let us never forget the day of September 11, 2001, and let us not let it become just another entry in a history textbook.

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On climate threat, states refuse to surrender

By Froma Harrop

As large parts of America burn or drown under weird weather conditions made more extreme by global warming, California and other states are doggedly pursuing solutions. What do you say to those who deny climate change is happening — or who dismiss the scientific consensus that humankind is making the problem worse? You say nothing and move forward.

It's long past time to expect any guidance from the environmental saboteurs now running Washington. The Trump administration not only has refused to address the crisis but is reversing progress made by previous leaders.

The only remedy left — besides voting the wreckers out of office — is to help the states that are already doing the work. Much of the job now is preventing crazytown from vandalizing the states' efforts to save themselves and the world from climatic calamity.

In the wake of catastrophic fires fueled by higher temperatures, California lawmakers just passed a bill mandating 100 percent carbon-free electricity by 2045. But Hawaii was already there, having set a similar carbon-free commitment three years ago.

California already has a law requiring utilities to obtain 50 percent of their electricity from zero-carbon sources, such as wind, solar and nuclear, by the end of 2030. About 30 percent of its electricity

currently comes from renewables.

The new legislation seemed pretty radical. Gov. Jerry Brown signed it into law once he was convinced that it was doable. The wind doesn't always blow, and the sun doesn't always shine, so success will rely on developing means to store wind and solar energy.

On the other side of the country, Maryland is suing a broken Environmental Protection Agency for proposing to undo Barack Obama's Clean Power Plan. The acting EPA administrator says the Trump administration's plan to give states greater control over pollution from coal-powered utilities ends a "one-size-fits-all" federal mandate. That would sound less awful were mile-high walls erected along state lines to stop pollution from blowing in. As it happens, up to 70 percent of Maryland's smog floats in from other states.

In California, most of the greenhouse gas emissions come from cars and trucks. The obvious fix would be more electric cars, and if that is the case, then more cleanly obtained electricity is key.

Once again, the Trump administration does not want to help. Since 1967, California has held the right to set stricter fuel efficiency standards than the federal government's. Because more than a dozen other states follow its lead, California has, in effect, been calling the shots for the nation.

Donald Trump doesn't like that at all. His administration is working to strip California of the ability to tighten fuel economy standards. An epic legal battle has been joined.

Americans hungry for action on climate change can take comfort knowing that as an economic gorilla, California is uniquely positioned. California's economy just passed Britain's in size. The state is home to aggressive tech companies eager to make a buck off a carbon-free society (and good luck to them, too). It has an attention-focusing phenomenon of firenadoes, tornado-like twisters of fire.

And California has a deep environmental ethic that reaches into parts of its Republican Party. It was Gov. Ronald Reagan who pushed for the state's right to set tough fuel standards. And as president, Californian Richard Nixon helped establish the EPA.

The bizarre climate-related events — from smoke-choked skies in Seattle to sunny-day floods in Florida — point to a very dark hour for the world's environment. On the warming issue, enlightened state governments find themselves fighting alone and against a hostile administration in Washington. Concerned citizens must let their responsible leaders know that they have their backs.

Follow Froma Harrop on Twitter @FromaHarrop. She can be reached at fharrop@gmail.com.

Don't kill scooters with overregulation

By John Stossel

I just zipped down a city street on an electric scooter. It cost me 15 cents a minute. Fast and fun!

My scooter was just lying on the ground. I picked it up, activated it with my phone and rode away. When I was done, I simply abandoned it.

Won't it be stolen? No, because you need an app to activate the scooter and a GPS device keeps track of it.

My wife loves using the newish Citi Bike shared bicycles that are locked in a big dock near our apartment. They were a good innovation.

But then entrepreneurs came up with "dockless" bikes. They're even better.

Better still are these shared scooters. They're small, flexible, cheap and convenient. Maybe these scooters will be the next revolution in urban transit!

But politicians may kill them off before we get a chance to find out how useful they are.

Some places have already banned the scooters. San Francisco said they "endanger public health and safety." City attorney Dennis Herrera complained about "broken bones, bruises, and near misses."

Sigh. Yet San Francisco also complains about not having enough transportation options.

In San Francisco and other cities, scooter companies tried doing what Uber and Airbnb did: They dodged destructive regulation by simply putting their services out on the street, hoping that by the time sleepy regulators noticed them, they would be too popular to ban.

That worked for Uber and Airbnb. We consumers got cool new

ways to travel and alternatives to hotels, and investors got rich — all because they didn't ask for permission. Permissionless innovation brings good things.

But flying under the radar is harder for scooter companies. Scooters on sidewalks are very visible.

"Unfortunately," Mercatus Center tech policy analyst Jennifer Skees told me for my latest video, "cities haven't learned from their experiences with companies like Uber and Airbnb. They want innovators to come ask for permission and go through the regulatory processes."

But the "regulatory processes" take years. "That prevents consumers from accessing a transportation option that could be accessible now!" said Skees.

After a four-month ban, San Francisco granted permits to two small scooter companies. The politicians stifled Lime and Bird, the innovators that started the business — presumably because they didn't kiss the politicians' rings and beg for permission first.

Still, even I acknowledge that there may be a role for government here. A public square needs some rules. Scooters, especially speedy electric scooters, can be dangerous.

"We haven't seen a large number of accidents or injuries," says Skees. "We don't ban bicycles because somebody might get hurt. ... Social norms (like hand signals) will evolve."

Whenever there's something new, the media hype the problems. The L.A. Times reports that some people hate the scooters so much that they "have been crammed into toilets, tossed off balconies and set on fire." Internet videos show scooters abandoned in the Pacific Ocean.

But scooter companies say the vandalism isn't so bad.

"It's a low percentage," said Lime's Maggie Gendron. In one city, "we had 10,000 rides and 18 vandalism complaints."

I wanted to try out scooters in my state, New York, but I couldn't, because craven politicians who claim to represent me banned scooters.

So I took our camera crews to a city that's been more reasonable.

Oddly, that's a place that overregulates most everything: Washington, D.C. But the capital embraced scooters.

So, the district has transportation that is green and good exercise and takes up less space than cars.

Maybe politicians will find it in their hearts to leave scooters, their makers and customers alone.

One innovation can make many others possible.

Cars take people to jobs they couldn't do in their own neighborhoods, allowing them to collaborate with people they might never have met if they walked or rode horses.

Planes, trains and ships bring down costs by allowing inventors to use exotic materials they can't find in their own back yards.

If any of those forms of transportation had been crushed by regulation, we'd never know how many benefits we'd lost.

Don't kill scooters. Let's see where they take us.

John Stossel is author of "No They Can't! Why Government Fails — But Individuals Succeed."

Nike shows the morality of capitalism

By John Stossel

In many ways, the 2016 election was a victory for capitalism, with an allegedly socialist intellectual president giving way to a real estate mogul whose understanding of business would unleash prosperity. The economy and the stock market are indeed doing well. But though Donald Trump's administration may be good for capitalists, capitalists are not necessarily good for him.

Many a conservative has been inspired by the hero of Ayn Rand's "Atlas Shrugged," a brilliant businessman and a model of what she called "the man of violent energy and passionate ambition, the man of achievement, lighted by the flame of his success." House Speaker Paul Ryan professed to regularly giving the book as a Christmas present and making his interns read it to learn the "morality of capitalism."

What is easy for those on either end of the political spectrum to forget is that free market commerce is not always — or usually — a force for conservative values. It is often just the opposite, as Nike's embrace of Colin Kaepernick confirms.

The Republican Party has a large complement of corporate titans in its camp. But conservatives are reminded every day that some of the most successful and innovative companies are led and staffed by people whose worldview is deeply at odds with conservative ideology.

There is Amazon, whose founder and CEO, Jeff Bezos, owns The Washington Post, a frequent target of Trump's animosity. There is Apple, where CEO Tim Cook has been a vocal critic of racial injustice and anti-gay discrimination. Facebook executive Sheryl Sandberg has written, "A truly equal world would be one where women ran half our countries and companies and men ran half our homes."

Starbucks responded to Trump's travel ban by pledging to hire 10,000 refugees. After the Parkland school massacre, Dick's Sporting Goods stopped selling military-style firearms. Google, under

pressure from employees opposed to creating "warfare technology," withdrew from a Pentagon project on artificial intelligence.

But at the moment, the most visible face of corporate liberalism is Nike, whose new ad features Kaepernick, a former San Francisco 49ers quarterback known for kneeling during the pregame national anthem to protest police abuses and racism. The campaign decision provoked a tweet from the president, who asserted, "Nike is getting absolutely killed with anger and boycotts."

The company, which sells 120 million pairs of shoes a year, is not likely to take marketing advice from a serial bankrupt. It has a long history of association with black athletes, a group that includes few Trump supporters. It already offers a line of shoes named for LeBron James, who has publicly denounced Trump.

Nike did take a business risk with Kaepernick, and its stock dipped Tuesday. But the company seems to think it will gain more than it will lose from the controversy, and it seems prepared to accept whatever negative consequences ensue.

They are likely to be minor or nonexistent. The right-wing National Center for Public Policy Research claimed, "Nike is appealing to a small, radicalized market that supports Black Lives Matter and apparently hates the police." But a large minority of the public sides with the kneeling players, and most people think the protests should be allowed regardless. If the Kaepernick ad alienates some conservative customers, it will attract some liberals.

Ken Starr's unfair treatment

By L. Brent Bozell III

Twenty years after recommending to Congress that then-President Clinton be impeached for perjury and obstruction of justice, Kenneth Starr has written a book about it. Surely, with the passage of time and many other books exploring the Lewinsky affair and the other Clinton scandals, Starr can be treated with dignity and respect.

Back then, he faced ABC's Diane Sawyer calling his Starr report "demented pornography, pornography for Puritans."

Twenty years later, nothing has changed. In a Sept. 10 interview on "CBS This Morning," anchor Norah O'Donnell brought up one of his lawyers: "One of the things we've learned the Supreme Court nominee Brett Kavanaugh worked on your team, worked on this investigation of President Bill Clinton. He wrote and suggested some very explicit, salacious questions should be asked of President Clinton, but you didn't agree to do that. Why?"

Starr reasonably replied: "we wanted to respect the dignity of the presidency, and I think that we did that. But we at the same time had to get to the bottom of things."

Here's another way of putting this: Clinton said under oath there was no sexual relationship between him and Monica Lewinsky. To CBS, asking Clinton about it was "very explicit" and "salacious."

O'Donnell also said: "Monica Lewinsky has said the release of the Starr report, the 445-page report, was one of the worst days of her life. She wants an apology. Will you apologize to her?" Starr said, "No, I won't, because, unfortunately, the facts are the facts." It was a perjury investigation.

Another way of putting it: Why is CBS asking questions as ridiculous

Free markets have a way of dissolving ancient prejudices and rigid customs. Politicians in red states may try to legislate against accommodations for transgender people, but businesses have been among the most active opponents of such measures. Many big companies provided benefits to the same-sex domestic partners of employees before the Supreme Court ruled for gay marriage.

Conservatives are often inflamed by the refusal of corporations to take their side. After Delta cut ties with the National Rifle Association, Georgia legislators exacted revenge by repealing a tax exemption on jet fuel — even though the airline is one of the state's largest private employers. Delta CEO Ed Bastian replied: "Our values are not for sale."

What many big companies have figured out is that Trumpism is in conflict with the behavior and attitudes they foster in their employees — and with the beliefs of most consumers. In the current polarized political climate, the striking fact is not how many corporations have challenged Trump. It's how few have defended him.

The sentiment among many conservatives is that the country is changing in a variety of ways that threaten their values. They're right, and the companies at the center of modern American capitalism are fine with that.

Steve Chapman blogs at chicagotribune.com/news/opinion/chapman. Follow him on Twitter @SteveChapman13 or at [facebook.com/stevechapman13](https://www.facebook.com/stevechapman13).

as Lewinsky's demand?

We wish Starr had noted that this taking offense at "salacious" material was a strange stance for CBS after "60 Minutes" jumped at the chance to get the first interview with porn star Stormy Daniels accusing President Trump of some "very explicit" stuff.

Starr was also interviewed on NPR's "Morning Edition" on the morning of Sept. 10. Anchor Steve Inskeep, best known for long, warm, fuzzy White House chats with President Obama, began by asking Starr about Lewinsky: "Do you think that the violation you found was worth more than four years of investigation?" Starr had to remind listeners that he investigated not only Lewinsky but also savings-and-loan corruption in Little Rock, sending to jail the sitting governor of Arkansas (Jim Guy Tucker) and crooked bankers Jim and Susan McDougal, then-real estate business partners with the Clintons.

Inskeep argued "history" would ignore all of the non-sex stuff: "ultimately, what history is going to remember is that one charge, the perjury accusation involving Monica Lewinsky. Was that worth it?" So Starr should have ignored perjury committed by the president of the United States?

The taxpayer-subsidized anchor was upset that Republicans seem to approve of Trump calling special counsel Robert Mueller's probe a "witch hunt" ... because they approve of Trump's job performance. Starr disagreed, saying, "we agree with 80 percent of his policies" but not how he tweets. Inskeep attacked Starr's sincerity, saying, "Isn't that kind of dissembling, though, Mr. Starr, because that is the heart of his presidency, is what he says publicly and the attitude he strikes?"

How can Inskeep sound outraged about a president attacking a special counsel when he's interviewing Ken Starr, who was eviscerated publicly by Bill Clinton & Co.? Apparently that's fine, since 20 years ago the media compared Starr to Nazis, truck-bomb terrorists and Sen. Joseph McCarthy. Back then, "witch hunt" talk was all the rage.

L. Brent Bozell III is the president of the Media Research Center.

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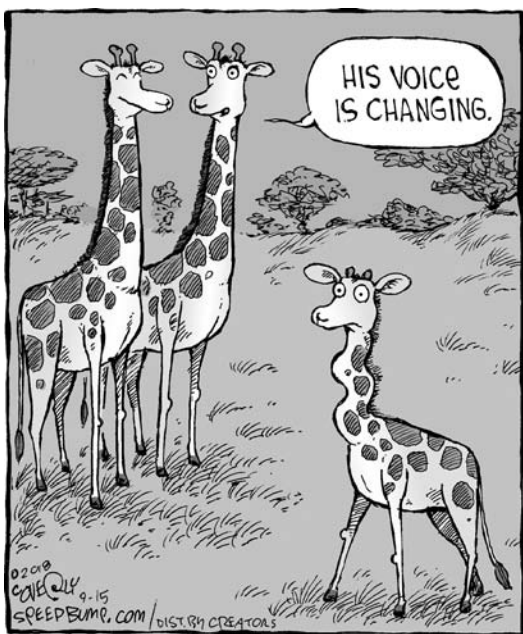
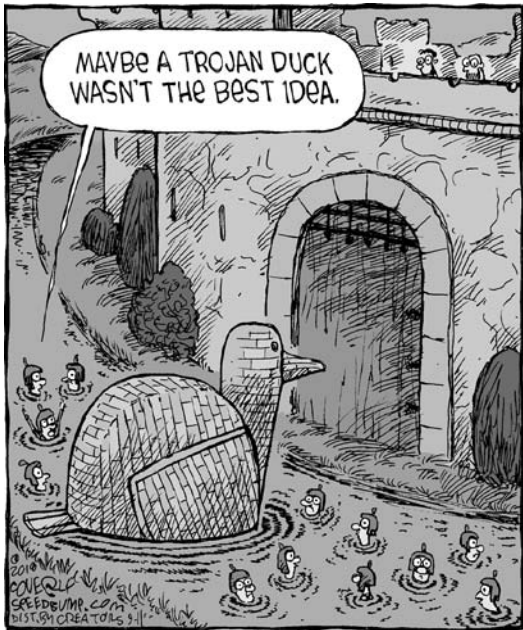
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SPEED BUMP



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.
 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.
 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 304-3439.
 3rd Mon., 11:30 am: Downey Newcomers Club, call Marilyn 928-2623.
 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 Greg Welch 323-816-4532.
 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, call Marilyn 928-2623.
 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 Melodie Santana, (562) 806 3102.
 3rd Wed., 6 pm: American Business Women's Association, Rio Hondo Country Club, call Barbara 863-2192.
 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.
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
 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...

September 13, 1789: The United States Government took out its first loan.
1971: In New York, National Guardsmen stormed the Attica Correctional Facility and put an end to the four-day revolt. A total of 43 people were killed in the final assault. A committee was organized to investigate the riot on September 30, 1971.
1993: "Late Night with Conan O'Brien" premiered on NBC
2001: U.S. Secretary of State Colin Powell named Osama bin Laden as the prime suspect in the terror attacks on the United States on September 11, 2001. Limited commercial flights resumed in the U.S. for the first time in two days.

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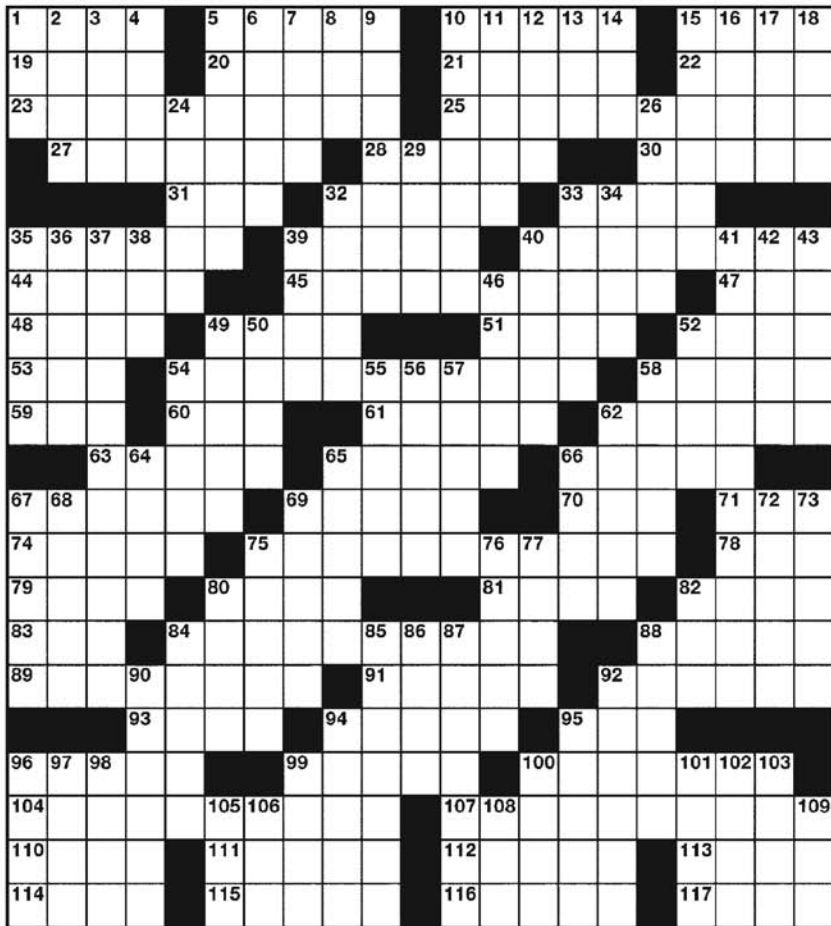
Edited by Stanley Newman (www.StanXwords.com)

TOP TEN: At the highest levels

by Fred Piscop

- | | | |
|----------------------------------|---------------------------------|-------------------------------------|
| ACROSS | 69 Troop group | 7 In years past |
| 1 City north of Lauderdale | 70 Prefix for cycle | 8 Cry from a crib |
| 5 Stores away | 71 AOL, for one | 9 Icy confection |
| 10 Retail establishments | 74 Accumulate | 10 Hoops great Jordan |
| 15 ___ noire (bane) | 75 Most serious, as a crime | 11 Sore spots |
| 19 Enthusiastic | 78 Frat letter | 12 Apt rhyme for "restrain" |
| 20 O'Brien of TV talk | 79 Bit of cunning | 13 Mardi Gras day: Abbr. |
| 21 Become slippery, perhaps | 80 Keeps out | 14 Sunscreen letters |
| 22 Revered one | 81 Race-car stops | 15 Mississippi port |
| 23 Person in charge | 82 Surprise obstacle | 16 Sistine Chapel depiction |
| 25 Senior administrator | 83 Press coverage, so to speak | 17 Lacerated |
| 27 Flower-shaped design | 84 Project manager, e.g. | 18 Fraternal group |
| 28 Actor Sacha Baron ___ | 88 Employee ID | 24 From now on |
| 30 Sectors | 89 Facial features | 26 Language related to Polish |
| 31 Sgt. or cpl. | 91 Shakespearean sprite | 29 Seal predator |
| 32 Bar mitzvah dances | 92 Barbershop voices | 32 Botanical fence |
| 33 Pyramid's peak | 93 Eyeglasses parts | 33 <i>The Sopranos</i> restaurateur |
| 35 "This being the case..." | 94 Is first-billed | 34 Purplish-brown |
| 39 British coins | 95 Corn container | 35 Concert venue |
| 40 Heat-resistant container | 96 Title role for Caine and Law | 36 Word before panel or power |
| 44 Stir from slumber | 99 Jazz singer Krall | 37 High-level meetings |
| 45 Utopian pair | 100 Common family excursion | 38 Supporter of GIs |
| 47 Measure of geologic time | 104 High point in sales | 39 Oscar role for Cotillard |
| 48 <i>Blondie</i> tyke | 107 Rock band position | 40 Becomes less angry |
| 49 Certain deer | 110 Cleaner fragrance | 41 Inseparable pair |
| 51 Writer Wiesel | 111 Fab Four nickname | 42 Inverted type |
| 52 "Winning ___ everything" | 112 \$1000, slangily | 43 Blog posting |
| 53 '60s war zone | 113 Trait transmitter | 46 Mess hall offerings |
| 54 Pitcher's unimprovable outing | 114 Loses firmness | 49 Religious offshoots |
| 58 Organic compound | 115 Rodeo beast | 50 Alder or elder |
| 59 NL West team | 116 Christmas seasons | 52 Castaway's home |
| 60 Virtuoso | 117 MasterCard alternative | 54 Annoying sorts |
| 61 Paperless exams | DOWN | 55 Colorado brewer |
| 62 Steeple section | 1 Scroogean expletive | 72 Playhouse part |
| 63 Overused | 2 Up above | 57 How many fences are made |
| 65 Zoo trenches | 3 Sicilian "See ya" | 73 Needs repair |
| 66 Utensil for apples | 4 Makes sense, with "up" | 58 Haunting |
| 67 Glossy fabrics | 5 From Inverness | 62 Pirate flag depiction |
| | 6 Western sidekick | |

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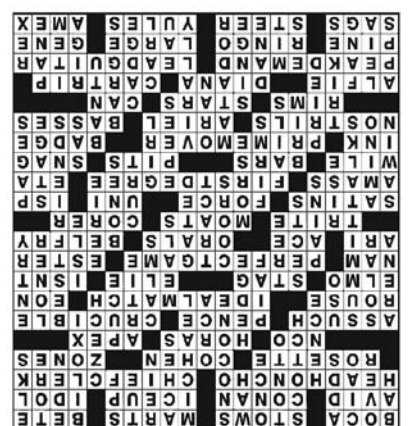
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|-----------------------------------|-----------------------------------|---------------------------------|
| 64 Gain in status | 80 Fedora feature | 96 Tablet downloads |
| 65 Portraitist/inventor | 82 Airline to Oslo | 97 <i>The Last Jedi</i> general |
| 66 Rudely terse | 84 Was snooty | 98 Elongated tooth |
| 67 Greeted and seated | 85 Cape user | 99 Bering, by birth |
| 68 ___ acids (protein components) | 86 Port city in <i>Casablanca</i> | 100 Astronomer Sagan |
| 69 Lawyers' employers | 87 How memes spread | 101 Baltic State capital |
| 72 Playhouse part | 88 Swahili's language group | 102 News story |
| 73 Contents of books | 90 Tots' wheels | 103 Window glass |
| 75 Needs repair | 92 Canal boats | 105 EMT destinations |
| 76 Pentathlon weapons | 94 Burn a bit | 106 Cambridge sch. |
| 77 Brownie, for one | 95 Be a moocher | 108 ___ de Cologne |
| | | 109 <i>Toy Story</i> dinosaur |

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

performance in French. Down) was the first given for a portrayal of Edith Piaf (39 Academy Award for her 2007 near London. Marlon Collard's Costello at Elton John's estate In 2003, DIANA Krall (99 Across) means "black bear" in French. BITE noire (15 Across) literally



Paging Dr. Frischer...

By Dr. Alan Frischer

Coffee – admit it; you love it. But it seems that every day there is a new study telling us that caffeine is good...or bad for us. Which is it? The best answer is both.



Caffeine is a stimulant that occurs naturally in the leaves, seeds, or fruit of more than 60 plant species, including coffee beans, tea leaves and buds, cacao beans, dola nuts, guarana seeds, and yerba mate leaf. It's known as a central nervous system stimulant, and in some prescription and over-the-counter medicines, it's used to lessen drowsiness and to improve the effect of pain relievers.

In recent years, caffeine has been added to protein and energy bars, workout drinks, powders, gels, and evengum, jellybeans, waffles, oatmeal, water, syrup, sunflower seeds...and marshmallows! In the United States, more than 90% of adults consume caffeine regularly, at over 200 milligrams per day on average.

Caffeine raises our heart rate and blood pressure, increases energy levels, and improves mood. It acts within minutes, and has a half-life of about five hours, meaning that half of it will still be in our body five hours later. We can build up a tolerance as the body becomes resistant to the drug, and some barely even notice its effects.

On the other hand, those who are very sensitive to caffeine may feel it for hours, and even into the next day. It depends upon the amount consumed and on individual factors, including age and body

weight.

Many studies have demonstrated caffeine's benefits. Here are just a few:

- Just 75mg can increase attention and alertness, and higher doses may improve mental alertness, speed of reasoning, and memory.
- Caffeine can increase endurance and reduce perceived exertion.
- Drinking coffee may slow the mental decline that is often associated with age.
- Some studies suggest that long-term caffeine consumption may reduce the risk of developing Alzheimer's dementia, and higher levels of coffee consumption have been associated with a lower risk of developing Parkinson's disease.
- Caffeine may help with weight loss by suppressing appetite. It also may stimulate thermogenesis, so that the body generates more heat and energy from digesting food.
- Caffeine may help protect people from blepharospasm, an eye disorder, and may help protect the lens of the eye against cataracts.
- Caffeine may guard against some skin cancers. One study showed that the consumption of three cups of coffee a day led to a 21% lower risk of developing basal cell cancer for women, and a 10% lower risk for men.
- A higher caffeine intake was associated with a lower risk of kidney stones.
- Men and women who consumed four cups of coffee per day showed a 49% lower risk of death from oral cancers.
- A study of Swedish women indicated that drinking more than one cup of coffee per day may lead to a 25% lower risk of stroke, and a recent German study found a lower risk of mortality from heart

disease.

The negative side effects of caffeine are well known, including nervousness, restlessness, irritability, stomach ache, diarrhea, rapid or irregular heart beat, increased rate of breathing, insomnia, sweating, gout attacks, incontinence, exacerbation of hot flashes during menopause, migraines, heartburn, and even anxiety and panic attacks.

Caffeine increases urinary volume and frequency, causing the body to lose water and electrolytes. High doses are associated with a small decrease in bone density, because caffeine affects the way in which our bodies absorb calcium.

The American Psychiatric Association does not label caffeine as an addictive drug. Still, caffeine withdrawal is a real syndrome. Symptoms, including fatigue, irritability, muscle pain, nausea, lack of focus, and headache typically subside within a few days. A gradual taper usually works best for those trying to quit their caffeine habit.

An important note about alcohol and caffeine: drinking coffee does not make us sober, or fit to drive. It does make us more alert, but does not reverse the poor judgment and other effects associated with alcohol.

My bottom line? The data coming at us is both positive and negative, and oftentimes directly conflicts. Consume caffeine if you enjoy it. Be attuned to undesirable side effects, and reduce your consumption as necessary. If your goal is to increase your energy level, consider other methods such as exercise, improved nutrition, better sleep, and stress reduction.

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.

Heart disease, strokes affecting middle-age adults in large numbers

Despite being largely preventable, heart attacks, strokes, heart failure and other related conditions caused 2.2 million hospitalizations in 2016, resulting in \$32.7 billion in costs and 415,000 deaths, according to the latest CDC's Vital Signs report.

Many of these events were in adults ages 35-64, with over 775,000 hospitalizations and 75,000 deaths occurring within this group in 2016.

If every state reduced these life-changing events by six percent every year, one million cardiac events could be prevented by 2022, health officials said.

"The solution for this national crisis does not depend on a brilliant new discovery or a breakthrough in science," said Janet Wright, M.D., a board certified cardiologist and Executive Director of Million Hearts.

"The solution already lies deep within every person, community, and health care setting across America. Small changes – the right changes, sustained over time – can produce huge improvements in cardiovascular health."

The number of cardiovascular deaths and hospitalizations arise from opportunities missed every day in finding and treating the common, controllable causes of cardiovascular diseases, officials said.

The report showed that:

9 million American adults are not yet taking aspirin as recommended.

40 million adults with high blood pressure are not yet under safe control.

39 million adults can benefit from managing their cholesterol.

54 million adults are smokers – most of whom want to quit.

71 million adults are not physically active.

"Adults can seize the day using daily opportunities to reduce their risk of heart disease and stroke," said Dr. Anne Schuchat, Principal Deputy Director of CDC. "Many of these cardiovascular events are happening to middle-aged adults— who we wouldn't normally consider to be at risk. Most of these events can be prevented through daily actions to help lower risk and better manage medical conditions."

The complete report can be read online at cdc.gov/vitalsigns

2017 set new record in reported cases of STDs

Nearly 2.3 million cases of chlamydia, gonorrhea, and syphilis were diagnosed in the United States in 2017, according to preliminary data released by the Centers for Disease Control and Prevention (CDC) at the National STD Prevention Conference in Washington, D.C.

This surpassed the previous record set in 2016 by more than 200,000 cases and marked the fourth consecutive year of sharp increases in these sexually transmitted diseases (STDs).

The CDC analysis of STD cases reported for 2013 and preliminary data for 2017 shows steep, sustained increases:

Gonorrhea diagnoses increased 67 percent overall (from 333,004 to 555,608 cases according to preliminary 2017 data) and nearly doubled among men (from 169,130 to 322,169).

Increases in diagnoses among women – and the speed with which they are increasing – are also concerning, with cases going up for the third year in a row (from 197,499 to

232,587).

Primary and secondary syphilis diagnoses increased 76 percent (from 17,375 to 30,644 cases). Gay, bisexual and other men who have sex with men (MSM) made up almost 70 percent of primary and secondary syphilis cases where the gender of the sex partner is known in 2017.

Primary and secondary syphilis are the most infectious stages of the disease.

Chlamydia remained the

most common condition reported to CDC. More than 1.7 million cases were diagnosed in 2017, with 45 percent among 15- to 24-year-old females.

"We are sliding backward," said Jonathan Mermin, M.D., M.P.H., director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. "It is evident the systems that identify, treat, and ultimately prevent STDs are strained to near-breaking point."

Chlamydia, gonorrhea,

and syphilis are curable with antibiotics, yet most cases go undiagnosed and untreated – which can lead to severe adverse health effects that include infertility, ectopic pregnancy, stillbirth in infants, and increased HIV risk.

Prior studies suggest a range of factors may contribute to STD increases, including socioeconomic factors like poverty, stigma, and discrimination; and drug use.

Salmonella found in Honey Smacks cereal

One hundred thirty people across 36 states have now fallen ill with salmonella after eating Kellogg's Honey Smacks cereal, the U.S. Centers for Disease Control and Prevention said Tuesday.

For the time being, the "CDC advises consumers and retailers not to eat, serve or sell any Kellogg's Honey Smacks cereal," the agency said in a statement.

Many of the illnesses linked to the Salmonella Mbandaka strain have been severe -- so far, 34 people have been hospitalized, although no deaths have been reported.

"Laboratory testing identified the outbreak strain of salmonella in unopened and opened boxes of Honey Smacks cereal collected from retail locations and from ill people's homes," the CDC said.

The illnesses first surfaced in early March and have continued, with the last illnesses reported on Aug. 7. On June 14, Kellogg Co. announced it was recalling certain boxes of Honey Smacks cereal due to the possibility of contamination with salmonella.

But the CDC said Tuesday that the cereal is still being sold in some locations, despite the recall this summer.

The cereal under recall includes Honey Smacks 15.3 oz. size with the UPC code of 3800039103 (on the bottom of

the package) and a "Best If Used Before" date of JUN 14, 2018, through JUN 14, 2019 (at the top of the package).

Also included are Honey Smacks in the 23 oz. size with the same "Best Before" date and the UPC code of 3800014810.

No other Kellogg products are affected by the recall, and people who find they have purchased one of the recalled products should "discard it and contact the company for a full refund," the company said. The cereal has a shelf life of about a year if left unopened.

More details can be found at Kellogg's website. People can also reach out to their state's health department.

Salmonella can trigger serious illness, and can even be fatal for children, frail or elderly people, and people with weakened immune systems. Illnesses typically last four to seven days, with symptoms including fever, diarrhea, nausea, vomiting and abdominal pain.

Nasal sprays sold at CVS and Walgreens recalled

Hundreds of products including nasal sprays and baby oral gels sold at CVS, Walgreens, Dollar General, Family Dollar and other stores are being recalled because of possible contamination.

The recall started after the manufacturer, Product Quest Manufacturing, found microbial contamination -- bacteria called *Pseudomonas aeruginosa* -- in its CVS Health 12 Hour Sinus Relief Nasal Mist. The company said it had not found evidence of contamination in other products but voluntarily expanded the recall "out of an abundance of caution."

The recall applies to all products made in its Florida plant, including nasal mists, sprays, and gels.

Using a contaminated nasal spray or other nasal product repeatedly may lead to an infection that could be life-threatening for certain people, including those with cystic fibrosis or with weaker immunity. Using the oral gels carries the same risk and could be life-threatening for babies and young children.

The company said it had not received any reports of problems related to the recall.

A full list of products with lot numbers and expiration dates involved in the recall is available on fda.gov.

Consumers should stop using the products immediately and can return them to the store where they were purchased.



Consumers can call the company at 704-939-4342, Monday through Friday from 8 a.m. to 4 p.m. ET, with any questions.

They should contact their doctor or health care provider if they may have had any problems related to the products.

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Shared Stories: Our Little Douglas Fir

There are so many themes in this story by Kacie Cooper – a mother and daughter road trip, a turning point, a fresh start, and a simpler time. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Kathy “Kacie” Cooper

Back in 1973, while my mother was searching for an escape route to divorcing my father after 28 years of marriage, I was searching for a way to get my boyfriend of three and a half years to commit to marriage.

She and I were directed in our paths, unknowingly, when my mother was called back to her hometown of Provo, Utah. Who says you can never go home again? Sometimes one must go back to their

roots to reclaim their lives and start anew.

My mama Jeri’s father Benny had just died, so we were taking him back to his hometown in Utah to bury him.

Three days later, Mom and I hopped on a Greyhound bus, carrying only two suitcases apiece, and set out for the 700-mile trip. We knew we were going to Provo, but we were oblivious as to where our lives would head after the funeral.

Grandpa Benny’s funeral was lovely, as funerals go. Luckily, we were invited to stay with Keith and Shirley Jacobson for a few weeks. They were childhood friends of my parents.

During that time my mother never brought up the idea of divorce. I never spoke of my wanting an ultimatum from my guy. Instinctively I guess we just knew what needed to be done.

Within weeks we both got a job together working at Signetics, an electronics company located in Orem, making a whopping \$2.00/hour. Soon we found the cutest little one-bedroom apartment for the outrageous amount of \$90 a month. We split the rent. The apartment was fully furnished. We didn’t have to buy even one piece of furniture.

It was Christmas Eve in Provo and the air was fresh and crisp and freezing. But we bundled up accordingly. The coldness was something I had never experienced in sunny California. I loved it. I never felt so alive.

From the sweet smile on my mother’s face, she looked like she had just returned to her roots. She was home.

Since we didn’t have a car yet, we decided to walk the six blocks down the street from our apartment to where the tree lot was located. Families were laughing and tying Christmas trees on top of their cars, happily throwing snowballs at each other. We saw all these huge 8- and 9-foot trees, some flocked, some green.

“Well, we can’t carry them home. They’re too big,” I told Mom. Then it suddenly began to snow and we decided we’d have to choose a smaller one quickly.

Then we saw it – our Christmas tree. It was standing there all alone, away from all the other larger trees as if it were being

punished for its short height.

“How rude,” I thought. But it looked like it was ready for a new environment – like we had been. It looked so lonely. But it looked the loveliest to my mother.

I quickly paid the man and while the snow kept falling even faster, together we carried this cute, pudgy little 4-foot Douglas fir tree back to our little castle.

We entered the front door with the tree in our arms as if it were a baby coming into its new home. It smelled like the woods, it smelled like heaven. It was fresh and full of life. It was made by God. It was the only thing we would actually own in our little furnished apartment.

As I heated up the hot chocolate, Mother sprinkled her favorite silver tinsel onto our 4-foot Douglas fir. It was fun watching her decorate the tree. It felt as though she were throwing magic fairy dust onto our lives.

After stringing the white lights around the tree and plugging them in, we opened the drapes behind our Douglas fir. Instantly we were transformed into a magical new world.

In front of us was a huge, fenced-in yard with two of the most beautiful Palomino horses – my favorite, gold-colored horse. Beyond the horses, in the distance, our eyes caught sight of those beautiful, moonlit, snow-covered Utah mountains that actually illuminated our sweet little 4-foot Douglas fir.

It was an omen. Things began to happen quickly after Christmas. My mother sadly received the divorce papers. Days after listening and crying to sad Patsy Cline records, she finally signed them. Also, my boyfriend agreed to get married in June of the following year. Thus, our new lives would finally begin.

I have been living in my home in California for decades now. And you could say that I am living in a very fully-furnished home – too many material things. I don’t need all this stuff.

Then I think back to 1973 when the only thing Mom and I owned was a cute little God-made, 4-foot Douglas fir. It was really all I needed – a wonderful, 4-foot Douglas fir and an even more beautiful, God-made mother. Life was so simple, but amazing, back then.

POETRY MATTERS

Blur

...Where do I see those finches glinting at the feeder?
To experience the is-ness of what is,
I’d need to locate the here-ness of what’s here.
Or be located by it. Or share location with it.
There’s a line I want to blur: between my senses

and my self. And another: between my senses
and the world ... I feel that fizz
of finches sparkle on my tongue, the back of my throat.
I don’t say these words until I hear them. My voice

visits. Is visitation. I would choose the role
of visitor over visited, if I got to choose.
Those finches trill and warble in sequences of phrases.
I can tell there’s pattern, but not what the pattern is.
I can say I hear them (I do hear them) in my sleep,

but I can’t say what that means. Their twitters and chirps
start early, before I wake. I can say they chatter all day
(they do), when I’m hearing them and when I’m not,
but I can’t say how I know that. The back of my hand
always feels as if it’s just been lightly touched.

-H. L. Hix, The Academy of American Poets, 2018

The concentrated, experiential approach of the poet allows for spiritual room, too, as when he gets the unexpected “visitation” at the end of the poem. Hix majored in philosophy and currently teaches at the University of Wyoming. Poetry Matters is curated by Lorine Parks

60 Words to celebrate the Downey Symphony Orchestra’s 60th anniversary

Rapturous accounts followed every concert of the DSO during those first years. LA County’s Commissioner of Music: “The best opening concert of a new orchestra that I have ever attended.” Reviewer Rachel Morton: “I heard a very fine concert in our little sister town of Downey... Rarely have I been so profoundly stirred...”

But – an unspoken critique said, “scratchy.” Oh-oh.

Symphony archives
Compiled by Joyce Sherwin

Police stepping up traffic enforcement

DOWNEY – Downey police officers are working overtime this month to further enforce traffic laws such as speeding, illegal turns, distracted driving, failing to yield, and failing to stop for signs and signals.

The beefed-up enforcement is due to Pedestrian Safety Month in California, which aims to decrease the growing number of pedestrians killed or injured on roadways.

In 2016, 867 pedestrians were killed and more than 14,000 injured in California alone, a nearly 33 percent increase from 2012.

In Downey, three pedestrians were killed and another 41 injured in 2016.

Funding for the overtime is provided via a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety.

Downey Theatre presents: The 2018-2019 Season



Rudolph the Red-Nosed Reindeer: The Musical
Join us in celebrating this wonderful holiday tradition that speaks to the misfit in all of us.
Saturday, November 10 11:00AM & 2:00PM &
Sunday, November 11 11:00AM & 2:00PM



Mariachi Divas Christmas
The Divas return with a special Holiday Show!
Saturday, December 15 8:00PM



Hotel California - A Salute to the Eagles
Relax... it's time to check into the Hotel California.
Friday, January 25 8:00PM



The Villalobos Brothers with Flor de Toloache
Redefining contemporary Mexican music with violins and voices.
Saturday, February 2 8:00PM



Blue Oyster Cult
Thrilling fans of “intelligent hard rock” for over four decades.
Thursday, March 14 8:00PM



Billy Ocean
Grammy winning million selling American No.1 single “Caribbean Queen”
Sunday, April 7 7:00PM



Asere! Havana Cuba All-Stars
Featuring some of Cuba’s greatest musicians.
Wednesday, April 10 8:00PM



Los Chicos del 512 - Selena Tribute
Get ready to sing, dance and relive Selena!
Sunday, May 19 7:00PM

Something for Everyone!




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Box Office: 562.861.8211
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DOWNEY HAPPENINGS

FRIDAY, SEPT. 14

Celebration of Life, 5-11 pm. Voice of the Innocent Pregnancy Center hosts a red carpet gala celebrating the lives saved through its pro-life pregnancy center. Women's Club of Downey, 9813 Paramount Blvd.

SATURDAY, SEPT. 15

Vintage Car Show & Toy Drive, 8 am to closing. Hot rods, custom cars, live music, food and more. Calvary Chapel Downey, 12808 Woodruff Ave.

Reflections of Beauty Conference, 8:30 am. A lineup of speakers designed to instill confidence and inspiration. First Baptist Church of Downey, 8348 3rd St.

Keep Downey Beautiful Clean-Up, 9 am. Spend one hour picking up litter and beautifying the Downey community. Rio San Gabriel Park, 9612 Ardine St.

Chamber of Secrets: Virgin Orbit, 10 am. Students in grades 5-12 can take a field trip to Virgin Orbit headquarters to see their new launch system, LauncherOne. Register online. Columbia Memorial Space Center, 12400 Columbia Way.

International Food & Music Festival, 4-10 pm. Food from local restaurants and food trucks, craft beer and wine garden, DJ, live entertainment on 3 stages, balloon artists, caricature artists, photo booth, henna artists, face painters, and more. Downey Avenue, between 2nd and 4th streets.

Planet Viewing Party, 7 pm. A rare opportunity to see Venus, Jupiter, Saturn and Mars in the night sky. Columbia Memorial Space Center, 12400 Columbia Way.

SUNDAY, SEPT. 16

Fiesta Latinoamericana, 1:30 pm. A celebration of everything Latin America. Bring a potluck dish to share. Iglesia Cristiana de Downey, 10909 New St.

Succulents in September, 2:30 pm. Create a tabletop planter full of succulents. \$35 fee includes succulents, glassware, soil, decorative rocks, moss and instruction. Furman Park, 10419 Rives Ave.

MONDAY, SEPT. 17

Kiwanis Golf Tournament, 12 pm. Annual golf tournament in support of Downey Los Amigos Kiwanis and their charitable efforts. Rio Hondo Golf Club, 10627 Old River School Rd.

TUESDAY, SEPT. 18

Blood Drive, 8:30 am to 2:30 pm. The American Red Cross will be collecting blood donations. All blood types welcome. Warren High School, 8141 De Palma St.

WEDNESDAY, SEPT. 19

Downey Sister Cities, 6 pm. The Downey Sister Cities Assoc. holds its monthly meeting. Downey City Library, 11121 Brookshire Ave.

Coffee with a Cop, 6 pm. Meet Downey police officers and discuss local crime issues. Starbucks, 7954 Imperial Hwy.

THURSDAY, SEPT. 20

Job Source Grand Opening, 12 pm. A new Downey business celebrates its grand opening with a ribbon-cutting ceremony. Job Source, 8520 Florence Ave.

Body Soul Elite Grand Opening, 2 pm. A new fitness studio celebrates its grand opening. Body Soul Elite, 8214 Phlox St., suite E.

Empower Hour, 6 pm. Ferias Legales honors Lupita Infante with its Empower Hour Breaking Barriers Award. BRB Social, 11040 Downey Ave.

FRIDAY, SEPT. 21

Family Fun Night on the Lawn, 6 pm. Roast hot dogs and marshmallows over an open fire, sip hot chocolate, play games, and watch a movie on the lawn. Bring your own lawn chairs and blankets. Downey First Christian Church, 10909 New St.

Ms. Krazie Album Release Party, 8 pm. Hip-hop artist Ms. Krazie performs on stage in celebration of her latest album release. Godttis Nightclub, 7931 Firestone.

SATURDAY, SEPT. 22

Alpha Omega Con, 10 am. A comic and pop culture convention where Christian, faith-based, and family-friendly creators and fans can meet, fellowship, and network. First Baptist Church of Downey, 8348 2nd St.

Drill and Drum Competition, 10 am. The Sophisticated Sounds & Steppers drill team and drum squad hosts an all-ages competition. Apollo Park, 12544 Rives Ave.

SUNDAY, SEPT. 23

Garden Party, 3 pm. The Downey Symphony celebrates its 60th anniversary with a garden party themed "Diamonds Are Forever." \$75, RSVP by calling Pat Gil at (562) 869-9745. Rio Hondo Event Center, 10627 Old River School Rd.

THURSDAY, SEPT. 27

Mexico in the World, 7 pm. A ballet folklorico performance direct from Manzanillo, Mexico. Featuring singer and actress Mariana Vargas. Downey Theatre, 8435 Firestone Blvd.

Pasadena Fine Arts, 7:30 pm. Biographer Nicholas Curry gives a presentation on the fine arts of Pasadena. Part of the Downey Historical Society's regular meeting. Barbara J. Riley Center (John Downey Room), 7810 Quill Dr.

SATURDAY, SEPT. 29

Spinal Injury Games, 10 am. Designed for all skill levels, wheelchair participants compete in a variety of sporting games. Rancho Los Amigos National Rehabilitation Center, 7601 Imperial Hwy.

Skate Jam 2018, 1 pm. Skateboarders are invited to show off their skills. Various categories, including Beginner, Girls Only, and Best Trick. Meredith Perkins Skate Park, 12334 Bellflower Blvd.

WEDNESDAY, OCT. 3

Field Dedication & Blessing, 6 pm. Shea Field at Smet Family Stadium officially opens with a dedication ceremony and blessing. St. Pius X - St. Matthias Academy, 7851 Gardendale St.

FRIDAY, OCT. 5

DUSD State of the Schools, 7 am. Superintendent Dr. John Garcia provides an update on the Downey Unified School District. Los Angeles County Office of Education, 12830 Columbia Way.

Latina Empowerment Day, 8 am. Latina Empowerment Day is a one day workshop created to empower Latinas to increase their community impact and strengthen their skills and knowledge on a variety of issues. Buy tickets online at Eventbrite. Gas Company Energy Resource Center, 9240 Firestone Blvd.

Pink on the Green Golf Tournament, 12 pm. A Promise of Hope's first annual golf tournament, raising money for breast cancer research. Los Amigos Golf Club, 7295 Quill Dr.

Homecoming Alumni Tailgate and BBQ, 5 pm. Al Pius X, St. Matthias & PMA alumni are invited to a

homecoming tailgate and barbecue. St. Pius X - St. Matthias Academy, 7851 Gardendale St.

SATURDAY, OCT. 6

Author Signing, 1 pm. Author and child development trainer Michael Jacobus discusses his books. Downey City Library, 11121 Brookshire Ave.

Pushrim Fundraiser, 1 pm. Music, food, vendors and raffles, all supporting Pushrim, a non-profit that helps people with spinal injuries. Apollo Park, 12444 Rives Ave.

Pius X Grand Reunion, 6 pm. An all-year alumni celebration for Pius X, St. Matthias and PMA. Hall of Fame inductees include Diane J. Martinez & Evelia Castillo-Rodriguez. Embassy Suites, 8425 Firestone Blvd.

Musical Showcase, 9 pm. Heavy bass music, live art, vendors, vegan food, and a full bar. Epic Lounge, 8239 2nd St.

THURSDAY, OCT. 11

Family Game Night, 5 pm. Enjoy an evening of new and classic board games. No need to register. Downey City Library, 11121 Brookshire Ave.

SATURDAY, OCT. 13

Naturalization Clinic, 10 am. Ferias Legales offers free help with naturalization applications. Barbara J. Riley Center, 7810 Quill Dr.

SUNDAY, OCT. 14

CROP Hunger Walk, 1 pm. The sixth annual Hunger Walk supports Downey Council PTA and Downey First Christian Church's FoodHelp program. Downey Memorial Christian Church, 8441 Florence Ave.

Beatles vs. Rolling Stones, 7 pm. The Beatles, represented by tribute band Abbey Road, engage in a barrage of hits against premier Rolling Stones tribute band Satisfaction. Downey Theatre, 8435 Firestone Blvd.

WEDNESDAY, OCT. 17

Flu Vaccination Clinic, 1-3 pm. Free flu shots courtesy of the L.A. County Department of Public Health. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

FRIDAY, OCT. 19

Living Help Center Golf Tournament, 12 pm. The 30th annual golf tournament in support of the LivingHelp Center. Shotgun start, \$130. Rio Hondo Golf Club, 10627 Old River School Rd.

Downey-Warren Football Game, 7 pm. The Vikings and Bears face-off in their annual rivalry game. Downey High School, 11040 Brookshire Ave.

SATURDAY, OCT. 20

Keep Downey Beautiful Clean-Up, 9 am. Meet in the Big Lots parking lot, 9020 Firestone Blvd.

Spooky Science Night, 5 pm. Food trucks, games, activities, costume parade, and more. Columbia Memorial Space Center, 12400 Columbia Way.

Downey Symphony Concert, 8 pm. Celebrated composer Oscar Navarro returns for an encore of his "Navarro Overture." Downey Theatre, 8435 Firestone Blvd.

FRIDAY, OCT. 26

Ricky Galvez Golf Tournament, 11 am. Gangs Out of Downey's annual golf tournament, raising money for Ricky Galvez college scholarships. Rio Hondo Golf Club, 10627 Old River School Rd.

PINK Conference, 5 pm. The start of a three-day women's conference featuring workshops and guest speakers. New Season Christian Worship Center, 9001 Paramount Blvd.

SATURDAY, OCT. 27

Halloween Party, 9:30 pm. Featuring live music by God Module and Mordacious. Plus four DJs and a costume contest. Stardust Club, 7643 Firestone Blvd.

SUNDAY, OCT. 28

Dia de los Muertos Festival, 11 am to 8 pm. Music and dance performances, dozens of vendors, art shows, food trucks, altar displays, and more. Downey Civic Center, 11111 Brookshire Ave.

WEDNESDAY, OCT. 31

Pumpkin Patch, 5-9 pm. Costume contests, carnival games, photo booth, caricature artist, glow walk, and more. Apollo Park, 12544 Rives Ave.

THURSDAY, NOV. 1

Let's Do Lunch Networking, 12 pm. Mingle with members of the local business community. Mimi's Cafe, 8455 Firestone Blvd.

FRIDAY, NOV. 2

Rotary/Arc Golf Tournament, 11 am. Rotary Club of Downey's annual golf tournament with proceeds benefiting The Arc - Los Angeles & Orange Counties. Rio Hondo Golf Club, 10627 Old River School Rd.

SATURDAY, NOV. 3

Holiday Marketplace, 10 am to 3 pm. Craft goods, baked goods, homemade items, and holiday goodies available for sale. Downey City Library, 11121 Brookshire Ave.

FRIDAY, NOV. 9

El Segundo Kiwanis Cup Golf Tournament, 12 pm. A 4-person scramble golf tournament, with proceeds benefiting El Segundo Kiwanis. Rio Hondo Golf Club, 10627 Old River School Rd.

Brighten Women's Conference, 2 pm. The start of a two-day conference for women and girls ages 12 and older. Worship, speakers, breakout sessions, and more. Lord's Grace Church, 7360 Foster Bridge Blvd.

SATURDAY, NOV. 10

Car Show and Breakfast, 8 am. All makes, models, years welcome. Free to the public. First Baptist Church Downey, 83343 2nd St.

Downey High School Class of 1973 Reunion, 6pm - 10 pm, Frantone's 9148 Telegraph Rd. Downey, Please RSVP to Bruce Hearn 562-695-9088. Cost \$25 in advance / \$30 at door - food and drink included.

Smart Gardening Workshop, 9:30 am. Learn smart and effective ways to grow a drought-tolerant garden. Wilderness Park, 10999 Little Lake Rd.

Rudolph the Red-Nosed Reindeer, 11 am and 2 pm. A holiday tradition based on the animated television special. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, NOV. 11

Rudolph the Red-Nosed Reindeer, 11 am and 2 pm. A holiday tradition based on the animated television special. Downey Theatre, 8435 Firestone Blvd.

MONDAY, NOV. 12

Veterans Day Ceremony, 10 am. A ceremony honoring all who have served our country. City Hall, 11111 Brookshire Ave.

SATURDAY, NOV. 17

Keep Downey Beautiful Clean-Up, 9 am. Help pick up litter and make the community nicer. 8832 Imperial Hwy.

MONDAY, DEC. 3

Tree Lighting, 6-8:30 pm. The city of Downey lights up its Christmas tree. City Hall, 11111 Brookshire Ave.

SATURDAY, DEC. 15

Mariachi Divas, 8 pm. The all-female mariachi group performs a special Christmas concert. Downey Theatre, 8435 Firestone Blvd.

MONDAY, DEC. 16

It's Christmas in Downey, 4 pm. A holiday spectacular featuring performances by the All American Boys Chorus, Cooper Phillip, Mary Beth Nelson, Chris Job, and more. Downey Theatre, 8435 Firestone Blvd.

FRIDAY, JAN. 25

Hotel California - A Salute to the Eagles, 8 pm. A dynamic show saluting the work of The Eagles. Featuring mega hits such as "Take It Easy" and "Hotel California." Downey Theatre, 8435 Firestone Blvd.

SATURDAY, FEB. 2

Villalobos Brothers, 8 pm. The popular Mexican trio perform their brand of jazz, rock and classical music.

They'll be joined by Flor de Toleache. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, FEB. 9

Walk for Water, 9 am. The KIWIN's of Diamond Division raise awareness of the global water crisis. Downey High School football stadium, 11040 Brookshire Ave.

SATURDAY, FEB. 23

Healthy Downey 5K, 8 am. A 5K walk/run to raise money for the TLC Family Resource Center. Apollo Park, 12544 Rives Ave.

THURSDAY, MARCH 14

GOOD Luncheon, 11:30 am. Annual fundraiser benefiting Gangs Out of Downey. Rio Hondo Event Center, 10627 Old River School Rd.

Blue Öyster Cult, 8 pm. The heavy metal band from Long Island, New York performs their canon of hits. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MARCH 30

Arc Walk for Independence, 9 am. A 1- or 3-mile walk to celebrate people with developmental disabilities. Stonewood Center, 251 Stonewood St.

SUNDAY, APRIL 7

Billy Ocean, 7 pm. With more than 30 million records sold, Billy Ocean is a pop legend with no signs of slowing down. Downey Theatre, 8435 Firestone Blvd.

WEDNESDAY, APRIL 10

Havana Cuba All Stars, 8 pm. Some of Cuba's greatest musicians and dancers perform everything from the cha cha to rumba. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 20

Kids & Cops Day, 11 am. Police officers and local kids come together for a day of games and activities. Furman Park, 10419 Rives Ave.

SUNDAY, MAY 19

Los Chicos del 512, 7 pm. Called "the best Selena tribute band out there," Los Chicos del 512 performs across the country, taking audiences back to 1995. Downey Theatre, 8435 Firestone Blvd.

Compiled by Eric Pierce. Email calendar listings to eric@thedowneypatriot.com

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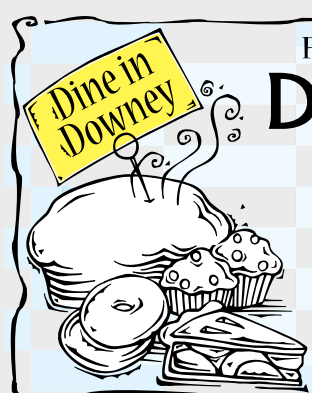


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Section 22300, substitution of eligible and equivalent securities for any monies withheld to ensure performance under this contract will be permitted at the request and expense of the Contractor.

No bidder may withdraw their bid for a period of ninety (90) days after the date for the opening of bids.

All bidders and their subcontractors **MUST** be registered with the Department of Industrial Relations (DIR) and possess a current and valid DIR registration number at the time of bid submission.

The District reserves the right to reject any and all bids or to waive irregularities in any bid.

The Downey Unified School District is an "Equal Opportunity" employer. Qualified Disabled Veteran Business Enterprises (DVBE) are encouraged to participate in this project.

Darren Purselglove, C.P.M.
Darren Purselglove
Director, Purchasing and Warehouse

Downey Unified School District
Los Angeles, County, State of California

The Downey Patriot
9/6/18, 9/13/18

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: VS031001

TO ALL INTERESTED PERSONS: Petitioner JAMES & VERA CLINE on behalf of JONATHAN CLINE filed a petition with this court for a decree changing names as follows:

Present name (1) JONATHAN JAMES CLINE to Proposed name (1) JONNY JAMES CLINE

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: **November 21, 2018, Time: 1:30 p.m., Department: C, Room: 312**
The address of the court is **12720 Norwalk Blvd., Norwalk 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** AUGUST 27, 2018

Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
James & Vera Cline
on behalf of **Jonathan Cline**
11036 Lorene St.
Whittier, CA 90601
(562) 447-8454
jvjine@hotmail.com

The Downey Patriot
9/6/18, 9/13/18, 9/20/18, 9/27/18

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: VS030995
TO ALL INTERESTED PERSONS: Petitioner IRMA JENNIFER AGUILAR on behalf of ANTHONY NESTOR AGUAYO filed a petition with this court for a decree changing names as follows:

Present name (1) ANTHONY NESTOR AGUAYO to Proposed name (1) ANTHONY NESTOR AGUILAR

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: **October 31, 2018, Time: 1:30 p.m., Department: C, Room: 312**
The address of the court is **12720 Norwalk Blvd., Norwalk 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** AUGUST 27, 2018

Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Irma Jennifer Aguilar,
on behalf of **Anthony Aguayo**
13128 Dunrobin Ave
Downey, CA 90242
(562) 441-7802

The Downey Patriot
8/30/18, 9/6/18, 9/13/18, 9/20/18

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LUIS MARQUEZ GARCIA
Case No. 18STPB06381

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of **LUIS MARQUEZ GARCIA**

A PETITION FOR PROBATE has been filed by **Gloria Garcia** in the Superior Court of California, County of **LOS ANGELES**.

THE PETITION FOR PROBATE requests that **Gloria Garcia** 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 **Sept. 24, 2018 at 8:30 AM** in Dept. No. 2D 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: **Gloria Garcia**
GLORIA GARCIA
12337 GNEISS AVE
DOWNEY CA 90242
CN952783 GARCIA Aug 30, Sep 6, 13, 2018

CN952783
The Downey Patriot
8/30/18, 9/6/18, 9/13/18

TRUSTEE SALES

T.S. No. 069797-CA APN: 6170-035-017 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 6/25/2005, 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 9/26/2018 at 10:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 7/13/2005, as Instrument No. 05 1642490, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: **LILLIE RAMOZ, AN UNMARRIED WOMAN 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: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766** 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 ACCURATELY DESCRIBED IN SAID DEED OF TRUST.** The street address and other common designation, if any, of the real property described above is purported to be: **3148 NORTON AVENUE LYNNWOOD, CALIFORNIA 90262** 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: **\$289,854.52** 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 mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you

and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 069797-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: (844) 477-7869 CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117

STOX 912269
The Downey Patriot
9/6/18, 9/13/18, 9/20/18

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Need to run a Legal Notice?

The Downey Patriot is a newspaper of general circulation – and has been adjudicated in the County and the City. We can take any and all legal ads.



Contact **The Downey Patriot** we can help!
Phone: 562-904-3668 • Fax: 562-904-3124

Tickets on sale for State of the Schools breakfast

DOWNEY - Downey Unified superintendent Dr. John Garcia will host the school district's sixth annual State of the Schools, taking place Friday, Oct. 5, at the Los Angeles County Office of Education's west conference center.

The breakfast begins at 7 a.m. and is scheduled to end at approximately 9 a.m.

Breakfast will be served as attendees listen to keynote speakers share the district's achievements and strategic direction. This event will also enlighten guests about the major programs being implemented throughout the district, while serving as an opportunity to meet the school district's Board of Education members and staff.

All proceeds will go to TLC Family Resource Center, which partners with more than 50 agencies dedicated to providing support to children and families. These services include providing the help needed by parents to become better participants in our schools and the community.

TLC also ensures that each referred student receives the physical and emotional support they need.

Last year's State of the Schools was a sold out event, with 350 guests in attendance and over \$5,000 in proceeds benefiting TLC.

Downey Unified invites the community to attend this year's informative event; tickets will be via presale only and are \$35 per person. Tables of eight and sponsorships are also available for organizations or individuals. This event is tax deductible.

To reserve your seat for the sixth annual State of the Schools or to inquire about sponsorship opportunities, please contact Ashley Greaney at (562) 469-6513 or email agreaney@dusd.net. The final day to reserve your seat or a sponsorship for this event is Sept. 27.

Date set for library's annual Holiday Marketplace

DOWNEY - The Friends of the Downey City Library will hold its annual Holiday Marketplace on Saturday, Nov. 3, from 10 a.m. to 3 p.m. in the library's Cormack Room.

Several items will be for sale, including handmade crafts, fall and Christmas decorations, baked goods, quality recycled items, and holiday decorating and craft books.

There will also be a raffle and complimentary punch.

Proceeds will benefit the library.

Griffiths MS featured in Helpful Honda commercial

DOWNEY - Starting this coming week, the advanced robotics class at Downey Unified's Griffiths Middle School will be featured in a SoCal Helpful Honda commercial.

Airing across all of Southern California for 13 weeks, the Helpful Guys in Blue visited Downey Unified in August to film this surprise.

Approximately 30 students and their teacher, Mrs. Jessica Worthy, will be featured in this commercial where a robot wearing the notable blue Honda polo shirt rolls into the classroom to present the students with robotics equipment that will be needed for a successful year of competitions.

This Random Act of Helpfulness was made possible after a parent of a Griffiths Middle School student contacted SoCal Honda's "Help Me Honda" page.

This parent shared that with a growing robotics program, extra equipment and/or funding would be needed to have a more successful robotics season.

Shortly after this inquiry, Downey Unified and the SoCal Honda Dealers production team began to work together to surprise the students with the supplemental items needed.

"We had a list of equipment that was needed to have a more competitive year," stated Worthy, Griffiths' robotics teacher. "SoCal Honda helped out by providing everything on the list and more. I can't describe how thankful I am for this incredible act, we now have everything we need."

The overall value of the items donated is estimated to be \$7,782 and will provide an opportunity for these students to compete at higher level during the many various robotics competitions throughout the year.

"We would like to thank the SoCal Honda Dealers for the support and encouragement of our programs and our hard-working students," said Griffiths Middle School principal Dr. Rani Bertsch.

Author to speak, sign books in Downey

DOWNEY - Michael Jacobus, a nationally recognized child-development professional, staff trainer and author, will be at the Downey City Library on Saturday, Oct. 6, from 1-3 p.m.

He has an extensive background in youth-serving nonprofits, staff training, operations, administration and outdoor education.

He's authored books such as "Insights and Inspiration: Real Life Stories from Camp Staff" and "The Camp Director's Survival Guide."

The discussion is free and open to the public.

Spinal cord nonprofit hosting fundraiser

DOWNEY - Pushrim, a foundation that helps people with spinal cord injuries and mobility impairment find a better quality of living, will hold a fundraiser Saturday, Oct. 6, from 11 a.m. to 4 p.m. at Apollo Park.

The event will feature music, vendors, food and raffle prizes.

Cost is \$10 and includes food and one raffle ticket. For questions or information, call Ray at (562) 449-6972.

Pro-life group holding gala

DOWNEY - Voice of the Innocent Pregnancy Center is hosting a red carpet gala Friday in celebration of the lives saved at its pro-life pregnancy center.

The gala begins with red carpet arrivals at 4 p.m. and the celebration from 5-11 p.m. at the Woman's Club of Downey.

Special guests include the Mariachi Victoria de Jesus and The Neal Brothers.

For details on attending, call (562) 375-0919.

Garden Party benefits Downey Symphony

DOWNEY - James Bond is coming to Downey.

A special garden party, themed "Diamonds are Forever," will be held Sept. 23 at the Rio Hondo Event Center, with proceeds benefiting the Downey Symphony.

There will be silent and live auctions, prize drawings, live music, champagne, and a three-course dinner.

Tickets are \$75 and benefit symphony concerts and its Music in the Schools program, which has been introducing Downey students to classical music for 30 years.

For information or to RSVP, contact Pat Gill at patgill1031@gmail.com or (562) 869-9745.

Chat with police at Starbucks

DOWNEY - The Downey Police Department is hosting a "Coffee with a Cop" on Wednesday, Sept. 19, from 6-8 p.m. at the Starbucks located at 7954 Imperial Hwy.

The event is an opportunity for residents to meet police officers in an informal, neutral space.



Thrift shop will start selling Halloween merchandise Monday

DOWNEY - The Second Tyme Around Thrift Shop will have Halloween merchandise ready for sale on Monday, Sept. 17, the store announced.

Proceeds from the thrift shop support the philanthropic programs of the Assistance League of Downey, notably Operation School Bell which provides new clothing to children in Downey schools.

Thrift shop hours are Monday through Thursday, 10 a.m. to 4 p.m., and Saturday, 9 a.m. to 2 p.m.

Pictured are Maru Montero and Marge Lewis previewing a few Halloween items.

Free haircuts for veterans

DOWNEY - The Pride Barbershop is offering free haircuts to military veterans on Veterans Day.

Vets can receive the free haircuts between 9 a.m. and 3 p.m. Proof of service is required.

Pride Barbershop is located at 8317 Firestone Blvd.

Before You Buy Or Sell Your Next Home, Talk To Me. (Even If You Don't Use Me.)

It makes perfect sense. If you are going to buy or sell real estate in Downey, you should talk to the expert first. Even if you don't use them? YES! Dale Jervis is so wrapped up in the Downey real estate market, he loves discussing its finer points—anytime! To Dale Jervis, real estate is his passion. It's what gets him up and going every day. So if you were to call him with a question about the local real estate market, you wouldn't get a "don't bother me" attitude. You'd get an amiable and accurate answer to your question, from a person who cares about his profession. Dale is comfortable providing answers to your questions—with no obligation. And if you are in the market for a real estate professional Dale Jervis would be delighted to send you a FREE copy of his personal brochure. Also, have him send you his list of important questions to ask when selecting a real estate agent. Dale Jervis - you'll find talking with him a real pleasure.

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TOP SALES
Lilian Lopez

Opportunity Awaits!

Enjoy one of the most sought after north Downey neighborhoods on a quiet and established area with great schools and friendly people. This great home is walking distance to Gallatin Elementary, rated 4 Stars by Great Schools.org. The home has a green and healthy back yard with many trees, plants and flowers carefully manicured. **Call Today!!!**

Time To Buy!

3 bedroom, 2.5 bath condominium in secured building. Includes 2 car garage, patio area, and laundry room. **Call Today!!!**

Great Potential!

Very nice 3 bedrooms, 2 bathrooms. Garage has been converted to a living area. Newer windows, newer wood floor (partial), and granite counters. Excellent location. **Call Today!!!**

Spacious!

Great location. Very nice 3 bedroom, 2 bathroom home with a den. This home features original hardwood floors, central AC, 2 car attached garage. Large den can be used as fourth bedroom. A must see. **Call Today!!!**

Immaculate!

This home shows great. Large bedrooms. Lots of upgrades and remodel. Never double entry doors, newer AC and forced heating units. Kitchen and bath remodel, double glass sink in hall bath (beautiful). Newer paint. Never refinished roof. Some newer pella windows. Water saving landscape - desert scape. Copper piping in 2015. New fireplace glass in family room. Newer appliances in kitchen. **Call Today!!!**

Investment Opportunity!

Great opportunity. Front unit has one level, 2 bedrooms, 1 bathroom with a bonus room, inside laundry, central AC, 1 car garage, plus additional parking space. Rear unit is a two story, 3 bedroom, 1.5 bathroom, inside laundry, central AC, and a 2 car garage. Good condition. **Call Today!!!**

Spish Splash!

Beautiful pool home located in the convenient and desirable area of Lakewood. Close to school, shopping, and transportation. This well maintained home features 3 bedrooms, 2 bathrooms, remodeled kitchen, ceramic tile and wood floors, patio, central AC/heater, two car garage, nice pool, and much more. **Call Today!!!**

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REALTOR®
"Mario DID IT AGAIN!"
562-533-7433
Mario@MarioPersico.com
DRE #01341121

JUST LISTED!

Sweet & Low!
3 BD, 2 BA home in the City of Bell with a living room, dining room & pool.
\$524,900!

NEW PRICE!

OPEN HOUSE
SUNDAY 9/16 | 12 - 3 PM

COMING SOON!

Home with Detached Guest Room
3 BD, 2 BA Downey home, remodeled kitchen, wood floors, updated windows & detached guest room w/ private bath. Please call for price & more details. **562-217-8384.**
Interest Rates are on the Rise! If you are thinking of Selling, NOW is the time before the market takes a downturn.
Call Today for a **FREE Market Evaluation** of your home! 562-217-8384.

Two Words When it Comes to Real Estate Right Now:
SELLERS MARKET!
Please contact me to learn more about why **NOW** is the time to sell.

BACK ON THE MARKET!

1
7945 Quill Street, Downey
3 bedrooms, 2 bathrooms. Over 2,000 sq. ft. on large lot with tons of extras!
Call Mario today! 562-533-7433.

Remodeled Beauty!
Remodeled 6 BD, 4 BA North Downey home with 3,570 sq. ft. of living space on a 7,273 sq. ft. lot. **\$898,900.**

8822 Lowman Avenue, Downey
This home has it all! 3 bedrooms, 2 bathrooms and a family room! Remodeled kitchen and upgraded bathrooms! Large backyard with covered patio!
8,071 sq. ft. lot! **\$699,500.**
See you at our **OPEN HOUSE!**
www.8822LowmanAvenue.IsNowForSale.com

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FOR SALE
24 HOUR Real Estate
562-861-7257

Not sure if now is a good time to buy or sell?
I CAN HELP!
I can help you determine if now is a good time by evaluating your unique situation. Give me a call... there is no obligation.
562-367-9520.

2

COMING SOON
Downey Orange Estates
3 BD, 2 BA home. 1,516 sq. ft. living space. Nearly 6,000 sq. ft. lot.
Call Mario for info! 562-533-7433.

IN ESCROW!

Terrific Buy!
3 BD, 1.75 BA w/ open concept living & dining room, family room w/ fireplace + bonus room. Priced at **\$644,900.**

18,466 LOT!

Spectacular Northeast Downey Estate!
4 Bd, 5 BA, pool & guest quarters!
www.10065SideviewDrive.IsNow4Sale.com
Call us for a private viewing!

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Pam Lee
REALTOR®
562-537-1134
PamLeeRealtor@gmail.com
DRE #01750256

3

DOWNEY CLASSIC HOME
SOLD in 1 Day!
3 BD | 2 BA | 1,152 sq. ft. | Nearly 6,000 sq. ft. lot
ORIGINAL OWNER - FIRST TIME ON THE MARKET
MARIO DID IT AGAIN!

COMING SOON!

Home with a Heart!
N. Downey 2 story beauty w/ 4 BD, 3 BA, spacious living room, dining room & family room. Call for more info!

SOLD!

Downey Senior Condo!
2 BD or 1 BD located in central Downey. Buying or selling?
Call us for a confidential interview!

CALL US TODAY!
562-233-5200

IN ESCROW!

Great Potential!
Norwalk home features 3 BD, 2BA. 1,306 sq. ft. living space on a large 8,310 sq. ft. lot. Probate Sale.
Call Pam for more information. 562-537-1134.
PamLeeRealtor@gmail.com

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Downey Born, Raised & Educated!
Selling Downey Homes for 25 Years!
EXPERIENCE YOU CAN TRUST!

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Check Out our **78 REVIEWS** on Zillow!

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24 HOUR Real Estate
Call TODAY For A Private Showing Of These Homes Or A FREE Market Evaluation of YOUR Home!



Your Own Private Oasis
Fantastic 3 BD, 2 BA pool home on a large lot with RV access in North Downey. Features an entertainer's backyard you won't want to miss with newer pool & spa, crystal has fire pit, covered patio and grass area. Home has newer roof & central air & heat.
List Price \$699,000

Prestigious "Yankey Circle" Neighborhood
3 BD, 3 BA home in prestigious 'Yankey Circle' neighborhood with 2,624 sq. ft. on a 9,418 sq. ft. lot. Great floor plan, new exterior paint, updated windows & plumbing, new automatic sprinklers, central air/heat & 2 water heaters.
REDUCED TO \$825,000

Live In One, Rent The Other
Two detached 2 BD, 1 BA units with their own 1 car garage and yard. Front unit was remodeled in 2015 with newer kitchen & BA and newer flooring. Rents have room to grow. Excellent potential & located in primarily a single family residence neighborhood.
List Price \$725,000



Downey Pool Home
Remodeled 5 BD, 3 BA home with 3,009 sq. ft., newer kitchen and bathrooms, master bedroom, 2 family rooms, and entertainer's backyard with pool, spa, BBQ & fire pit.
LIST PRICE \$975,000

A Grand Estate
Built in 2010! 4 BD, 5 BA, 3,960 sq. ft., pool & spa with waterfall, guest house with bathroom, each bedroom has its own bathroom, beautiful tile through out, and 3 car tandem garage
LIST PRICE \$1,199,999

Tuscan Villa with Pool!
4 BD, 5 BA, 3,127 sq. ft., large family room, spacious master BD with balcony overlooking pool, downstairs office, each bedroom has its own bathroom. Built like new in 2007!
LIST PRICE \$849,950

FOR RENT IN DOWNEY

Near Stonewood Mall
• 3 bedrooms & 2 bathrooms
• 1,350 sq. ft. living space
• Recently remodeled
• 2 car garage
\$2,850 PER MONTH

Near Warren High School
• 3 bedrooms & 2 bathrooms
• 1,186 sq. ft. living space
• Bonus room
• 1 car garage
\$2,850 PER MONTH

Downtown Downey
• 3 bedrooms & 2 bathrooms
• 1,150 sq. ft. living space
• Fresh paint & new flooring
• 2 car garage
\$2,500 PER MONTH