

Former Warren High wrestler heading to NYU

By Mark Fetter
Contributor

DOWNEY – Former Warren High School class of 2016 wrestling standout Gabriel Rodriguez placed seventh in the 174-pound weight class for East Los Angeles College at the California Community College wrestling championships this past weekend at Cerritos College.

Rodriguez was one of two wrestlers from East Los Angeles College to place in the top 8 of his respective weight class. He will transfer to New York University next spring where he plans to continue his college wrestling career while pursuing a degree in political science.

Fresno City College won the 2018 junior college state wrestling title with a score of 187 points. Sacramento City finished in second place with 119.5 points, Palomar finished in third place with 109 points, Cerritos College finished in fourth place with 103.5 points and Mt. SAC finished in fifth place with 79 points to round out the top five finishers, respectively.

East Los Angeles College finished the state tournament in 20th place, with 12 points.

Rodriguez finished the state tournament with a record of 2-2. He was defeated in his first match by Juan Rosales of Modesto 10-9. Rodriguez pinned Noah Collazo of West Hills at the 3:37 mark in his second match and was then defeated by Robert Flores of Moorpark 9-8 in his third match.

Rodriguez wrestled Juan Rosales of Modesto again in his fourth and final match and earned a hard-fought pin at the 5:59 mark to claim seventh place.

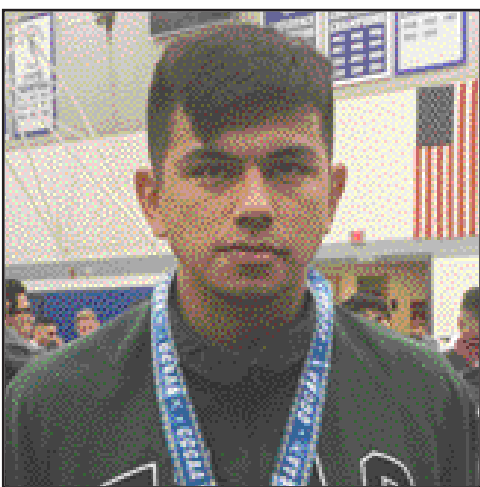
DOWNEY GIRLS BASKETBALL: The Downey High School girls' basketball team currently has an overall record of 9-1 and played Mater Dei on Wednesday in the Orangewood Academy Tournament (score unavailable at press time).

The Lady Vikings played Los Osos on Thursday and will play a "to be determined" opponent later today. The Lady Vikings defeated Vista Murrieta on Tuesday 56-26 in their first game of the Orangewood Academy Tournament.

Downey finished 4-0 at the 41st Annual Downey Varsity Classic Tournament (November 21-24) and finished 3-1 at the Ocean View Tournament (December 4-8) where they were defeated in their first game by St. Anthony's of Long Beach 77-60.

The Lady Vikings will be competing in the Southern California Prep

Gabriel Rodriguez, a 2016 Warren High graduate, will transfer from East Los Angeles College to New York University next spring.



Downey High's boys basketball team celebrates after winning the Artesia Tournament.

Downey's 9-0 start was their best start to a season since 1979.

Photo courtesy Larry Shelton



Classic in San Diego over the Christmas Break where they are scheduled to play Rolling Hills Prep on December 26, Clark of Nevada on December 27, Mount Miguel on December 28 and a "to be determined" opponent on December 29.

Downey will then begin San Gabriel Valley League play when they travel to play the Paramount Lady Pirates at Paramount on Jan. 4.

Coach Harris, his staff and players are all looking forward to continuing preseason tournament play, the start of league play and making another run at a S.G.V.L. and C.I.F. title. Downey came up one win short of a C.I.F. title last season and are working hard to get back to that championship game.

WARREN GIRLS BASKETBALL: The Warren High School girls' basketball team currently has a record of 1-4. The Lady Bears were defeated by Whittier at Warren, 60-53, on Tuesday night and played at Orange Lutheran on Wednesday night (score unavailable).

The Lady Bears finished the Ocean View Tournament (December 4-8) with a record of 1-3 and will be competing in the Nike Tournament of Champions next week (December 19-22).

Warren is also scheduled to compete in the Larry Doyle Tournament over Christmas Break (December 26-29) and will begin San Gabriel Valley League play when they travel to Lynwood to play the Lady Knights on January 4.

Lynwood was the 2017 S.G.V.L. champion and will once again be the team to beat in league play along with cross-town rival Downey.

WARREN GIRLS SOCCER: The Warren High School girls' soccer team currently has a record of 4-0-2 and defeated La Serna at La Serna 3-1 on Tuesday night. The Lady Bears also played at La Mirada yesterday.

Warren is scheduled to play at Ocean View on Monday and will be competing in the North Orange County Classic Tournament over

Christmas Break where they are scheduled to play La Serna on December 27.

The Lady Bears will begin San Gabriel Valley League play when they host Lynwood at Warren on January 2. Coach Dussan, her staff and players are all looking forward to preseason tournament play, defending their league title and making another run in C.I.F. postseason play.

DOWNEY BOYS BASKETBALL: The Downey High School basketball team suffered their first loss of the season on Tuesday night at Bellflower, 51-49, in the Buc Pride Tournament.

With the loss, the Vikings fell to 9-1 on the season. Downey's 9-0 start marked the best start for a Downey basketball team since 1979, almost 40 years-ago.

The Downey/Bellflower game appeared to be the tenth straight win for Downey as the Vikings took a 40-29 lead into the fourth quarter. Unfortunately, the Vikings were outscored by 13 points in the final quarter and narrowly lost.

Downey trailed 12-11 at the end of the first quarter but rallied back and outscored Bellflower 13-7 in the second quarter. The Vikings led 24-19 going into the locker room at halftime.

Downey extended their lead in the third quarter and outscored Bellflower 16-10. The Vikings took a 40-29 lead into the fourth quarter. The Buccaneers outscored the Vikings 22-9 in the last quarter and came away with the hard fought, 51-49 win.

Downey previously won the El Monte and Artesia Tournaments with records of 4-0. The Vikings played Cantwell-Sacred Heart of Mary on Wednesday night (score unavailable) and will play Cerritos at the Staples Center on December 20.

The Vikings will compete in the Rancho Mirage Holiday Invitational Tournament over Christmas Break and begin San Gabriel Valley League play when they travel to Paramount to play the Pirates on January 4.

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Paging Dr. Frischer...

By Dr. Alan Frischer

Here we go again: We are entering the flu season. What will it be like this year, and why is getting vaccinated so important?

Influenza (flu) is a contagious respiratory illness caused by a virus. It infects the nose, throat, and sometimes lungs, and can be mild, severe, or even deadly. Symptoms include fever, cough, sore throat, runny nose, body aches, headaches, chills, fatigue, and sometimes diarrhea and vomiting. It is communicated through tiny droplets that spread when we cough, sneeze or even just talk. They may land in the mouth or nose of people nearby, or we can infect ourselves when we touch an object that has the flu virus on it, and then touch our own nose, mouth or eyes.



It's important to note that we are at our most contagious during the first three to four days of the illness, but flu symptoms don't even appear until about two days after exposure. So, it's very easy to spread the virus to friends, loved ones, and strangers before we even know that we have it!

Which flu viruses will we see this season? There are many different ones and they are constantly changing. About a year ago, scientists used worldwide patterns to forecast which strains we are most likely to see now. Usually, they choose the three most likely strains, but this year the vaccine is quadrivalent - it protects against the four most likely viruses. This increases the odds of hitting the

correct strains. The current flu vaccine is an injection made up of killed viruses from those four lines. There is also a lesser-used nasal spray flu vaccine made of live attenuated flu viruses. This means that the actual viruses are living but weakened, so less likely to cause disease. Your doctor can advise you as to which vaccine is best for you.

The time to get a flu vaccine is before the flu begins to spread. It takes about two weeks after receiving the vaccine for our bodies to develop protective antibodies. So, NOW is the time.

How severe will this season be? It's too soon to predict. Flu season runs from about October to May nationwide, but here in California we tend to lag behind the rest of the country. But we can expect that it will affect between 9 and 49 million people across the nation this year.

How can we each avoid coming down with the flu? Getting vaccinated every year is a great way, and it's quite safe for almost everyone. (Don't skip a year, because the viruses that come around each year are usually different from the previous year's. Also note that the immunity you may have from either getting the flu or from getting a vaccine declines over time.) Avoid public places where you might come into contact with a lot of sick people - including those whose symptoms aren't yet showing. Wash your hands frequently, and keep them away from your face. Maintain a healthy lifestyle including proper sleep, exercise and nutrition. If you are sick, stay home to prevent spreading your germs to others.

And yes, there are those who get the flu despite having been vaccinated. How can this happen?

You might be exposed to the flu virus shortly before or after getting the flu vaccine. Because it takes two weeks for the antibodies to fully develop, it may simply be a matter of timing.

You might be exposed to a flu virus that is not included in the vaccine, as there are many different strains that circulate each year. Scientists are quite good at choosing the most likely strains, but it's really a best guess.

While the vaccine works for the vast majority of us, its effectiveness may be reduced by age, chronic disease, or other factors.

Are flu vaccines safe? Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and extensive research is done to support our safety. You cannot get the flu from the vaccine injection. There are, however, potential side effects from the vaccine that occur roughly one or two percent of the time. These rare and mild side effects may last a day or two and include soreness or redness at the injection site, headache, fever, nausea and muscle aches. Interestingly, these potential side effects may resemble the flu itself - but are not the flu. As is the case with all vaccines, there is an approximately one per million - let me repeat that: one per million - chance of developing Guillain-Barre syndrome.

What if you do come down with the flu? Medicines like Tamiflu can help reduce the symptoms and length of infection, if started during the first few days. But overall, the flu vaccine works. Most insurers cover the vaccine because they are convinced of this, and as a result, that it benefits their own bottom-line. The vaccine protects us each from illness, but it's also for the greater good: when we choose to become vaccinated it reduces the spread of the disease in the community.

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.

Kaiser workers strike outside Downey hospital

► Mental health workers claim Kaiser understaffs its facilities, negatively impacting patient care.

one of a hundred currently taking place across California, which began on Monday and includes over 4,000 employees.

therapists on staff by 30 percent since 2015, and invested more than \$175 million to build new care sites and refurbish others.

Kaiser officials counter that striking workers are really after higher pay and increased benefits.

In a statement, Kaiser refuted many of the union's claims, saying,

The statement also took a shot right back at the NUHW, saying:

By Alex Dominguez
Staff Writer

"We are disappointed the leadership of the National Union of Healthcare Workers would ask our highly valued mental health staff to go out on strike, when we've been in active negotiations since the summer, having met in 16 bargaining sessions over 5 months, and with two more bargaining sessions scheduled for next week.

"It's particularly disheartening that the union leadership would call this strike during the holiday season, when many of our patients with mental health needs may be at their most vulnerable.

DOWNEY - Mental health workers from Kaiser Permanente took to the streets outside the hospital with protest signs in hand on Tuesday, claiming understaffing issues at Kaiser facilities were affecting patient care.

"The union's principal demands at the bargaining table have not been about improving care and access, but are about gaining even higher wages and benefits and demanding changes to performance standards that would reduce, not increase, the availability of mental health care for our members."

"Even worse, we have just learned that the union is using pressure tactics on community-based caregivers to refuse to treat Kaiser Permanente patients during the strike. This is irresponsible and dangerously insensitive to the needs of people who find themselves in need of mental health care services during the week of December 10."

According to the National Union of Healthcare Workers - the union currently involved in a labor dispute with the HMO - patients are forced to wait upwards of a month or more for therapy appointments.

It also adds that the hospital has increased the number of

According to Kaiser, the current proposal to Union workers offers guaranteed wage increases, and that the recently concluded contract also included three years of guaranteed wage increases, as well as bonuses.

The two sides have been in contract negotiations since June, ABC reports.

The strike in Downey is just

More than 100 mental health workers picketed outside Kaiser Permanente hospital on Tuesday.

Photo by Alex Dominguez



Kaiser remained operational throughout the strike.

This is only the latest in a string of protests that have plagued Kaiser since members of the

Service Employees International Union Healthcare Workers traveled to city hall in April, and most recently resulted in the arrest of 13 individuals on Labor Day. Those protests pushed back on the consortium's decision to outsource 61 jobs.

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Downey Library volunteers thanked with brunch

Downey Doings

By Lorine Parks
Society Columnist

"Volunteers make the library what it is," said Claudia Daley, literacy coordinator who heads the Children's Room as well as supervises the volunteer programs at the Downey City Library.

She's usually right, but this time Claudia was wrong: she is what makes the library what it is, a warm and welcoming community center. Just ask anyone who is involved, for example, in the Adult Literacy Tutoring Program, teaching adults to read, often in a second language. Claudia trains the volunteers for six weeks in phonetics, before they meet their pupils.

Some of these volunteers have been tutoring for years, and that means a serious commitment of time on a regular basis every week.

Claudia is not only a super librarian but - and this may be a well-kept secret until now - she also loves to give parties, and

cooks and bakes the refreshments as well. Her nephews and nieces look forward to holidays when Aunt Claudia makes their favorite lemon bars, brownies, berry tarts and coconut-chocolate balls.

Every December Claudia hosts an elegant brunch in appreciation of the women and men who offer their time and services for the many volunteer programs that the library provides for the community's citizens. She also hosts a Spring Recognition Luncheon at Rio Hondo Event Center, to show the city's appreciation of the library volunteers.

For today's festivities, Claudia had chosen small 2019 date books as gifts, and wrapped them herself in silver foil tied with a holly-pink ribbon. The pocket-size books will serve as a memento of today's fellowship.

A real camaraderie exists between the volunteers, and friendships have sprung up simply because the library offers the chance to cross life paths with someone one might never otherwise have met.

To be included in this group does not take money or

connections or special experience, though many are former teachers. It does call for an ongoing commitment to serve and donate time and effort.

Volunteers run the Friends of the Library Bookstore, for example, another of the core programs, which earns big dollars every year through the sale of gently used donated books and magazines, new greeting cards and writing supplies. The income supplies and build more volunteer programs. New volunteers are always needed, and welcomed, young adults as well as retirees.

Friend's Store patrons, members of the general public that is, are free to take as long as they like browsing the shelves, occasionally asking for guidance. The volunteer on duty explains that the inventory depends entirely on what has been donated, and if anyone wants a more complete selection or a specific book, they are directed to the regular collection. Library cards are issued right up till 15 minutes before closing time.

Friends also put on a yearly bazaar in November, with home-baked goods and gently used items donated by the members. A monthly silent auction is conducted through the Friends Room, and brings in income from mint condition special interest books like vintage car collections, country music, or celebrity biographies, that are displayed in the lobby vitrines.

A popular new Friends Room item is a plastic "mix and match" bag. For \$5, the purchaser can fill, even cram the bag with as many books as they can, from a specially designated table.

Backing up the men and women who work with the public at the Friends Room on their two-hour shifts, every day of the week from 10 am till 8 pm when the library closes, are more workers in the "back room," who originally take in the donated books. They clean them, price them, and shake them to be sure no one left a \$20 bill in the piles. It has happened.

Contrary to popular belief, donations should be put in the

white mailbox in the entrance lobby, not in the Friends Books Sales room. The Friends personnel will then make out a tax receipt for the donation. Gently used books and magazines are sold there, along with greeting cards and writing supplies. The result of one person's down-sizing may be another person's treasure.

The library even has a talented artist who creates original sponge-art paper bags for purchases. Children love to choose their own, which are free with even a 25 cent book purchase. What an introduction to the riches of color and form. Insider tip: anything with cats is a favorite. Other perennial best sellers are chocolate bars and lollipops, but "not to be eaten in the library."

Right outside the Friend's

Book Store Room, tutors and their charges can be found at the round tables, sitting and working together.

What will become of these and the many other functions that the volunteers help with, when the library closes next March for 18 months revamping? "We are planning ways to keep our meetings and classes and tutoring going," Claudia says, "using other city facilities and helpful local organizations." But the next holiday brunch like this one for volunteers will probably not occur until 2020.

What about the library employees, how will they weather the 18 month shut-down of the physical plant?

continued on page 8

In Memory of **Carmen Vineyard** September 3, 1929 - November 29, 2018



Carmen was born September 3, 1929 in Los Angeles, California to Charles & Aurelia Roberts. She grew up in the Great Depression and married a young Marine, Harold Long at the age of 16 in 1945. She had two children, James & Carmencita Long while living on a farm in Algona, Iowa. Back in Los Angeles in 1950 as a single parent, she subsequently married Joe Sarabia in 1956 and moved to Downey. In 1967 they adopted a baby boy Dominic Sarabia. After an amicable separation in 1975, the couple proceeded to raise Dominic through joint custody, living on the same street, Cheyenne Street. Carmen built her own duplex and became a successful business woman in Downey before marrying Bob Vinyard in 1986. As President of the Downey Chamber of Commerce in 1992 she received Woman of the Year Award by the State Legislature. Bob and Carmen lived in the house she built for the rest of their days.

Carmen was preceded in death by her husband Bob in October of 2017. She is survived by her three children, seven grandchildren, seven great grandchildren, and two great great grandchildren. She passed away quietly on November 29, 2018. Services will be held at Miller Mies Mortuary Downey on December 14 at 10:30 AM.

In Memory of **Lenora Isaacson Schuricht**



Lenora was born to Edwin and Katie Isaacson on a farm outside Scandia, Kansas in 1919. In 1946, she wed Arthur Schuricht in California. In the early 1950's, they moved to Downey, where Lenora lived for 60 years.

Lenora's life centered on her family and church. She and Art raised five children. Her survivors include all her children—

Cindy (Britt), David (Susan), Becky (Tim); Trudy (Gerald); and Lois (Keith), seven grandchildren, six great-grandchildren, nieces and nephews.

Lenora was patient, generous, kind and, as she said, "tougher than you think."

She loved God, her family, church, friends, and the world we all share. At age 99, with all her children present, she peacefully left this world for God's loving embrace.

Her funeral was held at Messiah Lutheran Church on Nov. 17, 2018. She was buried next to Art at Rose Hills Cemetery. Memorials may be given to:

Concordia University Foundation giving@concordia.ca
Lutheran Church Missouri Synod World Relief https://www.lcms.org/givenow.worldrelief
Messiah Lutheran Church, 10711 Paramount Blvd, Downey, CA 90241

In Memory of **Lyle Charles Jamison** June 29, 1938 - November 8, 2018



Lyle Charles Jamison (80) passed away peacefully at home after a five month battle with colon cancer. He was a dedicated family man who was admired by those who knew him. He will be greatly missed by his family, relatives, and friends.

Lyle is survived by his wife Nancy: daughters Sarah Jamison; Janie Shaw (Brian); son John (Samantha); four granddaughters, and his sister Janice Jamison.

Lyle served his country in the U.S. Navy for over twenty years retiring as captain. He later retired from the Los Angeles Sheriffs Department Food Services Division after decades of working in the industry. After raising their children in Downey, Lyle and Nancy have enjoyed their retirement years together. Lyle loved spending time with his family, traveling the world, and fly fishing with his friends. Celebration of life services will be held in December.

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DOWNEY HAPPENINGS

SATURDAY, DEC. 15

Gift Wrapping Fundraiser, 9 am to 5 pm. Let students from the Girls in STEM club wrap your Christmas presents. Free but donations appreciated. Columbia Memorial Space Center, 12400 Columbia Way.

Glamour Gowns, 10 am. Teenagers can receive a free dress or suit for winter formal, courtesy of the Assistance League of Downey. Parley Johnson House, 7749 Florence Ave.

Dismukes Open House, 10 am to 2 pm. Tour the historical Dismukes House, the oldest home in Downey, decorated for Christmas. Downey Historical Society, 12540 Rives Ave.

Toy Giveaway, 11 am to 2 pm. Free family activities and a toy giveaway for children. Vallarta, 7900 Imperial Hwy.

Royal Winter Ball, 12 pm. A parade of characters are ringing in the holidays with a winter ball. Appropriate for all ages. Stay Gallery, 11140 Downey Ave.

Piolin, 12-2 pm. Spanish radio personality Piolin will be passing out toys to children. Plus free tacos. Downey Nissan, 7321 Firestone Blvd.

Shelby Jacobs Exhibit, 12:30 pm. The debut of a new exhibit honoring Shelby Jacobs, the unsung hero who gave us some of the most amazing images of the Earth captured from space. Columbia Memorial Space Center, 12400 Columbia Way.

Pokemon Tournament, 2 pm. \$5 buy-in with 30 maximum players. Prizes for top 3 finishers. Psycho Turtle Collectibles, 8428 Telegraph Rd.

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

SUNDAY, DEC. 16

Ben Courson, 8:30 am. Ben Courson, author of the book "Optimifits: Igniting a Fierce Rebellion Against Hopelessness," visits Downey as part of his national book tour. Calvary Chapel of Downey, 12808 Woodruff Ave.

Christmas Pop-Up Shop, 12-5 pm. Over 20 Disney-inspired vendors will be selling unique, handmade items. Los Amigos Country Club, 7295 Quill Dr.

Christmas & Scholarships Luncheon, 12 pm. The Polish University Club of Los Angeles presents its scholarships for the 2018-19 academic year. Rio Hondo Event Center, 10627 Old River School Rd.

Masons Installation of Officers, 2 pm. Downey United Masonic Lodge No. 220 installs its officers for the new year. Downey Masonic Lodge, 8244 3rd St.

Dragonball Tournament, 2 pm. \$5 buy-in with 16 maximum players. Top two finishers receive a champion's pin. Psycho Turtle Collectibles, 8428 Telegraph Rd.

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.

Volleyball Clinic, 4 pm. Justine Wong-Orantes, a Team USA Pan American Cup gold medalist, will lead a clinic on passing and defense. For boys and girls of all ages. Apollo Park, 12544 Rives Ave.

Photos with Santa, 5:30 pm. Bring your family for free photos with Santa Claus. Downey Nissan, 7321 Firestone Blvd.

WEDNESDAY, DEC. 19

Carol Dickey Christmas Concert, 7 pm. Singer and ordained minister Carol Dickey performs a Christmas concert. Desert Reign Church, 11610 Lakewood Blvd.

THURSDAY, DEC. 20

Winter Formal, 8 pm. Downey High celebrates its winter formal. Aquarium of the Pacific, 100 Aquarium Way, Long Beach.

FRIDAY, DEC. 21

Holiday Recital, 5 pm. Dance students perform a special holiday season recital. Admission fee is one new, unwrapped toy. Downey Dance Center, 12456 Bellflower Blvd.

SATURDAY, DEC. 22

Jacket Distribution, 11 am. Volunteers will be giving out jackets and sweaters to help keep the homeless warm. Participate as a volunteer or donate clothing items. Hosted by Realty One Group. Rio San Gabriel Park, 9612 Ardine St.

The Nutcracker, 7:30 pm. Southern California Dance Theatre presents the holiday classic, "The Nutcracker." Downey Theatre, 8435 Firestone Blvd.

Konstantinos Nazis, 8 pm. Greek singer Konstantinos Nazis performs live, followed by a meet and greet. St. George Greek Orthodox Church, 10830 Downey Ave.

Midnight Nightmare, 9 pm. Live performances by Midnight Nightmare, Zeistencroix, Mortis the Devil's Reject, and more. Stardust Club, 7643 Firestone Blvd.

SUNDAY, DEC. 23

Christmas Service and Toy Giveaway, 12:45 pm. Christmas service with a special presentation by the Children's Ministry. Toy giveaway to immediately follow the service. The Vine Christian Fellowship, 11610 Lakewood Blvd.

The Nutcracker, 2:30 pm. Southern California Dance Theatre presents the holiday classic, "The Nutcracker." Downey Theatre, 8435 Firestone Blvd.

The 12 Plays of Christmas, 6 pm. Live performance of the play by Pat Cook. Free but must have a ticket (available in the church office). First Baptist Church of Downey, 8348 3rd St.

FRIDAY, DEC. 28

Gong Bath, 7:30 pm. A gong bath is when you are "bathed" in sound waves. Once the session starts,

you will close your eyes, relax your body, and listen to the Sound. Don't forget your yoga mat, pillow & blanket. Solar Lotus, 11016 Myrtle St.

It's Christmas in Downey!
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Lounge: Dec. 24th 12:00am-2:00am

CHRISTMAS EVE SPECIALS
Special Dinner Christmas Eve Starting at 11:00 AM
All Christmas Dinner Specials
Includes Turkey, Ham or Roast Beef with all the fixings

FRESH DINNER SERVED \$16.95
TURKEY DINNER \$16.95
Wild game seasonal turkey with cranberry sauce, gravy and roasted potatoes
BAKED HAM \$16.95
Ham with pineapple sauce, cranberry sauce, and roasted potatoes

COMBO PLATE \$19.95
Combination Turkey & Ham

MEAT TO YOUR PRIME RIB DINNER \$27.95
Make sure to place your rib order 14 days in advance
Prime Rib Dinner
Prime Rib, Potatoes, Gravy, and Roasted Potatoes
\$14.95 per lb. (16 lbs. minimum order)

WINGS \$7.95
Choose your flavor and sauce
\$1.50 per lb. (16 lbs. minimum order)

Grill & Cantina
Authentic Food Made Mexican Food

HAPPY HOUR
Mon - Fri 3pm-6pm
Sat, Sun 12pm-8pm
\$3-4.99

Breakfast & Lunch Buffet Now Available!
Monday - Thursday
Buy One Entree, Get One Entree for \$3.99
Includes: Pancakes, Waffles, Eggs, Bacon, Sausage, Hash Browns, Fruit, Yogurt, and Coffee

MARIACHI
Friday 6pm-12am
Saturday 2pm-12am
Sunday 10am-9pm
Tel: 562.622.9100
11010 Paramount Blvd
Downey, CA 90241

Join us for **CHRISTMAS!**
Special Christmas Dinner

Roast Turkey	\$13.95
Glazed Ham	\$13.95
Prime Rib	\$13.95
Prime Rib	\$13.95
Grilled Steak	\$10.95
8-Ounce Steak 14 oz.	\$10.95
Steak & Shrimp	\$10.95
Roast Turkey with Ham & Corn	\$10.95

WINGS \$7.95
Choose your flavor and sauce
\$1.50 per lb. (16 lbs. minimum order)

COMBOS \$10.95
Includes: Turkey, Ham or Roast Beef with all the fixings

DR... LET US DO THE COOKING FOR YOU

ROAST TURKEY \$107.95
All Christmas dinner special
Includes: Turkey, Ham or Roast Beef with all the fixings

GRILLED HAM \$109.95
All Christmas dinner special
Includes: Ham, Potatoes, Gravy, and Roasted Potatoes

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ORDERS AFTER THE 15TH CAN ONLY
11826 Lakewood Blvd. Next to Stonewood Mall 862-0226

For information on this **DINING OUT** section
Call **Michael** or **Jazmin** at
The Downey Patriot (562) 904-3668

DOWNEY HAPPENINGS

MONDAY, DEC. 31

New Year's Eve Party, 6-9 pm. Food, dancing, music and a live-stream of the NYC Times Square ball drop. First Baptist Church of Downey, 8348 3rd St.

Masquerade Ball, 8 pm. Ring in 2019 at this masquerade ball, complete with champagne toast and party favors. Bar Louie, 8860 Apollo Way

80s Theme New Year's Eve Party, 9 pm. Welcome 2019 with an 80's theme dance party, featuring two dance floors, two bars, and free party favors. Hulley Gully, 9559 Imperial Hwy.

THURSDAY, JAN. 3

Let's Do Lunch, 12 pm. A networking event sponsored by the Downey Chamber of Commerce. Olive RestoBar, 8830 Apollo Way.

FRIDAY, JAN. 5

Hello Kitty Truck, 10 am to 8 pm. The famous Hello Kitty Cafe truck will be parked near Cinemark selling treats and merch, while supplies last. Downey Promenade

Movie Night, 5:30 pm. Bring the entire family for a free movie night, hosted by the Girls in STEM Club. Columbia Memorial Space Center, 12400 Columbia Way.

TUESDAY, JAN. 8

Coffee with the Superintendent, 6 pm. Chat with Downey Unified superintendent Dr. John Garcia over a cup of coffee. Stauffer Middle School library, 11985 Old River School Rd.

SUNDAY, JAN. 13

Mercado Donkey, 12-5 pm. Vendors, artisan crafts, and food booths. Los Amigos Country Club, 7295 Quill Dr.

SATURDAY, JAN. 19

Downey Symphony, 8 pm. Performances of Mozart, "Peter and the Wolf," and a world premiere by Lars Clutterham. 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.

THURSDAY, JAN. 31

Lunch & Learn, 11:30 am. Learn to become a mortgage loan originator in less than 30 days. Hosted by Affinity Real Estate. Downey Association of Realtors, 12073 Paramount Blvd.

SATURDAY, FEB. 2

You Are a Masterpiece, 10 am. An identity initiative workshop featuring paint and praise. For girls ages 9-12. Barbara J. Riley Center, 7810 Quill Dr.

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.

NWDLL Opening Day, 10 am. Opening Day of Northwest Downey Little League. Furman Park, 10419 Rives Ave.

Angels & Agony, 9:30 pm. Angels & Agony, a synth-pop band from Holland, performs live in a rare U.S. show. Stardust Club, 7643 Firestone Blvd.

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

SATURDAY, MARCH 23

Amistad Gala, 5:30 pm. Annual gala fundraiser benefiting Rancho Los Amigos National Rehabilitation Center. Westin Long Beach, 333 Ocean 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.

SATURDAY, APRIL 6

Downey Symphony, 8 pm. An all-Gershwin concert, featuring a guest solo by pianist Bernadene Blaha. Downey Theatre, 8435 Firestone Blvd.

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.

FRIDAY, APRIL 12

Coffee with the Superintendent, 9 am. Chat with Downey Unified superintendent Dr. John Garcia over a cup of coffee. Lewis Elementary cafeteria, 113220 Bellflower Blvd.

MONDAY, APRIL 15

Downey Adult School Golf Tournament, 12 pm. Downey Adult School's annual golf tournament raising money for student scholarships. Rio Hondo Golf Club, 10627 Old River School Rd.

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.

THURSDAY, APRIL 25

We've Only Just Begun, 7 pm. A 50th anniversary concert celebration of The Carpenters' first album with A&M Records. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MAY 18

Downey High Prom, 8 pm. Grove of Anaheim, 2200 Katella 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.

WEDNESDAY, MAY 29

Columbus High Graduation, time TBA. Columbus High's class of 2018 graduates. Downey Theatre, 8435 Firestone Blvd.

THURSDAY, MAY 30

Warren High Graduation, 6 pm. Warren High's class of 2018 graduates. Long Beach City College, 5000 E. Lew Davis St.

FRIDAY, MAY 31

Downey High Graduation, 6 pm. Downey High's class of 2018 graduates. Long Beach City College, 5000 E. Lew Davis St.

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

POETRY MATTERS

The Return

It was beginning winter,
An in-between time,
The landscape still partly brown:
The bones of weeds kept swinging in the wind,
Above the blue snow.
It was beginning winter,
The light moved slowly over the frozen field,
Over the dry seed-crowns,
The beautiful surviving bones
Swinging in the wind.
Light traveled over the wide field;
Stayed.
The weeds stopped swinging.
The mind moved, not alone,
Through the clear air, in the silence.
Was it light?
Was it light within?
Was it light within light?
Stillness becoming alive,
Yet still?

A lively understandable spirit
Once entertained you.
It will come again.
Be still.
Wait.

*Theodore Roethke,
The Lost Son,
Doubleday, 1966*

What returns? Winter as death, or paradoxically, as bringing a light in the shortened days, to bones and dry seed crowns? In Roethke's dream sequence, "lively" suggests quick-spirited, in the sense of a quickening, in response to the light. Roethke is a poet of the body and its seasons and for him the approach of the winter solstice equates with the search for spiritual identity. Poetry Matters is curated by Lorine Parks.

THERE ARE A FEW THINGS REALTOR DALE JERVIS JUST WON'T DO.

Are you shaking your head at what  says your home is worth?

Get a "Clear" View of Your Home's Value

Websites like Zillow, Trulia, Realtor and countless others will gladly provide you the value of your home based on their algorithms and global criteria. Unfortunately, they are almost always off... by a lot. Downey home values can vary greatly by neighborhood, street, and block. So having a third-party website, hundreds (even thousands) of miles away, provide a value for your property is a recipe for disaster.

Growing up in Downey, I know the nuances of the neighborhood. I can walk you through a solid pricing and positioning process, and provide proven marketing strategies to get your home sold for top dollar!

Save money, time and emotional angst by creating a clear path to putting more money into your pocket from the sale of your home.

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2 He won't handle things the way he wants things done instead of the way you want them done.

3 He won't let you miss an opportunity for success.

4 He won't let any detail fall through the cracks.

5 He won't waste your time or money.

6 He won't forget that the most important part of your home purchase or sale is YOU.

www.DALEJERVIS.COM

When you're choosing among real estate professionals to help buy or sell your home, sometimes knowing what they won't do is as important as knowing what they will do. For instance, Dale Jervis has a strong philosophy about his work: If it's good for his clients, he does it. If it's not good for his clients, he won't. Sounds simple, but when it comes down to it, isn't that how you want your home purchase or sale handled?

With Dale Jervis, you can count on the knowledge, the experience, and the great service. It all adds up to a big difference for you. Call Dale today. You'll be glad you did.

562-743-2121 

60 Words

to celebrate the Downey Symphony Orchestra's 60th anniversary

"A courtly maestro of the old school," Alberto Bolet charmed Downey audiences, but the demands of the position are rigorous, and increasingly guest conductors had to be called in to prepare and present the concerts. Probably because of Mr. Bolet's advancing years – though we find no documentation on this – the Board decided to seek a successor. They received 40 applications.

*Symphony archives and Lorine Parks remembers
Compiled by Joyce Sherwin*

21 CENTURY 21 Peak **CENTURY 21 My Real Estate is now part of CENTURY 21 Peak** **Peak Real Estate** **(562) 927-2626** **7825 Florence Avenue • Downey, CA 90240** **QUALITY SERVICE AWARD 1994-2017**

OUR CLIENTS

"Kai Chan did an excellent job & was easy to work with!" - Mai Nguyen

"I loved how Maria Lilley handled our whole home buying situation. Maria was our hero and came to our rescue! Anyone would be a fool not to have her as their agent!" - Nancy Baker

"Juan Delacruz did a great job & I am very appreciative!" - Habib Issa

FEATURED PROPERTY

Won't Last!
Charming starter home with 3 bedrooms and 1.5 baths. Long driveway for parking cars. Third bedroom used as den. Very clean. Shows well. Call Today!!!

TOP PRODUCERS

TOP LISTING Edwin Huber
TOP PRODUCTION Marcos Forrester
TOP SALES Lilian Lopez

Great Home!
4 bedroom, 2 bathroom home in Norwalk. Fenced front yard. Speakers in front and backyard. Updated kitchen. Two car detached garage. Call Today!!!

Don't Wait!
Lovely single family home situated in quiet neighborhood. Home features 3 bedrooms, 2 bathrooms with full and 1/2 master bathroom. Full water proof system. Central air and heat. Hardwood floors for added privacy. Remodeled kitchen with stainless steel appliances and granite counter tops. Features laundry room. Call Today!!!

Spish Splash!
Nice and in great street. Home is dated but can be very nice with some upgrades. Dining area off kitchen. Sleep down family room. Profile shows 2 bedrooms but large room upstairs. Utility room. Pool. Call Today!!!

Charmer!
Very cute and cozy remodeled home, set a flip. New paint, stairs, plumbing, roof - just move in. Spanish style. Low maintenance front yard. Large backyard, needs grass. Also needs a new garage. There is very nice. Fine new electrical panel. Call Today!!!

Immaculate!
This home shows great. Large kitchen. Lots of upgrades and remodel. Home includes entry, great AC and great landscaping. Kitchen and full master. Includes granite island and full bath. Home is in great location. Home is very close to schools. Home is very close to shopping. Call Today!!!

Excellent Opportunity!
This well maintained 3 bedrooms, 1.75 bathroom home is set a master bed. This home has a two car detached garage, storage shed, and covered patio. The updated kitchen has built in stone top, oven, and dishwasher. Also included are a den with fireplace and an indoor laundry room with an attached walk-in closet. Call Today!!!

A Must See!
Do you ever have the feeling that you're in a great neighborhood? 3 bedrooms, 2 bathrooms. Perfect for entertaining with a big covered patio that connects to open and bright living area. Remodeled kitchen, central AC/heat. Two car garage and driveway big enough to accommodate 20' boat. Live the good life. 70 each way. Call Today!!!

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North Downey 2 story beauty with 4 BD, 3 BA, spacious living room, dining room & family room. **\$224,900**



SOLD! Primary bedroom beauty! 3 bedroom, 2 bath home. Large family room! **Buying or selling? Call us for a confidential interview!**



FREE Home Sale Consultation! Includes:
- Home value report
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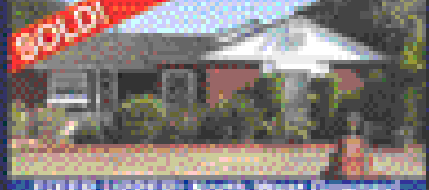
Call me for more information. I am always available to help. **562-367-9520**



Spacious North Downey Beauty 4 BD, 3 BA, Nearly 3,100 sq. ft. of living space. Lots of updates! Call Mario for more details **562-533-7433.**



3 bedroom, 2 bathroom home with a family room and fireplace in a great Downey location. **\$279,900.**



SOLD! 12,000 sq. ft. lot on a cul-de-sac! Large 3 BD house with family room! Call us for a **FREE** market evaluation!



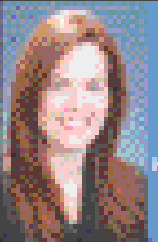
North Downey 3 BD, 2 BA home. Living room, dining room, breakfast nook, beautiful patio & pool. **\$284,900.**



We are here to help OUR neighbors sell their properties for TOP dollar, no matter what the condition! Turnkey or fair upper, we know and love our area! Call your neighborhood professionals to get the best representation. We care about YOU! **562-618-0033**



Julio Garcia
REALTOR®
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562-533-3359
JulioGarciaRealtor@gmail.com
DRE #10400017



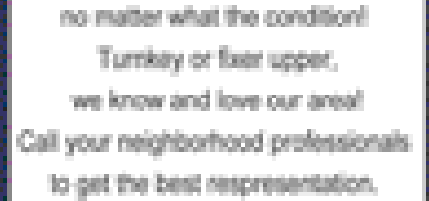
Pam Lee
REALTOR®
562-537-1134
PamLeeRealtor@gmail.com
DRE #01170034



SOLD! 1413 Van Street Downey 3 BD | 2 BA | 1,810 sq. ft. living space Sold for **\$410,000!** **SOLD! SOLD! SOLD! SOLD!**



SOLD! 2 BD, 1 BA home with 1 car garage located at 11742 Bellman Avenue. **\$1,995.00 - Available January 2019.**



ACT NOW! Live in O.C., Rent the Other! Excellent opportunity to own this nice duplex, large lot w/ 2 buildings of separate meters, lots of parking and no common walls, both units are in excellent condition, the front unit consists of 4 BD and 3 BA, the back unit has 1 BD and 1 BA w/ 2 car garage. **\$790,000** Call for more info! **952-623-3309.**



Orange Estates Custom Home! 2 BD, 1.75 BA home. Master suite w/ dressing area, lots of closet space. Living room w/ formal dining area. 2,091 sq. ft. living space on a 6,193 sq. ft. lot. Plus a 3 car garage. Call Pam TODAY! **562-537-1134.**



SOLD! 1441 Quill Street, Downey 3 BA | 2 BA | 2,000+ sq. ft. living space Sold for **\$640,000!** **SOLD! SOLD! SOLD! SOLD!**



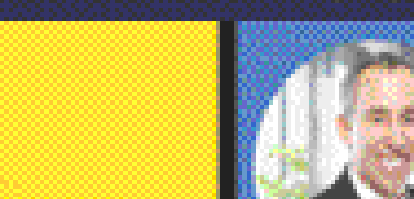
SOLD! 1441 Quill Street, Downey 3 BA | 2 BA | 2,000+ sq. ft. living space Sold for **\$640,000!** **SOLD! SOLD! SOLD! SOLD!**



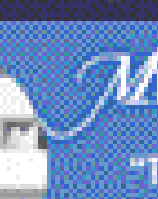
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Just Listed!
They Love It But Have To List It!

3 BD, 3 BA pool home in NE Downey with new kitchen open to living room, new bathrooms, new flooring, remodeled/updated pool, new insulation, new automatic gate leading to 2 car detached garage, and so many wonderful touches that make this home a must see!
LIST PRICE \$995,000

Just Listed!
Golf Course View!

2 BD, 2 BA end unit townhome overlooking Los Amigos Golf Course. Each upstairs bedroom has its own private bathroom and one room has a balcony overlooking the course as well. Also includes patio and 2 car garage.
LIST PRICE \$419,900

Classes starts Mon., Jan. 7th

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• In Downey Unified School District
LIST PRICE \$499,900

A Great Buy
• 4 bedrooms & 1.5 bathrooms
• 1,227 sq. ft. living space
• Updated kitchen
• Large yard with covered patio
LIST PRICE \$549,950

NW Downey Pool Home
• 3 bedrooms & 2 bathrooms
• 3275 sq. ft., 10,499 sq. ft. lot
• Pool & spa
• Built in 2004
LIST PRICE \$1,199,950

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